Moving after arthritis

Cream of wild rice soup

Inexpensive fitness equipment

Events happening near you
Sideline by an injury, former Regis High School basketball standout returns to Eau Claire for treatment

In all her years as a competitive athlete, Katie Stone never had an injury. Not during her four years at Regis High School, where she was a member of the basketball team that took the state championship in 2011. Not during her college career at the University of St. Thomas in St. Paul, where she holds the record for most three-point shots made in a season.

However, Stone’s injury-free winning streak would come to an end a few months after she graduated from college when she returned to the University of St. Thomas for an alumni basketball game and hurt her knee.

“At first, I thought I could just walk it off,” she says.

A week after the game, the knee was still painful and swollen, and Stone was walking with a limp. An MRI revealed that she had torn her ACL and would need surgery to repair it. Stone, then living in the Twin Cities, returned to Eau Claire for surgery. T. Andrew Israel, M.D., a Mayo Clinic Health System orthopedic surgeon, performed the procedure.

"I know a lot of people in the Eau Claire area who have had knee surgery, and they all recommended Dr. Israel," says Stone, who had the procedure in February 2017. "He was great. He was very supportive and told me everything he was going to do."

Stone began physical therapy in Eau Claire immediately after surgery. When she returned to the Twin Cities, her therapy sessions continued at Mayo Clinic Square in Minneapolis.

Stone says it was a smooth transition, thanks to the physical therapy staff in Eau Claire. "They were super helpful in bringing the Minneapolis staff up to speed on my recovery," says Stone, who enjoyed rehabbing in the same facility where the Minnesota Lynx and Minnesota Timberwolves receive treatment. Mayo Clinic Sports Medicine provides medical care to both teams, whose practice courts are at Mayo Clinic Square.

Initially, Stone worried her injury would sideline her permanently.

"My biggest concern in the beginning was whether or not I’d be able to be active again," she says. "I’d never experienced that kind of setback, and was scared of what it meant mean for my future."

But thanks to her health care team and her own hard work, Stone’s been able to return to the lifestyle that she loves.

"It took me a full year to recover, but I’m back to living a very active life," she says. That includes playing recreational basketball, joining a summer tennis league and running her first half-marathon. "Now I feel great."

Mayo Clinic Health System’s Sports Medicine team can get you back in the game after injuries. Learn more at mayoclinichealthsystem.org.
Keep moving after arthritis

Creak, creak, creak. If achy joints have you feeling like the Tin Man, don’t just chalk it up to getting older. Those aches and pains could signal something more serious. And treatable. No oil required.

“Arthritis is a common cause of joint pain and stiffness,” says Marilyn Berg, an occupational therapist at Mayo Clinic Health System in Eau Claire. “It affects millions of people, and you don’t have to be as old as you might think to develop it. People of all ages have arthritis.”

Even though there is no cure for arthritis, there are many options available to help you function well while living with the pain.

**Two types of pain**

There are two main types of arthritis: osteoarthritis and rheumatoid arthritis.

“Osteoarthritis is most common and the one people are most familiar with,” Berg says. “It’s caused by wear and tear of the cartilage in the joints. Over time, with repetitive use, joint damage can develop.”

If that wear and tear gets bad enough, the cartilage can become so damaged that your bones rub against each other. That can be painful and limit your movement.

The other common type of arthritis — rheumatoid — is an autoimmune disorder. Your body’s immune system attacks itself, causing your joints to become inflamed and swollen. Eventually, your joints may become deformed.

**Treatment**

“There are a number of treatments you can try to reduce pain and have more function,” Berg says.

Common treatments include medication, including over-the-counter pain relievers such as acetaminophen and ibuprofen. Your health care provider may recommend prescription medications, depending on the type of arthritis and symptoms you’re having. There are also medications that can be injected directly into your joints to relieve pain.

