

CAMBRIDGE MEDICAL CENTER



Volunteers like Chris Miller read stories in the CMC lobby on the second Wednesday of every month, featuring stories for 3-year-olds at 9:30 a.m. and for 4- and 5-year-olds at 10 a.m. "Everyone is welcome," says Miller.

early literacy that has been adopted at CMC. Putting books into children's hands is also a key part of the program. Children from 6 months to 5 years old receive an age-appropriate book at each well-child visit.

"Over the last year, more than 3,500 books have been given to children at their doctor visits," says

Miller, a retired teacher and volunteer who initiated the program at CMC.

The third element of Reach Out and Read is keeping a supply of children's books in the clinic waiting areas.

"The clinic staff has been very supportive of Reach Out and Read because low literacy is a health issue," says Karla Patrick, CMC Education Department. "More than 90 million Americans cannot adequately understand basic health care information. For many people with low literacy, it's difficult to understand prescription labels, appointment slips and health care instructions. They tend to get fewer screenings, vaccinations and checkups." ♦

Reach Out and Read

A VACCINATION AGAINST ILLITERACY

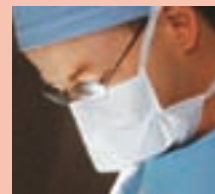
THE SQUIRMING GROUP of 3-year-olds falls silent with rapt attention as volunteer Chris Miller begins reading *The Leaf Man* at Cambridge Medical Center's (CMC) monthly story time. The children don't know or care, but having books read aloud to them adds words to their vocabulary, helps brain development, and reduces their risk of falling behind and living with low literacy.

FREE BOOKS FOR KIDS

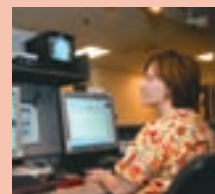
The reading aloud program for 3- to 5-year-olds is just one part of Reach Out and Read™, a national nonprofit program dedicated to



2 Simple things you can do to protect your feet



4 Need surgery? Learn what to expect



8 CMC Sleep Services can help you sleep better



CAMBRIDGE MEDICAL CENTER
Allina Hospitals & Clinics

Take care of your feet

WHILE OUR FEET take us everywhere we go, we may take them for granted. More than half of us will have a foot problem at some point, but many people won't do anything about it, according to a survey by the American Podiatric Medical Association.

There are many causes of foot pain, including aging, diabetes, injuries, stress from over-strenuous exercise programs and more.

"A little attention to a minor foot problem can prevent it from becoming a major problem," says Kymberly Vogt, DPM, who provides foot and ankle care and surgery at Cambridge Medical Center (CMC). "Minor problems like plantar's warts can spread, and diabetic foot problems can even progress to amputation."

"Foot pain is not normal and shouldn't interfere with activities," says Dr. Vogt. "Most foot problems respond to conservative treatment, and you don't have to live with foot pain."



Kymberly Vogt, DPM, provides foot and ankle care, including surgery, at Cambridge Medical Center.

IF THE SHOE FITS

Wearing good-quality shoes is key to good foot health, Dr. Vogt says. You may have to spend a little more money to get good support and protection, but it's worth it. Dr. Vogt recommends shopping for shoes at the end of the day, when your feet are a little larger. Skip the high-fashion, pointy, narrow shoes and the flip-flops unless you want tired, sore feet.

To avoid stress and injuries from sports, match your shoe to your activity, gait and walking style. At a good athletic shoe store, they can look at your foot, look at the wear pattern on your old shoes, and help you select a shoe that fits your foot and your activity level.

Wearing the wrong shoes to work can put stress on your feet all day long. If you work on your feet on a hard floor, wear shoes with support and extra cushioning.

FOOT SKIN CARE

Caring for the skin on your feet is important, too. To prevent fungus and other foot problems, wash your feet every day and dry them well. Use a good lotion to prevent dry skin.

"Calluses and rough spots on your skin are a clue that shoes don't fit correctly or that some repetitive action is irritating your feet," Dr. Vogt explains.

