

CAMBRIDGE MEDICAL CENTER



Happy mom and baby: Anna Dee recently gave birth to her third son, Elias, at the CMC Maternity Care Center.

nurse-midwives to monitor your progress throughout your pregnancy and help prepare you for labor and birth.

“Family practice physicians care for non-complicated cases,” says Amy Hauptert, MD, family physician at CMC. “Those who choose family practice physicians often like the idea that the doctor can continue to care for the mother, baby and whole family.”

Many mothers choose a nurse-midwife because of the extra time and attention they offer. “The word *midwife* literally means ‘with women,’” says Susan Hovinen, CNM, MS, certified nurse-midwife at Cambridge Medical Center. “And we stay with women through their labor and delivery, regardless of how many hours it takes.”

Women who have high-risk pregnancies or may have complications often choose an OB/GYN for their care. “We also consult with family practice doctors and nurse-midwives and are comfortable with co-managing a patient’s care or transferring it if needed,” says David Hovinen, MD, OB/GYN specialist at CMC. “We work as a team to prevent complications and ensure the best care for each mother.”

Whichever CMC care giver you choose, there is a very high probability that your personal doctor or nurse-midwife will deliver your baby. “In large metro hospitals, babies are often delivered by an on-call doctor who doesn’t know you,” says Susan Hovinen. “Family practice doctors, OB/GYNs and nurse-midwives at CMC enjoy their practices here because they do get to deliver their patients’ babies.”

—Continued on Page 4



3

Tricks for keeping tick-free



6

Advice for parents of teens



7

Community events and education

Oh, Baby!

EXPECTING A BABY? Cambridge Medical Center (CMC) has lots of resources to help you make this life-changing event happy, rewarding, safe and comfortable. Here are some of the choices you can make for a healthy baby and healthy pregnancy, with information from experts at CMC.

PRENATAL CARE CHOICES

At CMC you can choose from nine family practice doctors, three obstetrics/gynecology (OB/GYN) specialists and two certified



CAMBRIDGE MEDICAL CENTER

Allina Hospitals & Clinics

PROSTATE HEALTH

What men need to know

BE IT YESTERDAY'S game, the fish that got away or the latest computer gadget, some things are easy for men to talk about.

But other "guy stuff"—like prostate health—may not be getting the discussion time it deserves.

"That's unfortunate, because more than half of all men over 50 will experience prostate problems," says David Streitz, MD, urologist at Cambridge Medical Center. "Most of these conditions are not life-threatening but can interfere with activities and sleep. And prostate cancer is serious."

PROSTATE TROUBLE

The prostate is a gland about the size of a walnut. Located below your bladder, it surrounds your urethra, the tube that carries urine from your bladder out of your body.

The prostate's job is to make fluid for semen. Usually, it doesn't garner a lot of attention. But sometimes prostate problems can create symptoms that are painful or annoying.



David Streitz, MD

AFTER 50

Benign prostatic hyperplasia, or BPH, is the most common prostate problem in men older than 50. It's a condition in which the prostate grows in size. It's not related to cancer, however.



By itself, BPH is generally not serious. But it can be annoying, and in some cases it can lead to problems such as urinary tract infections and the complete inability to urinate. In rare cases, it may damage the bladder and kidneys.

Symptoms of BPH include:

- Weak urine stream or difficulty starting stream.
- Feeling unable to empty the bladder.
- Dribbling and leaking.
- Frequent urination, especially at night.

If you have symptoms, see your doctor.

Dr. Streitz also recommends yearly prostate checkups with a PSA (prostate specific antigen) test and physical exam, beginning at age 50. African American men or those with a family history of

prostate problems should begin check-ups even earlier.

If the doctor determines you have BPH, treatment is based on how the condition is affecting your life. "Sometimes no treatment is necessary, but there are medications that help and new surgical options with faster results and easier recoveries," says Dr. Streitz.

