

CAMBRIDGE MEDICAL CENTER



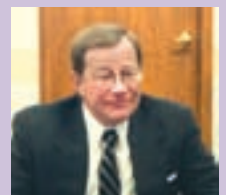
Helping hands: Shirley Karstens (left) and Ramona Nastrom sew a variety of items for CMC patients at the Crafter's Club. Crafters also knit and crochet hand and foot cozies, blankets, and other items to give to patients.



2 CMC's Wound Care Service is ready to help you



3 Be heart-smart: Eight heart-friendly tips for you



6 Help for teens with substance abuse problems

Volunteers are happy to help

GIVING TIME CAN BRIGHTEN THE LIVES OF OTHERS— AND MAKE YOU FEEL GOOD, TOO

VOLUNTEERS HELP OTHERS, asking for nothing in return. But, almost always, they get something back anyway. That's the way it is for Bob Johnson, one of more than 160 volunteers at Cambridge Medical Center (CMC).

"It's the most enjoyable thing I've ever done, and time flies," he says.

Johnson helps guide patients to their destination at the clinic, helping with wheelchairs and anything else that is needed.

Another volunteer, Shirley Karstens, does double duty knitting hand and foot cozies while she attends to families in the surgery waiting room.

"I love volunteering. It gets me out of the house, and I feel that I'm doing something useful," she says. Karstens recalls times when people were very kind to her and likes being able to do the same thing for others.

HELPING IN MANY AREAS

Linda Lamb, volunteer services coordinator, says the volunteer program at CMC has made a big difference for patients and staff.

"You'll see volunteers in just about any area where patients and families need a little extra attention," Lamb says. "It takes away a little of the anxiety, makes patients and families more comfortable, and takes pressure off employees. Small things, like a smile, a blanket or a cup of coffee, make a difficult time much easier."

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CAMBRIDGE MEDICAL CENTER

Allina Hospitals & Clinics

Specialized care when your wounds won't heal

UCH! It happens to all of us from time to time—we get a blister from walking too far in the wrong shoes, run into something or fall. Usually these wounds heal quickly.

“But when they don’t, an open sore is an open door for ‘bugs’ to get into the body,” says Sharon Davalos, PT, manager of Cambridge Medical Center’s (CMC) Wound Care Service. “Wounds that linger for months, or even years, are a constant source of pain, expense and frustration for patients, and they compromise patients’ health.”

At the Wound Care Service, a certified wound care nurse and physical therapists treat wounds that aren’t healing, whether they

started out as a small bruise or blister, a burn, a traumatic injury, or a complication after surgery.

“It’s not only older people and those with diabetes who have problems with wounds that don’t heal,” Davalos says. “We’ve treated everyone from babies to 100-year-old patients.”

WHEN HOME TREATMENT ISN'T ENOUGH

Usually basic first aid at home takes care of a wound. Davalos notes, however, that many people mistakenly think a wound should be dry, when it actually needs to be moist to encourage enzymes and protein to begin the healing process.

“It depends on the wound, but if you’re not seeing improvement

within three weeks, you should see your doctor,” Davalos says. Patients with diabetes, circulation problems or signs of infection should seek help sooner.

At the Wound Care Service, the first step is a comprehensive evaluation of the wound and your overall health. “Smoking, nutrition, sleep, diabetes and circulation problems affect the ability to heal and factor in to a plan for treatment,” Davalos says. “The plan usually includes education about wound care and boosting the body’s healing capabilities.”

A PLAN FOR HEALING

A treatment plan may include the following:

- Topical medications and special bandages for the patient to use at home. Gel and special moisture-retaining bandages provide the moisture needed for healing.
- Clinic visits for cleaning wounds and removing dead tissue as often as needed.
- Application of antimicrobial treatment. Sometimes a wound is not actually infected, but there are microbial “bugs” that stall healing.
- Reduction of swelling and poor circulation. “Swelling prevents good circulation and healing,” Davalos says. Compression stockings or special tubular compression materials are commonly used to reduce swelling. Davalos recommends that anyone who is on his or her feet all day should wear compression stockings to prevent poor circulation and poor healing later in life.

