

BUFFALO HOSPITAL

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We're expecting!

BUFFALO HOSPITAL'S NEW BIRTH CENTER IS DUE TO OPEN BY THE END OF 2009

CONSTRUCTION WILL BE in full swing this spring to add a new wing to Buffalo Hospital for a new Birth Center. This center is due to open in late 2009.

With 16,000 square feet, the Birth Center will more than double the size of the current center and provide a comfortable, healing environment that reflects the exceptional care provided at Buffalo Hospital.

GROWING WITH THE COMMUNITY

The current Birth Center was built in 1980 and is now undersized to meet the community's expectations and growing needs.

In 2007, 611 babies were delivered at Buffalo Hospital—an 8 percent increase from

the previous year. That number is expected to increase to 1,500 births by 2015.

"It is not unusual to have moms in all three of our labor rooms at the same time," says Holly Bryan, RN. "One day, I helped deliver five babies. With labor, everything can change on a dime—we really need more space and equipment to handle whatever comes our way."

DESIGNED FOR SPACIOUS PRIVACY

While larger labor and delivery rooms will house the latest technology, they also are designed to comfort and support mothers throughout the birthing experience. After delivery, a new mother moves to a fresh, private room that is quiet and restful.

—Continued on page 2



3

Relief from joint pain is possible—which surgery is right for you?



4

There is life after surviving a stroke



6

Strategically placed AEDs can save lives



BUFFALO HOSPITAL

Allina Hospitals & Clinics

NEW BIRTH CENTER



We're expecting!

—Continued from page 1

Jennifer Emery, MD, obstetrician/gynecologist (OB/GYN), Buffalo Clinic, has two young children herself. “Welcoming a new baby can be overwhelming,” she says. “A larger, more private space will provide a soothing environment where mothers can bond with their newborn and learn how to care for him or her.”

The Birth Center will feature:

- five labor and delivery rooms
- 16 postpartum rooms, each with its own soaking tub
- a dedicated operating room for Cesarean births
- a Level II nursery for babies born prematurely

- space for lactation education
- a kid-friendly family lounge.

The Birth Center is more than bricks and technology. The heart of the center is truly the doctors, nurses and staff who care for patients.

“Because we are smaller than metro hospitals, we are able to take the time to focus on our patients and give them the personal attention they need,” says Leslie Akram, DO, OB/GYN, Allina Medical Clinic–Buffalo.

COMMUNITY SUPPORT

Expanding the Birth Center to meet community needs will cost \$7.1 million. Buffalo Hospital is part of Allina Hospitals & Clinics, which committed \$6.1 million to build and equip the new center. The Buffalo Hospital Foundation Board is reaching out to the community for the remaining \$1 million.

“This is a great opportunity for people to make a difference for families in our growing community,” says Karla Heeter, executive director, Buffalo Hospital Foundation. “The birth of a child is a time for celebration, and with a new Birth Center, families and visitors can stay close to home.”

Doctors and hospital staff have made generous contributions, including gifts of \$225,000 from Buffalo Clinic P.A., \$150,000 from Buffalo Hospital employees, more than \$25,000 from the Buffalo Hospital Board of Trustees and Foundation Board, and nearly \$20,000 from hospital volunteers.

YOU CAN HELP

To make a tax-deductible contribution, please fill out and mail the enclosed envelope or call 763-684-6800. ❖



The private rooms at the new Birth Center will provide restful places for new mothers to bond with their babies.



Holly Bryan, RN, holds Layla, one of a growing number of babies born at Buffalo Hospital every year.

When joints hurt

SURGICAL SOLUTIONS FOR WEARY, SORE JOINTS

JOINTS ARE among the most hardworking parts of your body.

Hips, knees, shoulders, elbows and wrists—even your fingers—take on the stresses of daily living.

It's not surprising, then, that your joints suffer from wear and tear.

“Medicines, exercise, and heat or cold applications may provide relief for joint pain,” says Dana Harms, MD, orthopedic surgeon, Buffalo Hospital.

“However, if pain from arthritis, injuries or other joint problems is severe, your doctor may discuss surgery as a treatment option.”

