

BUFFALO HOSPITAL

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Photo credit: Meredith Johanson

Certified athletic trainers, like Jana Jordan, are trained to evaluate, treat and prevent injuries.



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CERTIFIED ATHLETIC TRAINERS SUPPORT HIGH SCHOOL ATHLETES

THE PLAY is over, and the team members are all back on their feet—except one. It's a tense moment for coaches, parents of student athletes and fans. Immediately, someone dashes out onto the field to help the injured athlete.

Who is that? It's often a certified athletic trainer (ATC) who has medical knowledge to assist injured athletes and helps them prevent injuries.

Area high schools have ATCs thanks to an outreach program sponsored by Buffalo Hospital. ATCs are employed by Buffalo

Buffalo Hospital opens a new Sister Kenny Sports & Physical Therapy Center in Albertville.

Hospital's Sister Kenny® Sports & Physical Therapy Center and work with area high schools, including Buffalo, Maple Lake, Rockford and St. Michael—Albertville.

"The program has been under the radar," says Mike MacMillan, hockey coach at

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BUFFALO HOSPITAL

Allina Hospitals & Clinics

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HEALTH UPDATE

BUFFALO HOSPITAL NEWS

Photo credit: Sonja Carlison

Seeing you better—new MRI technology

Buffalo Hospital is enhancing its MRI capabilities by adding a new, state-of-the-art, high-definition MRI. "In addition to providing better image quality, the new MRI has faster scanning times for patients' convenience," says Kurt Scheurer, MD, radiologist at Buffalo Hospital.

The new MRI, coupled with Buffalo Hospital's other imaging capabilities—including CT, nuclear medicine, mammography, ultrasound and X-ray—provides comprehensive diagnostic imaging close to home.

For more information about diagnostic imaging at Buffalo Hospital, call 763-684-7550 or visit www.buffalohospital.org. ❖



Patients at Buffalo Hospital enjoy visits with therapy dog Maggie, an English springer spaniel, and her handler, Meredith Johanson.



Pet therapy adds new dimension to healing

Animal-assisted therapy has been shown to lower blood pressure and heart rate while helping patients relax and focus away from their health issues.

Bringing joy and comfort to patients, family and staff weekly, Maggie, an English springer spaniel, and her handler, Meredith Johanson, have quite a following. "After a busy day, it's great to take a break, feel my blood pressure settle and get attention from somebody who gives it all," says Susan Hunt, MD, general surgeon at Buffalo Hospital.

As a certified pet therapy team, Johanson and Maggie have had extensive training in how to visit and support patients and family members. "It's very common to have a family member want to pet and cuddle Maggie," Johanson says. "They begin to talk to Maggie about what's on their mind, and it seems that some of their stress lifts."

Therapy dogs also help in patients' recoveries by walking them down the hall as part of a therapy program or just lying in bed with them while they fall asleep. "Maggie has provided a distraction for many children at the hospital," Johanson says. "And patients just seem to beam when they are strolling her down the hall."

"There's a spiritual quality to this work, an unspoken healing bond that seems to exist between animal and human," Johanson says. "Perhaps the best testament to this was from a patient we recently visited who said, 'I've had great care while I've been here, but Maggie is the best medicine I've received.'"

For more information about joining the certified pet therapy program at Buffalo Hospital, contact Volunteer Services at 763-684-7107. ❖

Hernia Center now available to expedite your care

Developed to streamline care, the Hernia Center of Buffalo Hospital provides direct access to a team of surgeons with extensive experience in hernia repair who can diagnose and treat your hernia quickly. "Most hernias can be repaired using a newer, minimally invasive surgery, and patients are typically back to full activity within 10 days," says Matthew Kissner, MD, general surgeon at Buffalo Hospital.

A unique partnership with Allina Medical Clinic, Buffalo Clinic, Specialists in General Surgery and Buffalo Hospital, the Hernia Center of Buffalo Hospital can be accessed by calling 763-684-6110. Left untreated, hernias can worsen, sometimes seriously.



For more information about hernias and treatment options, visit www.buffalohospital.org. ❖

A winning partnership

—Continued from Page 1

Buffalo High School. “Having both athletic and medical expertise, ATCs are a huge asset to the coaches. They work with the athletes during practices, prior to competitions and at games. There is no doubt that we have fewer injuries because of their efforts.”

