

# CAMBRIDGE MEDICAL CENTER

## Healthy new year!

IDEAS FOR RESOLUTIONS THAT YOU CAN KEEP ALL YEAR

**A**RE YOU LOOKING to make some positive changes in your life? The coming new year can be a great time to start.

When it comes to your health, the American Medical Association and other experts have some specific ideas that can help you eat better, stay active and keep illness away.

Consider taking on two or three that make sense for you. Just don't try to do too much too fast. Your chances of long-term success are better if you set clear, realistic and attainable goals. So let's get started.

### DO YOU WANT TO: EAT BETTER?

**Go for more vegetables and fruits**—and not just at mealtime. Consider snacking on a piece of fruit or some carrot sticks instead of high-calorie vending machine fare.

"Fruits and vegetables with the brightest, deepest colors, like tomatoes and spinach, tend to pack the most nutrients," says Denise Reiners, registered and licensed dietitian at Cambridge Medical Center (CMC). "And the freshest, highest-quality produce not only has more nutrients, it tastes better."

**Change your order.** In a restaurant, keep portion sizes sensible by ordering an appetizer and salad or soup and skipping the entrée. Or split an entrée with your dinner date.



**An Apple a Day.** Denise Reiners, registered and licensed dietitian at CMC, selects brightly colored vegetables at the Cambridge Cub Foods. She'll be presenting tips on healthful food choices at the Apple a Day program on Jan. 28. See page 8 for details.

**Stash the salt shaker.** If you're getting more than a teaspoon of salt a day from all sources, your sodium intake is too high. In fact, if you're age 50 or older, the equivalent of half a teaspoon is enough.

**Drop the soda pop.** If you're looking to avoid weight gain, limit your consumption of regular soda and other sugary drinks.

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CAMBRIDGE MEDICAL CENTER

Allina Hospitals & Clinics

# Top-notch teamwork

## HOSPITALISTS TEAM UP WITH YOUR DOCTOR

**D**OCTORS ARE often torn between their patients at the clinic and the needs of their patients who are in the hospital. They want to provide good care on schedule at the clinic, but if a hospitalized patient needs care, they want to be there, too.

At Cambridge Medical Center (CMC), hospitalists help solve the problem. Hospitalists are doctors who are completely focused on the care of patients in the hospital and have no clinic responsibilities.

### A SUCCESSFUL PROGRAM

“Doctors here at CMC have been able to balance their clinic and hospital roles very well,” says Margret Lenarz, MD, hospitalist at CMC. “Having everything in one facility makes it easier for doctors to go back and forth between the clinic and hospital.”

But having a hospitalist focused on hospitalized patients has made it work even better. The hospitalist program at CMC started as a pilot program in 2002 and was made permanent in 2003. Two hospitalists, Dr. Lenarz and Michelle Haroldson, MD, now care for CMC patients.

Hospitalists admit most patients from the Emergency Department, address their immediate

Patients get the best of both worlds—immediate care and a primary care doctor who knows them.

needs and inform the patients’ primary care doctors, who see the patients the next morning.

### NO WAITING

“There’s no waiting for an on-call doctor or the patient’s primary care doctor to arrive,” says Dr. Lenarz. “The patient gets the best of both worlds—immediate care and a primary care doctor who knows them.” The hospitalists also admit and care for patients who do not have a primary care doctor.

Hospitalists provide care at the hospital throughout the day. If something comes up suddenly, such as chest pain, a change in blood pressure or dropping oxygen levels, the hospitalist is there to treat it immediately. They coordinate care with the patient’s primary care doctor, calling when there is an issue and keeping notes in the chart for the primary care doctor to see when he or she does rounds in the morning.



**Quality in-hospital care.** Michelle Haroldson, MD, hospitalist at CMC, cares for patients in the hospital. With hospitalists, patients and staff have faster access to doctors, but patients still maintain their relationship with their primary care doctor.

“Communication is key, and we work as a team with the primary care doctors,” explains Dr. Lenarz. Patients’ CMC clinic records are now electronic, so hospitalists have access to patient histories and medical information.

When it is time for the patient to go home, the hospitalist coordinates the follow-up care with the primary care doctor.

“Patients like the hospitalist program because they get to see the doctor they know, and have a doctor available all the time,” Dr. Lenarz says. The primary care doctor usually communicates with the patient and family, but the hospitalist is always available when questions come up.

The nurses benefit from having a doctor there all day for questions, emergencies and signing off on orders promptly.

