

CAMBRIDGE MEDICAL CENTER



After eyelid surgery at CMC, performed by Randy Karger, MD, ophthalmologist (left), Tom Sahlmen can see better and looks younger.

A better view after surgery

THINGS ARE looking up for Tom Sahlmen, Cambridge resident and construction supervisor. He can see about 25 degrees more area after his eyelid surgery at Cambridge Medical Center (CMC), and he looks younger and more rested.

Sahlmen decided to see Randy Karger, MD, ophthalmologist at CMC, about his eyelids when he became concerned that he couldn't see well enough to drive safely.

"My eyelids had gradually become very droopy over the years. I realized that when I was tired, my peripheral vision was really a problem," Sahlmen recalls.

At their first meeting, Karger confirmed

that Sahlmen's vision was impaired. He measured Sahlmen's field of vision and then measured it again after taping the excessive skin up away from his eyes. More than 25 degrees of Sahlmen's vision was blocked by the droopy eyelids.

Health insurance will often cover the surgery if the vision blockage is more than 12 degrees. After determining that his insurance would cover it, Sahlmen scheduled the eyelid surgery.

A SIMPLE PROCEDURE

"It's a relatively simple procedure with almost 100 percent patient satisfaction,"

—Continued on back page



2

Don't ignore winter blues



3

CMC Foundation lays plans for community involvement in health care



4

Stroke—every minute counts



CAMBRIDGE
MEDICAL
CENTER

Allina Hospitals & Clinics

Dreary? Weary? Get help for winter blues

GRAY SKIES may feel a little gloomy to everyone. But if the dark, short days of the winter months make you feel depressed and moody, you could have symptoms of seasonal affective disorder, or SAD. It is common in Minnesota, and it may affect as many as six out of every 100 Americans.

SAD has been linked to a biochemical imbalance in the brain due to shortened daylight hours and lack of sunlight, usually in winter. People affected by SAD may experience recurring episodes of depression every year with symptoms usually starting in September or October and ending in April or May.

SAD can cause you to:

- feel irritable and very tired
- lose interest in normal activities
- eat more sweets and starches, which can cause you to gain weight.

The depression associated with SAD is usually mild but can become severe enough to interfere with daily living.

For mild symptoms, long walks in daylight may help. At home or work, try to arrange it so that you spend time near a window. If symptoms persist, your doctor may prescribe light therapy—daily sessions sitting in front of a specially designed light box or wearing a light visor (like a cap) for part of each day. For more severe symptoms, medicine and talk therapy



may be recommended.



For more information about SAD, go to the *Healthy Communities* section at www.cambridgemedicalcenter.com. ❖

Sources: American Academy of Family Physicians; American Psychiatric Association

Swiss steak with rice

This is a delicious one-dish meal. It takes awhile to cook, but not long to put together.

INGREDIENTS

Nonstick cooking spray
1 pound top sirloin, diced
1 medium onion, sliced
1 green bell pepper, sliced
1 cup quick-cooking brown rice, uncooked
2 medium carrots, sliced
1 can (16 ounces) salt-free diced tomatoes, not drained
2¼ cups salt-free beef broth, fat removed

1 teaspoon chopped garlic
½ teaspoon dried oregano
½ teaspoon dried basil
Pepper to taste (optional)

INSTRUCTIONS

Preheat oven to 350 degrees. Spray a 4-quart covered casserole with nonstick cooking spray. Add meat and other ingredients. Cover and bake for 1½ hours.

Allow 30 minutes to prepare and 90 minutes to cook.



NUTRITION INFORMATION

Makes 4 servings. Serving size: 1½ cup. Amount per serving: 316 calories; 54 calories from fat; percent of calories from fat, 17; 6g total fat, 9%*; 2.1g saturated fat, 11%; 65g cholesterol, 22%; 128mg sodium, 5%; 36g carbohydrates, 12%; 29g protein

*Percent Daily Values are based on a 2,000-calorie diet. Source: Brenda J. Ponichtera, R.D., *Quick & Healthy Volume II* (ScaleDown Publishing, Inc.), available at www.quickandhealthy.net. Reprinted with permission.

CMC FOUNDATION

Tradition of giving continues

JHRIS MILLER was a child in the early 1950s, when the generosity of the community made Memorial Hospital (now part of Cambridge Medical Center) possible. She remembers going door to door with her mother to raise funds for the hospital, and she remembers the pride and ownership the community felt when its doors opened in 1956.

