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# Buffalo Hospital

*Healthy  
Communities*

Volume 8, Number 3

Summer 2002

M A G A Z I N E



The sixth annual

**Mind** **BODY**  
**CONNECTION**

*An event for women of all ages*

**J**OIN US FOR an evening of relaxation and friendship on Nov. 7, designed to help women take charge of their health and well-being. For only \$20, you'll enjoy dinner, a variety of health displays, and learn how to make the most of your journey through life. You will also receive a personal gift designed to help you pamper yourself and relax.

## FEATURED TOPICS

**Aging Well:  
Empowering Your  
Mind and Body.** By the

year 2020, half of all Americans will be 55 or older. Contrary to popular belief, slowing down physically, depression and poor body image do not have to be part of aging. Each stage of life can be a wonderful time to connect with yourself emotionally, physically and spiritually.

Mary Reynolds, MA, and Dawn Simone, PhD, licensed psychologists with Allina Medical Clinic—Buffalo, will share healthy aging advice for women. They will

discuss strategies on how to age wisely while valuing and appreciating yourself through all the stages of life. You will learn how to manage stress, anxiety and mood changes. Aging can be an exciting and powerful process that brings creativity, joy and self-knowledge.

### **Hand Reflexology and Massage.**

Certified massage therapist Mardi Cossais will discuss reflexology of the hand and share a variety of massage techniques and their healing affects. Whether used to relieve pain, to warm up before exercise or just to relax and reduce stress, massage is designed to enhance your state of

health and well-being. Cossais will conclude with a step-by-step demonstration for participants to learn hands-on massage techniques.

### **Women's health displays.**

Learn about local women's health resources on heart disease, bladder health, fitness and nutrition along with breast, colorectal and skin cancers. Complimentary blood pressure checks will be offered and flu shots will be available for \$5. ♦

—See registration form on Page 3

**WOMEN—FEEL  
GOOD ABOUT  
AGING. JOIN US  
ON NOV. 7 FOR  
AN EVENING  
JUST FOR YOU.**

# Rx for safe and effective medication

**M**ANY OF US leave the doctor's office, prescription in hand, hoping that relief is just a swallow away. But between the scrawl on the prescription pad and the first pill we take, there are plenty of opportunities for mix-ups.

## TIPS FOR TAKING MEDICATIONS

You can take steps to make sure that your medications are safe by following these tips.

**Ask questions.** Ask your doctor or pharmacist if you should take the medication with food, how often and what time

of day you should take it.

Tell your doctor or pharmacist about every drug you are taking, including over-the-counter and herbal remedies. "Carry a list of your medications, dosage and frequency with you," says Tracy Powell, MD, an emergency physician at Buffalo Hospital. Herbal preparations can cause side effects and negative interactions with certain prescription drugs.

Buffalo Hospital has systems that cross-check new prescriptions against the patient's lab data and a nationally supported database of drug interactions.

**Go to the same pharmacy consistently.** "Develop a relationship with a pharmacist who will maintain complete records of all your current medications and allergies.

Some even keep a record of your over-the-counter and herbal drugs," says Tom Plihal, RPh, pharmacy manager at Buffalo Hospital.

**Read the data information sheet that comes with your prescription.** "It provides important information about side effects, possible adverse reactions, along with what the drug is for and why you're taking it," says Plihal.

**Store medications properly.** Keep them in the original containers and read labels carefully.

**Take pills whole** unless your doctor or pharmacist tells you it is OK to split or crush them.

**Use all of the medication prescribed** unless your doctor tells you it is okay to stop early. ♦

**"CARRY A LIST OF YOUR MEDICATIONS, DOSAGE AND FREQUENCY WITH YOU."**

—TRACY POWELL, MD,  
EMERGENCY PHYSICIAN AT  
BUFFALO HOSPITAL

## InstyMeds for after-hours prescriptions

This fall, Buffalo Hospital will be the second hospital in the nation to offer InstyMeds, an automated system that dispenses prescription medications for emergency and urgent care patients. "InstyMeds offers convenient access to prescription medications for Buffalo Hospital patients obtaining care at odd hours," says Tom Plihal, RPh, pharmacy manager at Buffalo Hospital. "The new system eliminates the need for a stop at a pharmacy when they're not feeling well."