If you have a wound that isn’t healing, talk to your doctor about a referral to the Wound Care Service at CMC. ❖

Terri Holm, RN, certified wound care nurse, explains a new ultrasound device to patient James Tillman. CMC’s Wound Care Service is one of the first in the area to use MIST™ Therapy, a new system that uses ultrasound technology to help remove dead tissue and promote healing.



8 ways to love your heart

FOR YOUR HEART'S sake, try a little tenderness.

Being kind to your heart means getting tough on heart disease. You can lower your risk by taking some heart-smart steps. In addition, the care you show your heart can boost your overall health and might make life better in other ways, such as helping you to feel and look better, too.

"It's never too early to start taking care of your heart," says John Ruddy, MD, Cambridge Medical Center (CMC). "Even in teenagers, researchers have seen cholesterol buildup in arteries, and that's the foundation for future heart disease and strokes. The sooner we start making healthy choices, the better."

A HEARTFELT PLAN

Consider this heart-friendly advice, with information from the American Heart Association.

- ➊ **If you smoke, stop.** Try halving the number of cigarettes smoked on the fifth, third and first days before quitting for good. Cessation aids, such as nicotine patches, can boost your chances of quitting.
- ➋ **Mark your calendar.** Regular doctor visits can help you track cholesterol and blood pressure levels and other keys to heart health.
- ➌ **Eat right.** A healthy heart needs a healthy diet, so help put the brakes on artery-clogging cholesterol by eating less saturated fat, trans fat and cholesterol. It can

help to eat fewer fried foods and more fruits, veggies and whole grains, as well as low-fat milk, skinless poultry, fish and lean meats.

➍ **Move more and more.** Exercise is good for your heart, body and mind—and even small steps count, such as jogging in place in your living room or walking during work breaks. Work up to 30 minutes or more of moderate exercise most days of the week. CMC employee Deb Torkildson enjoys a lunchtime walk almost every day. (See photo and sidebar.) If you can't schedule a walk, add steps by getting off the

bus a few stops early or parking the car further away when you go to the mall or grocery store.

➎ **Watch your weight.** Forget fad diets. If you need to shed pounds, eat less and move more. Try trimming a few hundred

calories a day and eating sensible portions.

➏ **Stock up on heart-friendly stuff.** Keep good-for-you foods in the front of the fridge or the pantry, so you'll see them first.

➐ **Sack the salt.** To keep your blood pressure in a healthy range, check the labels and go easy on foods high in sodium.

➑ **Hang in there.** Healthy habits can take time to establish, so if you hit a hurdle, don't lose heart. But do resume your heart-friendly ways right away.

Dr. Ruddy encourages people to talk to their doctors if they are concerned about their heart health.

"It's never too early to start taking care of your heart."

—John Ruddy, MD,
CMC, Internal Medicine



Walk for heart health

The American Heart Association says that 30 minutes of exercise almost every day is enough to help reduce the risk for heart disease. Walking is a convenient, simple way to exercise.

Deb Torkildson, CMC employee, enjoys a lunchtime walk every day. "I do it because I enjoy it, and it clears my head for a fresh start in the afternoon, but I'm glad it's good for my heart, too," Torkildson says. "Every day there is a reason not to go—it's too hot, too cold, too humid, too rainy or I'm too tired. I just get up and go anyway. With a companion I walk and talk, and by myself I walk and think. Either way, it's good."

A simple stress test done right at CMC can detect problems before a heart attack happens.

For more information about heart health, go to www.cambridgemedicalcenter.com, click on *Conditions & Treatments*, then on *Heart Health*. ❖



HEALTH NEWS UPDATE

EVERY LITTLE THING



Don't get **STUNG** by acting like a flower. Wearing bright colors, floral prints or perfume can make you more desirable to stinging insects.

—American College of Allergy, Asthma and Immunology

BACKPACKS that are too heavy can be a back-hurting burden for kids. Have a "weigh-in" of your child's pack. It should weigh no more than 15 percent of your child's weight.

