

BUFFALO HOSPITAL

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Get healthy in 2006

RESOLVED TO LOSE WEIGHT in the new year? The new Fitness Laboratory and King Wellness Center at Buffalo Hospital's Sister Kenny® Sports & Physical Therapy Center provide the science and the support you need.

"Making healthy choices today affects how you feel tomorrow," says Brett Oden, MD, sports medicine specialist and medical director of Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center. "People who exercise regularly with good nutritional habits stay healthier and live longer." But despite these health benefits, only about one in five adults gets enough exercise, according to the Centers for Disease Control and Prevention.

Buffalo Hospital Foundation is making it

easier for everyone to get healthy in 2006 with its new healthy living initiative called DAAN™. State-of-the-art fitness testing offered at reduced introductory prices can help you succeed by using scientific measurements to show you the right calorie intake and the right exercise program to manage your weight and improve your fitness. An exercise physiologist and dietitian can help design a program based on your personal test results and needs. You can even learn how to improve your performance and reduce your chance of injury performing your favorite sport. See Page 7 for a series of free education sessions on these resources.

Call 763-684-7121 or visit www.buffalohospital.org regularly to learn about the latest DAAN news. ❖



2 Epidurals: Giving moms power over pain



3 Exercise and surgical approaches to arthritis



7 DAAN health and well-being assessments



Photo credit: Meredith Johanson

Sports medicine specialist Brett Oden, MD, performs a maximal oxygen uptake (VO₂) assessment on Jason Karn to define the ideal intensity and duration of his exercise program.

Grand Opening

**King Wellness Center & Fitness Laboratory
Thursday, Jan. 26, 5-8 p.m.
Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center at Gold's Gym**

Renew your New Year's resolution. Check out demonstrations of the new fitness and nutrition assessments now available at the Fitness Laboratory. Sample the wide variety of resources and learning options complete with a state-of-the-art results tracking system that combines your fitness test results with exercise and nutritional information at the King Wellness Center.

Enjoy a tour, refreshments and giveaways, including a special introductory price on select assessments.



BUFFALO HOSPITAL

Allina Hospitals & Clinics

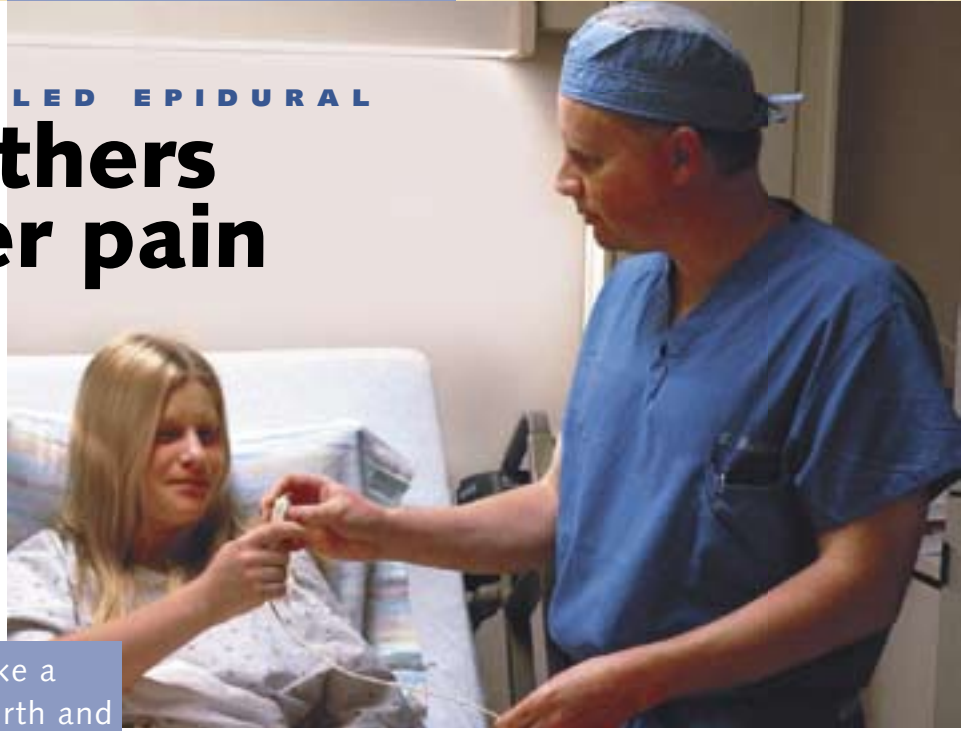
PATIENT-CONTROLLED EPIDURAL

Giving mothers power over pain

MOTHERS-TO-BE are often nervous about many things, but a pain-control option at the Birth Center at Buffalo Hospital makes that aspect of having a baby a little less worrisome.

