

BUFFALO HOSPITAL

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Photo credit: Meredith Johanson

Fitness expert Adam Gartner designs exercise programs to maximize your workout time based on your Fitness Laboratory results and the science of your own body.

DAAN inspires great everyday choices—for a healthier you

IN MANY ways, life is nothing but a series of choices.

Some fall into the what-to-wear-today category and are obviously pretty minor. Some—as in, *Is this the right person to marry?*—change your life.

And other choices you make in day-to-day life affect you to a degree you might not suspect. For instance, some seemingly ordinary, everyday choices are ones that health experts say can, in fact, be life-altering.

These basic daily choices have the power to reduce your risk of cancer, diabetes, heart disease and stroke. Combined, these four diseases account for two of every

three deaths in this country.

So there's good news here: Making the right everyday choices about diet and exercise could add years to your life.

See Page 7 for coming DAAN programs to help you make healthy choices.

PUT FOOD ON YOUR SIDE

- Eat more fruits and vegetables.
- Opt for whole grains.
- Select healthier fats (such as olive, canola or peanut oil) instead of not-so-healthy ones (such as coconut oil, butter or margarines with trans fats).

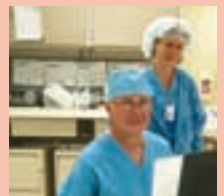
LIVE IN MOTION

- Sneak in activity. Stairs or the elevator? Take the stairs.

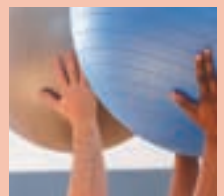
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Cool tricks for kids

TEACH YOUR FAMILY
COLD AND FLU STOPPERS

WHEN CHILDREN get sick, it's pretty much a lose-lose situation.

Parents lose time from work, having to stay at home or take a child to the doctor's office.

Kids feel miserable and lose time from school and friends.

So if you can show your child some ways to stay healthy—some “don't get sick tricks” they can

practice on their own—everybody wins.

Hand hygiene. We touch a handrail, we pick up germs. We pet the dog, we pick up germs. And then, when we rub our eyes, nose or mouth, we can become infected.

That's why health experts say handwashing is the No. 1 trick to not getting sick—not hand splashing,

Some good, clean fun: Handwashing is the best trick to not getting sick.

but a good 20 seconds of soapy scrubbing under warm, running water. Teach your kids to wash their hands often, especially before eating, after using the bathroom and after touching animals.

Sleeve sneeze. Coughing and sneezing into your hands can spread germs. Use a tissue, urges the American Academy of Pediatrics. If one isn't available, kids should sneeze into their sleeve or elbow.

Tissue issues. Used tissues are trash, not keepsakes. Once kids know how to blow their nose into a tissue, teach them to toss the tissue in the trash.

Selective sharing. Urge your kids not to share such things as towels, toothbrushes and utensils. The flu is most contagious before symptoms even appear, so they can't always know who's healthy and who's not. ❖

Additional source: U.S. Centers for Disease Control and Prevention

A medicine cabinet checkup

MEDICINES MEANT to help you could do more harm than good if they aren't stored properly.

Check your medicine cabinet using this advice from the Institute for Safe Medication Practices and other experts.

DON'T store medicines—prescription or otherwise—in the bathroom. Bathroom heat, moisture and humidity can cause medicines to deteriorate. If they lose potency, you may not get the intended benefit when you take them.

For the same reasons, travelers should not keep medicines in the glove compartment of a car.

DO keep all medicines in their original containers with labels intact. If they aren't correctly labeled, you could accidentally take the wrong medication.

DO check your medicine supply at least once a year, or when you get a new prescription. Throw out any medicines older than the expiration date printed on the label. If there is no expiration date, assume that the medicine expired six months after you bought it.

