

CAMBRIDGE MEDICAL CENTER



Mammography technician Carrie Hovorka explains the advanced imaging capabilities of CMC's new digital mammography equipment to Lea Ann Coyle, of Princeton. "I think the more involved you can be in your health care, the better," Coyle says. "Mammography is an easy preventive procedure to take advantage of."

EARLY BREAST CANCER DETECTION

Advanced care, close to home

SHAWN SHRAWNY, MD, board-certified radiologist at Cambridge Medical Center (CMC), is surrounded by state-of-the-art, high-tech diagnostic equipment that would be the envy of many radiologists.

But before he explains how the technology saves lives, Dr. Shrawny emphasizes the importance of breast self-exams.

A diligent self-exam, an annual physical

exam by a doctor or health care professional, and a screening mammogram are the best things a woman can do to detect problems early, he says.

When breast cancer is detected early, the five-year survival rate is 95 percent. With that in mind, CMC has upgraded its ability to help detect breast cancer as early as possible.

From physical exams and screening mammograms to further diagnostic studies and biopsies, most women can get everything they need to detect or rule out breast cancer at Cambridge Medical Center. And they get the best.

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2 Helping our community



4 New hip surgery at CMC



6 Kidney care at CMC

You're invited to an open house!

Tour CMC's newly remodeled Radiology Department and learn more about our digital mammography, breast MRI equipment and our multipurpose diagnostic room. You'll see equipment demonstrations and the high-quality images they produce. Refreshments will be served.

**Wed.,
Sept. 5,
2-6 p.m.**



CAMBRIDGE MEDICAL CENTER
Allina Hospitals & Clinics

'Doing good' for our community

FEW FOR-PROFIT companies perform services when customers can't pay for them, or try to reduce the need for the services they offer. But that's

exactly what happens at Cambridge Medical Center (CMC), a not-for-profit organization. And it's good for the community.

It's the way not-for-profit health care works—the goal is to “do good” for the community rather than to do well for shareholders.

“As a not-for-profit, charitable organization, we get tax relief in exchange for providing a benefit for the community,” explains Dennis Doran, president of CMC. “We do this by providing health care to all when they need it, at our facility. We also work in the community to help people stay healthy. It puts the incentives in the right place, giving everyone a chance at good health care and good health.”

PROVIDING CARE

Part of this community benefit obligation is fulfilled right at CMC.

“No one is turned away from the Emergency Department,” Doran says.

If a patient is unable to pay for the services, the hospital, in effect, pays for them. It's called charity care.

CMC also pays the Minnesota-Care Tax, which was levied to help



The total value of Cambridge Medical Center's community contributions for 2006 was more than \$4.2 million.

CMC provides space for programs like the Harbor Room, a cancer resource center. From left, volunteers Della Theis, of Cambridge; Jan Larson, of Cambridge; and Ann Bestick, of Stanchfield, check out new wigs and scarves for the Harbor Room's Beautiful You program, which helps women cope with the side effects of cancer treatment.

cover health care costs statewide. In addition, Medicare and Medicaid don't pay the full cost for health care services, and the hospital must cover those costs.

“It puts a lot of financial pressure on hospitals and clinics like CMC, but that's our obligation as a nonprofit health care organization,” Doran says.

COMMUNITY HEALTH

Another part of the community benefit obligation is fulfilled in the community.

“We collaborate with community organizations and schools to provide education, screenings and prevention initiatives that help individuals stay healthy and to create a healthy environment in the community,” Doran says. “Our efforts focus on heart health and obesity.”

For example, CMC is currently collaborating with two school districts, embedding nutrition and

exercise into their curriculum. Also, more than 40 child care workers in the area have been trained in fitness and safety to foster better health for area children.

Valuable health information is provided to the community through classes, health fairs, presentations and publications. Health screenings help community members determine their own risk for heart disease and other health issues.