They include:

- Medicines to relax muscle tissue or shrink the prostate.
- Nonsurgical procedures that use thin tubes inserted through the urethra to deliver

heat to the prostate.

- Surgery to remove tissue, relax bladder muscles or help keep the urethra open.

These options each have different side effects, and some treatments may be more appropriate for you than others.

PROSTATE CANCER

Cancer is the most worrisome prostate problem. "Prostate cancer is the No. 1 cancer in men and the No. 2 cancer killer in men," Dr. Streitz says. "If detected early, there are effective treatment options other than aggressive surgery."

TALK IT OUT

"For their health and for their lifestyle, men should talk with their doctor when they experience symptoms of prostate problems," Dr. Streitz says. ♦

In tick country: Protecting yourself from Lyme disease

IF YOU ENJOY the outdoors or live in a wooded area, you need to be aware of the danger of Lyme disease.

Lyme disease is caused by a bacterium. People get the disease when they're bitten by an infected tick, usually a deer tick.

Lyme disease has been reported in nearly all areas of the country, but it is common in Minnesota and Wisconsin where Cambridge-area residents live and vacation.

KNOW THE SIGNS

If you have early signs of Lyme disease—a red, slowly growing “bull’s-eye” rash, fatigue, fever, headache, stiff neck and joint pain—see your doctor right away.

“Don’t hesitate to come in and have a rash checked,” says John Ruddy, MD, internal medicine specialist at Cambridge Medical Center. “Or if you remove a tick and wonder whether it’s a Lyme-carrying deer tick, bring it in. We can tell very quickly. If diagnosed early, treatment is a 21-day course of antibiotic pills. Early diagnosis and treatment can help provide complete recovery for most people.”

“Lyme disease can be serious if not detected and treated,” Dr. Ruddy says. “Months or even years after contracting Lyme disease, muscle

and joint aches and pains may develop. There can also be neurological symptoms, like numbness, tingling, chronic pain and weakness in limbs. It can also cause confusion that is almost like dementia. Although these severe cases are rare, it’s devastating, and there is very little that can be done about it.”

You can reduce your risk of Lyme disease by protecting yourself from ticks.

Consider this advice from the Centers for Disease Control and Prevention:

- When you can, avoid tick habitats. Ticks prefer moist, shaded areas with leaf

litter and low-lying vegetation in areas with lots of trees or brush.

- When you’re in tick country, wear light-colored clothing to help you spot ticks.

- When you spend time outdoors, wear long-sleeved shirts and tuck pants into socks or boot tops.

- Use insect repellent that contains DEET on clothes and exposed skin.

- When you return from the outdoors, check your entire body for ticks. A tick usually has to be attached for at least 36 hours before it can pass on Lyme disease. Check your children and pets as well. Keep in mind that an immature deer tick can be as small as a poppy seed.

- Remove ticks using fine-tipped tweezers. Grasp the tick close to your skin and steadily pull it away from the skin. Clean the area with antiseptic. ♦

CDC/James Gathany; William Nicholson



Deer ticks and grass ticks, such as the one above, can carry the bacterium that causes Lyme disease.



Jennifer Kroschel, Partners in Pregnancy (PIP) nurse, and Anna Dee check Elias Dee's weight. The PIP program offers support during pregnancy and a follow-up visit after the baby is born.



OH, BABY!

—Continued from Page 1

PARTNERS IN PREGNANCY

Partners in Pregnancy (PIP), CMC's special clinic for mothers-to-be, is staffed by labor and delivery nurses and offers reassurance, guidance and encouragement during pregnancy. Nurses answer questions and offer educational support. You may schedule an appointment as soon as you know you are pregnant. At a second appointment four weeks before your due date, you can discuss your labor and delivery options and expectations. At a follow-up visit after your baby is born, the nurse will assess your health and your baby's, help you with infant care or feeding concerns, and provide support for breastfeeding moms. This extra Partners in Pregnancy support is available at no charge for mothers who are being cared for by CMC doctors and nurse-midwives.