While arthritis may leave you feeling like taking it easy, gentle exercise may actually be just what the doctor ordered. Several sessions of occupational or physical therapy can enhance your ability to live a more productive life through education, exercise instruction, and help you learn how to better use your affected body part. Pain relieving treatments can be done that do not involve medications.

Regular exercise has a host of benefits for people who have arthritis. Other benefits include strengthening the muscles around the joints, maintaining bone strength and improving energy and mood. Low-impact activities, such as swimming and yoga, are good choices.

Exercise can also help with weight loss and weight management. That’s important because extra weight can put stress on your joints.

Your diet can also play a role in managing pain.

“Eating clean can make a big difference for some people with arthritis,” Berg says. “There are certain foods that cause inflammation and avoiding them can help manage the condition.”

Processed foods, carbohydrates, unhealthy fats and red meat can all contribute to inflammation. Fruits, vegetables, whole grains and fish are anti-inflammatory choices.

If your pain persists in spite of conservative treatments, you may benefit from surgery. Options include joint fusion, repair or replacement. For information on joint replacement, turn to page 12.

“Not every solution will work for every patient,” Berg says. “Treatment for arthritis, like many diseases, depends on the individual. Talk to your health care provider about the best options for you.”

For more information on arthritis, visit mayoclinichealthsystem.org/arthritis
**Winter wild rice warmup**

Curl up with something warm and healthy this winter: cream of wild rice soup.

"Wild rice is a nutrient-rich whole grain with a nutty flavor that is a good source of dietary fiber and contains more protein than other types of rice," says Allie Wergin, a dietitian at Mayo Clinic Health System in Le Sueur and New Prague, Minnesota.

Using 1% milk and pureed beans in this recipe keeps the fat low and amps up the flavor and texture.

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**Cream of Wild Rice Soup**

**Ingredients**

Servings: 4

- 1/2 tablespoon canola oil
- 1 1/2 cups diced yellow onion
- 1 cup diced carrot
- 1 cup diced celery
- 2 cloves garlic, minced
- 1 1/2 cups chopped kale
- 1 tablespoon minced parsley
- 2 cups low-sodium vegetable stock
- 1 teaspoon fennel seeds, crushed
- 1 teaspoon ground black pepper
- 1 cup unsalted prepared white beans (or about half of a 15.5 ounce can of white beans, rinsed and drained)
- 2 cups 1% milk
- 1/2 cup wild rice, cooked

**Directions**

In a pot over medium heat, add canola oil and saute onion, carrot, celery and garlic until lightly brown. Stir in kale, parsley, stock and spices. Bring to a boil.

In a blender, puree beans with milk. Add the bean mixture to the soup, bring to simmer and add rice. Cook for 30 minutes.

**Nutritional information per serving** (2 cups): 236 calories; 4 g fat (1 g saturated fat; 0 g trans fat); 6 mg cholesterol; 180 mg sodium; 38 g carbohydrates; 7 g fiber; 0 g added sugars; 12 g protein.

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Visit mayoclinichealthsystem.org/healthyrecipes for more hearty and healthy recipes to try this winter.

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Is it safe for my kid to take supplements?

Dietary supplements are becoming more popular among young athletes with nearly 60% reporting regular use. But are they safe? Learn more about research and gather tips before giving supplements to your young athlete.

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A doctor's warning about the dangers of vaping

Vaping first was said to be a safer alternative to smoking tobacco and eliminate the dangers of secondhand smoke. But that was wrong.

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Facts about influenza

Influenza, which peaks at this time of year, is associated with symptoms ranging from mild to the severe. Learn facts about the flu and read four simple steps that you can take to decrease your risk of getting it.

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Are you at risk for an inguinal hernia?

Inguinal hernias are the most common type of hernia, and they can be painful. Learn who is most at risk of developing a hernia and how to prevent one.

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Seeking support when grieving

Grief often means change and loss for the way things were. If you have experienced the death of a loved one, this is the hardest kind of grief and change to work through.

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Read these and more blogs at mayoclinichealthsystem.org/hometown-health.
How can knowing my numbers improve my health?