“The idea is to provide better patient care in the hospital and the clinic because doctors can be totally focused on what they are doing,” Dr. Lenarz says. ♦

# Playtime teaches kids life lessons

**H**ERE'S AN EASY way to help kids gain life skills such as resolving conflicts, making decisions and even conquering fears—give them time to play!

According to the American Academy of Pediatrics (AAP), play is essential to healthy child development. But it must be true play—undirected activities in which children use toys such as blocks and dolls. That's active play, instead of the passive entertainment kids often get from TV or computer games.

Unstructured play also gives kids:

- physical and emotional strength
- practice at adult roles
- skills such as sharing and negotiating

- opportunities to discover their own areas of interest
- confidence and resiliency to face future challenges.

“Unstructured playtime is essential to children's growth,” says Pat Bourke, child care manager at Someplace Special Childcare, who has more than 24 years of experience teaching children of all age groups. “Letting children use their own creativity to fill some of their time will develop their mental, emotional and social skills.”

Parents can also benefit from their kids' play. Just watching lets you see the world from your child's vantage point. And taking part in the play lets kids know you are fully paying attention to them. ❖

**The power of play.** Madison Erickson and friends learn important skills and gain strength while having fun during unstructured play at Someplace Special Childcare.



## Checkups for teens

**T**EENS MIGHT think they're too old for “kid stuff,” but here's something they haven't outgrown: checkups.

Even though they're older, teens still need to see their doctors regularly—at least once a year, according to the American Academy of Pediatrics (AAP).

Checkups can help teens stay on track healthwise. They can also be a good way for kids to start taking more active roles in managing their own health.

For one thing, teens may have a lot on their minds regarding how their bodies are changing. The doctor can help with any questions or concerns as well as explain how making wise choices today can have health benefits throughout life. For example, according to the AAP, the doctor can discuss:

- the benefits of eating right and exercising
- the dangers of tobacco, alcohol and drugs
- growth and development, including such topics as acne, body weight and sexual development
- sexually transmitted diseases.

The doctor can also help ensure that their immunizations are up-to-date—some important vaccines or boosters are recommended between ages 11 and 18—and that vision, hearing or other screenings are done as needed. ❖



# On the Home front

*It's cold and flu season: A stay-well plan for your family*

**Y**OU KNOW THE phrase *good things come in small packages?*

Well, small packages can also contain some not-so-good things.

Take viruses. They're among the tiniest organisms on Earth. But they're responsible for all kinds of disagreeable ailments, including the common cold and the flu.

Each year, colds and the flu make millions of people miserable. American adults average two to four colds a year. Most children get six to eight, which leads to nearly 22 million missed school days a year.

The flu hits even harder.

Each year, the flu puts more than 200,000 people in the hospital and causes about 36,000 deaths in the U.S., according to the U.S. Centers

for Disease Control and Prevention (CDC).

## EVADING VIRUSES

Cold and flu viruses are pervasive, but there are some strategies that can help you avoid them.

Of course, there are the basics—healthy habits can strengthen your immune system. A balanced diet, and plenty of rest and exercise can all help you fight off germs.

“Getting a flu shot is a good idea,” says Stephen Winselman, MD, family medicine doctor at Cambridge Medical Center. “Even in January there is still active flu. This year, there should be adequate supplies

for everyone to be vaccinated.”

Flu shots are now recommended for kids 6 months to 5 years old.

Check with your doctor about

who else in your family should get the vaccine. Let your doctor know if you've had a past allergic reaction to a flu vaccine or to eggs.

The vaccine can be given in an injection or a nasal spray. (The spray is typically reserved for healthy people between the ages of 2 and 49.)

Is a flu shot right for you? Check with your doctor about who should get the shot.

## STOPPING THE SPREAD

Understanding how cold and flu viruses spread can also help you avoid them. Most of the time, you inhale these germs after an infected

# Antibiotics don't do the trick

As any handyman knows, the best way to fix something is with the right tool. The wrong tool can often make things worse.

That's the situation doctors face when patients ask for an antibiotic to fight colds or the flu. It's just the wrong tool for the job.

"Antibiotics don't work against virus-caused illnesses like cold and flu," says Stephen Winselman, MD, family medicine doctor at CMC. "Taking unnecessary antibiotics helps bacteria become resistant, and that increases your chance of having a bacterial infection later that antibiotics can't help."

person sneezes or coughs. You can also get sick if you touch a contaminated surface and then touch your face.