As chairwoman of the CMC Foundation board of directors, Miller is still passionate about quality local health care. “The CMC Foundation provides new opportunities for the community to have input and a sense of ownership in community health care,” Miller says.

SUPPORTING EXCELLENCE

Established in 2007, the CMC Foundation selected a board to direct its activities.

“Our mission is to support health care excellence at CMC, and CMC’s health and wellness programs in the area,” Miller says.

Board members include Linda Moline; Karla Patrick; Chris Miller; Dennis Doran; Jim Hove; Lowell Becker, MD; John Schlagel; Dennis Kamstra; Max Blaufuss; and Scott Larson.

Using input from focus groups of community members and CMC employees, the board developed a strategic plan and a



CMC Foundation chairwoman Chris Miller leads the Foundation.

fundraising plan. “Community members can contribute in a number of ways, including donations of any size, annual fundraising events, wills, memorial gifts, capital campaigns and more,” Miller explains.

CMC employees have already generously donated more than \$25,600 from their annual Employee Giving Campaign to the CMC Foundation.

YOU CAN HELP, TOO

Health care organizations like CMC need funds from area communities to provide excellent health care locally. For more information about the Foundation, call 763-691-6370. ❖

Employees make initial gifts

“In my position in human resources, I’ve seen firsthand so many examples of the generosity of the medical center staff—from helping a patient who needs a cab ride home to helping fill a prescription for someone who can’t afford to. The CMC Foundation will help people in need, and the scholarship program helps young people who want to pursue a career in the health care field.”