What type of surgery is best for you depends on the joint that is affected and the cause of the problem.

If joint pain is keeping you from your favorite activities, talk to your doctor.



and polyethylene (plastic),” says David Labadie, MD, orthopedic surgeon, Buffalo Hospital.

“Replacement is most commonly used for hips and knees.

Shoulder, elbow and finger joints can also be replaced.”

Arthroscopy. A thin tube with a light and a tiny video camera at the end (arthroscope) is inserted into the joint through a small incision. The camera sends a picture to a monitor. The doctor can then see and repair problems, such as torn cartilage or ligaments, using small surgical instruments inserted through incisions. Also, it can be used to smooth rough joint surfaces. Arthroscopy is used most often on knees and shoulders.

Osteotomy. This is a surgery to cut and reposition bone to correct forces on weight-bearing joints, such as knees. It's also useful in people with hip arthritis who are too young for a total hip replacement.

THE RISKS AND REWARDS

Nonsurgical treatment options should always be attempted before turning to surgery.

Joint surgeries are serious procedures that carry risks as well as rewards.

Some may involve a lengthy period of rehabilitation. Ask an orthopedic surgeon to explain what outcomes can be expected and how the surgery might change your life. ❖

Sources: American Medical Association; Arthritis Foundation

JOINT SURGERIES

The following are some common surgical treatments for joint pain.

Arthroplasty/joint replacement. Arthroplasty is used to resurface or reline the ends of bones when cartilage has worn away and bone has been destroyed.

“During joint replacement, damaged bone or joint tissue is removed and replaced with an artificial joint, made out of alloy

Curious about orthopedic surgery?

If you are considering surgery or have ever wondered what is like to be in the operating room, here is your chance. Through OR-Live, Inc., Allina Hospitals & Clinics offers four procedures you can watch anytime on your own computer.

One is a total knee replacement surgery performed at Buffalo Hospital by Dana Harms, MD, orthopedic surgeon, and narrated by David Labadie, MD. This procedure relieves knee pain and increases mobility by resurfacing the damaged and worn surfaces of the knee. View the surgery at www.buffalohospital.org.

To watch other surgeries, including a myomectomy, laparoscopic gastric band surgery or brain surgery, visit www.allina.com/orlive.

SISTER KENNY REHABIL INSTITUTE HELPS STRO SURVIVOR RECOVER

LAST MAY, 57-year-old Michael Frickstad fell ill while golfing with co-workers from St. Michael–Albertville High School. Frickstad thought it was just a bad headache. He went home and got to bed early. He hasn't been the same since.

"I woke up in the morning and the room was spinning," Frickstad says. "I fell on the floor. I had no control over my legs and right arm."

He crawled to a telephone and called his girlfriend, Lynda. Worried because she couldn't understand what he was saying, Lynda called 911. It was the right thing to do—Frickstad was having a stroke. He was rushed to Mercy Hospital in Coon Rapids, where he spent the next 10 days in intensive care.

"My neurologist didn't think I was going to make it," Frickstad says. "A stroke is usually caused by blockage or bleeding—I had both."

POSITIVE THINKING

The stroke left Frickstad with balance and coordination problems and right-side weakness that required rehabilitation. He was transferred to the nationally recognized stroke specialty program at Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital.

"When I arrived, I was pretty much stuck in a wheelchair," he says. "I could move but couldn't control my arms and legs. Simple actions like getting out of bed and eating were difficult."

Frickstad doubted he would ever walk independently again, but his team of therapists proved him wrong. "They wouldn't take no for an answer," he says. "I was able to stay positive because they believed in me. I figured if they thought I could do this, then I must be able to."

Frickstad spent hours every day for the next three weeks in physical and occupational therapy. His care plan also included acupuncture, music therapy, reflexology and water therapy.

AN INCREDIBLE RECOVERY

Six weeks after leaving home in a speeding ambulance, Frickstad walked into his living room with just the aid of walker, and he's still making progress. Sister Kenny's extensive network allows Frickstad to receive the same high level of care close to home. Frickstad receives occupational therapy at Sister Kenny Rehabilitation Institute at Buffalo Hospital and physical therapy at Sister Kenny Sports & Physical Therapy Center at Albertville–St. Michael.