CMC also supports the training of health care workers, working with students and others who want to learn more about health care careers.

CMC provides space for community organizations to offer services or hold meetings, like the Harbor Room, which offers support to cancer patients. The medical center has also contributed to community fitness by supporting Active Living by Design and helping to establish community walking trails. ♦

CRIB SAFETY

Sleep safe, wee one

FEW THINGS are as peaceful as a sleeping baby.

But as surprising as it might seem, few places may be as dangerous for an infant as his or her crib—at least when that crib isn't as safe as it should be.

SIX CHECKPOINTS

Help make your baby's crib safer with these six steps from the American Academy of Pediatrics and the U.S. Consumer Product Safety Commission:

❶ Make sure slats are not more than 2³/₈ inches apart and there are no cutouts in the headboard or footboard. This reduces the risk of your child's head or body becoming trapped.

Check your baby's crib today for safety's sake.

❷ Check that any corner posts are no more than one-sixteenth of an inch high. Clothes can become snagged on the posts, creating a choking hazard.

❸ Be certain the mattress fits snugly. No more than two adult fingers should slide between the mattress and the side of the crib.

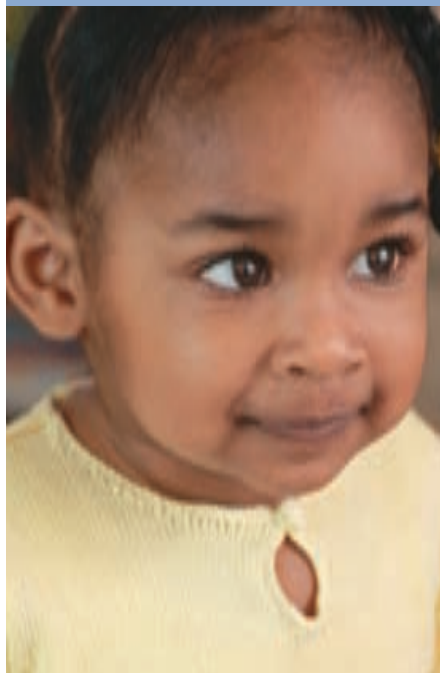
❹ Once the child can sit up, lower the mattress to prevent falls, and once he or she can stand, adjust the mattress to its lowest level—and always keep the rails up. Hanging items, such as crib gyms or mobiles, should also be removed once the child can get on hands and knees or when the infant reaches 5 months, whichever comes first.



❺ Inspect the crib periodically for missing, loose or damaged parts.

❻ Place your baby to sleep on his or her back in a crib without soft bedding or stuffed animals. This can help prevent SIDS (sudden infant death syndrome) and suffocation. ❖

A must-do: Keep kids safe from poison



You may not realize it, but your home may house quite a few poisons.

Many common things around the house, such as cleaning supplies, medications, vitamins, plants and cosmetics, can be poisonous.

According to the American Association of Poison Control Centers, children younger than 6 are at the greatest risk of unintentional poisoning.

The association offers these tips to help prevent poisonings in the home:

- Keep all potentially poisonous items and medicines in their original labeled, child-resistant containers.
- Lock poisons out of reach and sight.
- Return household products to safe storage immediately after use.

- Keep purses and diaper bags out of the reach of children, including the bags or suitcases of visitors.
- Never refer to medications as candy or take them in front of children.
- Never leave a child alone with household products or medications.
- Be aware of which plants in your home can be poisonous, and keep them away from children.
- Take time to teach your children about poisons. Tell them: If you don't know what something is, do not put it in your mouth. Always ask a grown-up first.
- Post the telephone number for the national poison control hotline near your phone: 1-800-222-1222.

New again

CONSIDERING JOINT SURGERY

YOUR BODY didn't come with spare parts. But that doesn't mean damaged, worn-out joints can't be replaced.

Joint replacement surgery can relieve pain and restore movement to areas that have become sore and stiff because of injuries or conditions such as osteoarthritis or rheumatoid arthritis.