"The Partners in Pregnancy clinic is a wonderful asset," Dr. Hauptert says. "The nurses provide in-depth information and spend a lot of time with the mothers. They are very knowledgeable about pregnancy and labor and delivery." The PIP clinic nurses work in the Maternity Care Center, so mothers who use the PIP clinic will see familiar faces

CMC patients get the experience of care givers trained in metropolitan areas along with the personal care, intimacy and convenience of a smaller facility close to home.

—Susan Hovinen, CNM, MS, certified nurse-midwife at CMC

when they arrive to have their babies.

"CMC really focuses on education and preparation," Dr. Hauptert adds. See Page 7 for details about prenatal and infant care classes offered at CMC in addition to the PIP clinic.

CHOICES AT THE HOSPITAL

"With a safe delivery as the primary concern, the staff at CMC puts moms in control of their birth experience as much as they can," says Becky Baker, nurse manager of Maternity Care at CMC. Comfortable, private birth and recovery rooms have Jacuzzi tubs, and sleeper chairs for dads or family members who want to stay overnight. Mothers can choose lighting, music, baths, birthing balls, relaxation techniques and more. It's a family-friendly environment that welcomes siblings and other family members, according to the mother's wishes.

"The nurses at CMC were great and gave me choices without pushing me to do anything," says Anna Dee, who recently gave birth to her third son, Elias, at CMC. Moms can choose whether to have their new baby with them in their room or in the nursery.

“I was glad to have Elias in my room with me, but again, the nurses would have respected a choice to have him stay in the nursery, too,” she says.

Pain is a source of anxiety to most mothers-to-be. “We also like to give moms maximum control over their pain,” Baker says. “Some mothers choose no medications, and we respect that. With a certified nurse anesthetist available 24/7, we can also administer the whole range of pain medications, including epidural, when mothers want it.”

QUALITY OF CARE

“We have outstanding full service care at CMC,” says Dr. Hovinen. “The nursing staff is wonderful. We have everything here that you could get at a major metropolitan hospital: a board-certified OB/GYN available 24/7, Cesarean delivery available 24/7, pain-management choices from natural to epidural available 24/7, pediatricians available 24/7, and a Level II nursery for babies with special needs. But personal care is really what makes the difference—we really make a connection with our patients.”

“Patients get the experience of care givers trained in major settings along with the personal care, intimacy and convenience of a smaller facility close to home,” adds Susan Hovinen. She notes that CMC’s nurse-midwives have delivered more than 1,000 babies each.

CARING FOR YOUR BABY

Nurses will help you care for your baby in the hospital, and lactation consultants help you get started breastfeeding if that is your choice.

“All newborns are seen by a family practice doctor or pediatrician,” Baker says. If your baby is premature, has an infection or is in respiratory distress, CMC’s Level II nursery has the equipment and specially trained nurses to monitor your baby and provide specialized, one-on-one care. Pediatricians are available 24/7. Dee says that she experienced preterm labor, and “it was nice to know that Elias could be cared for right there if he came early.”

GOING HOME

At CMC, two trained car-seat technicians are available to make sure your baby is safely strapped in for the trip home. After two days, your PIP meeting will be a welcome chance to have your questions answered and be assured that you and your baby are doing well.

Dee’s second son, Everett, was a little small when he was born. “It was reassuring to have a nurse check on



At CMC, moms-to-be have pain-control choices. Here, Patty Hines, CRNA, talks about epidural pain control with Diana Dochniak before her first delivery.

his eating and weight gain,” Dee recalls.

Additional support is also available through a new Partners in Infancy program. See Page 7 for details.