FOOT CARE AND DIABETES

People with diabetes have to be careful to identify and take care of small problems because their feet don't heal as well as others'. They should examine their feet every day, using a mirror to see the

Caring for your feet can help protect them from infection.

bottoms, if necessary. "Any change from the day before is cause for concern and should be seen by a podiatrist," Dr. Vogt says. "People with diabetes should always wear shoes, even in the house, to protect their feet."



For more information about foot care, visit www.allina.com, click on *Health Topics and Resources* under the heading *Conditions & Treatments* and enter the word "foot" in the search box. ❖

About the flu

'TIS THE SEASON—ADVICE ON PROTECTING YOURSELF

EVERY YEAR a new flu bug comes calling.

In Minnesota we can usually expect this unwelcome guest from October through May. And the flu bug packs some very unpleasant baggage. Symptoms can make you feel very sick, and complications can be severe—even deadly—for some people.

To help keep the flu bug at bay, consider the following helpful hints.

How it's spread. The flu virus is passed in droplets released in someone's cough or sneeze. You might infect yourself by touching your eyes, mouth or nose after you have touched something with the virus on it.

How it's prevented. "Vaccination in the fall is usually recommended," says Allen Mork, MD, Cambridge Medical Center (CMC). "However, if you missed CMC's November flu shot clinic, you may still benefit from getting one now. Flu season peaks in January or February and sometimes as late as March."

The vaccine can be a shot or inhaled in mist form. The flu shot is approved for people older than 6 months; the nasal spray is only for healthy people who aren't pregnant and are ages 5 through 49.

If the supply of vaccine is limited, it may be available only to people who are at risk because of

their age or health status. Your doctor can tell you who is eligible.

The flu shot can't give you the flu, but it might cause minor, short-term side effects—soreness, redness or swelling where the shot was given; a low-grade fever; and body aches.

What you can do. You're more likely to avoid the flu if you:

- Cover your nose and mouth with a tissue when you cough or sneeze, and then throw the tissue away.
- Wash your hands often with soap and water, especially after coughing or sneezing. Use an alcohol-based hand cleaner if you don't have access to water.
- Try to stay away from people who are sick.
- Avoid touching your eyes, nose or mouth.

Symptoms. The flu virus usually arrives suddenly. With it can come a sore throat, runny or stuffy nose, a dry cough, high fever, headache, extreme fatigue, chills and body aches. Diarrhea and vomiting are more common in children than in adults.

Treatment. When the flu bug bites:

- Get plenty of rest and drink lots of liquids, and avoid alcohol and tobacco.



Flu season is here. Protect yourself with a flu shot.

- Ask your doctor about medicines. "Antibiotics won't help, but available antiviral medicines may relieve symptoms or even prevent the flu if taken early enough," Dr. Mork says.

Children or teenagers who have flulike symptoms—particularly fever—should never take aspirin.

In an emergency. If your flu symptoms get worse or new symptoms appear, seek medical attention right away. ♦

Sources: American Medical Association; U.S. Centers for Disease Control and Prevention; National Institutes of Health



Care with a personal touch

When the wear and tear from 35 years of painting was compounded by a fall, professional painter Duane Runyon and his doctor Paul Havel, MD, Cambridge Medical Center (CMC), decided to repair his damaged shoulder with surgery. His rotator cuff surgery was scheduled at CMC.

Runyon's experience at CMC was a pleasant change from surgeries he'd had at other hospitals, where there wasn't as much personal attention. "At CMC they listened to me, and I didn't feel rushed," he says.

The caring staff made the surgery as easy as possible for him. "They were very thoughtful and friendly," he says. "We talked about family. The whole experience had a personal touch that made it easy for me to relax and be comfortable."

In addition to being friendly and kind, the staff was professional and competent, Runyon adds. "I was a little apprehensive about the spinal block they were going to do on my neck. The anesthesiologist explained it clearly, and it took care of my pain. When I woke up after the surgery, I felt good—not sick

and nauseated like I had after other surgeries."