The two most common joint replacement procedures are for the knees and hips. But replacements can be done for other joints as well, including shoulders, ankles, wrists and even fingers.

IS REPLACEMENT FOR YOU?

You're probably the best judge of how joint pain is affecting your life and whether you'd benefit from replacement surgery.

"There are non-surgical treatments, like bracing, medications and injections, that provide relief from joint pain," says Dr. Richard Birdwell, orthopedic surgeon at CMC. "We try these treatments before resorting to surgery."

If joint pain still interferes with your sleep and affects your daily life, surgery may be a good option.

HOW YOUNG IS TOO YOUNG?

Replacement joints do wear out,

CMC offers traditional and advanced surgeries to relieve pain and restore movement.



A hip alternative. Dr. Richard Birdwell explains hip resurfacing, an alternative to total hip replacement that has many benefits for young, active patients.

so people in their 40s and 50s used to be discouraged from considering surgery. With today's improved joints, however, younger people can get many years of benefit from an artificial joint. When it does wear out, the surgery to put in another new joint is vastly improved, Dr. Birdwell says.

ARE THERE RISKS?

While there are risks in any surgery, joint replacements are successful in more than nine out of 10 people, the American Academy of Orthopaedic Surgeons reports.

Traditional joint replacements are called "total hip" or "total knee" replacements because the bone that

makes up the joint is completely removed and replaced with metal and plastic components. While CMC surgeons offer these highly successful traditional replacements, they also perform new surgeries that offer more benefits for appropriate patients.

Dr. Birdwell is one of the first orthopedic surgeons in the region trained to perform these new joint surgeries.

A HIP NEW OPTION

Hip resurfacing, a new procedure, does not remove the top of the leg bone.

“The rough, worn surfaces of the ball of the hip joint are removed and capped with metal, like putting a crown over a tooth,” Dr. Birdwell says. “It’s matched to a metal ‘cup’ that goes into the pelvis.”

Younger, active patients with good strong bones are candidates for the procedure.

According to Dr. Birdwell, resurfacing offers significant benefits for patients.

- It’s more like a natural hip, providing more stability and greater range of motion.
- Keeping more of the bone makes it a good choice for younger, more active patients.
- It has a low rate of dislocation.
- The metal-on-metal joint moves with less friction and lasts longer.
- Recovery is sometimes faster than with traditional surgery.



A MORE NATURAL KNEE

Dr. Birdwell also performs partial knee replacement surgery that results in more natural knee movement.

“With a traditional total knee replacement, you can’t kneel on it, and the motion is only in one direction, like a hinge,” he says.

For some patients who have had no previous knee surgeries and have pain only on the inside of the knee, a partial replacement is a good option. Recovery is faster, and because the replacement parts closely match natural anatomy, the knee moves freely and without heavy wear.

BACK IN BUSINESS

Whatever surgery you choose, CMC’s physical therapists can help you recover and get back on your feet. Once surrounding tissue and muscle recovers, you’ll be able to use the joint for normal activities.

“Discuss your level of activity with your doctor,” Dr. Birdwell says. “With most hip or knee replacements, walking, biking, swimming and tennis are fine, but basketball and other high-impact activities may not be a good idea for some patients.”

He notes that the newer surgical procedures offer a wider range of activity and more natural function for patients who qualify.

 For more information about joint replacement, visit our Web site at www.cambridgemedicalcenter.com, click on *Conditions & Treatments*, then *Hip Replacement* or *Knee Replacement* under *Surgeries & Procedures*. To make an appointment with CMC orthopedic surgeons Dr. Richard Birdwell, Dr. Robert Doohen or Dr. Jonathan Haas, call 763-689-7700. ❖

Welcome, Dr. Doohen



Dr. Robert Doohen

Cambridge Medical Center is pleased to welcome Dr. Robert Doohen, orthopedic surgeon, to our medical staff.