DO protect children from accidental poisoning. Keep your medicines in a locked cabinet. And ask your pharmacist to provide childproof lids. ❖

Women—take care

Heart patient Anne Fitch encourages women to take care of themselves and to try the Women's Heart Health Program. "We think of heart disease as a man's problem. It isn't so easy to see with women, and women often put their own health on the back burner," she says. "The Women's Heart Health Program is inexpensive, convenient, and they'll take the time to talk with you and listen."

More than 50 area women have enrolled in the program, which includes a thorough risk evaluation, a personal plan to prevent heart disease and a year of support to help you follow through with heart health improvement goals.

"As these women progress through the follow-up stages of the program, we can see that they are making more heart-healthy choices and reducing their risk of heart disease," says Jan Sjostrand, RN, Buffalo Hospital's Cardiac Center.

For more information or to make an appointment, call 763-684-5100 or visit www.buffalohospital.org.

WOMEN'S HEART
HEALTH PROGRAMHeading off
heart attack

Photo credit: Meredith Johanson



SHE MAY have to carry several partially filled pails of water to her two Arabian horses instead of one full pail and break the hay bales into smaller pieces to carry, but Anne Fitch of rural Buffalo is happy to be on her farm, on her own, taking care of her beloved horses. Fitch feels fortunate to have escaped the fate of many unsuspecting women—a heart attack.

When she received a notice about the new Women's Heart Health Program at Buffalo Hospital last spring, she signed up. "It sounded very comprehensive," Fitch says. "And I liked the idea of periodic, ongoing conversations with a nurse."

At Fitch's first session, Jan Sjostrand, RN, Buffalo Hospital's

Cardiac Center, reviewed Fitch's personal and family health history and checked her blood pressure, heart rate, height, weight, body mass index and waist/hip ratio. She took blood to measure lipid, cardiac homocysteine and C-reactive protein levels. And she listened.

"Jan and I talked about my family history of heart disease, my high cholesterol reading, and my feeling tired and short of breath at times," Fitch says. "Despite my healthy lifestyle, we weren't surprised when the tests indicated that I was high risk."

CATCHING A PROBLEM EARLY

When Fitch went to her next appointment with Sjostrand, her blood pressure had skyrocketed. Sjostrand called Fitch's doctor,

internist Bernice Kolb, MD, Buffalo Clinic, and immediately took Fitch to the Emergency Department at Buffalo Hospital, where she learned that she had serious heart problems that were rapidly becoming worse.

At Buffalo Hospital's Cardiac Center, Fitch had a stress test, nuclear imaging and EKGs and saw Brent Simons, MD, a cardiologist who practices at Buffalo and Mercy hospitals.

"I appreciated very much having all that close at hand," Fitch says.

In August Fitch was treated for three major blockages with angioplasty and stents at Mercy Hospital. Rehab at the Cardiac Center of Buffalo Hospital gradually helped her build her strength. She continues to enjoy Sjostrand's "support, wisdom and insight." ♦



General surgeon Matthew Kissner, MD, discusses hernia treatment options.

Photo credit: Susan O'Konek

When a

IT'S NOT MUCH FUN to think about—a portion of your intestine protruding beneath the skin.

We're talking about a hernia—it happens. And it can happen to anyone. But effective treatments are available if a hernia happens to you.

HOW IT HAPPENS

“All hernias are caused by a defect in the abdominal wall,” says Susan Hunt, MD, general surgeon at Buffalo Hospital and Specialists in General Surgery, Ltd. (SIGS).

Most hernias occur when a person's muscular abdominal wall weakens, bulges or even tears. Fatty tissue or a portion of intestine can push through this area in a pouch that can make a lump under the skin.

Don't ignore the signs

YOUR PROSTATE MAY BE TELLING YOU SOMETHING

THINGS CHANGE with age. We take that for granted. But some age-related physical changes are more significant than others. Sometimes they're clues to important health concerns.

If you're a man who notices a change in your urinary habits, pay attention. It could signal problems with your prostate—problems ranging from a simple infection to cancer.

