For Katy Eisenmenger Fuentes, PA-C, MPH, and Pat Fahey Bacon, DNP, FNP-BC, serving at Madelia Community Hospital & Clinic rewards both the mind and the heart.

“I come from a family of healthcare providers,” says Katy, whose grandfather was a physician in her hometown of Fairmont, Minnesota. “The mixture of caregiving and science really drew me to medicine.”

Katy says she enjoys working in the Madelia community and growing along with her patients. She loves discussing medical decision-making with her patients, explaining the thought process behind their care, and getting their input.

“I learn as much as I teach,” says Katy, who has a special scientific interest in population health research. “It’s important to understand how people’s life experiences contribute to how they want to be cared for. It helps us understand what they are looking for when they come to visit their provider.”

Katy received her Master’s Degree in Physician Assistance Studies from Arcadia University in Pennsylvania. She has been practicing in the area since 2010, and is fluent in both Spanish and Portuguese.

The mother of two children, Danika, 7, and Joaquin, 3, Katy loves to spend time with them and her husband, Luis.

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Our physical therapy department provides proven techniques to help people get back in motion. Physical therapists at Madelia Community Hospital & Clinic apply research and proven techniques to help people get back in motion.

“Since arriving at Madelia, Pat has revealed her return to rural Minnesota culture. “The relative simplicity of life here helps me feel calm and centered,” she says. “My patients include people in their 90s. They have given me so much.”

Pat’s scholarly and research interests grow out of her commitment to building caring, professional relationships. In May, she earned her Doctorate of Nursing Practice (DNP) from St. Catherine University in St. Paul. She gave a presentation of her research titled “Cultivating Caring in Nursing Education” at a conference in London in December.

“I believe my research has really enhanced my work,” says Pat, who teaches nursing. “I’ve learned how important it is to respect and be aware of everyone we come in contact with. I hope I have become more creative in my practice by focusing on what the patient needs rather than what I expect to see.”

Pat has known Katy her whole life. (She was actually in the delivery room when Katy was born.) They collaborate on difficult cases, along with Dr. Owadini Bandara, to make certain they are meeting the needs of their patients in the best possible way.
Assessing Your Risk for Osteoporosis

New imaging technology at Madelia Community Hospital & Clinic provides the latest in bone health assessments.

According to the National Osteoporosis Foundation, 44 million Americans have osteoporosis. Characterized by loss of bone mineral density (BMD), osteoporosis increases the risk of fractures in the hip, spine, wrist, or other bones. Early screening and risk assessment are crucial for preventing this “silent thief” of a disease, which is most common in women older than 65 and can severely damage quality of life.

Madelia Community Hospital & Clinic now offers the most advanced technology for the screening—the Discovery™ QDR bone densitometry system or DXA scan. This is a non-invasive, bone density test that provides images to help identify high-risk patients who may be susceptible to bone fractures and osteoporosis.

In Years to Come
Bone density levels vary based on a person’s age, lifestyle, family history, and diet. People with a history of fractures should have their BMD checked and rechecked several times throughout their adult life. Post-menopausal women with low estrogen levels should also have their BMD tested regularly.

As bones become thinner and more brittle with age, the risk they will break during transfers, bathing, dressing, or a very explosive sneeze or cough increases.

“A DXA scan may be just as important to your preventive medical care as a mammogram or cervical cancer screening for women or a prostate exam for men,” says Melissa Hunt, Director of Radiology at Madelia Community Hospital & Clinic. “This simple test takes less than a half hour and very well could prevent you from having debilitating fractures later in life.”

The test is usually covered by most types of medical insurance and Medicare. Feel free to call our radiology department to talk to one of our knowledgeable radiologic technologists if you have questions or would like to schedule a scan.

Click on “Providers” at www.mchospital.org to find a provider who can answer your osteoporosis questions.
Tuesdays starting April 16 to May 21—Living Well with Chronic Conditions class from 2 to 4:30 p.m.

April 20—Steak Fry & Silent Auction at the American Legion to benefit the MCHC Tranquility Garden from 5 to 7:30 p.m.

April 22–26—Medical Laboratory Professionals Week

May—National Osteoporosis Awareness Prevention Month. Tuesdays during May, get a free heel scan in the Clinic Lobby from 1 to 5 p.m.

May 6–10—National Hospital Week

May 6–12—National Nurses Week


May 29–October 23—MCHC and the Madelia Community Hospital Foundation are co-sponsoring the Farmers’ Market on Wednesdays. To become a vendor, register at the hospital front desk.

June—National Safety Month

June 12—Madelia Community Hospital Foundation Golf Outing. Get ready to tee off for a good cause! For more information, call the Foundation office at 507.642.5224.

July 13—Foundation 2nd Annual River Run 5K. Get active at this year’s River Run! Begins at Madelia Town Hall at 9 a.m. Pre-register online at www.mchospital.org. Same-day registration is open from 8 to 8:45 a.m. For more information about any of these events, call 507.642.3255.