The patient-controlled epidural analgesia (PCA) gives moms more power over their pain. It is an epidural pain-control device that allows moms to give themselves a dose of pain medication when they feel they need it, within limits.

Photo credit: Meredith Johanson



Take a childbirth and parenting class. See Page 6 for details.

Gene Winkelman, MD, anesthesiologist at Buffalo Hospital, takes time to explain to mother-to-be Lashanda Welle of Maple Lake how to use the hand control to administer additional pain medication.

HOW IT WORKS

A certified physician anesthesiologist inserts a thin catheter between the bones in the back and programs a pump to deliver prescribed amounts of medication. “Pain medication is delivered continuously with an additional dose that the patient can administer with the push of a button, within limits,” says

Gene Winkelman, MD, anesthesiologist at Buffalo Hospital. “Dosing limitations are set by the anesthesiologist to ensure safety and adequate pain relief.”

GREAT FOR MOMS AND BABIES

“Mothers in labor love the PCA epidural,” says Ann Grewe, RN, manager of The Birth Center. “It gives them more options to control pain in a situation where they can control little else. The mother’s motor ability and perception remain good, and she doesn’t experience the groggy, out-of-it feeling that other medications can cause. Because the medication isn’t in the bloodstream, it has less effect on the baby. We see lots more smiles

when moms can control their pain.”

PAIN RELIEF AFTER SURGERY

PCA epidurals also provide good pain control for patients after some types of surgery.

“The patient is awake, active and able to move around, which promotes good recovery,” says Winkelman. “They don’t have that narcotic hangover feeling. The catheter is very tiny and is secured so patients don’t feel it and can lie on their backs.”

SAFETY

“We’ve ensured that the PCA epidural is a safe way to control pain at Buffalo Hospital,” Grewe says. “There is a lock on the computer so only the physician anesthesiologist can operate it, and patients are carefully monitored.”

“The end result is improved pain relief and fewer side effects,” says Winkelman. ❖

Push a button: With patient-controlled epidural pain medication at Buffalo Hospital, moms in labor can administer pain medication when they need it.



6 favors to do for your joints

IF YOU HAVE arthritis, feeling better might come easier when you do your joints a few favors.

“You should work with your doctor on the right treatment plan if you’ve had joint pain for more than two weeks,” says Rajan Jhanjee, MD, orthopedic surgeon at Buffalo Hospital and Buffalo Clinic.

“Treatment options range from medication injections to ease inflammation and pain to arthroscopic or joint replacement surgery,” adds Brian O’Neill, MD, orthopedic surgeon at Buffalo Hospital and Allina Medical Clinic—Buffalo.

Your doctor’s treatment advice might also include some of the following steps:

1 Watch your weight. Being overweight puts added stress on knees and hips, which can aggravate arthritis and add to your pain. It also raises a person’s risk for developing some types of arthritis, including osteoarthritis, the most common form.

These are good reasons why you should aim for your recommended weight, but even a modest weight loss of 10 pounds could help you feel better.

2 Stay active. Exercise can ease joint pain, increase range of movement and strengthen the muscles around your joints. Exercise can also improve your mood.

Good activities for people with arthritis might include walking

regularly or taking a water exercise class. “Physical and occupational therapists are experts in movement and exercises that strengthen muscles and protect joints,” says Chris Stone, PT, manager of Buffalo Hospital’s Sister Kenny Rehabilitation Institute.

3 Eat a healthy diet.

Eating right is important for overall health and weight management. In addition, vitamin C and other antioxidants may help reduce the risk of osteoarthritis and its progression.

4 Move smarter.

You can also avoid undue joint stress by using your larger or stronger joints more often. For example, carry groceries and other

heavy items close to your body, so your wrists and fingers don’t bear the weight.

5 Cool it. A cold pack placed on an aching joint can help relieve pain. Ask your doctor if applying heat might also help.

6 Ease up a bit. Stress can worsen pain and fatigue. A warm bath or a massage can help ease muscle tension and joint pain—and help you rest. ♦



Looking out for your joints may help reduce your pain.

