

Tremendous teamwork displayed after local man suffers heart attack

The morning of his heart attack started out like any other. Sixty-three-year-old Myron Lueders was laying sod at Thumper Pond Resort in Ottertail, where he works as maintenance engineer.

"I started feeling sweaty and a little short of breath," Lueders recalls. By 9:30 in the morning on June 18, 2015, he started feeling a dull pain across his chest.

"It was an annoying thing that would not go away," he says. "Usually when something like that happens you can just sit down and you'll get a reaction. But I sat down and didn't get a reaction at all. There was nothing I could do that was comfortable and it just slowly got worse. I was lifting the sod rolls and helping out the other guys. I remember thinking that I didn't want to quit, but I'd better sit this one out."

Lueders left his skid loader, went to his truck, and reclined the seat back, still hoping the

feeling would pass. When relief didn't come, he started to realize that he was in trouble, called one of his coworkers, and asked him to call 9-1-1. The call came in at 10:03 a.m., with area EMS teams dispatched to Thumper Pond just two minutes later.

Ottertail Rescue was the first to arrive on scene, performing vitals and administering oxygen. Soon after, Perham Area EMS and Henning Ambulance crew members arrived to assist with transferring Lueders. Perham EMS medics performed an electrocardiogram (ECG) to assess the electrical and muscular functions of his heart.

Despite his experience with the Ottertail Fire Department, where he served as fire chief for many years, Lueders says he was surprised to learn that he was having a heart attack. "I knew it was supposed to be a radiating pain in your left arm. In my case, the pain was in both arms. It wasn't textbook," Lueders

explains. With no previous heart trouble, the incident caught him off guard.

Lueders was quickly transported to the Perham Health Emergency Department. He recalls being impressed with how quickly both the Perham EMS medics and the emergency room staff responded and how seamlessly everyone worked together to take care of him during such a critical time. He also appreciated that each medication was explained as it was being given to him.

It was during his brief time at the Perham Health emergency room that Myron's wife, Elaine Lueders, arrived at the hospital after having received a call about her husband's condition. "I got there just as he was getting ready to be transported to Fargo on the Life Flight helicopter," she recalls. "They were helping get his pain under control in order to transport him. Everyone was in such a hurry, but they also clearly knew what they were doing."

She says she was extremely impressed with the caring environment the emergency room staff were able to create. "I remember someone asking me if they could call into work for me since I'd be driving up to Fargo. It meant a lot that they were even concerned about all those little details," she says.

The Life Flight helicopter was dispatched to Perham Health at 10:23 a.m., just 20 minutes after the call came in reporting that Lueders was having chest pain. The Bemidji AirMed team members arrived in Perham at 11:04 and were immediately able to obtain a bedside report regarding Lueders' condition. Just five minutes later, he was discharged from the emergency department and was on his way to Sanford Medical Center in Fargo.

"I remember putting headphones on," Lueders says. "The sound of the helicopter reminded me of when you're in a car going really fast down a gravel road. I was surprised how quickly they got me to Fargo."



Myron and Elaine Lueders enjoy a morning outside with their dogs on the couple's farm in Ottertail. After suffering a major heart attack on June 18, Myron is thankful to once again resume his active lifestyle.

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He arrived at Sanford Medical Center in Fargo at 11:43 a.m., was taken directly to the cardiac catheterization lab, and had a coronary angiography performed just ten minutes later. The procedure revealed that Lueders had a 100 percent blocked mid-right coronary artery. A clot removal was performed, followed by the placement of a drug-eluting stent.

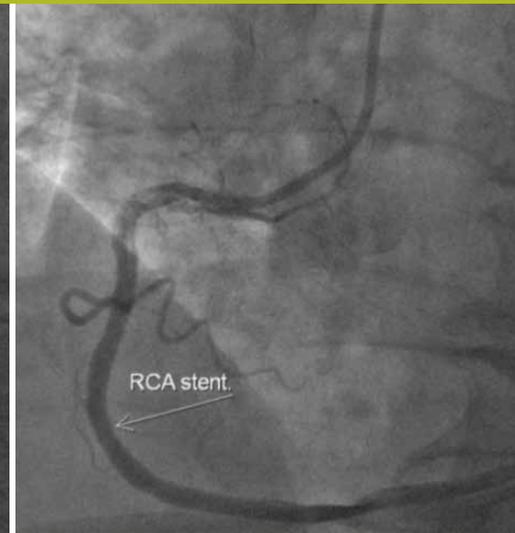
It took just 116 minutes from the moment the 9-1-1 call came in about Lueders having chest pain in Ottertail until he had a procedure in Fargo to open a 100 percent blocked artery. "Everything was just perfect. The availability of the helicopter. The weather. All of that stuff," says Lueders, acknowledging how thankful he is for such a positive outcome.