Duane Runyon appreciated the personal care he received at CMC when he had shoulder surgery.

Preparing for

Steps to a successful surgery

WHEN YOU'RE going to have surgery, it's understandable to be a little nervous. Even outpatient surgery, which doesn't require a hospital stay, can cause some anxiety.

But there are some steps you can take to ease your worries. Understanding the process and planning ahead a bit can help pave the way for a smoother time and a faster recovery.

ASK QUESTIONS

For starters, be sure to ask your doctor about anything you don't understand. Your doctor will want you to have your questions answered before your surgery.

You'll want to ask about the risks, what improvements you should expect to your condition and how long they might last, and the risks of not having the procedure. You should also know your surgeon and his or her qualifications.

TAKING CARE OF YOURSELF

Giving yourself a little extra care beforehand can help prepare your body to handle surgery. Get plenty of rest and eat a well-balanced diet. Your doctor may suggest a daily multivitamin as well.

If you are a smoker, you can do yourself a favor by quitting—or at least cutting back—before surgery. Smoking delays healing. Be sure to ask your doctor if you should stop taking any prescription or over-the-counter medications or supplements before your surgery.

Even before having the surgery, you should prepare for your recovery. You may need to make some changes in your home, such as removing scatter rugs or purchasing a raised toilet seat. Ask your doctor what supplies you'll need and whether you'll need to have someone care for you at home. Make those arrangements before your surgery,



Your comfort comes first. Kim Ammerman, RN, monitors a patient in the recovery area.

Surgery

as well as transportation to and from the hospital.

FOLLOW INSTRUCTIONS

When you have surgery at Cambridge Medical Center, a surgery nurse will call you four to five days before your surgery to record a preoperative health history, answer any questions, review your preoperative preparation instructions, and make sure you have stopped taking medications and supplements as directed by your doctor. Most patients are instructed not to eat or drink several hours before their surgery.

“This call saves a little time when you arrive and prevents delays and cancellations,” says Nancy Collins, manager of Surgical Services.

THE DAY OF SURGERY

Most patients are requested to arrive one or two hours before their surgery. Leave all your jewelry and valuables at home.

Registration is at Short Stay Services, where a nurse will check your health history and accompany



First-class surgical services close to home

Traveling to metropolitan hospitals for surgery and follow-up care can add stress to an already stressful situation. Most types of surgery are available with experienced surgical specialists at Cambridge Medical Center (CMC).

More than 4,300 surgical procedures were performed at CMC last year in a variety of specialties, including orthopedic; obstetric; ear, nose and throat; eye; urology; general; and foot surgeries. Overnight stays were required for only 750 of these patients.

A smooth process. Arlene Asleson, RN, checks a patient in. Registration goes quickly because much of the information is gathered beforehand.



you to a preoperation area. The anesthesiologist will then discuss your anesthesia options and answer your questions.

Your surgeon will see you, confirm the surgical procedure and the location of the surgery, and actually mark the surgery site as you watch. This is one of many safeguards to help prevent errors. “You’ll probably be asked your name and birth date many times,” Collins says. “It’s not that we don’t know who you are—we just keep checking for safety.”

After you are prepared and everyone is ready, the preoperation process stops briefly. It’s called “pause for the cause,” and it’s another check for the safety of the patient. The surgeon and staff verify out loud the patient’s

name, allergies, the procedure, the surgical site and other information. Then the surgery will take place.

After surgery you’ll be taken to a recovery area where you will be monitored carefully while you recover from your anesthesia. From there, you will either go to your hospital room or to the short stay area where you will continue to be monitored until you are ready to go home. That may take from 45 minutes to 5 hours, depending on your surgery.

You’ll be discharged into the care of a friend or family member with written instructions about caring for yourself at home, when to see a doctor and what to expect. Within a couple of days, a nurse will call you to check on your progress and answer any questions.

