

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Occupational Health/Primary Care

October 2016

School Year Clinic Hours

- Monday: 3pm-5:30pm
- Tuesday: 11am-1pm
- Wednesday: 3pm-5:30pm
- Thursday: 11am-2pm
- Friday: 2:30pm-4:30pm

Hello and welcome to the October edition of the School District of Rhinelander Onsite Clinic Newsletter.

It's crazy to think that school has been back in session for a month already! As you are all settling back in to your school year routine, I would encourage you to take advantage of the convenient, personalized and professional health care services we have to offer. Throughout this month, I will be onsite at the individual schools in the district. I am looking forward to touring the district, hearing feedback from you, and answering any questions that you may have regarding use of the onsite clinic to obtain medical care for you and your family. One common

question that I've been getting pertains to whether or not I can see people for general check-ups or medication refills. The answer is, "YES"! There seems to be a misconception that the onsite clinic is here to use only when you or a family member is sick or otherwise have a health-related concern. Since its inception, the district onsite clinic has continued to evolve to meet the needs of you and your dependent family members. We are now able to offer comprehensive primary care services. This means, we can also see you for annual preventative exams/routine physicals (including well child exams), mental health concerns and medication refills. If you have any questions related to what services we are able to offer, please give us a call at 715-365-9770.

Breast Cancer Awareness Month

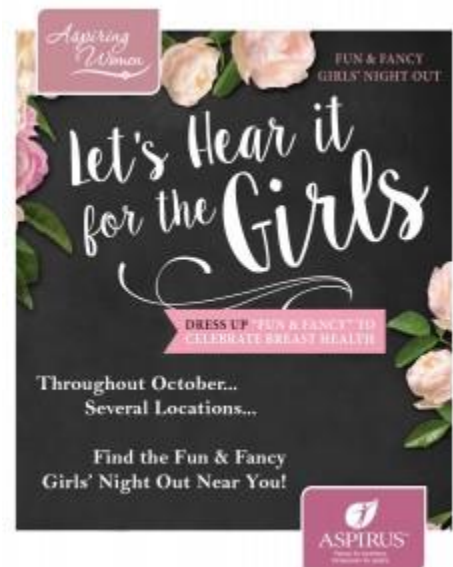
This October, Aspirus School District of Rhinelander Clinic is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your health care provider about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to your health care provider about your risk for breast cancer, especially if a close family member of yours has had breast or ovarian cancer. Your health care provider can help you decide when and how often to get mammograms.

For more information, please stop by and visit us at your Aspirus onsite clinic. I would also encourage you and/or your female family members to join the Aspiring Women Program at your nearest Aspirus hospital and sign-up for one of our Fun and Fancy Girl's Night Out: "Let's Hear it for the Girls" events. Find out more information at:

<https://aspirus.spirithhealth.com/event/lets-hear-it-for-the-girls-fun-fancy-girls-night-out/>



Breast Health During Midlife: Common Myths, Concerns and Tips for Staying Healthy

Audio Link: [Breast Health Podcast](#)



Featured Speaker:
Cecilia Stroede, MD

Cecilia Stroede, M.D., F.A.C.S. (Fellow American College of Surgery), specialty is Breast Surgery. Her medical degree is from Emory University School of Medicine, Atlanta, Georgia. Cecilia is certified by the American Board of Surgery. Cecilia is On Staff at Aspirus Wausau Hospital and sees patients in Wausau, Rhinelander and Stevens Point.

Mental Illness Awareness Week: October 2nd-8th

Join the Aspirus School District of Rhinelander Clinic and the National Alliance on mental Illness (NAMI) in raising awareness of mental illness. October 2 through October 8, 2016 is Mental Illness Awareness Week. Each year, the week provides an opportunity to fight stigma, provide support, educate the public and advocate for equal care.

One in five adults experience mental illness problems every year and 50 percent of chronic mental illness begins by age 14. Although many people today understand that mental illness is a medical condition, individuals and families affected by mental illness are still often subjected to stigma and discrimination.

To take the #Stigmafree pledge, visit www.name.org/stigmafree. NAMI offers information about mental illness conditions, symptoms and treatment at www.nami.org or through its HelpLine at 1-800-950-NAMI (6264).

Learn more about Mental Illness Awareness Week at www.nami.org/miaw.

If you or someone you know is struggling with mental illness, we can help. Please stop by or schedule an appointment at the Aspirus School District of Rhinelander onsite clinic.

Steve Kuhn, Licensed Professional Counselor, is also available at no cost through the School District Health Plan with WCA-GHT. For more information or to schedule an appointment, call 800-236-4457.



In review from previous issues:



Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770**. **If it is outside of the regular clinic hours, you will be forwarded to the Aspirus Rhinelander Occupational Health Department to speak with Sherry, RN or Christie, CMA.**



MyAspirus Frequently Asked Question:

Can I view a family member's health record or schedule an appointment for my child through MyAspirus?

Yes you can! This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



Location

665 Coolidge Ave. Door #7
Rhineland, WI 54501
(Northwest side of the building)

Aspirus SDR Clinic Line

715-365-9770