This efficiency is only possible because of the collaboration between Perham EMS, Perham Health emergency room, Life Flight, and Sanford Health staff. "They do such an excellent job coordinating all of the details. It feels like you're working with the same people all the way through. That's pretty impressive," says Lueders.

Lueders' life-saving procedure and the coordinated care that got him to that point, is only the first part of his story. The second part involves the recovery required to bounce back from a massive heart attack. Fortunately for Lueders, he says he started feeling better right away.



Ottertail Mayor Myron Lueders is pictured here with Perham Area EMS personnel Holly Burke and Barb Felt. Thanks to the quick and coordinated care of EMS, Perham Health, Life Flight, and Sanford Health, Myron has made a full recovery after his heart attack this summer.



The point of the arrow in the left image shows the 100 percent blockage of Myron Lueders' mid-right coronary artery. The image on the right shows the same artery after a stent was put in place in an emergency procedure to save his life. This photo shows how blood is once again able to flow through the entire artery.

After two nights in the hospital, Lueders was released back home. "Because they were able to go in through my wrist to put in the stent, I didn't have to go through any surgical trauma. The only trauma was from the heart attack itself," he explains.

From the middle of July through the middle of August, Lueders was scheduled for cardiac rehabilitation at Perham Health. Three times a week, for an hour each time, he worked with Julie Peters, Perham Health's cardiac rehab coordinator.

Cardiac rehab exercises included time on the treadmill, recumbent bike, and NuStep machine. In order to determine the effect of exercise on his heart, Lueders' vital signs were taken on arrival for the cardiac rehab sessions, during exercise, and post-exercise.

"Many factors will affect how each individual recovers from a heart attack," mentions Peters. "In Myron's case, I think there were at least two factors that were to his benefit. First, he was in good physical shape prior to his heart attack; he walked every day and was very active at work. Second, Myron received medical attention and intervention shortly after he first started experiencing chest pain."

Lueders said he appreciated how Peters also worked with him on becoming more aware of his diet and answered any questions that came up. Progress notes and concerns were then shared electronically with both his cardiologist and primary care provider, Dr. Stephen Hietala.

"We thoroughly enjoyed working with Myron and wish him and his family all the best in the future," Peters says.

At a July follow-up visit after Lueders was released from the hospital, Dr. Hietala met with Lueders to discuss the purpose of the medications that the cardiologist from Fargo had prescribed for him. He wanted to be sure Lueders was responding well to the medications and took time to answer any questions. Lueders also had a follow-up visit in Fargo with cardiology and lab work to check on the health of his heart.

Considering everything he has been through over the past year, Lueders feels he is doing remarkably well. "If I get tired while doing something, I take it a little slower and try to sit down for a little bit," he acknowledges. He also tries to be conscious of not lifting anything too heavy.

In many ways, he says he feels even better now than he did before he had the heart attack. He explains, "I used to notice that I would get winded when doing certain activities like cranking up the boat winch. By the time I would get done, I'd be puffing. I've noticed that I don't have any problem with that now."

Lueders is completely back to his active lifestyle, working at Thumper Pond Resort, serving as mayor for the city of Ottertail, and keeping busy around his farm. He enjoys taking care of his yard, fixing up equipment, woodworking, and even fishing on occasion.

Looking back at his heart attack, his quick recovery, and the excellent health he has today, Myron says, "I was so fortunate. There could have been a hundred different things that could have changed the outcome. I'm just thankful that everyone knew what needed to be done and that it was all timed perfectly."

Memory care, therapy expansion underway at Perham Living

Perham Living will soon feature a new main entrance, an expanded therapy center, and a new memory care assisted living. Construction is already underway, with the projects scheduled for completion by early fall 2016.

"We are remodeling the area of the former Perham Health hospital building where the emergency room, operating room, and obstetrics wing was located. This space will be transformed into an 11-suite memory care assisted living," explains Katie Lundmark, vice president of long term care at Perham Living.