Dr. Doohen completed his undergraduate degree at the University of Minnesota, Morris, and received his medical degree from the University of South Dakota. He completed his general surgery residency at Hennepin County Medical Center in Minneapolis and his orthopedic surgery residency at Fletcher Allen Healthcare in Burlington, Vt.

Dr. Doohen became interested in CMC after a mentor doctor recommended it to him as a great place to work. He says the reputation of the medical center was one of the reasons he decided to practice medicine in Cambridge.

Dr. Doohen’s special medical interests include joint replacement surgery for arthritis and arthroscopic management of knee and shoulder injuries.

Dr. Doohen, his wife, and their 5-year-old son will live in Isanti.

Apple a Day Program



Topic: Joint Replacement Options
Monday, Oct. 1, 6:30 to 8 p.m.
Foundation Room

Dr. Richard Birdwell, orthopedic surgeon, will discuss joint replacement options, featuring information about hip resurfacing surgery.

The program is free, but please call 763-689-8419 to register.

Hard facts about kidney stones

ANYONE WHO has had kidney stones will probably tell you that a rather small thing can cause an awful lot of pain.

Kidney stones are hard, crystalline lumps formed from waste products—usually calcium—in your urine.

Waste crystals normally are so tiny that they travel through the urinary tract and out of the body without being noticed. Sometimes, though, crystals form clumps that get stuck as they travel down the urinary tract.

What are the symptoms? When a stone is stuck, you may feel extreme pain in your back or side. You may notice a burning sensation when you urinate, pink-colored urine (a sign of bleeding), or urine that smells bad or looks cloudy. Other signs include vomiting, fever, chills and weakness.

Who can get them? Kidney stones usually develop in people

between ages 20 and 40. Stones are more common in men, but women—and even children in rare instances—can have them, especially if they have a family history of kidney stones.

Stones may form if you don't drink enough fluids (especially water) or have frequent urinary tract infections or tract blockage, problems with some medications, limited activity for several weeks, obesity, or—especially in women—weight gain.

Drinking water can help prevent stones from forming.

How are they treated? Special X-ray techniques, including dye injections, or sound waves can be used to locate stones and to test how well your kidneys are functioning. Blood and urine tests help determine why the stones developed.

About 90 percent of stones pass out of the body within three to six weeks. In some cases, drinking plenty of water may be all that's needed. Your doctor might also recommend a change in the amount of salt, calcium, oxalate, protein and potassium in your diet. Generally, it's not necessary to eat a low-calcium diet.

Your doctor may also consider:

- painkillers and diuretics to increase the flow of urine
- shock waves produced outside the body to strike and break up stones—a procedure called lithotripsy
- stone removal using a small fiberoptic instrument or other surgery.

Preventing a recurrence.

Depending on the cause of your kidney stones, your doctor may prescribe medication or suggest dietary changes to prevent them from returning. ❖

Sources: National Institutes of Health; National Kidney Foundation

Care for your kidneys



Chad Haroldson, MD



Bryan Rolph, MD

Area patients with kidney concerns can get care at Cambridge Medical Center. Chad Haroldson, MD, and Bryan Rolph, MD, nephrologists (kidney specialists) from CentraCare Clinic in St. Cloud, are available on a regular basis at Cambridge Medical Center.



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
Mondays, Nov. 5 and Dec. 10
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.

■ Sept. 5, 12, 19, 26

■ Oct. 3, 10, 17, 24

■ Nov. 7, 14, 20 (Tuesday), 28

\$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, Oct. 4, 5-9 p.m., and Saturday, Oct. 6, 8 a.m.-noon

■ Thursday, Dec. 6, 5-9 p.m., and Saturday, Dec. 8, 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

One five-hour class (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. Call CMC Education at 763-689-7780 for dates and times.



Car Seat Safety

One-hour class

Fourth-floor Classroom

\$15 per couple

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. Call CMC Education at 763-689-7780 for dates and times.