"The added convenience should increase patient satisfaction and help to ensure that patients fill and take their prescribed medication," says Tracy Powell, MD, an emergency physician at Buffalo Hospital.

Here is how the system works. After a physician enters a prescription

on a hand-held computer including instructions for taking it, patients are given the option of a traditional, paper prescription or using InstyMeds. Those who choose InstyMeds are given a unique security code. The patient then enters that number and their date of birth on the touch-screen of a machine that resembles a large automatic teller machine. To pay a co-payment, they swipe a debit or credit card or pay hospital personnel with cash or a check. After the machine double-checks bar codes, the prepackaged, premeasured product is dispensed from the machine along with written instructions.

Patients with questions can talk with the emergency physician or call an InstyMeds pharmacist from a nearby phone. The entire process typically takes about three minutes.



# Jump-starting your day

**H**ERE'S THE DEAL: Everyone needs a morning meal.

After hours without food, our bodies need refueling. Breakfast brings a fresh supply of glucose that energizes our brain and muscles. "Eating breakfast daily can speed up your metabolism and you will actually burn more calories throughout the day," says Heidi Sipe, registered dietitian at Buffalo Hospital.

**"EATING BREAKFAST DAILY CAN SPEED UP YOUR METABOLISM AND YOU WILL ACTUALLY BURN MORE CALORIES THROUGHOUT THE DAY."**  
—HEIDI SIPE, DIETITIAN AT BUFFALO HOSPITAL

- 1** A high-energy carbohydrate from the bread group.
- 2** A juicy and refreshing fruit or vegetable item.
- 3** A protein source from the meat or dairy group.

Some sunrise suggestions:

- Jazz up hot or cold cereal with fruit such as apples, peaches, dried apricots or dates. Chopped nuts add extra crunch and nutrients. Tip: Choose cereals that have at least 3 grams of fiber per serving.
- Make a shake. Just blend fresh or frozen fruit, milk or yogurt,

and a teaspoon of bran.

- Stuff a whole-wheat pita pocket with dried fruit, nuts and low-fat cream cheese.
- Toast a whole-wheat waffle and top with fruit and yogurt.

## THINK 1, 2, 3

While anything is better than nothing, try to eat a balanced meal. The key is to choose an item from each of these groups:



- Enjoy melted cheese on an English muffin with a glass of vegetable juice.
- Top a bagel with peanut butter and sliced bananas.
- Any leftovers around? Even veggie pizza, or macaroni and cheese with a glass of juice can make a meal. ♦

## The sixth annual MIND-BODY Connection

### Schedule for the evening

November 7, Kings Retreat Center, Buffalo

4:30-5:30 p.m. Register and enjoy health displays while connecting with friends

5:30-6:15 p.m. Dinner

6:15-8:30 p.m. ■ Aging Well: Empowering the Mind and Body;  
■ Hand Reflexology and Massage

8:30-9:00 p.m. Close with drawings, gifts and program evaluation

Space is limited. To register, complete the form at right, visit [www.buffalohospital.org](http://www.buffalohospital.org) or call 763-682-7121.

Reservations and fees are due by Friday, Nov. 1. Call for space availability after Nov. 1.

### REGISTRATION FORM

Please reserve \_\_\_ places for the Mind-Body Connection on Thursday, Nov. 7.

Enclosed is my check for \$\_\_\_\_\_ (\$20 per person; \$5 for a flu shot).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Flu Shot: \_\_\_ yes \_\_\_ no

Register additional family members and friends below.