“An enlarged prostate or benign prostatic hyperplasia (BPH) is the most common prostate problem among older men,” says Jerome Keating, MD, urologist at Buffalo

Hospital and Adult & Pediatric Urology. About half of men between the ages of 51 and 60 have it, according to the American Urological Association, and the prevalence increases with age.

BPH can make urination difficult, but by itself it's not a serious condition. Sometimes no treatment is needed. Other times, medicine or surgery is in order.

In younger men the most common problem is prostatitis, an inflammation of the prostate, sometimes caused by infection.

Prostatitis is not a particularly serious condition; treatments range from antibiotics to diet changes.

COMMON SYMPTOMS

BPH and prostatitis symptoms can mimic those of more serious disorders, including prostate cancer. You'll need your doctor's help to sort through the symptoms,

to figure out what's wrong and to decide how to treat it.

“Prostate cancer is the most common cancer in men, and often there are not signs or symptoms until it's advanced,” Keating says. “Treatment decisions are based on

“Early detection offers a better chance of cure and more options for treatment.”

—Jerome Keating, MD, urologist at Buffalo Hospital and Adult & Pediatric Urology

hernia happens

About 80 percent of all hernias are groin, or inguinal, hernias, according to the American College of Surgeons. More common in men, these hernias happen in the lower abdomen or groin area.

In adults, most groin hernias result from strain on abdominal muscles weakened by age or weak since birth. People who are obese or do heavy lifting may be at increased risk.

Other abdominal hernias can develop above the navel or between the upper thigh and abdomen, for instance. (Hernias can occur elsewhere in the body. For example, a hiatal hernia is where part of the stomach protrudes into the chest cavity.)

Hernia signs. Often the first sign of an abdominal hernia is a bulge in the abdomen, pelvic area or the

scrotum in men, according to the American Medical Association.

Other signs may include a dull or sharp pain that worsens when you lift something heavy, have a bowel movement or urinate.

“Once a hernia is diagnosed, you should have it repaired promptly before it becomes a bigger issue,” Hunt says.

Rapidly worsening pain or a tender lump are often signs that a portion of intestine has become trapped and twisted. These “strangulated” hernias need rapid medical attention.

Treatment options. If you suspect you may have a hernia, tell your doctor. Left untreated, hernias can worsen, sometimes seriously.

For most abdominal hernias, doctors recommend surgery. People

who have this surgery often can go home the same day.

Typically, the surgeon makes an incision, pushes the tissue back where it belongs and repairs the muscle wall. Sometimes a piece of plastic mesh or a screen is used for reinforcement.

“Most hernias can be repaired using a newer, minimally invasive surgery,” says Matthew Kissner, MD, general surgeon at Buffalo Hospital and SIGS. “We insert a laparoscopic viewing tube and special instruments through three tiny incisions. These small incisions result in minimal scarring and quick recovery time.”

Don't wait. Talk to your doctor right away if you have symptoms that could indicate a hernia.

For more information about hernias and treatment options, call 763-684-7121 or go to www.buffalohospital.org. ❖



age and the extent of the tumor, with treatment options ranging from hormone therapy or surgery to cryotherapy or radiation.”

See your doctor if you notice any of the following:

- A frequent urge to urinate.
- A full bladder feeling, even after urinating.
- A weak urine stream.
- Leaking or dribbling of urine.
- Pain or burning during urination.
- Difficulty urinating or not being able to urinate.
- Blood in your urine or semen.
- Painful ejaculation.
- Frequent pain or stiffness in the lower back, hips or upper thighs.

Even though these symptoms are much more likely to be caused

by something other than prostate cancer, it's important to get them checked out.

“Early detection offers a better chance of cure and more options for treatment,” Keating says. He recommends prostate checkups, including the prostate-specific antigen blood test and physical exam, every two years beginning at age 50. African American men or those with a family history of prostate problems should begin annual checkups at age 40. Treatment works best when started early.