For more information, go to www.cambridge-medicalcenter.com, click on *Services & Programs*, then *Surgery Services*. ♦



ELECTRONIC MEDICAL RECORD

New technology enhances care

YOUR CLINIC record is an important tool for your doctor in providing quality health care. When you come to Cambridge Medical Center (CMC), your medical history, allergies, medications and other information are all entered into your record. So are test results, images, and medications and treatments you receive.

When the clinics at CMC and Allina Medical Clinic–North Branch implement a new electronic medical record system this winter, your record will become a more sophisticated and useful tool to help provide quality care. With the electronic medical record instead of a paper folder, your records will be accessible electronically from a computer terminal in the exam room. Eventually, as the hospital side of CMC implements the system in the fall of 2007 and other Allina hospitals and clinics complete their implementation, you will have one medical record that your Allina caregivers can use to provide better care for you.

“Our electronic medical record will make medical care more efficient and safer, since all of a patient’s medical data will be available in one place for health care providers to use for treatment decisions. This technology will revolutionize medical care, just as much as the

telephone revolutionized person-to-person communication,” says Dr. Laura M. Reich, internal medicine doctor at CMC.

PROVIDING BETTER CARE

Here are some of the ways the record will help provide better care.

Safety alerts. Allergies and medications are noted in a paper record, but the electronic medical record goes one step further by cross-checking any new prescription a caregiver is considering. A warning is displayed if there is a potential adverse reaction with a

“Our electronic medical record will make medical care more efficient and safer.”

—Dr. Laura M. Reich,
internal medicine

patient’s allergies or other medications. Abnormal results on lab tests are also highlighted.

Timely access. Information about lab results, evaluations and procedures won’t have to be physically delivered to the chart, so they’ll be available faster. Whenever your medical file information is needed, it will be available with a few clicks of the computer mouse, without waiting for a paper folder to be located. Your doctor, nurse, pharmacist and other caregivers can look at the electronic medical record at the same time.



Improving care. David Hovinen, MD, obstetrics/gynecology specialist at CMC, studies the new electronic medical record system. When the system is implemented this winter, he’ll be able to check patient information without requesting a paper file.

One-time collection of patient information. Patients only need to provide their information once. At future visits they’ll only confirm that the information is up-to-date. Patient information will also be more complete, since the system prompts caregivers with questions.

Patient privacy protection. The system is equipped with security measures to protect patient information, including a feature that monitors who has accessed each patient record. Caregivers and personnel are granted access only to the information they need for their job functions.

THE TRANSITION

“There is a learning curve for staff and patients, and we will have to work through this together as we become comfortable with the system. In the long run, I believe we will have better information, which will lead to better health care for the patient,” says David Pearson, MD, family medicine doctor at CMC. ♦



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 763-689-7780.

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 CLASSES

Friends and Family First Aid/CPR Health Care Provider Recertification

Classes are available upon request.

Call CMC's Education Department at 763-689-7780, ext. 1. Meets new American Heart Association Guidelines.

DIABETES AND NUTRITION EDUCATION

Diabetes Self-Management Training

Classes are available for those 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.

The Winning Weigh Two sessions per class

- Jan. 19 and Feb. 16
9:30 a.m.-noon
Foundation Room
 - March 12 and April 23
5:30-8 p.m.
Foundation Room
- \$65 (includes educational materials and supplies)

Call CMC Diabetes Education at 763-689-7775 for details. With proper diet and regular physical activity, you can reduce your chances of getting type 2 diabetes. 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. 10, 17, 24, 31
- Feb. 7, 14, 21, 28
- March 7, 14, 21, 28
- April 4, 11, 18, 25

\$65 (\$35 if deliver at CMC)
Using the Lamaze approach to prepared childbirth, the classes focus on relaxation and breathing for labor and delivery. Topics covered include nutrition, anatomy and physiology, the stages of labor, Cesarean birth, medications and medical procedures, and current child care topics. A tour of the Maternity Care Center is included.

Fast Track Prepared Childbirth

- Two sessions per class
 - Thursday, Feb. 8
5-9 p.m., and Saturday, Feb. 10, 8 a.m.-noon
 - Thursday, April 12,
5-9 p.m., and Saturday, April 14, 8 a.m.-noon
- \$65 (\$35 if deliver at CMC)

PARENTING CLASSES

Partners in Infancy Contact the Partners in Pregnancy Clinic at 763-689-7725 for information.