MacMillan also notes that the school would not be able to hire athletic trainers, so the relationship with Buffalo Hospital is a great contribution to the health and performance of school teams.

PREVENTING INJURIES

Certified athletic trainers have college bachelor’s or master’s degrees, gain clinical experience working with an ATC, and then pass a national certification exam. Like doctors and nurses, ATCs are registered with the Minnesota Board of Medical Practice. The American Medical Association recommends that schools provide ATCs for their athletes.

“When an athlete is injured, the athletic trainer understands the athlete’s point of view and the medical side,” explains MacMillan. “They assess the situation, calm the athlete down and talk it through with the coaches. They have the

medical knowledge to know when kids can safely get back into the game or when a doctor is needed, and they communicate with the parents, too.”

“We have to make a fast decision in most instances, with pressure from all sides,” says Jana Jordan, an ATC who works at St. Michael–Albertville High School. “But we have a decision-making process that we go through step-by-step. The team doctor is usually there, and we work together.”

After an injury, the ATC works with the athlete and his or her doctor on a rehabilitation program to help the athlete heal, recondition and prevent further injury.

OFF THE FIELD

“Some of our most important work is behind the scenes preventing injuries and improving performance,” Jordan says. “Taping and bracing are only part of it. We carefully observe athletes to determine whether they have muscle imbalances. We help them with rehabilitation and conditioning programs that build strength in their most vulnerable areas and watch their form and technique. We’re constantly observing the athletes and the game to keep them safe and improve their performance.”

ATCs’ in-depth medical knowledge also helps them work with athletes who have diabetes, asthma or other health problems.

While the athletic trainers are an asset to coaches, parents and student athletes appreciate them, too. “Parents like to know that someone is looking out for their child, and they can always come in and talk about how things are going. The kids want to play and win, and we help them do their best,” says Jordan.



For more information about sports injury prevention or the services provided at Buffalo Hospital’s Sister Kenny Sports & Physical Therapy Center, call 763-744-4140 or visit www.buffalohospital.org. ❖



Jana Jordan, ATC, helps student athletes from St. Michael–Albertville High School work on coordination using an agility ladder.

The best in rehab care now in Albertville–St. Michael

Buffalo Hospital recently opened a Sister Kenny® Sports & Physical Therapy Center in Albertville, bringing advanced out-patient rehabilitation care to area residents with athletic injuries, sprains, back injuries and more. You now have access to an expert team of physical therapists, certified athletic trainers, specialists in work-injury care (occupational health), and orthopedic and sports medicine physicians—all at one location, close to home.



Ask your doctor for a referral, or visit one of the new area clinics including Allina Medical Clinic–St. Michael and the Albertville–St. Michael Clinic (see Page 8 for complete listing of area clinics). You can learn more at www.buffalohospital.org or by calling 763-744-4140.

Caring for our community

Photo credit: Meredith Johanson



Ron Wadsworth (second from left) was recently saved from sudden cardiac arrest by the quick action of Wright County Deputy **Lisa Fox** (left) and an automatic external defibrillator provided through Heart Safe Communities. Also pictured, from left: **Dan Wallin**, Allina EMT; **Joe Latt**, Allina paramedic; and **Kelly Lewis**, NREMT, Heart Safe Communities coordinator.

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 Buffalo Hospital and throughout Allina Hospitals & Clinics, a not-for-profit organization.

In 2006 Allina invested \$396 million, including nearly \$7.8 million through Buffalo Hospital, in serving people who don't have the financial means to pay for their care, working to improve the health of the communities it serves and supporting other community programs.

CHARITY CARE MATTERS

Current government estimates place the number of Americans without health insurance at more than 41 million. In addition, Medicare and Medicaid don't pay the full cost for health care services, and hospitals must cover the remainder of those costs.

"Part of our mission is to treat all patients in need of care, regardless of their ability to pay," says Steve Hatkin, president, Buffalo Hospital. If a patient is unable to pay for the services, the hospital, in effect, pays for them. It's called charity care.

"This puts a lot of financial pressure on hospitals," Hatkin says. "We also pay the MinnesotaCare Tax, which was levied to help cover health care costs statewide.

"While our Emergency Department loses money, we stand committed to being open 24/7

to serve everyone who walks through our doors," Hatkin says. "Since we don't have the ability to regulate our price, we're constantly looking for ways to continue to deliver excellent care and thrive financially by working to lower costs and involve the community in creating solutions."