Those attending with me:

Name: \_\_\_\_\_ Flu Shot: \_\_\_ yes \_\_\_ no

Name: \_\_\_\_\_ Flu Shot: \_\_\_ yes \_\_\_ no

Name: \_\_\_\_\_ Flu Shot: \_\_\_ yes \_\_\_ no

Receipt of your check confirms your reservation. Make checks payable to Buffalo Hospital and mail with this form to: Buffalo Hospital Mind-Body Connection, 303 Catlin St., Buffalo, MN 55313.





*When you have a baby at Buffalo Hospital you're going to meet two incredible people. The other one will be your nurse.*



Lunderby Photography

Medical Clinic—Buffalo. “I’m impressed by all of the little details the nurses know about our patients which makes each experience truly unique and memorable.”

“The nurses were also great with my little boy who was 19 months at the time,” says Wubben. “They got to know him pretty well and made him feel right at home. And he loved them too.”

### *Doctors trained in pain management*

Another way Buffalo Hospital makes your delivery as stress-free as possible is by having physicians who are specifically trained in

pain management.

“Most women want assistance with pain management, so it’s critical to have that capability available 24 hours a day, seven days a week,” says Nelson. An anesthesiologist administers and oversees your pain medication and provides you with the highest level of expertise. “The anesthesiologist was awesome,” says Wubben. “He did a good job of administering the epidural and ensuring my pain was managed safely and effectively.”

and very attentive to your needs.

“The nurses are wonderful,” says Carrie Wubben who delivered her daughter, Sigourney, at the Birth Center. “They were extremely helpful, always asking how I was doing and making sure I had what I needed, like pain medication, water or more to eat.”

“The nurses really get to know mothers personally which allows them to truly meet individual needs,” says Raymond Nelson, MD, obstetrician/gynecologist at Allina

### *Separate labor and post-delivery rooms.*

One of the other things new mothers wanted in a birth center was separate post-delivery and labor rooms. “The Birth Center atmosphere is very calming,” says Wubben. “I really liked going to a separate room after I delivered. The room was very relaxing and quiet, and I think it helped me rest more.

My family was able to settle into the room with my bags while I was delivering, so everything was there for me after Sigourney arrived.”

The post-delivery rooms at Buffalo Hospital’s Birth Center are a place where you can spend time getting to know your new baby, while your nurses provide you with the care you both need. You’ll find our nurses cater to your every need and you’ll also enjoy a complimentary massage to help you relax after delivery.

**“THE BIRTH CENTER ATMOSPHERE IS VERY CALMING.”**  
—CARRIE WUBBEN,  
A RECENT PATIENT OF  
THE BIRTH CENTER

### *A focus on education*

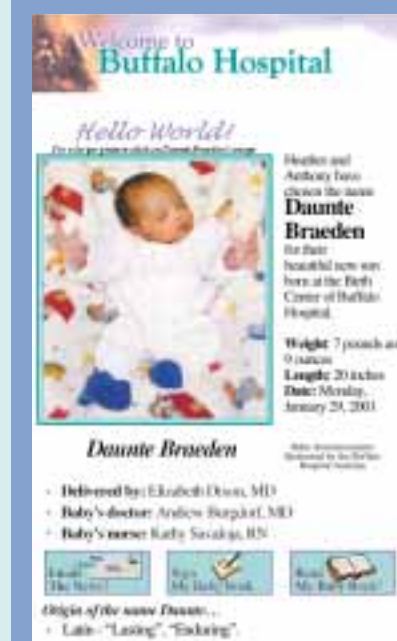
Caring for a newborn can be overwhelming and that’s one of the reasons Buffalo Hospital places an emphasis on education. Nurses work individually with new mothers, teaching baby care, breast-feeding techniques and providing ongoing support to ensure success. “Breast-feeding is the gold standard,” says Linda Smith, RN, certified lactation consultant at

Buffalo Hospital. Breast-fed children are half as likely to have any illnesses within the first year as formula-fed children.