For more information about prostate problems and treatment options, visit www.buffalohospital.org or call 763-682-2268. ❖



Comfortable care: Jerome Keating, MD, and Paula McAlpine, RN, work at Buffalo Hospital's Surgery & Outpatient Center to treat prostate problems and ensure that patients are comfortable and well-informed.



Photo credit: Meredith Johanson



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling 763-684-7121.

GENERAL WELLNESS

Healthy Hearts

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

Stroke Support Group

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

Before Surgery

Party for Children

Children view a video and tour the Surgery & Outpatient Center. Call to schedule. FREE

CPR AND FIRST AID COURSES

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

CPR for Friends and Family

April 14, 8:30-11:30 a.m. \$45

Pediatric First Aid with AED and CPR

Meets child day care training requirements. Jan. 20, Feb. 24, March 24 or April 28, 8 a.m.-3:30 p.m. \$55

Adult First Aid with AED and CPR

March 10 or April 7, 8 a.m.-3:30 p.m. \$55

CPR Refresher for Health Care Providers

This course covers adult, infant and child CPR and foreign-body airway obstruction.

March 28, 6-9 p.m. \$45

Basic Life Support for Health Care Providers

Jan. 16, 5-9:30 p.m. \$55

American Red Cross Babysitting Course

March 31, 8:30 a.m.-3:30 p.m. \$45

Infant CPR

This class is for expectant parents and grandparents. A certified CPR instructor demonstrates resuscitation methods.

March 13, 6-9 p.m.; Feb. 10 or April 14, 9 a.m.-noon. \$40

CHILDBIRTH AND PARENTING

A Healthy Pregnancy

Feb. 6 or April 3, 6:30-8:30 p.m. \$25

Childbirth Preparation Series

Five-week series starts March 1, 6:30-9 p.m. \$90

Childbirth Preparation—Single Session

Feb. 17 or April 21, 9 a.m.-4 p.m. \$90

Refresher for Childbirth Preparation

Feb. 13 or April 10, 6:30-9:30 p.m. \$45

Taking Care of Baby Fair

Feb. 8 or April 5, 6:30-9:30 p.m. \$45, or FREE if you are registered for Childbirth Preparation or Refresher for Childbirth Preparation classes.

Breastfeeding Preparation

Feb. 15 or April 19, 6:30-9 p.m. \$30

New Brother, New Sister

March 13, 6:30-8 p.m. \$25 per family.

Birth Center Tour

Jan. 16, Feb. 20 or April 17, 6:30-7:30 p.m.; or March 17, 9-10 a.m. FREE





Get fit in '07 with **DAAN**™

Living a Healthy, Balanced Life

Start the New Year off right by joining these exercise and family wellness educational programs to tap the tools and knowledge you need to work out wisely and eat smart. All sessions will be at the King Wellness Center at Buffalo Hospital's Sister Kenny® Sports & Physical Therapy Center located at Gold's Gym in Buffalo.

On The Move in '07

Physical inactivity is a risk factor for heart disease, yet more than 60 percent of Americans do not get enough exercise. Each session features an educational presentation followed by an optional exercise activity. Sessions cost \$5 per person per class. If you sign up for two sessions, you can attend the third for free.

The cost of inactivity— 10 ways it takes a toll

Jan. 23, 7-8:30 p.m.
Learn why your body needs to be physically active and what exercise can do for you. It's never too late to start moving. From those who are young to those who are well into their golden years, everybody can benefit from exercise.

Your '07 exercise prescription—energy balance

Jan. 30, 7-8:30 p.m.

No question about it, the best exercise is the one you're willing to stick with. But all exercises are not created equal. Brisk walking or aerobic exercise is best for your heart, but to lose weight, you'll need to do more. As we age, we need to maintain or develop strong muscles, bones and coordination to help protect us from falls, broken bones, rounded shoulders, shuffling feet and other hallmarks of aging.