—American Occupational Therapy Association

A handful of **ALMONDS** a day may lower your cholesterol levels and heart disease risk.

—American Dietetic Association

CHICKENPOX isn't a harmless rite of passage. It can cause serious complications even in healthy people, which is why experts recommend vaccination. If your child hasn't had the vaccine for chickenpox, talk to his or her doctor.

—U.S. Centers for Disease Control and Prevention



Getting ready to fire up the grill? A simple step may lower cancer risk

Before you toss them on the grill, toss your favorite meats in a marinade—and not just for better taste or tenderness. This simple step may help lower your cancer risk.

High-heat cooking causes red meat, poultry or fish to make chemicals called heterocyclic amines (HCAs), which are linked to cancer. But some studies show that marinating meats before grilling may reduce the amount of these chemicals by more than 90 percent, the American Institute for Cancer Research (AICR) reports.

Researchers believe marinating might cut down on HCAs by forming a barrier between the heat or flames and the meat. Or typical marinade ingredients—such as vinegar, citrus juice, herbs, spices and olive oil—may hold the key, according to the AICR.

When trying this at home, use about a half-cup of marinade per pound of meat; turn meats occasionally while marinating. Discard marinade after use. ❖

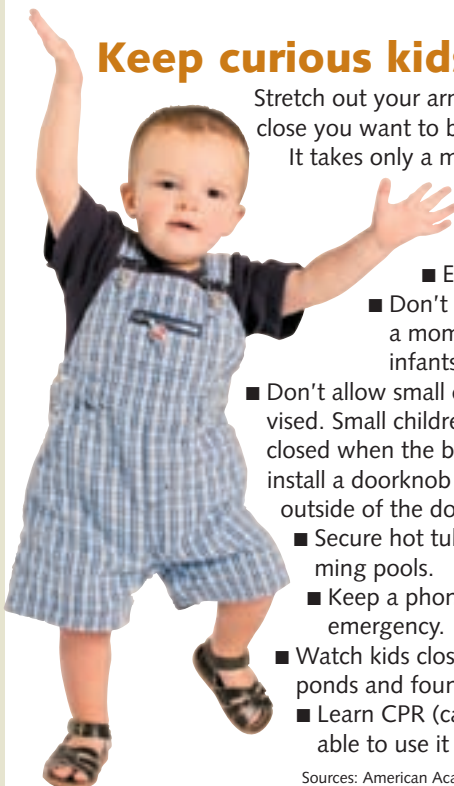
Keep curious kids safe around water

Stretch out your arm. If you have small children, that's how close you want to be when they're near water.

It takes only a moment and an inch or two of water for kids to drown, so stay close.

And follow these other safety tips as well:

- Empty all buckets and bathtubs after use.
- Don't leave kids alone in the bathtub, even for a moment. More than half of drownings among infants occur in bathtubs.
- Don't allow small children to be in the bathroom unsupervised. Small children can drown in a toilet. Keep the door closed when the bathroom is not in use. For extra safety, install a doorknob cover or a hook-and-eye latch on the outside of the door.
- Secure hot tubs with locked covers. Fence off swimming pools.
- Keep a phone near the swimming pool in case of an emergency.
- Watch kids closely near irrigation ditches, wells, fishponds and fountains.
- Learn CPR (cardiopulmonary resuscitation) so you'll be able to use it in an emergency. ❖



Sources: American Academy of Pediatrics; Safe Kids Worldwide

Beans, berries top the antioxidant chart

When you're shopping for good-for-you foods, make sure to put some beans and berries on your list.

That's because various kinds of beans and berries top another list—a ranking of the foods (per serving) that contain the most antioxidants, according to the

U.S. Department of Agriculture (USDA).

Antioxidants are considered “disease-fighters” and may offer some protection against a number of conditions, including cancer, heart disease and Alzheimer's disease.

Topping the USDA charts for antioxidants are small red beans, blueberries, kidney beans, pinto beans and cranberries. Some of the other foods high in antioxidants include artichokes, blackberries, prunes, raspberries, strawberries, apples, cherries, pecans, plums, potatoes and black beans.

