



CRAWFORD COUNTY MEMORIAL HOSPITAL

Convenient, Skilled, Trusted Medicine at CCMH for Mary Bilsten

Mary Bilsten has had a lot of experience with Crawford County Memorial Hospital (CCMH). Her grandson was born at CCMH and, in Mary's own words, "I have an elderly mother who has been in your facilities before and she has been given wonderful care."

So it was a natural decision when Mary was having health issues of her own that she turned to Crawford County Memorial Hospital and Dr. Karl Hasik, OB-GYN.

"I chose Dr. Hasik because he delivered my grandson. Then when I was having issues -- I had a bladder prolapse -- I thought, 'Okay, he's (Dr. Hasik) the best guy to go to.' He's a very wonderful, skilled surgeon and very smart. He knew exactly what was wrong and needed to be done."

Mary attributed her bladder prolapse to almost 20 years in retail business.

"That's probably where my condition came from -- heavy lifting over the years, standing on my feet. But it was mainly the heavy lifting", Mary said.

She also had concerns about the bladder surgery due to some television advertisements she'd seen.

"I had a very, very big concern about having the surgery done with the sling because of all the advertisements on TV. Dr. Hasik assured me, in all the years he's performed this procedure that he's never had an issue."

"My surgical experience was difficult because my bladder prolapse was complete. There were times when it (my prolapse) was an emergency situation because I had a lot of obligations. And one thing that I didn't understand, is that everyone said to me, 'Which doctor in Omaha are you going to see?'" Mary recalled.

She wanted to stay close to home when her surgery was performed.

"There's no need to travel and travel. We have our services right here in our county. A wonderful hospital, all the anesthesia, everyone I had contact with, they were so kind. And they told me exactly what they were going to do. Dr. Hasik was very personable. I wasn't a patient, I was a person. And that made all the difference in the world. Especially with the situation I was in."

Mary acknowledges her surgery went well but her recovery took longer than anticipated.

"The care I got from the CCMH staff was wonderful. All the lab people, the techs, anyone I came in contact with were so pleasant and so nice. You couldn't ask for better staff to be onboard. I did have a few bumps in the road (in my recovery) but he (Dr. Hasik) knew exactly what to do. He answered all my questions thoroughly, any concerns I had, and any problems I had."

"When I say it was a "bump in the road" and why it took so long for me to recover, I found out my pelvic floor was being lazy. My muscles did not want to start working. I had trouble walking up steps. No matter what I took, the pain wouldn't go away. So I went to physical therapy (PT) and my follow-up was a godsend."

In the CCMH Physical Therapy department, Mary met Kelly Wieman. Kelly is certified in pelvic floor physical therapy, one of the only pelvic floor physical therapists in western Iowa.

"Dr. Hasik is the one who told me about it. Kelly is very intelligent and she explained exactly what she was going to do. I went through nine sessions with her. She is soft-spoken and she made me feel relaxed. Kelly gave me the exercises I needed to strengthen my pelvic muscles. She is very knowledgeable about what to do."

After surgery and physical therapy, Mary says she's now back to normal.

"And I'd say, I feel I'm fully recovered. It has been a huge quality of life improvement."

"I would go to him (Dr. Hasik) again. And I have recommended him to several people. Dr. Hasik is extremely thorough. And the service that's provided by the hospital, right down to the lab techs, x-ray, whatever you need, they're available, they're confident, confidential. They don't 'zip you in' and 'zip you out', they know who you are. You don't have to take time off work for travel. And it's a wonderful facility."