For more information about maternity care, call 763-689-7725 or visit www.cambridgemedicalcenter.com. ❖



Outstanding full-service care, close to home

CMC welcomes you to tour the Maternity Care Center, which features:

- Three obstetrics/gynecology specialists, nine family practice doctors and two certified nurse-midwives to provide care through pregnancy, labor and delivery. These care givers are almost always present at their patients’ deliveries.
- Obstetrician/gynecologists, pediatricians and certified registered nurse anesthetists are available 24/7.
- Comfortable, private rooms with Jacuzzi tubs.
- Pain control choices, including epidural, available 24/7.
- Level II nursery for babies with special needs.
- Partners in Pregnancy clinic and childbirth and parenting classes to help parents get ready.
- Partners in Infancy support groups for baby’s first six months.
- Personalized care from experienced nurses who value your decisions and choices.
- Full-service care, close to home.

Growing up

ADVICE FOR PARENTS ON LIFE WITH ADOLESCENTS

THE TEEN and preteen years.

For parents, they might seem like the “terrible 2s” revisited. Kids assert their independence, push limits and show signs of becoming autonomous (or at least of wanting to be). And all the while, moms and dads might wonder how best to handle it.

There is really no simple answer. But parents might be able to make this an easier time for everybody by remembering the following advice.

Expect changes. “Preteens and teens go through major physical changes at the same time they’re trying to establish their own identity and react to changes in school and external expectations of them,” says Allen Mork, MD, family practice physician at Cambridge Medical Center and father of three. It’s natural for them to seek more independence and privacy.

Set limits. Preteens and teens actually want and need limits. Make your rules clear about things such as curfews, dating and driving. And discuss and follow through with the consequences of breaking those rules.

Give kids a chance. Let your preteens or teens make more decisions and have more privileges as they prove they can handle them. These decisions should be based

on a child’s level of maturity and ability to use good judgment rather than on age.

Communicate. Differences will undoubtedly arise between you and your child. Try to understand your adolescent’s point of view while expressing your own views without judgment or blame. When a child is acting out, talk to him or her to get to the heart of the problem.

“Don’t forget to communicate about positive things, too,” Dr. Mork adds.

“Reinforce what is going well.”

Choose your battles. When you’re upset, ask yourself, Is this really important? While some issues, such as drugs, alcohol and school, are crucial, others, such as a hairstyle you don’t care for, may not be.

Express your values. Make sure your kids know how you feel about smoking, sex, alcohol and other drugs. And talk to them about how to handle peer pressure. “Be aware of your kids’ peer groups,” Dr. Mork says. “They influence

your kids’ decisions, too.”

Encourage them. “They’re trying to figure out their interests and gifts,” says Dr. Mork. “Without being pushy, find ways to encourage them to pursue sports, music or other things they’re interested in.”

Dr. Mork also notes that parents should model and encourage healthy diet and exercise behaviors. “Parents play a more significant role in developing lifelong health habits than they might realize,” he says.

If you have problems you can’t resolve, ask your child’s doctor for advice. ♦



“Parents play a more significant role in developing lifelong health habits than they might realize.”

—Allen Mork, MD, CMC



CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center invites you to a health-promoting class or seminar. For more information, visit www.cambridgemedicalcenter.com or register by calling the CMC Education Department at 763-689-7780.

CANCER RESOURCE CENTER

The Harbor Room is filled with resources for cancer patients and their loved ones. Call 763-689-8415 for hours and activities.

CPR AND FIRST AID CLASSES

Friends and Family First Aid/CPR Health Care Provider Recertification
Classes are available upon request.

Call CMC's Education Department at 763-689-7780, ext. 1. 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 physician. A doctor referral is required. Talk to your doctor if you are interested in this class.

The Winning Weigh
Two sessions per class
■ May 12 and 26
10 a.m.-noon

\$65 (includes educational materials and supplies)

Call CMC Diabetes Education at 763-689-7775 for details. With proper diet and regular physical activity, you can reduce your chances of getting type 2 diabetes. Classes taught by a registered dietitian are available for anyone who has been diagnosed by a doctor as having pre-diabetes, impaired fasting glucose, impaired glucose tolerance or dysmetabolic syndrome.