COMING EVENT

EXERCISE AND SURGICAL APPROACHES TO ARTHRITIS

Monday, Jan. 30, 7 p.m.

Buffalo Hospital

With Brian O’Neill, MD, orthopedic surgeon, and Penny Bartzen, occupational therapist

Learn about the different types of arthritis from an orthopedic surgeon as well as current trends in arthritis surgery, including arthroscopy, osteotomy, partial joint replacement and minimally invasive procedures currently performed at Buffalo Hospital.

An occupational therapist will focus on options for preserving and caring for the cartilage in joints as well as how exercise and joint protection can lead to decreased pain and increased mobility.



To register or for more information, visit www.buffalohospital.org or call 763-684-7121.



Happy with the way you look in a recent photo? Feel good when you slip into your favorite slacks? Exercised 30 minutes in the last week? If you're like two-thirds of American adults who are overweight, probably not.

AN END TO PROCRASTINATING DROP THOSE POUNDS

Procrastinate no longer. Now's the time to drop those unwanted pounds and start feeling good about yourself and your health. The new Fitness Laboratory at Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center can help with a range of fitness assessments (see next page) designed

to help you set realistic goals and maintain an exercise routine that works with your daily life demands.

THE PRICE YOU PAY

Being overweight increases your risk of deadly diseases, including heart disease, cancer and diabetes. "Obesity has emerged as a national health epidemic that threatens to decrease life expectancy—a first in over 100 years," says Brett Oden, MD, sports medicine specialist and medical director at Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center. Poor nutrition and physical inactivity are now the leading causes of preventable death in rural America, recently overtaking tobacco use, according to the Centers for Disease Control and Prevention.

Most weight-related diseases can be prevented with a lifestyle based on healthful eating and regular physical activity.

PATIENCE

"Patience and persistence are critical to success," says Chris Stone, physical therapist and manager of Buffalo Hospital's Sister Kenny Rehabilitation Institute.

"The basic, consistent changes you make to your daily activity level and diet over time offer you the best chance of successfully reaching your weight goal."

SHEDDING THOSE POUNDS

To start, check with your doctor to make sure your health allows you to change your diet and increase your physical activity.

Then set a goal for gradual weight loss. The National Institutes of Health says losing about 10 percent of your body weight is a good starting point for overweight people.

The fat that accumulates around your waist may be the most dangerous and a good area to target for weight loss. Men who have a waist

DAAN[™]

Living a Healthy, Balanced Life

Transform your life! An educational series shows how DAAN assessments can help you meet your health and wellness needs. See Page 7.



NATION

THE UNWANTED POUNDS

larger than 40 inches and women with a waist size larger than 35 inches also face an increased risk of heart disease, cancer and other chronic diseases.

And you don't need a miracle diet book to tell you that the key to weight loss is finding a way to burn off more calories than you take in—and making it a habit.

THE THREE P'S

Three weight-loss virtues can help you reach your goals over time: patience, persistence and practice. Start by adopting these best practices:

- **Cut calories where you can.** Make whittling calories, especially those you won't miss, a way of life. For example, drink water instead of juice or sugared soda when you are thirsty.
- **Select foods with nourishment in mind.** Good choices include fruits, vegetables, whole grains, lean

meats and low-fat dairy products.

- **Eat defensively.** Take smaller portions and stop before you are stuffed. You don't have to deprive yourself, but why have a bowl of ice cream when a bite or two will do?
- **Be active every chance you can.** Take the stairs. Park at the far end of the lot. Pace while on the phone.
- **Find an activity you enjoy,** perhaps basketball, soccer, dancing or hiking. Try to involve family members

or friends and join a team or an exercise class to make it fun.

- **Find time each day for some moderate physical activity,** such as brisk walking. Things that may help to make it a habit: Choosing activities you enjoy, scheduling it on your calendar and exercising with a friend.