Give me strength— the benefits of weight lifting

Feb. 6, 7-8:30 p.m.

Does it jiggle where once there was muscle? Eating less but weighing more? Strength-building exercises one hour a week can help you build strength as well as bone density, metabolic rate, balance and self-confidence.

Family Wellness Series

Learn about living a healthy, balanced life by attending this family wellness series. Glean tips

and tools to help you make good choices every day. The series costs \$10 per adult or couple.

Healthy nutrition choices on the fly

Feb. 13, 7-8:30 p.m.

A registered dietitian will talk about appropriate food servings and how to read food labels, make healthy choices when eating out and understand the new food pyramid. The session will conclude with ideas for family-friendly meal options when you have limited time to cook.

Exercise as a family

Feb. 20, 7-8:30 p.m.

An exercise physiologist will discuss the physical activity the whole family needs to achieve and maintain wellness. You will learn about body mass index (BMI), how to check your heart rate and why it's important, along with fun ideas for physical activities for the entire family.



Space is limited, so register early for these programs by calling 763-684-7121 or visiting www.buffalohospital.org.

DAAN (dā on) is a transformative initiative to inspire wise nutrition and activity choices. Derived from a Native American term, DAAN means "to live a healthy, balanced life." DAAN activities can be found in area schools, worksites and the community.

Healthier you

—Continued from Page 1

- Buy a pedometer and work to increase your steps every day.

DAAN RESOURCES

To inspire wise nutrition and activity choices, Buffalo Hospital launched the transformative initiative DAAN™ (dā on), a Native American term that means to live a healthy, balanced life. DAAN activities can be found in area schools, worksites and the community.

FITNESS LABORATORY

The Fitness Laboratory at Buffalo Hospital's Sister Kenny® Sports & Physical Therapy Center offers the most advanced science available today to evaluate body composition, cardiovascular health, biomechanical motion, metabolism and nutrition.

"Many people are amazed at how easy it is to make a difference once they know exactly what heart rate they need to exercise at to lose or maintain body weight most effectively," says Brett Oden, MD, sports medicine specialist and medical director of the center. "They are pleasantly surprised at the exertion level they need to

maintain because they typically think they need to push themselves so much harder."



Call 763-684-3872 to learn more and to talk with a fitness expert.

DAAN@WORK

To measurably impact employee health in the workplace, DAAN@Work features assessments and health improvement plans using a mobile fitness lab to collect individual and group information. There are also educational sessions on key topics and programs to emphasize the importance of social support in sustaining healthy lifestyle changes.



Call 763-684-7568 for more information about DAAN@Work.

YOUTH & FAMILY WELLNESS

The DAAN Youth Curriculum combined with family wellness education provides parents, youth and adults of all ages with the resources and knowledge they need to make smart choices. (See page 7 for coming classes.)

Preliminary results indicate that the DAAN curriculum successfully helped children control their body mass index. Parent surveys indicate that student intake

of fruits and vegetables improved significantly.



Call 763-684-6807 to find out how you can bring DAAN to your elementary school and community.

YES, YOU CAN

You're most likely to succeed at even small behavior changes if you're selective. Try just one or two changes and wait until they are habits before attempting more.

Most important, if you slip up and make a bad choice, forgive yourself. Tomorrow is an opportunity to get back on track. ❖

HOW TO CONTACT US

General information	763-682-1212
Emergency and Urgent Care	763-684-7533
Birth Center	763-684-7640
Cardiac Center	763-684-3801
Women's Heart Health Program	763-684-5100
Foundation	763-684-6800
Sister Kenny® Rehabilitation Institute	763-684-3888
Sleep Center	763-684-3808
Surgery & Outpatient Center	763-684-7738
Volunteer Services	763-684-7107
Allina Medical Clinic:	
Annandale	320-274-3744
Buffalo	763-682-5225
Cokato	320-286-2123
Buffalo Clinic	763-682-1313
Catalyst Medical Clinic	952-955-1963

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