



# Health Link Quarterly

YOUR LINK TO QUALITY HEALTHCARE CLOSE TO HOME

## MRHS Welcomes New Physician

Madison Regional Health System is pleased to announce the addition of Carl Lang, MD. Dr. Lang is a graduate of the Sanford School of Medicine in Vermillion, South Dakota, and he completed his Family Medicine residency at the Sioux Falls Center for Family Medicine.

As a family medicine physician, Dr. Lang has a passion for serving patients of all ages and backgrounds, with interests in mental health, diabetes, sports medicine, hospital medicine, and pain management.

“I deeply value the relationships that I develop with my patients as a primary care physician. My approach to medicine respects this relationship and focuses on shared decision-making. I believe my patients should have a decision in their health,” said Dr. Lang. “I am originally from a small town, and I have always wanted to move back to a rural town closer to the open prairie and farm country. Outside of medicine, I enjoy biking, traveling, live music, and spending time with friends and family.”



Dr. Carl Lang

Dr. Lang will begin seeing patients at the end of August. Call 605-256-6551 to schedule.



**A MATTER OF BALANCE**  
MANAGING CONCERNS ABOUT FALLS

### A Matter of Balance

Have you or a loved one fallen in the past, have falling concerns, or are interested in improving balance, flexibility, and strength?

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Through this FREE program, you will learn to:

- Set goals for increasing activity
- Reduce fall risks at home
- Exercise to increase strength and balance
- Safely get up if you fall

*Interested in attending an upcoming class? Please call the MRHS Rehabilitation Department at (605) 256-8915*

## When To Use: Urgent Care vs. Emergency Room

### WHEN TO USE URGENT CARE

Urgent care should be used for non-emergent but acute healthcare needs that shouldn't wait another day. Ancillary services at Urgent Care will be limited to essential imaging and lab services. Some illnesses, injuries, and/or symptoms that could be treated in Urgent Care include\*:

- Sore Throat
- Ear Pain or Infection
- Minor Cuts or Abrasions
- Minor Burns
- Muscle Strains
- Vomiting
- Diarrhea
- Cold or Flu Symptoms
- Urinary Tract Infection

### WHEN TO USE THE EMERGENCY DEPARTMENT

The Emergency Department treats medical conditions that can require rapid or advanced treatments (including surgery) that are only available in a hospital setting. Some illnesses, injuries, and/or symptoms that should be seen by a healthcare provider in the Emergency Department include\*:

- Chest Pains
- Shortness of Breath
- Large Cuts or Abrasions
- Major Injuries
- Feeling Faint
- Inhalation of Smoke or Poisonous Fumes
- Suspected Heart Attack or Stroke
- Uncontrollable Bleeding

**IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY, CALL 9-1-1 IMMEDIATELY.**

\*THIS IS NOT A COMPLETE LIST OF ALL POSSIBLE ILLNESSES, INJURIES AND/OR SYMPTOMS.

## Urgent Care Hours

**Monday-Friday: 4:00 p.m. - 6:00 p.m. & Saturday: 8:00 a.m. - 10:00 a.m.**

To be seen in Urgent Care, please enter the facility's main entrance and check in at the front desk.

# From Our Providers to You: Essential Summer Safety

By Lindsay Symens, FNP-C and  
Marissa Sinsabaugh, FNP-C

## BOATING SAFETY

Boaters would want to survey their boat and equipment to make sure they are safe. That would include their trailer tires, ensuring they have a fire extinguisher on board, along with life jackets. It's also important to avoid alcohol and drug consumption and to not drive a boat or vehicle impaired.

## SWIMMING SAFETY

Inattention can lead to tragedy. Drowning, especially for children and weak swimmers, is one of the leading causes of unintentional injury or death among that population. Children should NEVER have access to or be near any water unattended, they need to have supervision by an adult. Also, no one should swim alone, especially in bigger bodies of water. A buddy system is always a good idea.

## INSECT BITE & TICK PREVENTION

Utilize insect repellent to avoid bug bites and ticks. Cover exposed skin, especially in areas with high insect population. Check for ticks thoroughly after being outdoors.

## STAYING HYDRATED & COOL

Drink plenty of fluids, especially water. Avoid alcohol consumption and caffeine, both of which can affect hydration. Schedule outdoor activities during cooler parts of the day. If needing to be outside, find some shade to get breaks from the heat or utilize cooling towels. Wear loose-fitting and lightweight clothing. Stay indoors in an air-conditioned space during hotter hours of the day or during heat warnings. Never leave anyone in a parked vehicle, even with the windows cracked open, as they can heat up very quickly.

## FIREWORKS & BONFIRE SAFETY

Always light bonfires and use fireworks outdoors in open areas and away from people, buildings, and anything flammable. Keep a bucket of water or fire extinguisher nearby. Never hold fireworks in your hands. Children need to be supervised when using fireworks and around bonfires. Be aware of any fire warnings prior to using fireworks or bonfires.

## SUN SAFETY

Apply sunscreen liberally and often, even on cloudy days. Reapply at least every 2 hours and more frequently if the skin is getting wet. Seek shade or wear protective clothing to minimize sun exposure.



Lindsay Symens, FNP-C



Marissa Sinsabaugh, FNP-C

# Madison

REGIONAL HEALTH SYSTEM

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[www.MadisonRegionalHealth.org](http://www.MadisonRegionalHealth.org)



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## Introducing MyChart, our new patient portal!

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MyChart.



# MyChart



## MRI at MRHS Comfort & Convenience, Close to Home

Did you know? For your convenience, MRHS can perform radiological services even if they were ordered by an out-of-town provider. Our compassionate and knowledgeable team is here for you.

- Magnetic Resonance Imaging (MRI) uses a strong magnetic field along with radio waves and a computer to produce images of internal organs and structures in a safe and non-invasive way. This type of imaging can be done for the head, chest, blood vessels, bones, joints, abdomen and spine to diagnose disease or injury.
- Our MRI machine has a wide bore design that allows for more space and comfort than a traditional MRI scanner.
- Same day appointments, same day results often available. Plus, you can view your results through MyChart!
- Other services provided by our Radiology team include 3D Mammography X-Rays, Computed Tomography (CT) Scans, DEXA Scans, Ultrasounds, and more.