CHILDBIRTH CLASSES

Prepared Childbirth
Wednesdays, 6-9 p.m.
■ May 3, 10, 17, 24
■ June 7, 14, 21, 28
■ July 5, 12, 19, 26
\$65 (\$35 if deliver at CMC)

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

Fast Track Prepared Childbirth
Two sessions per class
■ Thursday, June 8,

5-9 p.m., and Saturday, June 10, 8 a.m.-noon
■ Thursday, Aug. 10, 5-9 p.m., and Saturday, Aug. 12, 8 a.m.-noon
\$65 (\$35 if deliver at CMC)

PARENTING CLASSES

Partners in Infancy
Every Tuesday, 11:30 a.m.-12:30 p.m.
Cambridge Early Childhood Center
1695 E. Highway 95
Free

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, June 4, July 16 or Aug. 27
Noon-5 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.

COMING EVENT

Apple a Day Program

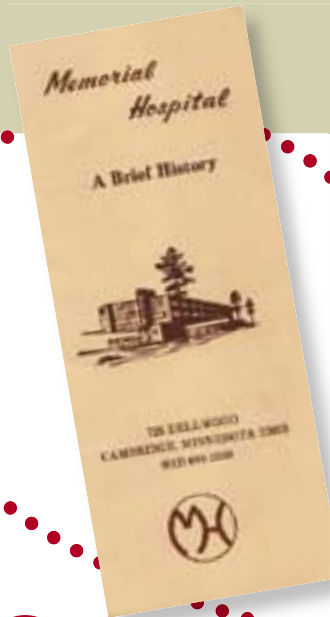
May 22, 6:30-8 p.m.
Allen Mork, MD, CMC family practice physician, will talk about Lyme disease—what the signs and symptoms are, how it's treated, and how to protect yourself and your family from being infected. This program is free, but reservations are requested. Call 763-689-8419 to register.

Car Seat Safety
Saturdays, June 10 or July 29
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, June 10 or July 29
4-5:30 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.



50 years

A TRADITION OF CARING

Celebrating half a century of service

Come join us!

**SUNDAY, JUNE 4,
FROM 1 TO 4 P.M.**



PLEASE JOIN US as we celebrate 50 years of caring at Cambridge Medical Center. We are honored to have been an integral part of this community for these past 50 years and invite you to enjoy food, music, health

booths and a look at our history at our 50th anniversary celebration.

Since admitting its first patient on June 1, 1956, Cambridge Medical Center (then known as Memorial Hospital) has evolved into a comprehensive regional health care facility serving east-central Minnesota, including more than 30,000 residents in Isanti County. Cambridge

Medical Center is home to more than 65 physicians and providers on staff and 26 consulting physicians providing specialty care, such as cardiology; oncology; ear, nose and throat; and urology.

We look forward to continuing our tradition of serving you and your family for many years to come. ♦

HEALTHY COMMUNITIES™ is published as a community service for the friends and patrons of CAMBRIDGE MEDICAL CENTER, 701 S. Dellwood, Cambridge, MN 55008. Allina®, the Allina logo and Medformation® are registered trademarks of Allina Health System.

Dennis Doran
President

David Hovinen, MD
Chief of Staff

Board of Trustees

Gerri Slabaugh, Chair; **Debra Larson, MD**, Vice Chair; **Ray Hoheisel, EdD**, Secretary; **Lowell Becker, MD**; **Garry Bye**; **Steven Clark, MD**; **Cheryl Hermann**; **Joe Morley**; **David Pearson, MD**; **Bonnie Schlagenel**

Information in HEALTHY COMMUNITIES™ comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

Copyright © 2006 Coffey Communications, Inc. LHN18510c



**CAMBRIDGE
MEDICAL
CENTER**

Allina Hospitals & Clinics

Allina Health System

701 South Dellwood
Cambridge, MN
55008

Nonprofit Org.
U.S. Postage
PAID
St. Cloud, MN
Permit No. 2260