"Michael has gone from not being able to tie his shoes to playing guitar with his church band," says Penny Bartzen, occupational therapist at Sister Kenny Rehabilitation Institute at Buffalo Hospital.

Frickstad is back in the classroom, teaching his students English literature—and the power of not taking no for an answer. For more information about Sister Kenny Rehabilitation Institute at Buffalo Hospital, visit www.buffalohospital.org and click on *Services & Programs*. ♦



ITATION KE



LEFT: Penny Bartzen, occupational therapist, and Michael Frickstad work on hand coordination.

MIDDLE: Kathryn Perry, physical therapist, helps Frickstad conquer the stairs.



A race against time

THE FIRST SIGNS OF STROKE CALL FOR A QUICK RESPONSE—FAST TREATMENT MATTERS

When a stroke happens, there's no time to waste.

During a stroke, the brain's supply of blood is disrupted, leaving brain cells without crucial oxygen and nutrients. As a result, they can quickly start to die. This makes treating a stroke a race against time. Damage from a stroke can affect any part of the body. Strokes can result in serious disabilities, including paralysis and problems with speaking, thinking and emotions.

"Stroke is a life-changing event that not only affects the person who may be disabled but the entire family and other caregivers as well," says Larry B. Goldstein, MD, chairman of the American Heart Association's Stroke Council.

But here's what else you need to know: By recognizing the signs of a stroke and getting to the hospital right away, you can receive treatment that can limit the damage from a stroke.

KNOW THE SUDDEN SIGNS

Stroke symptoms come on suddenly—at any time and place.

Signs of stroke may include:

- numbness or weakness of the face, arm or leg—especially on only one side of the body
- confusion or trouble speaking or understanding speech
- trouble seeing
- trouble walking, dizziness, or loss of balance or coordination

- severe headache for no obvious reason.

If you think you or someone else might be having a stroke, call 911. Don't wait to see if the symptoms pass.

WHY TIME IS SO CRUCIAL

Most strokes happen when there is a blockage in an artery that sends blood to the brain. This is known as an ischemic stroke.

Doctors can use a medicine called tPA to restore blood flow and stop this type of stroke, often limiting disability. Again, there's no time to waste, because the medicine needs to be given quickly to do the most good.

From the time stroke symptoms start, doctors have a three-hour window to begin treatment with tPA.

The bottom line: Know the signs of a stroke, and get to the hospital quickly if you think you or someone else might be having a stroke.

PREVENTION POINTERS

Of course, the best scenario is to avoid a stroke in the first place.

With your doctor's help, you can lower your risk by taking these steps:

- Keep your blood pressure and cholesterol levels controlled.
- Quit smoking, or don't start.
- If you have diabetes or heart disease, keep it in check.
- Maintain a healthy weight.

HEART SAFE COMMUNITIES

Saving one heart at a time

SUDDEN CARDIAC arrest strikes 42 people every hour in the United States. Only one of them survives. If victims don't receive an electric shock to the heart, called defibrillation, within minutes, they may die.

Buffalo Hospital's Heart Safe Communities program has been saving lives for eight years by placing automated external defibrillators (AEDs) in places where people live, work and play. Since 2007

alone, AEDs have saved 13 lives in Wright County.

"Heart Safe Communities is one of Buffalo Hospital's most successful initiatives," says Mona Volden, community outreach coordinator. "We've placed 180 AEDs throughout Wright County, including in every squad car. If you have ever walked into a school, government center, city hall or civic center in Wright County, you've probably walked past an AED donated by Heart Safe Communities."

Heart Safe Communities is a Buffalo Hospital community benefit initiative—a program to carry out Allina Hospitals & Clinics' mission to improve the health of the communities we serve. Heart Safe Communities provides training, AEDs and medical direction at no cost or at a reduced rate to community organizations.

