

CAMBRIDGE MEDICAL CENTER



Lisa Schweiger, MD, pediatrician at Cambridge Medical Center, and Jagger Steiner share a laugh during an appointment.



3 Nonsurgical arthritis relief



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PEDIATRICIANS CAN HELP

Raise healthy kids

A HEALTHY CHILD—it's at the core of expectant parents' dreams, and of their worries as their family goes through the illnesses and accidents of childhood. And even as adults, we remember the care we received when we were sick children.

For parental peace of mind and a healthy child, a pediatrician can answer questions, check growth and development, guide parent and child through regular checkups, and provide comfort and healing when the child is sick or injured. They complement the care of family practice physicians, or function as

the primary doctor for a child.

TRAINED TO BE KID-FRIENDLY

In addition to a medical degree, pediatricians complete a three-year residency in the treatment of children, working with family practice physicians as well as cardiologists, endocrinologists, behaviorists and other specialists. Pediatricians see patients from birth through the teen years. Cambridge Medical Center has three pediatricians, as well as a pediatric nurse practitioner and nurses with pediatric training.

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This is your first issue of *Healthy Communities*, a publication of Cambridge Medical Center. We hope you enjoy the health tips and community health information.

—Dennis Doran, President, CMC



CAMBRIDGE MEDICAL CENTER

Allina Hospitals & Clinics



A look at cataract surgery

BLURRY, DIM, hazy, fuzzy—you might see the world this way if you have cataracts. Cataracts are cloudy areas of the eye's lens, which is normally clear enough to let light focus sharply on the back of the eye.

Cataracts start small but may grow larger with time and take a toll on your vision. Besides blurred vision, cataract symptoms might include seeing faded colors, halos around lights or objects or having trouble seeing at night.

FOR MANY, SURGERY CAN HELP

Cataracts are common as we age, but they can also develop earlier in life, including after an eye injury. Whatever the cause, people with cataracts can turn to an effective treatment—surgery.

Cataract surgery is one of the most common operations in the country, and success rates are very high. Serious problems are rare. An estimated 95 percent of people see better afterward, if cataracts were the only problem,

On the left, normal vision, and on the right, vision with a cataract.

according to the American Academy of Ophthalmology.

If cataracts cause vision problems that get in the way of your daily activities, such as driving, working, reading or watching TV, you might consider surgery.

Most often, a tiny ultrasonic probe is used to break up the clouded lens so that it can be suctioned out. It's typically replaced with a clear artificial lens. The procedure, done under a microscope, involves a very small incision.

Cataract surgery usually takes less than an hour, and you may need only a local anesthetic to numb the area. Most people can go home the same day.

If both eyes need surgery, separate operations are typically scheduled.

Your doctor can advise you about proper care while your eye heals as well as when you can resume driving and other activities.

If cataracts are affecting your daily life, you and your doctor may want to consider surgery.

New technology for eye surgery at CMC

Cataract surgery is the most common eye surgery done at Cambridge Medical Center, and CMC has recently invested in new technology to support techniques that facilitate faster visual recovery, says Randy Jackson, MD, ophthalmologist at CMC. CMC recently purchased a new microscope to improve the surgeon's view during surgery, and a new machine that breaks up the cataracts using less energy.

The surgery usually takes less than 30 minutes, and the incision is so small it usually doesn't require a suture. For patient comfort, a topical anesthesia that doesn't require a needle is used.

Patients usually notice an improvement in vision the next day, both from the removal of the cloudiness and the new artificial lens that was placed in the eye. "We try to select a lens power for the artificial lens that will reduce the patient's dependence on eyeglasses," says Dr. Jackson.

In addition to Dr. Jackson, Paul Carlson, MD, ophthalmologist, and Sandra Connell, OD, optometrist, provide eye care at CMC. For more information or an appointment, call 763-689-8700.

IS SURGERY RIGHT FOR YOU?

Not every cataract needs surgery. Some cause few problems, especially at first. Stronger glasses or better lighting may help.