Breastfeeding

One 90-minute class

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. Call CMC Education at 763-689-7780 for dates and times.

Partners in Pregnancy Open House

Wednesday, Sept. 5, 2-6 p.m.

Learn how our nurses partner with moms-to-be for a healthier pregnancy and with new moms for newborn care.

Advanced care

—Continued from Page 1

BETTER DETECTION

New digital mammography equipment at CMC is the most advanced available.

“It’s full-field, true digital mammography,” Dr. Shrawny says. “And we’re one of the few centers in the metro area that has it.”

The digital images are stored in the patient’s electronic radiology file at CMC. This makes comparison with future images easier, and the images can be easily shared with other doctors, if needed, without locating and shipping hard-copy films.

One of the best features of digital mammography is patient comfort.

“Women spend less time getting a mammogram because they don’t have to wait for film developing,” Dr. Shrawny says. “They also spend the least possible amount of time with their breast in compression.”

DIGITAL MRI AND ULTRASOUND

If a screening mammogram detects irregularities, more images may be taken, and ultrasound or MRI may be used to determine the course of action.

“Mammograms are the cornerstone, but we use other technology to further assess abnormalities,” Dr. Shrawny says.

If a biopsy is needed, it can usually be performed at CMC as a minimally invasive procedure, he says.

SURGERY AND TREATMENT

If cancer is detected, many patients can be treated at CMC.

“We can perform most lumpectomies and mastectomies here at CMC,” says Patricia Schuster, MD, surgeon at CMC. “We also do sentinel node biopsies, which allow us to more accurately evaluate the extent of the cancer and minimize the invasiveness of the surgical treatment. For the patient, this is more comfortable and minimizes disability and swelling.”

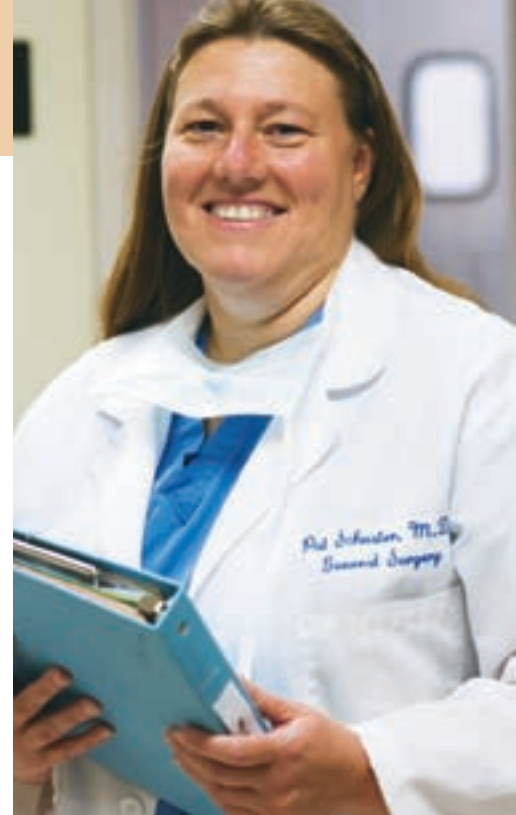
Many patients can also receive chemotherapy at CMC.

DON'T WAIT

“If caught early, the treatments are much easier on the patients, and they have a better chance of surviving,” Dr. Schuster says. “Many women in our area are not getting annual exams and mammograms. It’s so sad to see cancer patients with advanced cases that could have been less serious if detected earlier.”



To make an appointment for a screening mammogram, call 763-689-7700. For more information, visit www.cambridgemedicalcenter.com. ❖



In addition to advanced diagnostic capabilities, CMC offers surgical and chemotherapy treatment for many breast cancer patients. Patricia Schuster, MD, surgeon, performs lumpectomies, mastectomies and sentinel node biopsies at CMC.

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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