IT'S EASY TO SAVE LIVES

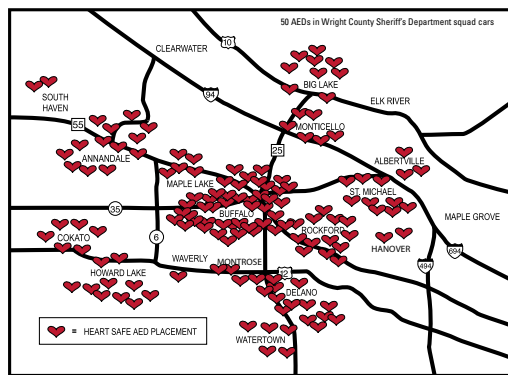
Learn where AEDs near you are located—usually on a wall in a high-traffic area. Anyone can use an AED.

"If you can grab the AED and turn it on, you can defibrillate someone," says Charles Lick, MD, medical director, Heart Safe Communities.

"People are scared they'll do something wrong and hurt the person, but it's simply not possible," says Kelly Lewis, coordinator and trainer, Heart Safe Communities. "An AED will not shock a person who does not need defibrillation. The only thing you can do wrong is not try."

For more information about Heart Safe Communities, call 763-684-6603, or visit www.buffalohospital.org. To make a donation, mail the enclosed envelope. ❖

Heart Safe AEDs in Wright County



Keep an eye out for AEDs throughout the community.

Fill your prescriptions online

RELIABLE MEDICATION prescription service is just a click away. At the Allina Community Pharmacies website, you can transfer or refill a prescription and have it mailed to your home at no extra charge.

You can also arrange to pick up your prescription at one of 15 locations.

For new prescriptions, an order signed by your doctor is required. This can be faxed by the doctor's office, mailed or dropped off in person.

The Allina pharmacy staff has expertise in special medication needs, including organ transplant, diabetes, infertility, pediatrics, oncology and management of multiple medications.

Discounts on medications are offered to seniors age 62 and older.

Allina Community Pharmacies also offers free assistance to review current medications and provide guidance in selecting a Medicare Part D plan.

Learn more about these services at www.allina.com/pharmacy. ❖



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.allina.com/classes or calling 612-262-3333. All sessions are held at the Buffalo Hospital Conference Room.

GENERAL WELLNESS

Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday, 7 to 8:30 p.m. FREE

Stroke Support Group

Meets monthly on the second Wednesday, 1 to 2 p.m. FREE

Before Surgery Party for Children

View a video and tour the Surgery Center. Call to schedule. FREE

CPR AND FIRST AID COURSES

Classes can be customized for businesses to meet their individual needs.

Pediatric Heartsaver CPR, AED and First Aid

Meets child day care training requirements. Feb. 21, March 14 or April 25, 8 a.m. to 3:30 p.m. \$65

Heartsaver CPR, AED and First Aid

Learn how to recognize and treat medical emergencies until help arrives. Jan. 24, March 7 or May 9, 8 a.m. to 3:30 p.m. \$65

Basic Life Support for Health Care Providers

Covers adult, infant and child CPR and use of ventilation devices. Feb. 7 or April 4, 8 a.m. to 12:30 p.m. \$60

CPR Refresher for Health Care Providers

Feb. 7 or April 14, 1 to 3:30 p.m. \$50

Youth Babysitting Course

For youth ages 11 and older to learn the skills necessary for safe child care, including problem solving, accident prevention, first aid, safe play and much more. March 21, 8:30 a.m. to 4 p.m. \$45

CHILDBIRTH AND PARENTING

Healthy Pregnancy

Important information about your developing baby and how to make pregnancy easier and more fulfilling. Feb. 3 or March 31, 6:30 to 9:30 p.m. \$40

Birth and Parenting Preparation Series

Information about labor, birth and early parenthood. A new series starts every other month, beginning March 5, 6:30 to 9 p.m. \$105

Birth and Parenting Preparation—Weekend Session

Fridays, 6:30 to 9 p.m., and Saturdays, 9 a.m. to 3:30 p.m. Feb. 13, 14 or April 17, 18. \$105

Refresher for Birth and Parenting Preparation

A review of labor, delivery, and post-delivery care of mom and baby. Feb. 10 or April 7, 6:30 to 9:30 p.m. \$65. “New Brother, New Sister” included in registration.