For more specific, personal recommendations, consider a fitness or nutrition assessment described above. ♦

Getting results: A little science can help

A little science can help you get better results as you work toward your fitness goals—whether you're a beginner or an accomplished athlete. Knowing the following basic information about your own body can help you design a program that's best for you. Professionals at Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center have the expertise to assess these fitness and nutrition factors:

- **Your daily caloric needs.** With the metabolic assessment, we measure your resting metabolic rate and determine the balance between your daily caloric intake and the calories you burn. We also provide sample meal plans to help ensure you are eating a balanced diet and can successfully meet your weight-loss goals.
- **Your aerobic capacity.** Maximal oxygen uptake (VO_2) determines the optimal intensity and duration for an exercise program. By evaluating your body's ability to carry oxygen to your muscles and to remove carbon dioxide, VO_2 measures your cardiovascular endurance and defines maximal fitness level and ideal heart-rate training zones.
- **Your athletic form.** Biomechanical motion analysis evaluates your motions while performing your sport of choice to identify problems that may lead to injuries as well as improve repetitive patterns to increase performance.
- **Your body fat and muscle composition.** Body composition analysis is performed using a DEXA scan (dual-energy X-ray absorptiometry) to screen your whole body and provide a breakdown of fat and muscle within each body part.
- **Your nutrition.** Consult with a licensed dietitian who will assess your daily caloric intake and recommend dietary and nutrition changes to help ensure a balanced, healthy diet.



To learn more or schedule an assessment, call Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center at 763-684-3872. See Page 7 for a free educational series.



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling 763-684-7121.

GENERAL WELLNESS

Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday, 7-8:30 p.m. FREE

Stroke Support Group

Meets monthly on the second Wednesday, 1-2 p.m. FREE

Before Surgery Party for Children

Children view a video and tour the Surgery & Outpatient Center. Call to schedule. FREE

CPR AND FIRST AID COURSES

Classes can be customized for businesses to meet their individual needs.

Pediatric First Aid, AED and CPR

Meets child day-care training requirements. Jan. 28, Feb. 25 or March 25, 8 a.m.-4:30 p.m. \$55

Adult First Aid, AED and CPR

March 11 or April 8, 8 a.m.-4:30 p.m. \$55

Basic Life Support for Health Care Providers

This course covers adult, infant and child CPR and foreign-body airway obstruction. Jan. 17 and 24, 5:30-9:30 p.m. \$55

CPR Refresher for Health Care Providers

March 29, 5:30-9:30 p.m. \$45

CHILDBIRTH AND PARENTING

A Healthy Pregnancy

Feb. 7 or April 4, 6:30-9 p.m. \$25

Childbirth

Preparation Series

Five-week series starts March 2, 6:30-9 p.m. \$90

Childbirth Preparation—Single Session

Feb. 18 or April 22, 9 a.m.-4 p.m. \$90

Refresher for Childbirth Preparation

Two-week series, March 9 and 16, 6:30-9 p.m. \$45

Taking Care of Baby

Feb. 9 or April 6, 6:30-8:30 p.m. \$25, or FREE with Childbirth Preparation or Refresher for Childbirth Preparation classes.

Breastfeeding Preparation

Feb. 16 or April 20, 6:30-9 p.m. \$25

New Brother, New Sister

March 14, 6:30-8 p.m. \$25 per family.

Birth Center Tour

Jan. 17, Feb. 21 or April 18, 6:30-7:30 p.m.; or March 18, 9-10 a.m. FREE



COMING EVENT

Join the Heart Walk

Did you know heart disease is our nation's No. 1 cause of death? This year, more Americans will die from heart disease than breast cancer, lung cancer and HIV/AIDS combined. But there's something you can do.

Your choices make a difference!

- Eat healthy.
- Be active.
- Consult your physician to discuss your risk for heart disease.

AMERICAN HEART ASSOCIATION HEART WALK

Feb. 25, Mall of America

7:30 a.m. registration, 8:30 a.m. walk

Allina Hospitals & Clinics is the presenting sponsor of the 2006 Twin Cities Heart Walk. Join us! Money raised will advance research, education and advocacy to reduce the risk of heart disease.

If you are interested in participating, call



Buffalo Hospital at 763-684-7121 or visit www.buffalohospital.org.

FREE EDUCATIONAL SERIES

Commit to fitness. Attend a free education series to help choose the right assessments to meet your health and wellness needs. All sessions take place at the new Fitness Lab at Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center. The education sessions below are free, and there is an introductory special price on select assessments.



Call 763-684-7121 or visit www.buffalohospital.org to register today.

METABOLIC ASSESSMENT AND MAXIMAL OXYGEN UPTAKE (VO₂)

Thursday, Feb. 16, 7-8 p.m.