Buffalo Hospital nurses are available to answer new parents’ questions, day or night, even after they leave the hospital. Each mom receives the award-winning book titled *Beginnings: Pregnancy, Birth and Beyond*. And the hospital offers prenatal classes and other support and education (see Page 7 for available classes).

### *Call for a tour and information*

For a tour of the Birth Center of Buffalo Hospital or free fact sheets on a healthier pregnancy, visit [www.buffalohospital.org](http://www.buffalohospital.org) or call us at 763-682-7121. ♦



Parents at the Birth Center of Buffalo Hospital can announce the birth of their new baby online at [www.buffalohospital.org](http://www.buffalohospital.org).

# *A birth center the way you'd design it*

BUFFALO HOSPITAL has spent a lot of time talking with new mothers, finding out what they want most in a birth center and making sure the hospital provides all they expect. And as any new mother will tell you, it’s the quality of care that makes all the difference in the birthing experience.

That’s why Buffalo Hospital has nurses who specialize in delivery, postpartum and newborn care. They’re highly trained, experienced

## *Managing high-risk pregnancies*

Every family looks forward to a healthy pregnancy and to the birth of a healthy newborn. And, for the vast majority of women, pregnancy follows a fairly routine course. But, for some, there may be unexpected difficulties and challenges along the way with a high-risk pregnancy.

“Having a high-risk pregnancy means that a woman has a greater chance of complications because of conditions in her pregnancy, her own medical status or lifestyle,” says Christopher Menzies, MD, obstetrician/gynecologist at Buffalo Clinic.

“We care for many women with high-risk pregnancies ranging from gestational diabetes and hypertension to preterm labor and other medical complications,” Menzies says. While many complications are unavoidable, with the help of your physician, you can minimize your risks and work toward the healthiest pregnancy possible. Fortunately, advances in technology have helped improve the care of both mothers and unborn babies. Being as healthy as possible before becoming pregnant, and getting early and

regular prenatal care during pregnancy, are important ways to take the best care of you and your developing baby.

Women who choose to give birth at the Birth Center of Buffalo Hospital can take comfort in knowing that the hospital’s Level II nursery is prepared to handle complications. “Babies who arrive early, are moderately ill or have special risk factors like diabetes in the mother, need to be monitored carefully,” says Nancy Nelson, MD, pediatrician at Buffalo Clinic and medical director of the Birth Center’s Level II nursery. “Beyond basic newborn care, the Level II nursery has special monitoring and stabilizing equipment. All of the nurses in the nursery have had additional training on how to handle IVs for babies, respiratory distress, apnea, low blood sugar, tube feedings and other special needs. And a pediatrician is always on duty or on call.” In addition, babies requiring more intensive care in a Level III nursery at birth can be transferred back to the Level II nursery at Buffalo Hospital for supervised care until they are ready to go home.

**D**ON'T MAKE me laugh.

If you've ever worried how your bladder would take a joke—or the next sneeze or cough, you are probably coping with a problem shared by millions of other women, urinary incontinence.

“Women are more likely to develop incontinence than men,” says Tami Blahut, physical therapist at Buffalo Hospital's Rehab Center.

**WHERE TO START**

■ Discuss your symptoms with your doctor, who can help determine what's causing the incontinence and recommend solutions.

■ Keep a daily record of when you urinate or leak.

From the patterns that appear, you can plan to empty your bladder before you would leak.

■ Watch what you eat and drink. Some foods and beverages can affect bladder control, including those with caffeine, such as coffee, tea, cola or chocolate, and alcohol.

■ Shed excess pounds. Being overweight can contribute to bladder-control problems.