When You’re on Bed Rest

Whether in the hospital or at home, a childbirth educator will connect with you and your partner to help you prepare for labor, birth, postpartum and parenting. Call 763-684-7121. \$105

All About Babies

Provides expectant and adoptive parents with important information about infant care and development. Feb. 12 or April 9, 6:30 to 9:30 p.m. \$55.

Breastfeeding Preparation

Introduction to the basics of breastfeeding. Feb. 19 or April 16, 6:30 to 9 p.m. \$30

New Brother, New Sister

Designed for children ages 2½ to 10, this class helps prepare children for the new baby’s arrival. Feb. 17 or April 14, 6:30 to 8 p.m. \$30 a family; free when also registered for “Refresher for Birth and Parenting Preparation” class.

Birth Center Tour

Tour labor and delivery rooms, postpartum rooms, and nursery before the arrival of your baby. Feb. 17 or April 14, 6:30 to 7:30 p.m.; or March 14, 9 to 10 a.m. FREE

Pregnancy, Birth and Parenting Package Price Discounts

Enroll in four classes—“Birth and Parenting Preparation,” “All About Babies,” “Breastfeeding Preparation” and “Healthy Pregnancy”—and save \$50.

TAKE CHARGE OF YOUR HEART

Tuesday, Feb. 10, 6 to 8 p.m.

Buffalo Hospital Cardiac Center

Dedicate an evening to your heart during American Heart Month. Join Buffalo Hospital’s cardiac experts to learn about cardiovascular disease—the No. 1 killer of Americans—and what you can do avoid it. Free activities include:

- presentation about heart disease
- blood pressure checks
- Cardiac Center tours. See a stress echocardiogram and nuclear camera.
- exercise tips
- heart-healthy food samples
- AED demonstrations.

This is a free event, but registration is preferred. Call 612-262-3333.





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HOSPITAL**

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Putting your heart first



Joe Cherian, MD, and Karen Riley, PA, are new members of the team that provides cardiology testing, diagnosis and treatment at Buffalo Hospital.

YOUR HEART is one of the most important organs you have. To make sure you can see a heart specialist when you want to, Buffalo Hospital Cardiac Center added more cardiologists and a physician assistant to our team.

Buffalo Hospital partners with Metropolitan Heart and Vascular Institute to provide the highest level of testing and treatment right here in your community.

“Patients tell me all the time how impressed they are with the level of expertise our cardiologists, nurses and technologists all have, yet they are still very compassionate and easy to talk to,” says Kris Rowe, manager, Buffalo Hospital Cardiac Center.

DIAGNOSING CORONARY ARTERY DISEASE

Buffalo Hospital’s Cardiac Center offers many of the noninvasive testing options that larger centers offer, including a nuclear camera to provide clear images of the structure and function of the heart.

The Cardiac Center’s echo lab and nuclear medicine department recently received national accreditation by meeting rigorous

standards for quality personnel and outcomes.

EMERGENCY HEART CARE

Fast treatment of heart attack is crucial for survival. Buffalo Hospital’s full-service Emergency Department has specially trained staff to rapidly stabilize patients. When needed, patients are quickly transported to Mercy Hospital, a Top 100 Hospital, for emergency angioplasty.

CARDIAC REHAB

The cardiac rehabilitation center helps people with heart disease return to their usual day-to-day activities and reduce their risk of future heart problems with exercise, diet, smoking cessation and stress management education.

WOMEN’S HEART HEALTH

To help women prevent the No. 1 killer of women—cardiovascular disease—we offer a Women’s Heart Health program. Tailored specifically to women, the program includes a thorough risk evaluation, a personal plan to prevent heart disease and a year of support to help you meet your heart health goals. The cost is \$95. For more information, call 763-684-5100.

For more information about Buffalo Hospital’s Cardiac Center, call 763-682-3801 or visit www.buffalohospital.org. ❖

