



Rotary Notary

Week of November 6th

At Rotary Today:

Greeter: Chad Clark

Invocation, Flag Salute & 4-Way Test:

Bill McConnell

Member News:

Britt Fulmer

Member Birthdays:

Donna Kennedy - 11/8

Noel Anderson - 11/12

Kevin Rathert - 11/13

Spouse Birthdays:

Mark Kennedy - 11/8

Lori Rathert - 11/9

Wedding Anniversaries:

Kim & Beth Goodnight
11/7 - **44 years**

Scott & Lori Hampel
11/12 - **6 years**

Rotary Anniversaries:

Angela Binyon
11/13 - **19 years**

Quote of the Year:

"Let's accomplish great things together."

-Anne Schneider

Hernia: What You Should Know

This week's program was a humbling one. Dr. Ragnar Peterson from Via Christi delivered a talk filled with great humility and enough medical terminology to fluster even the most meticulous of note takers (myself, of course). Dr. Peterson is a general surgeon with Ascension Via Christi but specializes in complex hernia operations. He used his time, Wednesday, to tell us the story of how he got where he is and what we need to know when it comes to Hernias.

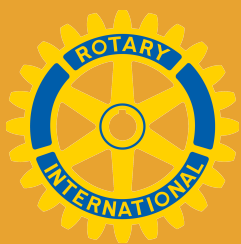


Dr. Peterson comes from Lindsborg, KS and attended KU Med before starting his career in medicine. One of the things he prides himself on is always telling the truth to his patients, no matter how difficult that might be. And it was a harrowing experience in college that shaped his thinking on the subject. On March 1, 2000, Dr. Peterson set out for his college job as a rock climbing instructor. It wasn't enough, simply, to be working his way through med school, that job was, of all things, showing people how to climb giant rock walls. During one climb, on this day, Ragnar had decided to rest for a bit; which meant to let go of the wall and rest for a bit on the climbing rope. The next thing he knew, Ragnar was lying on the ground staring at his ankle which was pointed toward him at eye level.

The diagnosis for Dr. Peterson was a bleak word salad that, essentially, meant he had sandwiched his spinal cord through several parts of the spine. The injury brought a lot of pain, and the surgery even more. However, the most significant pain, perhaps, was the notion that he may never walk again, and certainly be unable to accept his residency offer that was to start in 5 months. After having endured the surgery and the therapy only to fail a mobility test, Dr. Peterson channeled the bitterness he was experiencing into a determination that he would walk, and he would be ready for that residency.

The road was not easy and the residency board was not accommodating, but in 5 months time, Dr. Peterson had gotten himself up to cane-assisted walking and was able to go on his matched residency. A tragic episode that many would consider themselves unfortunate to have suffered, Dr. Peterson now views it as the most important thing ever to happen to him and one he's lucky to have experienced.

Having completed his residency and looking to begin his career, this '*shorter and angrier Dr. House*'(as he puts it) would find his way by doing the surgeries that no one else wanted to do. Chief among these were abdominal wall reconstructions; hernia operations.



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By tapping into an underserved population of war veterans that were being shipped out of state for hernia surgeries, Dr. Peterson was able to establish himself and began a career that would see him as one of the most capable Hernia surgeons in the state of Kansas. Today, Dr. Peterson and his team at Ascension Via Christi are the best in the state at handling complex hernias.

When it comes to hernias, I've only ever known them to be the excuse my grandpa used when he didn't want to lift something. The official definition, however, is "*a condition in which part of an organ is displaced and protrudes through the wall of the cavity containing it*". The treatment for this condition involves replacing all of our insides to their proper place, and patching up the hole. It's a difficult process that can, at times, be complicated by additional tears or leaks from the 'mesh' if not done correctly or poorly received by our bodies.

In an effort to summarize the '*doctor speak*' that accompanied Dr. Peterson's verbal, and visual, representations, my take away was that Dr. Peterson sets himself apart in both his procedural and relational approach to medicine. Where many surgeons may use one, large, incision, Dr. Peterson employs several small incisions. And when it comes to results, Dr. Peterson's staff will follow every patient's progress for, at least, 2 years. This has provided them with valuable data to assure results that can be reproduced, catalogued and shared.

Whether it's repairing prior mistakes, or addressing new, challenging, hernia's, Dr. Peterson and his team always focus on minimizing the invasiveness of the surgery and making sure everything they do is backed up by medical literature.

There is also the possibility that a person could have a hernia, and just not suffer from the symptoms. 'Asymptomatic hernias', as described by Dr. Peterson, are the subject of many questions he receives. "*I have a hernia, but it's not bothering me,*" is often the

refrain. If this is the case, Dr. Peterson urges you to schedule some time and to get it done. 60% of these hernias will progress to the level requiring more immediate surgery within 10 years of identification.

Healthwise, Dr. Peterson's talk served as valuable and informative. In terms of the city of Wichita, it is always encouraging to see the talent the city is capable to retain!



Dr. Peterson fields questions from Rotarians following his program on Wednesday, 11/6

Turkey Donations:

Turkey Dinner donations are being accepted now until Nov. 17th. The cost is \$65 per meal. Delivery of the meals will be on November 26th followed by a Rotary Mixer!

Next Mixer:

Our next mixer will be on November 26th, following Turkey deliveries, at Fuzzy's Taco Shop at Braeburn Square at WSU. Fun starts at 5:15pm!

NO MEETING on November 27th on account of Thanksgiving.

Christmas Party:

This year's Christmas Party will be on **December 12th** at Intrust Bank Arena. Contact Kim or Shane Pullman for details.

Next Week:

Jo Lynn Bright, HopeNet



Loose Ends



East Wichita Rotarians pause for a quick picture during last week's (and my personal favorite) service project at The Lord's Diner. They, along with volunteers from St. Francis, and Koch served **385 Wichitans** on Tuesday night.

Britt spots Ric while giving his monthly address of the club during **'Member News'**



Looking for a new car? Opportunity to benefit the EWR Foundation with your purchase!

EW Rotarian, John McEwen, has a standing offer to any EW Rotarian that, with the purchase of a new car from him and the Hatchett Auto Group, Hatchett, on behalf of John, will contribute \$100 to our local foundation, the East Wichita Rotary Foundation(EWRF)! Just ask Schoen Fitzgerald how easy it is...

Schoen bought a new Sierra very recently and the EWRF got a \$100 check to further their mission to provide scholarships to local students!
It's a Win! Win!