Knowing that, you can protect yourself and others this season by:

- Washing your hands often with warm, soapy water.
- Covering your mouth and nose with a tissue when you cough or sneeze and then throwing the tissue away.
- Avoiding people who are ill when you can.
- Using a disinfectant to kill germs on surfaces.
- Trying not to touch your eyes, nose or mouth with unwashed hands.
- Not sharing hand towels when someone in the household is ill.
- Staying home if you're sick. This is especially important to protect people with chronic lung diseases who could get severely ill if they catch your cold or flu.

## FEELING BETTER

If you do get sick, you'll feel better if you drink plenty of fluids, get lots of rest and use a humidifier, if needed, to put moisture into the air you breathe.

Nonprescription medicines can also help, but take only what you need. For example, if your nose is clogged, use a nasal decongestant rather than a multisymptom product.

Follow the instructions on dosing. And if you do choose multisymptom products, be careful not to double up on types of medications.

## WHEN TO CALL THE DOCTOR

For early flu symptoms, check with your doctor about medicines. While antibiotics won't work against the flu, there are antiviral medications that might.

"Antiviral treatment is effective only if started in the first 48 hours of illness," says Dr. Winselman. "Call right away, especially if you

have other health conditions that make it harder for you to fight off the flu."

In most cases, you'll get better on your own after a week or so.

But call your doctor if your symptoms get worse, last a long time, or go away and then come back.

Breathing difficulties, chest pains from coughing, or coughing up thick, yellowish mucus could be signs of pneumonia and require medical attention. ❖

## Ick, I'm sick—is it a cold or the flu?

Colds and the flu can cause similar symptoms. The chart below can help you figure out what's ailing you. If you develop flulike symptoms and are concerned about your symptoms, you should consult your doctor. This is especially true for people at high risk of complications, including people 65 or older, people with chronic medical conditions, pregnant women and young children.

SYMPTOMS	COLD	FLU
Fever	Rare	Usual, high (100–102 F); may be higher—especially in young children; lasts 3–4 days
Headache	Rare	Common
General aches, pains	Slight	Usual, often severe
Fatigue, weakness	Sometimes	Usual, can last up to 3 weeks
Extreme exhaustion	Never	Usual, at the beginning of the illness
Stuffy, runny nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Cough	Common, hacking	Common, can become severe
<b>TREATMENT</b>	Antihistamines, decongestants; aspirin,* acetaminophen (such as Tylenol) or ibuprofen for aches and pains	Aspirin,* acetaminophen or ibuprofen for aches, pains and fever; prescription antiviral medicines
<i>Read the label before using any product.</i>		
<b>COMPLICATIONS</b>	Sinus congestion, ear infection, asthma	Bronchitis, pneumonia; can be life-threatening

Source: National Institutes of Health

\*Children and teens should not be given aspirin.

# Understanding your medical bill

**A**RE YOU BAFFLED by your medical bills? If you are, you're not alone. Many people are concerned about the cost of their medical care and the confusing bills.

Cambridge Medical Center (CMC) is trying to make sure everyone receives care when they need it, as well as personalized help to understand and pay their medical bills.

## GET THE CARE YOU NEED

"Sometimes people are so concerned about the cost, they delay coming in to see the doctor and end up with a bigger bill because their illness has become more serious," says Jennifer Anderson, manager of registration at CMC. "Don't be afraid to come in, even if you're uninsured."

CMC has three patient account representatives to help you find financial assistance. As part of Allina, CMC offers a 41 percent discount on hospital services to people without insurance and has credit programs that consolidate medical bills into one monthly payment. For those who qualify, free care is available through the Community Partners program.

## KNOW WHAT TO EXPECT

CMC's registration staff also helps patients prevent surprises regarding their coverage.

"For most scheduled surgeries and many of the more expensive diagnostic tests, we contact Medicare and/or the insurance company and let the patient know in advance what the coverage will be," Anderson says.

## MORE THAN ONE BILL

Receiving more than one bill for a single trip to CMC is frustrating for many patients. Government regulations require that hospital services be billed separately from clinic services. So even though they're all conveniently located in one facility, CMC is not allowed to issue a single bill when both types of services are used. If you see the doctor (a clinic service) and have a lab test (a hospital service) you'll get separate bills for each service. And, if a consulting physician not employed by CMC provides services, you'll receive another bill for that.

"We'd love to issue a convenient single bill, but regulations don't allow it," Anderson says.

CMC can help you find financial assistance if you are uninsured.

## BREAKING THE CODES

When you receive a medical service, the doctor enters a code for the service. Government regulatory agencies have strict definitions and rules about the use of the codes, and the amounts that can be charged for those coded services.