The new memory care assisted living facility will be able to accommodate 12 residents. One of the 11 suites will be a shared suite, providing a couple, relatives, or friends with the opportunity to share a suite if they wish to.

The facility is being specifically designed to allow memory care residents to live in an assisted living setting. Programming targeted to meet individual needs will be a part of residents' daily routine. Safe entrances and exits are another key feature of the design.

"A specialized memory care assisted living facility is an option currently unavailable in our community. Once construction is complete, people in our community with a need for this service will have the opportunity to stay in the Perham area and get the care they require," Lundmark explains. "We are modeling the facility after our household model of care that we provide in our nursing home. The look, feel, and design will be very similar to our nursing home households."

Construction on the new main entrance and expanded therapy center will occur at the same time, with the new layout highlighting Perham Living's Courtyard of Caring. The expanded therapy center will soon be located in the former entrance area. The expansion will include physical therapy, occupational therapy, and speech therapy space for patients requiring post-acute therapy.

"The newly expanded therapy center will provide more privacy, allow for more variety in therapy, and offer a more appealing space in which we can continue to offer our high-quality therapy services," says Lundmark.



Welcome Annalise Shippee, PA-C

Perham Health is pleased to introduce Annalise Shippee, Physician Assistant, as the newest member of its healthcare team. Annalise joined Perham Health in November and sees patients in the Perham clinic.

Annalise is a 2000 graduate from Perham High School. She attended Augsburg College in Minneapolis where she obtained a Master of Science in Physician Assistant Studies. For the past eight years, she worked at Lakewood Health System in Staples as a Physician Assistant in family medicine, urgent care, and the emergency department.

"My philosophy is that every patient is different and has a unique story to tell," stated Annalise. "By really listening

to my patients, I hope that I can find ways to improve their quality of life. I enjoy all aspect of family medicine that practicing in a small town offers. I love being able to see the entire family and really get a feel for where one person's story originates and another story ends."

Annalise's practice consists of seeing patients in all age groups for wellness checkups, management of chronic disease processes such as diabetes or high blood pressure and also acute illness or injury visits. She is able to diagnose and treat a variety of illnesses by ordering tests and prescribing medications that are necessary to improve overall health of a patient. Annalise especially enjoys women's health, dermatology and helping people to quit smoking.

Annalise has been married to her husband, Aaron, for 12 years and has three children; Sadie (10), Carter (8), and Lilliana (5). In her free time she enjoys family time at the lake, exploring nature, reading books, crafting, staying active playing volleyball, and board games.

"I'm excited to be back home," Annalise added. "I hope to be able to help Perham Health grow and flourish by finding ways to improve the patient experience and population health outcomes. I look forward to becoming a part of the community."

Meet Annalise in person at the Perham Health Clinic. To schedule an appointment, call (218) 347-1200.





ECRWSS RESIDENTIAL CUSTOMER

Get fit with personal training

Perham Health's Nelson Therapy Center has added a new service – personal training. A personal trainer is a fitness professional involved in exercise prescription and instruction. They motivate clients by setting goals and providing feedback and accountability to clients. Trainers also measure their client's strengths and weaknesses with fitness assessments.

Many people achieve results working with a trainer. Whatever your goals, Perham Health's personal fitness training can more successfully help you get where you want to be. Partner or one-on-one personalized training sessions are available and led by our trainer who will educate and inspire you to get results.

Benefits

Working with a personal trainer provides many benefits, leading to a stronger, healthier, and happier you.

- Improve body composition: more muscle, less fat
- Improve blood sugar and cholesterol markers
- Increase sports performance
- Better balance for activities of daily living, such as bending and lifting
- Injury prevention: a stronger, more fortified joint is less likely to become injured
- Reduce the risk of osteoporosis and osteopenia



Personal trainer, Pete Marjamaa, observes his client as he prepares to lift. Incorporating weights into a training program strengthens bones and helps maintain better balance.

Meet the trainer

Pete Marjamaa holds a Bachelor of Science degree in exercise science and has 16 years' experience as a personal trainer. In addition, Pete is FMS Level 1 and 2 certified, a CrossFit Level 1 trainer, and MAT jumpstart certified.

Contact the Perham Health Nelson Therapy Center at (218) 347-1590 for personal training packages and pricing.