If cataracts are clouding your vision, your doctor can help you decide whether surgery is right for you. ❖

Aching knees

A GAME PLAN CAN EASE PAIN AND HELP YOU STAY ACTIVE

HERE'S A MIND bender for you: What do knees and cars have in common?

The answer: Both have shock absorbers. They're composed of different materials, of course, but they serve the same purpose—to reduce the impact of movement.

In knees, the shock absorber is firm rubbery tissue called cartilage. As your knees flex and bend, the cartilage cushions the ends of your bones and keeps them from rubbing together.

A disease called osteoarthritis, however, can gradually wear cartilage down, leaving the bones to grind against each other. This can cause:

- Knee pain and swelling that may get worse in the morning, after a period of inactivity or after activities such as stair climbing or kneeling.
- Stiff knees that are difficult to bend or straighten.
- A sense of weakness that results in a “locking” or “buckling” of the knees.

STRATEGIES FOR RELIEF

If you're living with knee pain from osteoarthritis, consider the following advice from Budd Renier, MD, and Mike Patten, MD, Cambridge Medical Center physicians who specialize in nonsurgical relief of joint pain, and other expert sources:

Exercise. The goal here is to stay active without causing more stress to your knees. “Strengthening the thigh muscles with exercises like swimming or biking is particularly beneficial,” notes Dr. Patten.

Avoid activities like running that put pounding pressure on knees, or those that require twisting and turning, such as racquetball or skiing.

Shed excess pounds. Maintaining a healthy weight can help prevent undue strain on your knees.

“Losing 10 pounds is like taking 30 pounds off your knees,” says Dr. Renier. “For some people, losing weight can make the difference between needing surgery or not.”

Ask your doctor about medicines or supplements. These may include aspirin, acetaminophen or ibuprofen to help reduce symptoms such as swelling. Your doctor may also recommend the supplements glucosamine or chondroitin, which have been shown to relieve pain. Be sure to follow your doctor's directions.

Use supportive devices. Energy-absorbing shoes or inserts, braces, knee sleeves and other devices may be helpful.

Ask about treatments. You may want to talk with your doctor about:

- Injections of medications into your knee to help ease inflammation and pain.
- Surgery. Arthroscopic surgery of the joint may help, for example. Or joint replacement may be the best option. In this case, worn joint surfaces are replaced with smooth-surfaced metal and plastic pieces.

GETTING ON WITH LIFE

Stiff, aching knees don't have to be a way of life.

“You don't have to suffer with pain,” Dr. Patten says. “Get an accurate diagnosis, and learn what you can do to take care of your knees.” ❖



CMC offers nonsurgical treatment for arthritis

Nonsurgical treatments can be effective at relieving arthritis pain. These treatments may include joint injections, rest, medications, physical therapy, exercises and supplements.

Budd Renier, MD, and Mike Patten, MD, board-certified family practice physicians at Cambridge Medical Center, have a special interest in nonsurgical orthopedic solutions to pain from arthritis or injuries. “We try to focus our attention on the patient's quality of life and how we can improve it,” says Dr. Renier.

For more information or an appointment, call 763-689-8700.

CMC SAME DAY CLINIC HOURS

Monday

through Friday . . . 8:30 a.m.-7:30 p.m.

Saturday 8:30 a.m.-5 p.m.

Sunday 11:30 a.m.-5 p.m.

CMC Emergency Room stands ready

At CMC's Emergency Room, a doctor with special training in emergency medical management and critical care is always on staff, along with specially trained nurses and support people. "They know how to stabilize a critical patient, provide immediate care and calm the family in crisis," says Mark Thayer, MD, director of Emergency Services at CMC. Heart monitoring, a spiral computerized tomography (CT) scanner, full lab and radiology services and other high-tech diagnostic and life-saving equipment are always available for diagnosis and treatment of critical patients.

"We treat trauma, broken bones, heart attack, stroke and just about every kind of medical crisis," says Dr. Thayer. "Last year 12,000 patients were treated at the CMC Emergency Room."