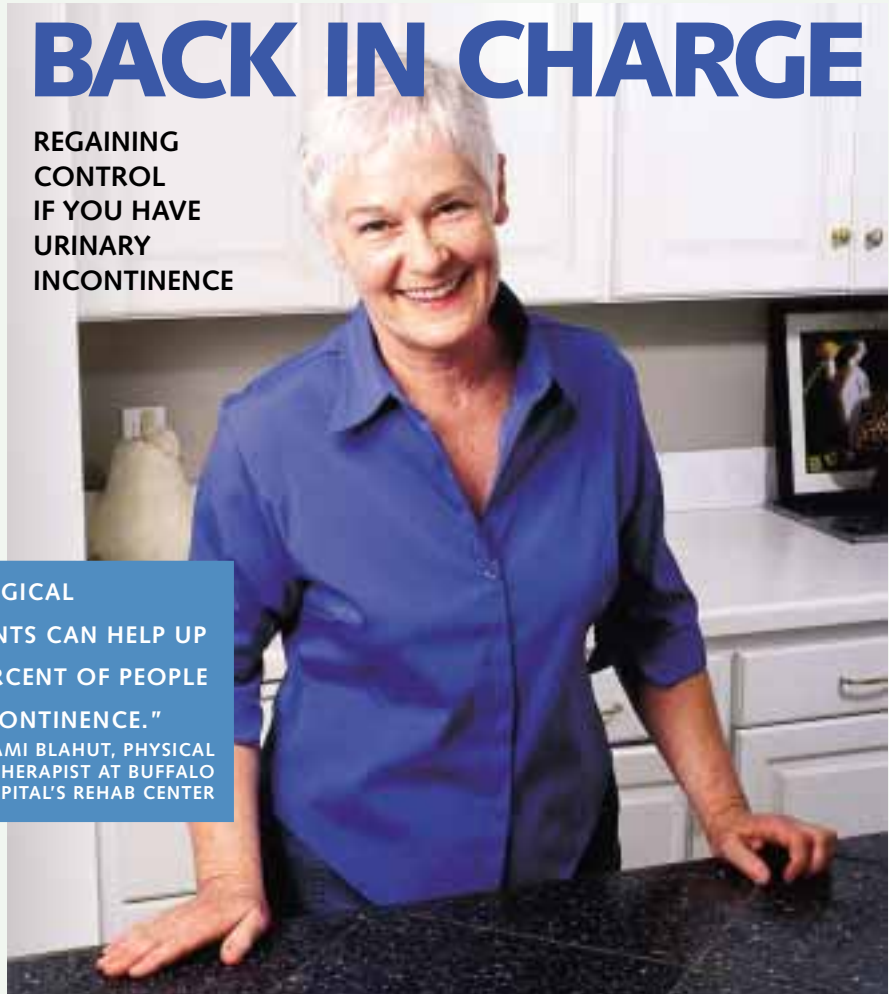
■ Strengthen the pelvic muscles that help support and control your bladder. Simple exercises called Kegels take just a few minutes a day.

Just pull in or squeeze your pelvic muscles as if you are trying to stop urine flow. Hold for 10 seconds, then rest for 10 seconds. Do three sets of 10 contractions each day. Most women do notice improvement within a few months.

■ Retrain your bladder to hold urine longer. Start by urinating at regular intervals, such as every 30 minutes. Gradually extend the

“NONSURGICAL TREATMENTS CAN HELP UP TO 85 PERCENT OF PEOPLE WITH INCONTINENCE.”

—TAMI BLAHUT, PHYSICAL THERAPIST AT BUFFALO HOSPITAL'S REHAB CENTER



intervals until you urinate every three or four hours.

**MEDICAL OPTIONS**

Incontinence treatments include:

■ Medications.

■ Injections of substances, such as collagen, into tissues around the urethra (the tube that carries urine out of the body) to help compress the urethra and prevent leakage.

■ Devices that are worn internally to support the bladder or block the urethra so urine doesn't leak out.

■ Surgery to restore pelvic muscle support. Surgery is typically advised only if other treatments don't work.

Buffalo Hospital's Rehab Center

**Free screening**

**For men and women**

Monday Sept. 23, 7-8:30 p.m.