Successful weight loss is all about using more calories than you take in, and a metabolic assessment can show you what this means for you personally. Learn more about how a metabolic assessment is performed along with how it can help you. Participants will receive a sample meal plan to help them meet their weight-loss goals.

By understanding your ideal exercise intensity and duration, you can maximize the time you spend exercising while helping to ensure a safe and effective workout. Designed for the elite athlete, recreational athlete and athlete-in-training, participants will see a demonstration of the VO₂ assessment and gain an understanding of how to use the test results to design an exercise routine that's right for them.

BIOMECHANICAL MOTION ANALYSIS

Thursday, Feb. 23, 7-7:45 p.m.

Interested in improving your golf game? Running technique? Baseball game? No matter what your sport of choice, this test evaluates the motions you use to identify problems that may lead to injuries as well as opportunities to improve your performance. Join us for a demonstration of how your performance can be compared with experts in your sport.

BODY COMPOSITION ANALYSIS

Thursday, March 9, 7-7:45 p.m.

We all put on and carry body fat differently. This scan shows your distribution of body fat and lean body mass within each body part. See first-hand how this scan is performed and what information is provided to you, including a plan to reach your personalized goals to maintain muscle and lose fat using exercise and nutritional considerations for overall better health and fitness.

NUTRITIONAL CONSULTATION

Thursday, March 16, 7-7:45 p.m.

Join Registered Dietitian Barb Brower as she walks you through a consultation, describing what you can expect to learn as well as how you can incorporate some of your favorite foods while reaching your health and fitness goals.



DAAN™

Living a Healthy, Balanced Life

The story behind DAAN

DAAN (dā on) is a transformative initiative designed to promote a healthy, balanced life by inspiring wise nutrition and activity choices. The name comes from the Native American word DAAN, which means "to live a healthy, balanced life." Offering hands-on elementary curriculum, adult wellness education through King Wellness Center and a series of fitness assessments, DAAN will help us all take control of our health today and in years to come. DAAN was made possible thanks to the inspirational gift of \$1 million by Barb King, a Delano entrepreneur and owner of Landscape Structures, Inc., an international playground equipment manufacturer.

Buffalo Hospital welcomes new president

THROUGHOUT THE five-month search for a new president, we were focused on finding someone who would truly be a part of the community,” says Shirley Hagerty, RN, member of the Buffalo Hospital Board of Trustees and President Search Committee. “We wanted someone who would empower employees and develop strong physician relationships. Steve (Hatkin) will definitely meet all these expectations and more.”

Hatkin comes to Buffalo Hospital

from New Ulm Medical Center in New Ulm, Minn., where he served as assistant administrator and director of finance. Prior to joining New Ulm, he was a management accountant at Mayo Clinic. Hatkin is spending his first several months on the job getting to know the employees and physicians of Buffalo Hospital as well as the communities it serves.

“Steve is eminently qualified for the role. He brings a broad range of experience and knowledge to Buffalo Hospital,” says Hugh Nierengarten, Esq., chairman, New Ulm Medical Center Board of Trustees. “Steve knows everyone by name at New Ulm Medical Center and I’m certain he’ll contribute personally to the community as well as through your medical center.”

“I am very impressed with the people and physicians at Buffalo Hospital,” says Hatkin. “Having two boys under the age of 5, I’m sure it’s just a matter of time before I use the hospital and clinic services.”

Already a board member of the Buffalo Chamber of Commerce,



Steve Hatkin, new president of Buffalo Hospital

Hatkin is currently meeting with community leaders and civic organizations throughout Wright County. He holds a bachelor’s degree in accounting with a minor in communication, and a master’s degree in health care administration. Hatkin has relocated to Buffalo with his wife, Jennifer, and two sons and enjoys spending time with his family. An outdoors enthusiast, he also enjoys camping and fishing, and he’s learning to play golf. ♦

How to contact us

General information	763-682-1212
Emergency and urgent care	763-684-7533
The Birth Center	763-684-7640
Cardiac Center	763-684-3801
Foundation	763-684-6800
Sister Kenny Rehabilitation Institute	763-684-3888
Sleep Center	763-684-3808
Surgery & Outpatient Center	763-684-7777
Allina Medical Clinic:	
Annandale	320-274-3744
Buffalo	763-682-5225
Cokato	320-286-2123
Buffalo Clinic	763-682-1313
Catalyst Medical Clinic	952-955-1963

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