—Cindy Johnson,
human resources assistant

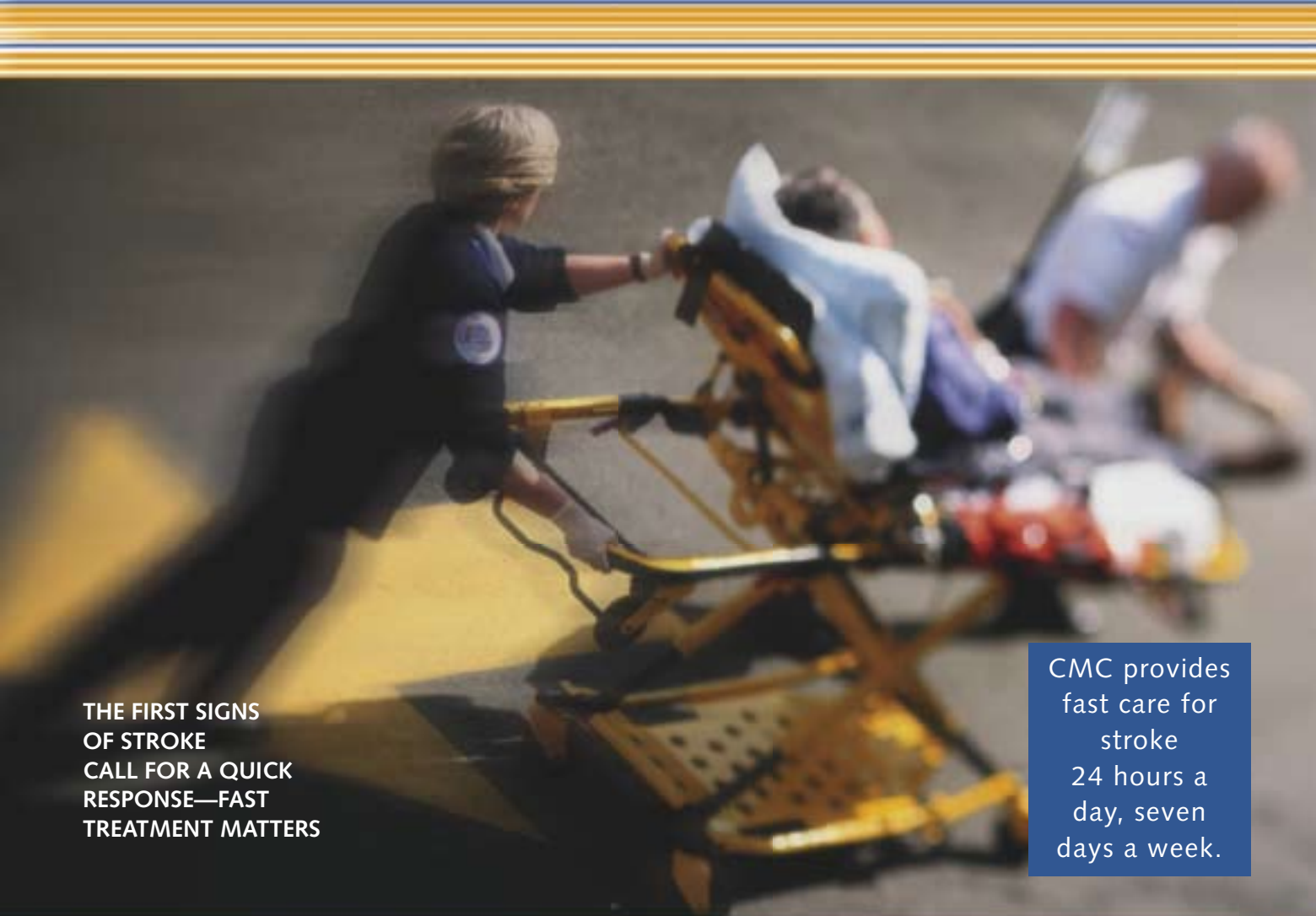


“I feel strongly about supporting this medical center because it’s an extremely important asset to the community. In these times of shrinking health care reimbursements and re-

sources, we need to do all we can to help continue the mission of the medical center. I chose to contribute to the CMC Foundation so that my contribution would stay in the local community and support health care services here at home.”

—Tom Molano, MD,
general surgeon





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

CMC provides fast care for stroke 24 hours a day, seven days a week.

A race against time

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.

"The effects of stroke can change the lives of family

members and caregivers as well as the person who may be disabled," says Mark Thayer, MD, physician lead, Emergency Services Department at CMC.

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

STROKE

At CMC your chances are good

If you come to the Emergency Department at Cambridge Medical Center (CMC) quickly when you notice stroke symptoms, you have a good chance of surviving the stroke and reducing the damage that stroke can do to your brain.

The Emergency Department is prepared to provide immediate treatment for stroke 24 hours a day, seven days a week. "When someone comes in with stroke symptoms it triggers a series of actions by the staff, similar to our Level I heart attack plan," says Mark Thayer, MD, physician lead, Emergency Services Department. "Everyone is working to get the patient evaluated as quickly as possible."

Within 45 minutes of your arrival at the hospital, a stroke assessment will be completed, including a computed tomography (CT) scan to determine the type of stroke and the problem causing it.

Arrangements are made for rapid transport to Abbott Northwestern



Hospital for care by neurologists and neuroradiologists. Because Abbott Northwestern Hospital and CMC use the same Allina Hospitals & Clinics electronic medical record, the CMC Emergency Department evaluation information will be instantly available to doctors there.

If fewer than three hours have passed since the onset of stroke symptoms and you meet other criteria, a "clot-buster" medicine may be given to dissolve the blood clot and restore blood circulation in the brain.

"We don't have a lot of stroke patients, but the Level I program rushes them to advanced treatment with good results," says Thayer. He emphasizes that it's very important to come to the Emergency Department right away when you notice stroke symptoms. Abbott Northwestern

Hospital has been awarded Primary Stroke certification and the Gold Seal of Approval™ for stroke care from The Joint Commission.

IS IT A STROKE?

If you think someone may be experiencing stroke symptoms, Thayer suggests trying the Cincinnati Prehospital Stroke Scale.

Ask the person to:

1. Smile.
2. Raise both arms in front of him- or herself.
3. Speak a simple sentence coherently.

If the smile is lopsided, both arms don't come up equally or one drifts, or he or she slurs or uses incorrect words, it might be a stroke. Get the person to the Emergency Department immediately.

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.

However, you should make every effort to get to the hospital much sooner than that—within 60 minutes—says the National Institutes of Health. During part

of the three-hour window, doctors must first evaluate you and determine what kind of stroke you're having and whether it can be treated 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.

For more information about stroke, go to *Healthy Communities* at www.cambridge-medicalcenter.com. ❖



ELECTRONIC MEDICAL RECORD SYSTEM

Enhancing patient care

THE “ONE PATIENT, One Record” goal was achieved at Cambridge Medical Center (CMC) in November when the hospital began using Allina Hospitals & Clinics’ new electronic medical record system.

The CMC clinic started using the system more than a year ago. Now CMC patients have one electronic medical record that organizes and stores their medical information from both the hospital and clinic at CMC. It also includes patient information from other Allina medical facilities, including Mercy, Unity, United, Abbott Northwestern and other Allina hospitals, and all Allina Medical Clinic locations.

Multiple doctors, nurses, and lab and radiology caregivers can access the record at the same time from different locations. The system has built-in alerts to call attention to allergies, potential medicine interactions and other safety issues.