Knowing your numbers generally refers to your blood pressure, cholesterol, blood sugar and body mass index. These numbers can alert you to your risk for developing serious problems, including heart disease, stroke and diabetes. Knowing your numbers and if you are at risk can motivate you to make healthy lifestyle changes.

If your measurements are outside the normal range, we can take steps to bring your numbers to goal. Creating healthy habits at home such as eating a well-balanced diet of fruits, vegetables and lean protein, incorporating 30 minutes of exercise most days of the week, and avoiding alcohol and smoking is a great start. Sometimes treatment can include medication therapy prescribed by your healthcare provider.

There are some other numbers that are helpful to know as well. Measurements that test your cardiovascular fitness, strength, flexibility and balance can help you set fitness goals.

It is important to move our body and it can be beneficial to perform some baseline tests at home. You could start by measuring how fast you can walk or run a mile, how many pushups you can perform, how far you reach past your toes when sitting on the ground, and how long you can stand on one foot. Then start working toward small improvements such as walking a little faster or going a little farther on your next walk or buying weights to perform bicep curls while watching TV. You could take a yoga class to help with flexibility and mindfulness. Improve your balance by standing on one foot while brushing your teeth or standing in line at the store. After six weeks, check your measurements and see how much you’ve improved. You may be surprised and it can be fun to track your progress. You manage what you measure and it’s motivating to see progress over time.

Can expressing gratitude improve my mental and physical health?

In a word, yes! Gratitude practices can benefit both mental and physical health. Feeling thankful can positively impact well-being, job and life satisfaction, mood, helping behaviors, quality of life for those with chronic illness, and immunity, as well as can decrease perceived stress, depression, anxiety and risk of disease.

To experience the benefits of gratitude, consider the frequency of your gratitude practice and what activities you engage in. Studies have shown positive outcomes from daily practice, whereas others have shown that weekly is more beneficial. The main point, find a frequency that works for you and does not feel like a chore. Also, engage in activities that interest you and change them if needed.

One common enjoyable activity is keeping a gratitude journal. You could do this at the beginning or end of the week. Write about what you learned that benefited you or people who helped you. If it’s been a tough week, write about things going well in your overall life, such as having family support, access to food, or being healthy. You also could start your day identifying someone you are grateful for. It could be a friend, your child’s teacher, or the barista who hands you your coffee with a sincere smile. You could consider thanking that person with a text, note, or kind word.

Another activity includes thinking of a time where something important happened and reflecting on how it changed your life for the better. Consider moments in your life that did not feel great at the time, such as not getting a job or making a significant mistake. Once we get through the loss, we often learn an invaluable lesson and can feel gratitude for the opportunity and experience.

Overall, our lives are busy and sometimes we do not notice what we are thankful for until we take time to intentionally identify those things.
Time to burn

The start of a new year is a great time to get moving. To lose 1 lb. of fat per week, you need to burn 500 calories per day more than you consume. Here are some ideas on how to accomplish this.

Calories burned in one hour

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump rope</td>
<td>183</td>
</tr>
<tr>
<td>Walk (2 mph)</td>
<td>219</td>
</tr>
<tr>
<td>Walk (3.5 mph)</td>
<td>277</td>
</tr>
<tr>
<td>Biking (leisurely)</td>
<td>292</td>
</tr>
<tr>
<td>Golfing</td>
<td>329</td>
</tr>
<tr>
<td>Cross-country skiing</td>
<td>511</td>
</tr>
<tr>
<td>Basketball</td>
<td>584</td>
</tr>
<tr>
<td>Rope jumping</td>
<td>730</td>
</tr>
<tr>
<td>Running (8 mph)</td>
<td>986</td>
</tr>
</tbody>
</table>

Everyday activity expends a lot of energy. Here are a few more ways to burn more calories.