The codes go into the billing system, and invoices go to the appropriate major payers, which may include Medicare and your



**CMC patient account representative Lori Stahlke helps patients understand their medical bills, set up payment plans and find financial assistance.**

insurance company. Usually they pay their obligation within two to six weeks, and the remaining amount is billed to the patient.

"The codes are very confusing to patients, but that's the way we're required to invoice for the services," Anderson explains.

## LET CMC HELP YOU

To minimize billing confusion, be sure that your insurance and address information is current, and that you understand your insurance coverage, Anderson says.

"If you don't understand your bill, give us a call or bring it in," she urges. "We can explain the codes and help you understand the invoices."

For a brochure about financial assistance services or help understanding your bill, call 763-689-7821, 763-689-7807 or 763-689-7814. ♦



# CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center invites you to a health-promoting class or seminar. For more information, visit [www.cambridgemedicalcenter.com](http://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

**Two-hour class**  
**Fridays, 7:30-9:30 a.m. or 10 a.m.-noon**  
**Minimal charge**

Class covers basic life support and first aid. Meets the new American Heart Association guidelines and health care provider recertification standards. Call CMC's Education Department at 763-689-7780, ext. 1.

## DIABETES AND NUTRITION EDUCATION

### Diabetes Self-Management Training

Classes are available 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.

### The Winning Weigh

- Thursday, Feb. 21, 4-6:30 p.m.
- Tuesday, March 25, 6-8:30 p.m.
- Monday, April 28, 4-6:30 p.m.

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.**

- Feb. 6, 13, 20, 27
- March 5, 12, 19, 26
- April 9, 16, 23, 30

**\$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, Feb. 7, 5-9 p.m., and Saturday, Feb. 9, 8 a.m.-noon
- Thursday, April 10, 5-9 p.m., and Saturday, April 12, 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

**Two-session class**  
**Tuesdays, 7-9 p.m.**

- Feb. 12 and 19
- March 25 and April 1
- May 6 and 13

Dining Room B

**\$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

**45-minute class**

**Tuesdays, 5:30-6:15 p.m.**

- Jan. 22
- Feb. 26
- April 8
- May 20

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

**60-minute class**

**Tuesdays, 6:30-7:30 p.m.**

- Jan. 22
- Feb. 26
- April 8
- May 20

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.



**Winter program starts Jan. 24!**

Join us on Thursday mornings from 9 to 10 a.m. in the Foundation Room for a hot cup of coffee and a lively chat on a wide range of health issues. Everyone is welcome.

# New year

—Continued from Page 1

Bonus: You will also be fighting tooth decay.

**Be a good role model for your family.** “If you eat healthy foods, your children will be more likely to eat them, too,” Reiners says. “Share at least one balanced meal a day together, and your family will be more likely to develop healthy habits for life.”

Try making small changes—and build up some healthy momentum.

## DO YOU WANT TO: GET MOVING AND GET FIT?

**Boost energy, beat stress, feel better!** Exercise can help with all three. Experts recommend a minimum of 30 minutes of moderate-intensity physical activity at least five days a week. Walking, gardening and golfing are among the many activities that qualify. More vigorous pursuits—like running, swimming and jumping rope—are great too, once you’re ready.

**Take steps for health—literally.** When you can, use the stairs instead of the elevator. Take a 10-minute walk on your break. Consider getting a

pedometer so you can track all your steps.

## DO YOU WANT TO: TAKE CHARGE OF YOUR HEALTH?

**Know your numbers.** Have your doctor regularly check your blood pressure and cholesterol. Keeping these numbers under control can help reduce your risk of heart disease, heart attack and stroke.

**Screen for problems.** Ask your doctor which screening tests are right for you and when you should get them. Tests can detect diabetes, cancer and heart disease in their early stages, when they are most easily treated.



## TO GET STARTED

Click on *Be Healthy* at [www.cambridgemedicalcenter.com](http://www.cambridgemedicalcenter.com) for health tools, calculators, and a lot of information about exercise, fitness and nutrition. CMC dietitians can help you improve your eating habits and develop special diets for your health needs, whether you’re trying to lower your cholesterol or please a picky eater. Call 763-689-7775 for an appointment, or talk to your doctor. ❖



## Apple a Day Program

**Healthy New You  
Monday, Jan. 28  
6:30 to 8 p.m.  
Foundation Room**

A panel of CMC experts, including a dietitian, respiratory therapist and physical therapist, will offer tips and answer your questions about healthful food choices, exercise and smoking cessation. Get your new year off to a healthy start! The program is free, but please call 763-689-8419 to register.

## 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](http://www.cambridgemedicalcenter.com).**

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