“The electronic medical record makes it easier for us to do the right thing and more difficult to make a mistake,” says Bobbie Ballot, RN, MSN, patient care services administrator.

If you’re a patient at CMC, you’ll see the record working for you. Here are a few examples:

IN AN EMERGENCY

When you arrive at the CMC Emergency Department, doctors can quickly look up your history, see what medicines and treatments you are currently receiving, and make a more informed diagnosis. Recent test results are available and

duplication may be avoided.

Once the emergency doctor decides on a course of action, a click of a mouse sends orders simultaneously to the lab, radiology department and pharmacy. Orders and results “travel” electronically to the electronic medical record, pulling together information quickly. If you need to transfer to another Allina hospital for advanced treatment, all the information from your single electronic medical record is available to them instantly. As they care for you, your record will be updated and available to your doctors at CMC.

HAVING A BABY

The electronic medical record can help your doctor track your progress when you come to CMC to have a baby. Your prenatal clinic information will be available at the time of delivery. From home or the clinic, your doctor can access your

record, follow your progress, review lab results, help assess the situation and make recommendations.

KEEPING YOU INFORMED

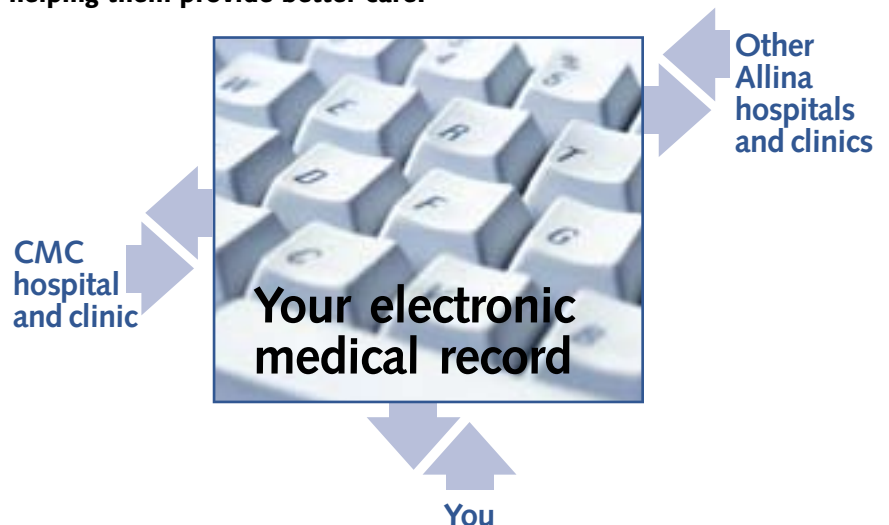
“One of the nicest features is that you can get access to portions of your medical records through MyChart,” Ballot says.

Simply sign up at any visit or go to www.allina.com to print off a sign-up form. Some of the features offered by MyChart include scheduling appointments; viewing test results; and managing chronic conditions, such as diabetes, online. You can also link to health information and education, which is helpful when you need more details about a diagnosed condition or treatment plan your provider is recommending. With MyChart, managing your health is easier and more convenient.



Visit www.cambridge-medicalcenter.com for more information. ❖

Your single electronic medical record pulls together information from caregivers at CMC and other Allina facilities, helping them provide better care.





CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center invites you to a health-promoting class or seminar. For more information, visit www.cambridgemedicalcenter.com or register by calling the CMC Education Department at 793-689-7780.

CANCER RESOURCE CENTER

The Harbor Room is filled with resources for cancer patients and their loved ones. Call 763-689-8415 for hours and activities.

CPR AND FIRST AID

Two- and four-hour classes
Offered at various times
Minimal charge

Basic life support recertification classes for health care providers are offered throughout the year. Call CMC's Education Department at 763-689-7780, ext. 1, for details on first aid or other basic life support class availability.

DIABETES AND NUTRITION EDUCATION

Diabetes Self-Management Training

A class series begins monthly for people newly diagnosed with diabetes as well as for annual education updates. Individual consultations are available if required by your doctor. A doctor referral is required for this class. For more information, call 763-689-7775.

The Winning Weigh Foundation Room

Cost is often covered by insurance. Check with your insurance company before registering.

Call CMC Diabetes Education at 763-689-7775 for details. Classes, taught by a registered dietitian, are available for anyone who has been diagnosed by a doctor as having pre-diabetes, impaired fasting glucose, impaired glucose tolerance or dysmetabolic syndrome.