The Emergency Room team has also collaborated with Allina metro hospitals to develop time-saving protocols for patients in crisis who need advanced specialty care. For example, the CMC staff can stabilize a heart attack patient who needs emergency angioplasty; complete the 12-lead electrocardiogram, chest X-rays, blood work, and other prep work; summon a helicopter; and alert the cath lab at Abbott Northwestern Hospital about a Level 1 cardiac patient so that the cardiologists there are ready and waiting when the patient arrives.

Getting the care you need

FOR A COLD OR A CRISIS

YOUR MEDICAL NEEDS can run the gamut from non-emergency colds and the flu to a life-threatening health crisis such as a

heart attack. Knowing who to call, and what to do can get you the right kind of care and save you time and money. Cambridge Medical Center has medical services for the whole gamut of patient needs, 24 hours a day, every day.

NOT AN EMERGENCY?

Your primary resource is your primary doctor.

When you or a family member are ill or injured and it is not an emergency, your first call should be to your family physician. "For non-urgent medical needs it's always best to see

the primary care doctor who knows you," says Mark Thayer, MD, director of Emergency Services at CMC.

SAME DAY CLINIC—WHEN YOU CAN'T WAIT

If you can't get in to see your doctor and you are too ill or uncomfortable to wait, CMC's Same Day Clinic can help. It's located right in the medical center and is open every day. Last year, 22,000 patients came to the Same Day Clinic for medical care.

Appointments are not necessary, although you can call ahead to pre-register to streamline your check-in. When you arrive, an experienced nurse with special training will assess your situation and direct you to appropriate care.



Don Dalen was the first heart attack patient to be rushed from CMC to Abbott Northwestern Hospital's cath lab using a special Level 1 protocol developed by CMC emergency personnel, cardiologists and staff at Abbott Northwestern Hospital, and emergency transportation providers.

electrocardiogram (EKG) and other equipment and can start important treatment on the way. And while it may seem like forever in an emergency, ambulances are fast.

Sometimes a person needs treatment soon, but it's not a life-threatening emergency. A private car can get to the Emergency Room in adequate time for much less money if the patient is stable. Examples include bleeding that can be controlled by pressure, injuries to arms or legs, or moderate pain. Stay calm and know where you're going. It's best to have a neighbor or friend help you. There is no need to call ahead to the Emergency Room.

Always call 911 for an ambulance when someone is experiencing:

- Heart attack symptoms, including chest pain or a squeezing sensation, shortness of breath, nausea and sweating.
- Stroke symptoms, including headache, vision problems, difficulty speaking, and numbness or weakness on one side.
- Severe pain.
- Multiple traumas.
- Bleeding that cannot be controlled with pressure.
- Back or neck injury.
- Breathing problems. ❖

For non-emergencies, it pays to come in during Same Day Clinic hours (see the box in the upper left corner). Visits to the Emergency Room, which is always open, may be more expensive.

IN A MEDICAL EMERGENCY

Should you drive yourself or call an ambulance?

In a life-threatening situation, it's best to call 911 for an ambulance, even if you think you can drive there faster yourself. Ambulances are not just fast transportation to the emergency room—you could think of them as critical care units on wheels. They carry highly trained medical personnel who are in constant contact with Emergency Room physicians. They also have an

What to know before you go

Here are some tips for helping the Emergency Room staff provide fast, safe care for you:

- "Bring your medications and bottles," says Mark Thayer, MD, director of Emergency Services at Cambridge Medical Center. "An updated written track of medical problems can be helpful, too."
- Bring a friend. "Try not to come alone," says Dr. Thayer. "It helps to have someone else listen and help communicate when you are sick or upset."
- Bring a toy or book for a child. Wait times vary; the sickest patients are seen first, and those with minor illnesses or injuries may have to wait.

Clip and fill out this wallet-sized emergency card. Keep it up-to-date and in your wallet or purse.