Buffalo Hospital Conference Room D

Learn more about common bladder health concerns, along with prevention and treatment options. Screenings include a bladder health questionnaire and a private consultation.

To register, call 763-682-7121, or visit [www.buffalohospital.org](http://www.buffalohospital.org).

treats stress and urge incontinence. “While there are many complicating factors, some patients see results in as little as two to three weeks with full recovery in two to three months,” says Blahut.

Your doctor can recommend the best treatment plan for you. ♦



# Buffalo Hospital



*Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting our Web site at [www.buffalohospital.org](http://www.buffalohospital.org) or calling Buffalo Hospital at 763-682-7121. Programs with a fee are noted with an asterisk\*.*

## GENERAL WELLNESS

### HEALTHY HEARTS

If you or a loved one have been diagnosed with heart problems, this group can help you adjust to new lifestyles, diets and medications. Meets the third Monday monthly, 7-8:30 p.m.

### STROKE SUPPORT GROUP

A free support group for people who have had a stroke and their families. Meets monthly on the second Wednesday, 1-2 p.m. and the fourth Thursday, 7-8:30 p.m.

### BEFORE SURGERY PARTY FOR CHILDREN

Children view a video of a child going through hospital procedures from admitting to discharge, followed by a tour of the surgery department. Meets the first and third Tuesdays monthly, 7-8 p.m.

## TOBACCO INTERVENTION PROGRAMS (TIP)

### GETTING STARTED

An introductory group session about tobacco use, how to determine readiness to quit, and options available to support your decision. Nov. 4 or Jan. 6, 7-8:30 p.m.

### QUIT ON YOUR OWN PROGRAM\*

A tobacco interventionist helps you develop a self-directed program to quit. Call to schedule.

### FREEDOM FROM SMOKING\*

A seven-week series to help you quit once and for all. Starts Nov. 11 or Jan. 13, 7-8:30 p.m.

## CPR AND FIRST AID COURSES

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

### INFANT AND CHILD CPR AND FIRST AID\*

Covers obstructed airways in conscious and unconscious infants and children along with when medical attention is needed and safety. Meets child daycare-training requirements. Oct. 5 or Nov. 2, 8 a.m. to 4:30 p.m.

### HEARTSAVER—FACTS (FIRST AID, AED, CPR)\*

This course combines adult CPR and the use of an Automated External Defibrillator (AED) with basic level first aid. Meets firefighters, police and security personnel requirements. Sept. 14 or Oct. 12, 8 a.m. to 4:30 p.m.

### CPR REFRESHER (ALL LEVELS)\*

A renewal course covering adult, infant and child CPR. Participants must have a current CPR card. Nov. 13, 6-10 p.m.

### BASIC CPR (HEARTSAVER)\*

Learn adult, infant and child CPR, along with how to help someone who is choking. Nov. 9, 9 a.m. to 3 p.m.

### SPORTS SAFETY TRAINING FOR COACHES\*

Coaches will learn the basic skills needed to care for athletic injuries along with injury prevention, first aid, and adult and child CPR. Call to schedule.

## CHILDBIRTH AND PARENTING

### A HEALTHY START FOR PREGNANCY\*

For women thinking about becoming pregnant or in the first three months of pregnancy, this course covers fetal growth and development, nutrition, emotional adjustments, benefits of exercise and more. Call to schedule.

### CHILDBIRTH PREPARATION SERIES\*

This six-week class includes information about labor and birth options, the coach's role, relaxation and breathing techniques, as well as newborn characteristics. Starts Sept. 5, Nov. 7 or Jan. 2, 2003, 7-9 p.m.

### CHILDBIRTH REFRESHER SERIES\*

This two-week class is designed for those who have attended childbirth courses in the last three years. Starts Sept. 2, Nov. 14 or Jan. 9, 2003, 7-9 p.m.