Researchers measured antioxidant levels in more than 100 kinds of foods, including fruits, vegetables, nuts, spices and cereals. ❖



Sweetened drinks linked to weight gain and type 2 diabetes

For women concerned about weight gain, here's a little advice: Lay off sugar-sweetened drinks—not just for your figure but also for your health.

Soft drinks are the leading source of added sugars in U.S. diets, according to a Harvard School of Public Health study published in *The Journal of the American Medical Association*.

Researchers found that women who drink larger amounts of sugar-sweetened beverages have an increased risk for gaining weight and developing type 2 diabetes.

The rapid increase in obesity and type 2 diabetes cases coincides with a major increase in soft drink consumption, according to the study.

The study, which began in 1991, focused on 91,249 women who did not have diabetes or other major chronic diseases. The study showed that women who drank one or more sugar-sweetened drinks per day gained the most weight. Those same women also had the greatest risk of developing diabetes.

A probable explanation? Sweetened beverages are high in calories, which can contribute to obesity, a major risk factor for diabetes. Also, soft drinks contain high amounts of corn syrup, which raises blood sugar levels, increasing the risk of diabetes. ❖



MENINGITIS

A growing concern

For college kids, here's some school news to consider carefully. While rare, meningitis is a serious illness that is a special concern on college campuses. In fact, experts are now recommending vaccination beginning at age 11.

Freshmen living in dormitories are up to six times more likely to get meningococcal meningitis than other people, says the National Meningitis Association.

While the vaccine does not always prevent all types of meningitis, it does protect many people against the disease. Vaccination is recommended for these students, and to make sure more children are protected, the U.S. Centers for Disease Control and Prevention now recommends routine vaccination for adolescents 11 to 12 years old, preferably as part of a health checkup. For children older than 12, the vaccine is also recommended before beginning high school.

Caused by bacteria, meningitis infects the brain and spinal cord. If untreated, it can spread quickly and lead to organ failure, brain damage, amputation of limbs or death. Meningitis is spread through contact with someone who is infected.

Early symptoms may include high fever, headache, stiff neck, confusion, nausea, vomiting and exhaustion. Later, a rash may develop. If you have any of these symptoms, see a doctor or visit your campus health center right away. ❖



Moving forward: Shawn Stuemppes, chemical dependency counselor at CMC's Dellwood Recovery Center, helps kids overcome chemical addictions.

Sobering news

MOST KIDS wouldn't use something that slows their reflexes; impairs their thinking; makes them throw up; causes blackouts; is poisonous; can lead to fights, rape and car crashes; and can land them in the emergency room or the morgue. And most kids don't. But for kids who use alcohol and drugs, and for nonusers who hang out with them, substance abuse is dangerous.

"Parents need to take their children's alcohol and drug use seriously," says Robin Ringer, program manager at Cambridge Medical Center's Dellwood Recovery Center. "Some parents shrug it off as a 'stage' the child is going through, but these 'stages' are deadly, especially with the bad drugs that are out there now.

"Alcohol, marijuana and prescription Ritalin® are the most common drugs abused by adolescents and teens in our area."

Drinking at an early age is linked

to problems with alcohol in adulthood. Binge-drinking, which is common with young drinkers, is also predictive of future problems.

PROGRAMS THAT WORK

Ringer and the staff at Dellwood Recovery Center have developed programs that help adolescents and teens stop using alcohol and drugs, keep up with their school work, and mend relationships with family and friends.

Treatment starts with an evaluation. "We talk to parents, the child and other concerned people, and we meet all together to discuss the problem," Ringer says.

Based on this evaluation, the staff may recommend intense inpatient therapy for several weeks, less intense outpatient therapy or education classes.

Young inpatients at the Dellwood Recovery Center are in a separate building from adults. They complete assignments with personal and family counselors

that focus on life skills, building self-esteem and finding positive things to replace their substance abuse.

"It's a 12-step program, and kids get a sponsor and work on anger, grief, shame and other driving issues," Ringer says.