MEDICAL INFORMATION CARD

Name _____
 Address _____
 Birth date _____
 Doctor's name _____ Phone _____
 Hospital preference _____
 Insurance company and policy number _____
 Medicare number _____
 In an emergency, notify: _____
 Name _____ Phone _____
 Address _____
MEDICAL INFORMATION
 Medical problems _____

 Medicines and dosages _____

 Allergies _____ Blood type _____
 I have completed a health care directive: Yes No
 Designated agent _____
 Phone _____ Date this card was completed _____

To download a larger version:

- Visit www.allina.com.
- Go to "Conditions & Treatments" or "Be Healthy."
- Select "Medical Information Card" from the "Take Me To:" section in the far right.

Dee Ann Oslund, RN, certified oncology nurse (left), gives Barb Oliver a hug after Oliver's chemotherapy session at Cambridge Medical Center. The staff administers chemotherapy prescribed by many oncologists in the Twin Cities area so that area patients can be treated close to home.

can't drive after my treatment, that is much more convenient."

UP-TO-DATE TREATMENT

"We have most everything a large hospital has for outpatient chemotherapy treatments," says Marcia Whitman, RN, certified oncology nurse. "Patients receive the most up-to-date quality care. We're constantly updating our training, and we work as a team with the oncologists and patients." Short Stay Services can provide chemotherapy treatment prescribed by oncologists from all over the Twin Cities, as long as the patient has a primary care physician at CMC. ♦

The Harbor Room supports area cancer patients

Cambridge Medical Center and Community Harbor have partnered to create the Harbor Room, a resource and support center for cancer patients that will be opening soon. Stocked with print materials and computer access, it helps patients learn about their cancer and treatment.

The Harbor Room is located at CMC in the hospital entrance lobby (the former location of the gift shop and pharmacy). Cancer patients and their families are welcome to use the resources regardless of where they are being treated.

For more information about the Harbor Room, call 763-689-8415.

CHEMOTHERAPY IN CAMBRIDGE

Comfort and care close to home

WHEN BARB OLIVER was diagnosed with cervical cancer in 1999, it was scary. When she was diagnosed with ovarian cancer in 2002, it was even scarier. That's how many cancer patients feel, especially with recurring cancer.

Oliver is still undergoing treatment for the cancer, and credits the staff at Cambridge Medical Center for making the process more comfortable for her. "It was bad enough that the cancer was back, but the idea of losing my hair bothered me. The nurses were so caring. They gave me lots of information about the chemotherapy I was having and told me what to expect. If I had questions they couldn't answer, they'd look them up for me. They sat with me while I was getting my dose, and were always concerned about minimizing the nausea that came with the treatment. We tried different medications, and they always made sure I had taken them

before administering my chemotherapy. I can't say enough about how wonderful they are," says Oliver.

The Short Stay Services staff includes two certified oncology nurses along with registered nurses and support staff who administer chemotherapy prescribed by oncologists from all over the Twin Cities area. They also work with oncologists in the CMC clinic each week, adding to their knowledge and providing continuity for patients receiving chemotherapy at CMC. "Dee Ann Oslund, one of the nurses, was there when I first got my news at the clinic, and she was the one who administered the first dose of my chemo," recalls Oliver.

CLOSE TO HOME

"It is also nice to get the treatment right here in Cambridge," adds Oliver. "Not only did I feel comfortable with the people, but it was wonderful not to have a long drive to another hospital. Because I



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.

CPR AND FIRST AID CLASSES

Friends and Family CPR
Monday, May 9
8 a.m.-noon, \$40

Friends and Family First AID/CPR

■ Part one
Monday, May 23,
■ Part two
Thursday, May 26,
6-9 p.m., \$70

Friends and Family First Aid/CPR

Tuesday, June 14
8 a.m.-2 p.m., \$70

Friends and Family First Aid/CPR

Thursday, July 21
8 a.m.-2 p.m., \$70

Health Care Provider Recertification class

Wednesday, June 8
10 a.m.-noon, \$40

Health Care Provider Initial Course

Thursday, June 23
6-10 p.m., \$58

Healthcare Provider Initial CPR Class

Monday, Aug. 8
8 a.m.-noon, \$58

Healthcare Provider Initial CPR Class

Thursday, Aug. 18
5-9 p.m., \$58

CHILDBIRTH CLASSES

Prepared Childbirth Classes

■ Wednesdays, May 4,
11, 18 and 25
6-9 p.m.