**AT HOME**
- Wash your own car
- Choose hand tools
- Speed up the pace of housework

**AT WORK**
- Choose the stairs
- Take walk and talk meetings
- Use a standing work station

**OUT AND ABOUT**
- Park at the back of the lot
- Take an extra lap while shopping
- Take a longer route when walking

For more ideas on incorporating movement into your day, visit mayoclinichealthsystem.org/livewell

Working out can increase your health and fitness, but getting to the gym can be difficult.

"Buying a few pieces of fitness equipment can bring the gym to you, and may increase your chances of working out," says Jason Lee, D.O., a Physical Medicine and Rehabilitation and Sports Medicine physician at Mayo Clinic Health System in Faribault and Rochester, Minnesota.

Here are some inexpensive pieces of gear to start your home gym:

1. **Jump rope**
   Jumping rope gets your heart pumping and offers a great cardiovascular workout. It requires little space and can be performed by people at any fitness level.

2. **Mat**
   Mats can protect your back and joints from hard surfaces during your workout.

3. **Dumbbells**
   Dumbbells come in various weights and designs. Choose weights that offer a little challenge and keep them handy. You could curl your way through a commercial break or use first thing in the morning.

4. **Resistance bands**
   Using resistance bands can improve your strength and muscle tone. They take up little space and can travel with you for work or on vacation.

5. **Stability ball**
   This piece of gear will strengthen your core. Stronger back and abdominal muscles can improve your balance and stability.

Read more about a stability ball workout on page 14 and download instructions on using this equipment for a full-body workout at mayoclinichealthsystem.org/54321
Joint replacement: Not your grandfather’s surgery

As countless Americans — maybe even you — know, arthritis can make every step a pain. Over the years, wear-and-tear on knee and hip joints can eventually make it difficult to walk, climb stairs, and get in and out of chairs. When this pain persists despite conservative treatments such as physical therapy and medication, it may be time to consider joint replacement surgery.

"People are often nervous about having surgery, and I can understand that fear," says Jonathan Webb, M.D., an orthopedic surgeon at Mayo Clinic Health System in Eau Claire. "But joint replacement is a very safe procedure and one of the most common operations we perform. And it can be life-changing for people who have been living with chronic pain."

New materials mean artificial joints are lasting longer than in the past. And in the case of hip surgery, new techniques have made recovery easier and less painful. In short: This isn’t your grandfather’s hip replacement.

How it’s done
In a joint replacement procedure, an orthopedic surgeon removes damaged bone and cartilage, and replaces them with parts made of metal, ceramic, plastic or polymers. The artificial joint improves function and reduces pain.

"One of the best parts of my job is seeing patients after surgery," Dr. Webb says. "They can’t believe how much better they feel."

Risks
Risks with hip or knee replacement procedures are similar to those of other surgeries. They include the possibility of developing an infection or blood clots. In the case of hip replacement, there’s also a chance of a fracture during surgery or dislocation after surgery. And because even artificial joints can wear out, there’s a chance that the procedure would need to be repeated at some point in the future.

Recovery
Most patients go home after one or two nights in the hospital and some even leave the same day. Usually, people go home using a walker and transition to crutches or a cane for a few weeks after surgery. Most daily activities such as shopping, driving and housekeeping can be resumed within six weeks after a knee or hip replacement.

To get the most out of the procedures, patients need to stretch and strengthen their new joints. A physical therapist will help patients begin those exercises in the hospital the day of surgery.

"Physical therapy is an essential part of getting function back," Dr. Webb says. "We have a great team of providers who work with patients to maximize their recovery."

Results
Most people experience pain relief and overall improvement in their quality of life after surgery. And thanks to new materials, artificial joints are lasting longer than in the past — up to 20 or 30 years in some cases.

"It’s so rewarding to be able to help so many patients," Dr. Webb says. "They’ve given up parts of their lives because of pain. After surgery, they’re able to do things like garden and travel and play with their grandkids. It feels good to be able to help them get there."