CHILDBIRTH CLASSES

Prepared Childbirth

Wednesdays, 6-9 p.m.

■ Jan. 21, 28 and Feb. 4, 11

■ March 4, 11, 18, 25

■ April 15, 22, 29 and May 6

\$75 (\$50 if deliver at CMC)

Using the Lamaze® approach to prepared childbirth, the classes focus on relaxation and breathing for labor and delivery. A tour of the Maternity Care Center is included.

Fast Track Prepared Childbirth

9 a.m.-5 p.m.

March 3 or May 5

\$75 (\$50 if deliver at CMC)

JOINT REPLACEMENT SURGERY

Monthly classes
Foundation Room

Free

A class for people anticipating knee or hip replacement surgery. Learn how to get ready for surgery and how to prepare for a successful recovery. Class is taught by an orthopedic nurse. Call for class dates and times.

PARENTING CLASSES

Exploring Newborns

Fridays, 11 a.m.-noon

Dining Room B

A program for moms and/or dads and their babies from birth to 6 months. Bring your baby to the weekly informal get-togethers, where each week a different baby care topic will be discussed.

A registered nurse will weigh babies and answer questions. Sponsored by Isanti County Public Health, ECFE and CMC. No registration required. Call the Partners in Pregnancy Clinic at 763-689-7725 for more information.

New Baby Care

6-9 p.m.

Feb. 18 or April 1

Foundation Room

\$20 per couple (free if deliver at CMC)

Learn the basics of baby care, such as bathing, diapering, swaddling, cord care, infant CPR and more.

Car Seat Safety

5:30-6:15 p.m.

Jan. 20, Feb. 24 or March 31

Dining Room B

\$15 per couple (free if deliver at CMC)

This class, taught by child-passenger safety technicians, will focus on how to safely position your child in the car seat, when to transition to a larger seat and tips for proper seat installation.

Breastfeeding

6:30-7:30 p.m.

Jan. 20, Feb. 24 or March 31

Dining Room B

\$20 per couple (free if deliver at CMC)

Get your breastfeeding off to a good start. The course is taught by a certified lactation counselor.

Coming soon

Apple a Day and Coffee CHATS will resume in January. Check your local newspaper for dates and times.



Board of Trustees

Debra Larson, MD, Chair; **Garry Bye**, Vice Chair; **Ray Hoheisel, EdD**, Secretary; **Dale Anderson**; **Steven Clark, MD**; **Karl Elser, DO**; **Cheryl Hermann**; **Joe Morley**; **David Pearson, MD**; **Gerri Slabaugh**

Information in **HEALTHY COMMUNITIES™** comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

Copyright © 2008 Coffey Communications, Inc. LHN22953h

A better view

—Continued from front page

Karger says. The surgery is an outpatient procedure, usually with no sedation. A local anesthetic is used to block pain. Karger marks and removes the excess skin and

Eye expertise: Randy Karger, MD, ophthalmologist, performs eye surgeries at CMC.

uses sutures that are absorbed by the body.

“Swelling and bruising are common during the first week after surgery, but ice helps,” explains Karger. “You wear protective shields at night to prevent scratching or touching with the hands. Healing and results are checked at a couple of office visits, and that’s all there is to it.”

Sahlmen also met with a cosmetic surgeon before deciding to have Karger do the surgery at CMC. “Dr. Karger did a great job and answered all my questions. It was hard to think about someone cutting around my eyes, but I had confidence in him,” Sahlmen says.

He also appreciated the kindness and professionalism of the staff—and the convenience of having the surgery done in Cambridge.

Karger notes that as an ophthalmologist, he is concerned about the health of the eyes and takes total eye health into consideration when deciding whether surgery is a good option, as well as how aggressive or conservative to be with skin removal.

FIND OUT MORE

For more information about eyelid surgery, go to *Healthy*

go! *Communities* at www.cambridge-medicalcenter.com. ❖



Before surgery



After surgery

Full-service eye care at CMC

Cambridge Medical Center (CMC) offers everything you need for eye care in one convenient location, including routine exams, eyeglasses, contact lenses, laser surgery, cataract surgery, and diagnosis and treatment of eye diseases.

Optometrists Sandra Connell, OD, and Sam Villella, OD, are available for routine eye exams and non-surgical eye care. Ophthalmologists Randy Karger, MD, and Paul Carlson, MD, treat more complex eye conditions and perform surgical eye treatments. More than 600 eyeglasses styles, which can be professionally fitted by an optician, are available in CMC’s Eye Center.

For more information or to make an appointment, call 763-689-7888.