■ Wednesdays, June 1, 8,
15 and 22
6-9 p.m.

■ Wednesdays, July 6, 13,
20 and 27
6-9 p.m.

\$65 (\$35 if deliver at CMC)

Fast Track Prepared Childbirth Classes

Thursday, 5-9 p.m. and
Saturday, 8 a.m.-noon

■ June 9 and 11

■ Aug. 11 and 13

\$65 (\$35 if deliver at CMC)

ASTHMA CLASSES

Call 763-689-7780 for
upcoming classes.

CANCER RESOURCE CENTER

The Harbor Room can be
accessed by calling 763-
689-8415 to hear hours and
activities.



CAR SEAT SAFETY CHECK

Call 763-689-7780 for
upcoming classes.

DIABETES CLASSES

These are classes for
newly diagnosed patients.
Individual or group classes
are available. Physician
referral is required.

Diabetes Support Group Third Monday of every month.

Call CMC Education
Department at 763-689-7780
for date and location.

COMING EVENT

Apple-a-Day Program *Never Act Your Age*

Monday, May 2
6:30-8:30 p.m.

Cambridge-Isanti High
School Performing
Arts Center

Presented by
Dale Anderson, MD

Laugh, play and act
your way to a younger
you. Everyone knows
that a good laugh makes
you feel good, but did
you know that it can also
improve your health? This
program is free, but res-
ervations are requested.
Sponsors are CMC,
CMC Auxiliary and Isanti
County Public Health.

Call 763-689-8419 to
register.

Healthy kids

—Continued from Page 1

MAKING THE MOST OF YOUR VISIT

When your child is sick, you can make the most of a visit with his or her pediatrician by being prepared. “Write down symptoms, patterns, temperature, feeding, and other pertinent information. It’s a good idea to remind the doctor of allergies or other conditions, and the child’s medications, even herbal ones,” says Lisa Schweiger, MD, pediatrician at CMC. “And be sure to write down your questions—it’s so easy to forget them in the doctor’s office.”

Pediatricians at CMC often see well children for periodic checkups—frequently during infancy, and annually after they are 2 years old. “These visits are a good opportunity to see if the child is growing normally, check development of speech and motor skills, monitor medical conditions like asthma, update immunizations, and have discussions about prevention of illness and injury,” says Dr. Schweiger. “At each visit we offer a handout about what to expect at each age.”

REACH OUT AND READ

Toys and books are always available



Jagger Steiner enjoys the kid-friendly play area at Cambridge Medical Center.

in the clinic waiting area and the children’s play area at the hospital, but soon, children between 6 months and 5 years old will receive age-appropriate books at each well-child visit. Reach Out and Read, a national nonprofit literacy organization, recently awarded a grant to CMC to foster literacy by providing children’s books and advice about reading to children.

A FAMILY-FRIENDLY ENVIRONMENT

“Parents like bringing their kids here because the staff is highly skilled and everything they need is under one roof. The hospital, clinic, pharmacy, lab and diagnostic imaging are all right here—it’s a ‘one stop shop,’” says Dr. Schweiger. “And evening clinic hours, the Same Day Clinic and the Emergency Room

ensure prompt care when children are sick.”

WHEN TO CALL THE DOCTOR

Parents can save general questions for well-child visits. For those times when they need some advice, and don’t know whether the child needs to see a doctor, parents of CMC patients can call 24 hours a day, seven days a week to talk to a nurse. “There is always someone to talk to, and they can refer patients to physicians when necessary,” says Dr. Schweiger. ♦

HOW TO REACH US

General Information	763-689-7700
Clinic Appointments	763-689-8700
Eye Clinic	763-689-7888
Rum River Drug	763-689-7809
Same Day Clinic	763-689-7820

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

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