To learn more about joint replacement surgery, including information on patient education classes to help decide if surgery is right for you, visit mayoclinichealthsystem.org.
Strengthen your core

About 80% of Americans struggle with lower back pain at some point. One key to preventing this, or quickly recovering from back pain, is to strengthen your abdominal, pelvic, diaphragm and back muscles. These muscle groups are also referred to as core muscles.

“Implementing core workouts into your daily exercise help prevent back pain, but also it improves your posture,” says Denise Grabowski, a physical therapist at Mayo Clinic Health System in La Crosse, Wisconsin.

When performing core exercises, make sure to use a mat or lay on carpet. Also, don’t forget to take deep, slow breaths and exhale with the effort of the movement to activate your core muscles.

“There are non-strenuous exercises that can help strengthen your core at home including yoga and Pilates or using a stability ball” says Grabowski. She recommends using a stability ball and yoga mat when you try the following core exercise at home.

Bridge
1. Lie on your back with your legs resting on top of the ball.
2. Tighten your abdominal muscles. Inhale deeply.
3. Exhale as you tighten your core, lifting your hips and buttock off the floor into a bridge. Hold steady for three deep breaths. This works your core muscles and the muscles along your backside — the gluteal muscles and hamstrings — as they contract to keep you in place.
4. Return to the starting position and repeat.
5. For added challenge, raise your right leg off the ball. Repeat with your left leg.

Discover Gratitude
Boost your spirits and enhance your overall health. Join this virtual challenge to journal daily about the big and small things in life for which you are thankful.
March 30–May 1
Free. Go to mayoclinichealthsystem.org/gratitude to learn more, register and print your journal by March 28. Journal sheets are private and will not be collected.

Passport to Heart Health
Join this monthlong virtual challenge to take action and improve your personal heart health. You will receive weekly emails with activities to guide you on a heart-healthy journey. Print a passport card to track your progress and complete a survey at the end to receive a prize.
Feb. 1–29 | Free.
Go to the Classes & Events section of mayoclinichealthsystem.org to register.

Mind Over Matter: Healthy Bowels, Healthy Bladder
This Wisconsin Institute for Healthy Aging program is designed to help women develop skills, learn exercises and adopt strategies to prevent or improve incontinence symptoms. Attend all sessions in series.
April 2, April 16 and April 30 | 4:30–6:30 p.m.
Korger-Chestnut Children’s Center, 140 W. Elm St., Chippewa Falls
Feb. 13, Feb. 28 and March 12 | 4:30–6:30 p.m.
Mayo Clinic Health System, 2321 Stout Road, Menomonie
Free. Go to the Classes & Events section of mayoclinichealthsystem.org or call 1-866-375-7464 to register.

Stories From the Heart
Patients will share personal stories about their challenges and triumphs dealing with heart disease. Bring your questions for a Q&A session with heart care experts. Healthy recipe samples, music and prizes make this a special evening out.
Thursday, Feb. 20 | 6–7:30 p.m.
Auditorium, Mayo Clinic Health System, 1221 Whipple St., Eau Claire
Free. Go to the Classes & Events section of mayoclinichealthsystem.org or call 1-866-375-7464 to register by Feb. 13.

Healthy Living With Chronic Pain
This multiweek workshop is for adults who have, or live with someone who has, ongoing struggles with chronic pain. Learn new healthy habits and skills that can reduce pain and dependence on others, as well as improve energy, coping skills and quality of life. Eight participants are required for this workshop to be held.
Mondays, March 2–April 13 | 1–3:30 p.m.
Virginia O. Smith Meeting Room, Chippewa Falls Library, 105 W. Central St., Chippewa Falls
Free. Go to the Classes & Events section of mayoclinichealthsystem.org or call 1-866-375-7464 to register.

Get tips for selecting the right size stability ball for you and download instructions for a quick, 15-minute core workout at mayoclinichealthsystem.org/exercise.

For more information and other upcoming event and wellness opportunities close to home, visit mayoclinichealthsystem.org and click on “classes and events.”

Denise Grabowski, physical therapist
La Crosse