A program for moms 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.

New Baby Care

Jan. 21, March 25
Sundays, 12:30-5:30 p.m.
(last hour optional infant CPR class)

Fourth-floor Classroom \$20 per couple

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

Car Seat Safety

Jan. 20, March 3, April 14
Saturdays, 2:30-3:30 p.m.

Fourth-floor Classroom \$15 per couple

This one-hour 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

Jan. 20, March 3, April 14
Saturdays, 3:45-5:15 p.m.

Fourth-floor Classroom \$20 per couple

Get your breastfeeding off to a good start. This 90-minute course is taught by a certified lactation counselor.

Rest easy with CMC's Sleep Services

IF YOUR mental picture of a hospital is of shiny halls with equipment clattering, machines beeping and people talking, you may wonder how you could even do a sleep study in a hospital.

When you enter the Sleep Services area at Cambridge Medical Center (CMC), you'll feel more like you've entered a hotel than a hospital. Located at the end of a hall and separated from the rest of the floor by doors, the Sleep Services area is very quiet and private. There isn't any through traffic, so technicians and sleep study patients are the only people there.

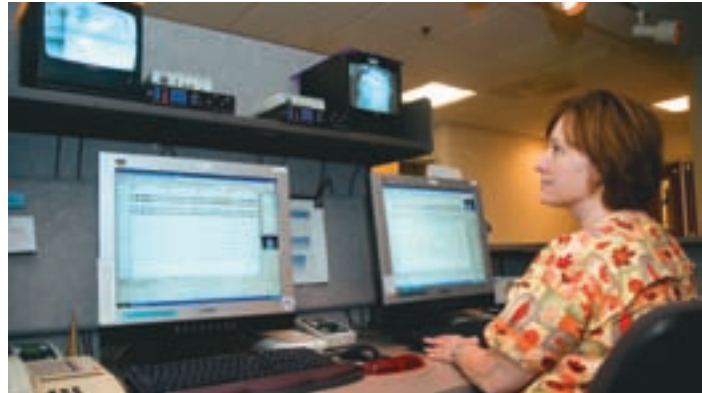
Each sleep study patient gets a private room with a private bathroom and shower. "One of the symptoms of sleep apnea is snoring, so we added sound insulation between rooms, and people don't have to be self-conscious about that," says Laura Niemela, CMC's Sleep Services coordinator. "We've tried to make the rooms comfortable and homelike."

The sleep study rooms have televisions and reading lights to help patients relax, and adjustable Sleep Number beds help patients sleep comfortably during the study.

The area was expanded to four rooms early last summer, reducing the wait to schedule studies. "Most people get in the very next week or the week after," Niemela notes. On average, 16 people are tested at night each week.

"Privacy is important to patients, and it's important to us," Niemela says. The technician's work area was redesigned for patient privacy and ergonomic improvement for the technicians, who spend hours watching monitors and computers. The positioning of the monitors allows the technicians to carefully watch the measurements that are being taken during the study, while ensuring that the information is not visible to other people.

Convenience is important, too. "Many of our patients have to go to work the next morning, and we work with their schedule," Niemela says. Patients are referred to Sleep Services by their doctors.



A high-tech snooze. Julie Cederberg monitors patients during sleep studies at CMC.



For more information about getting a better night's sleep, see your doctor or visit www.allina.com, click on *Health Topics and Resources* under the *Conditions & Treatments* heading and enter "sleep" in the search box. ❖

HOW TO REACH US

General Information . . . 763-689-7700
 Clinic Appointments . . . 763-689-8700
 Eye Clinic 763-689-7857
 Rum River Drug 763-689-7809
 Same Day Clinic 763-689-7820
 Allina Medical Clinic—
 North Branch 651-674-0055

For hospital information and services, visit www.cambridgemedicalcenter.com.

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