### FAST TRACK CHILDBIRTH PREPARATION\*

This one-day class provides childbirth preparation information for those unable to attend weekly evening classes. Mom-to-be should be at least seven months pregnant. Oct. 19 or Dec. 14, 9 a.m. to 4 p.m.

### TAKING CARE OF YOURSELF AND BABY—THE POSTPARTUM PERIOD\*

This program addresses baby care and feeding as well as the physical and emotional changes mom is experiencing. Oct. 10 or Dec. 12, 7-9 p.m.

### BREASTFEEDING BASICS\*

This class will prepare mother and her support person for breastfeeding, trouble shooting, weaning and returning to work. Oct. 17 or Dec. 10, 7-9 p.m.

### "WE'RE HAVING A BABY" SIBLING CLASS\*

This single-session course is designed to help prepare children 3 years old and older who are "expecting" a new baby brother or sister. Attend one to two months before the new sibling's arrival. Sept. 10, Nov. 12 or Jan. 14, 7-8:30 p.m.

### PREVENTING PRETERM BIRTH\*

Women who are at risk for premature delivery will learn about the warning signs of early labor, stress management, how to monitor contractions, and how not to go 'stir crazy' while on bed rest. Call to schedule.

# COMMUNITY HEALTH SCREENINGS

## National Depression Screening

More than 17 million Americans suffer from depression, an illness related to imbalance or disrupted brain chemistry. Free, confidential screenings by licensed psychologists are available to determine your depression score and what you can do about it. The screening also includes an educational program covering the signs and symptoms of depression, treatment options, and what you can do if you have a friend or relative who is depressed.

**Monday Oct. 21**  
**Buffalo Hospital Conference Room D**

**5:30-6:30 p.m.**—Screenings  
**6:30-7:30 p.m.**—Panel discussion featuring mental health professionals from Allina Medical Clinic—Buffalo, Buffalo Family Counseling Center, and Central Minnesota Mental Health Center.  
**7:30-8:30 p.m.**—Screenings

**To register, visit**  
**[www.buffalohospital.org](http://www.buffalohospital.org)**  
**or call 763-682-7121.**

## Diabetes Nutrition Fair

The critical components to managing diabetes include monitoring your blood sugar, exercise and meal planning. This session delves into meal planning by covering topics that range from label reading and sugar substitutes to eating out and holidays feasts. Professionals will be on hand to answer questions. A continental breakfast complete with recipes will be available.



**Saturday, Nov. 16, 8 a.m. to Noon**  
**Buffalo Hospital Conference Room D**

**8-9 a.m.**—Diabetes screening, health displays and blood pressure check.  
**9-9:45 a.m.**—Diabetes meal planning and carbohydrate counting by Heidi Sipe, registered and licensed dietitian at Buffalo Hospital.  
**10-11 a.m.**—"Ask the Experts," a panel discussion hosted by Terri Young, RN, community health specialist at Buffalo Hospital. Panelists include: Barb Brower, registered and licensed dietitian at Buffalo Hospital; Heidi Sipe, registered and licensed dietitian at Buffalo Hospital; Julie Starke, registered dietitian and certified diabetes educator at Cub Foods in Buffalo; and Donnis Twedt, RN, certified diabetes educator at Buffalo Clinic.  
**11 a.m. to noon**—Private consultations with a dietitian or diabetes educator. Diabetes screening, health displays and blood pressure check.

**To register, visit [www.buffalohospital.org](http://www.buffalohospital.org) or call 763-682-7121.**

## HOW TO REACH US

General Information . . . . . 763-682-1212  
 Emergency Department . . . . . 763-682-7190  
 Urgent Care . . . . . 763-682-8844  
 Birth Center . . . . . 763-682-7140  
 Rehab Center . . . . . 763-682-7165  
 Surgical Services . . . . . 763-682-7191

### Area clinics

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

For hospital information and services, visit [www.buffalohospital.org](http://www.buffalohospital.org).

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