Kids receiving outpatient treatment go through similar processes.

Family involvement is part of all treatment programs. "Substance abuse affects the whole family," Ringer says. "The family needs to deal with that and learn how to support the child. The whole family recovers together."

SOBER SCHOOL SUPPORTS KIDS

"Sober School, a special school for kids trying to stay sober, has been very helpful," says Ringer.

Offered through District 911, Sober School gives kids a place to continue their education away from their "using" friends at their old school.

"It's very rewarding to see the kids who came in here dragged out, tired and with dark circles under their eyes, leave well-nourished, bubbly and hopeful," Ringer says. ♦

Know the signs

If your child is exhibiting these signs, he or she may have a substance abuse problem:

- School performance declining.
- Not talking.
- Not hanging out with family.
- Spending time with different friends.
- Mood swings.

Talk with your child about these issues and consider an evaluation for substance abuse.

For more information, call Dellwood Recovery Center at 763-689-7723.



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
 ■ Fridays, May 11 and June 8
 9:30 a.m.-noon
 Foundation Room

■ Mondays, July 23 and Aug. 20
 5:30-8 p.m.
 Foundation Room

\$65 (includes educational materials and supplies)

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.

■ May 2, 9, 16, 23
 ■ June 6, 13, 20, 27
 ■ July 11, 18, 25, 31 (Tuesday)
\$65 (\$35 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
 Two sessions per class

■ Thursday, June 7, 5-9 p.m., and Saturday, June 9, 8 a.m.-noon
 ■ Thursday, Aug. 2, 5-9 p.m., and Saturday, Aug. 4, 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 more 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
 Sundays, May 6, June 17, July 29
 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.

PAD SCREENING

Friday, April 27

Cost: \$25

By appointment

Do you have pain in your legs when you walk or other risk factors for peripheral artery disease (PAD)? PAD raises your risk for heart attack and stroke. Find out if you have PAD with a simple, painless check of your vascular health. For an appointment, call Medformation® at 612-262-3333. Space is limited.

Car Seat Safety

Saturdays, May 19, July 14, Aug. 18
 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

Saturdays, May 19, July 14, Aug. 18
 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.

Volunteers

—Continued from Page 1

A FRIENDLY FACE

Volunteers help out by:

- Greeting patients at the clinic and hospital and directing them to various departments.
- Attending to the surgical family waiting room and monitoring the location of family members.
- Visiting with patients.
- Working at the Someplace Special Child Care Center.
- Entertaining people at the Riverwood Village.
- Working in the gift shop.

There are also many “behind the scenes” jobs volunteers do, including clerical work, setting up physical therapy rooms, running errands and working on special projects. Riverwood Village residents and other crafters meet regularly to make lap blankets, “chemo caps,” foot cozies and other items for patients.

VOLUNTEER BENEFITS

Although volunteers don’t look for rewards, they find them at CMC. All volunteers receive

the following benefits:

- Free meals from the cafeteria when they work.
- A 15 percent discount in the medical center gift shop.
- A 25 percent discount at CMC’s optical shop.
- Discount entertainment tickets at some local theaters, Valley Fair, some Mall of America events and other special offers.
- Letters of recommendation for college and job applications.

- Recognition events with food, entertainment and prizes.

CMC volunteers are not required to work a certain number of hours, and scheduling is flexible. All volunteers are trained for the

specific job they do and go through an orientation program so that they are familiar with safety codes and hospital procedures.

“There are lots of volunteer opportunities right now,” Lamb says.

To learn more, call Lamb at 763-689-8408. She’ll talk with you about your interests and match you with a volunteer job. Or visit www.cambridgemedicalcenter.com and click on *Volunteer Opportunities* under the *About Us* tab. ❖

To volunteer at Cambridge Medical Center, call 763-689-8408.



Bob Johnson volunteers at CMC running errands, helping people with wheelchairs and working on special projects. Volunteers are needed for a wide variety of jobs.

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 more information and services, visit www.cambridgemedicalcenter.com.

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