A HEALTHY COMMUNITY

"We're committed to our communities' health," Hatkin says. "Buffalo Hospital has been instrumental in launching and sustaining a variety of efforts to prevent illness and keep people healthy."

For example, Safe Communities of Wright County has reduced the number of severe injuries and fatalities in vehicle crashes by 38 percent over the past 10 years.

To combat the obesity epidemic, DAAN™ (dā on) was created to inspire wise nutrition and activity choices. Last year, DAAN Youth successfully helped children control their body mass index and improve eating habits through pilot elementary school programs in Annandale, Delano and St. Michael-Albertville.

Heart Safe Communities placed more than 150 defibrillators in squad cars and public gathering places throughout Wright County to increase survival from sudden cardiac arrest.



To learn more about charity care or how you can support the hospital and these community benefit initiatives, call 763-684-3877 or visit www.buffalohospital.org. ♦

Buffalo Hospital 2006 community contributions

COMMUNITY BENEFITS

Charity care	\$462,000
Cost in excess of Medicaid payments and surcharge	\$1,008,000
MinnesotaCare tax	\$580,000
Community benefit programs and partnerships	\$594,000
SUBTOTAL	\$2,644,000

OTHER CONTRIBUTIONS

Costs in excess of Medicare payments	\$3,425,000
Other care provided without compensation	\$1,032,000
Discounts to uninsured patients	\$658,000
Other taxes and fees	\$39,000
SUBTOTAL	\$5,154,000
Total 2006 community contributions	\$7,798,000

JOINT SURGERY AT BUFFALO HOSPITAL

On the go with a new hip

THIS SUMMER Jody Johanson of St. Michael did things she has never done. She wore summer sandals, walked a pain-free mile, and enjoyed the exclamations of family and friends who had never seen her walk without a limp and a lift attached to her shoe. She was literally walking tall—two inches taller to be exact—and best of all, it didn't hurt.

Johanson had a hip replacement at Buffalo Hospital in November 2006. Unlike most hip replacement patients, Johanson, 43, had never had a good hip. She was born with hip dislocation. As a result, one leg became longer than the other and she walked with a limp. Over the years, the difference in leg length grew worse, as did the pain in her hip and back.

MORE THAN A NEW HIP

Last fall, hoping for relief, Johanson went to see Rajan Jhanjee, MD, an orthopedic surgeon at Buffalo Clinic and Buffalo Hospital. She wasn't surprised that a hip replacement could relieve her hip pain, but she was amazed when Jhanjee said he could replace and

relocate her hip joint so her legs could be the same length. That would get rid of her limp and relieve her back pain, too. She was also pleased that the surgery could be done at Buffalo Hospital.

"Having this level of skill and care right in my backyard made this so much easier for me," Johanson says. Being close to family and not having to travel for follow-up care was comfortable and practical for this busy mother of two.

PAIN RELIEF FOR COMPLEX CASES

"Because of Jody's chronic dislocation, she had never developed her own socket," Jhanjee says. "We had to make a new socket, and then we put her new hip into this new socket to equalize her leg lengths. We handle complicated joint surgeries at Buffalo Hospital on a regular basis."

For example, replacing a joint for the second time is more difficult. "New ceramic and metal technologies last longer, but we

see quite a few people who had joint replacements many years ago who need to have them redone," Jhanjee says.

Sometimes injuries, irregularities in the joint or bone loss make joint surgeries more complex. "We use donor bone from a bone bank and a variety of special components to replace and repair joints in more difficult situations," Jhanjee says. "People with complicated joint problems don't have to live with pain. We have new materials and techniques that can get most people back to active lives."



For more information about joint surgery, visit www.buffalohospital.org.

Education session

For more information about joint pain and treatment options, attend the **Understanding Shoulder Pain education session** described on Page 7 or visit www.buffalohospital.org.

Photo credit: Meredith Johanson



Thanks to her hip surgery at Buffalo Hospital, Jody Johanson now enjoys riding her bike with son, Derek, and daughter, Jessica.



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or completing the registration form below. All sessions are held at Buffalo Hospital Conference Center unless otherwise noted.

Call 763-684-7121 for additional information or to register for the classes on this page.

GENERAL WELLNESS

Healthy Hearts

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

Call to schedule. FREE

CPR AND FIRST AID COURSES

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

Family and Friends CPR

Oct. 6, 8:30 -11:30 a.m. \$45

Basic CPR—Heartsaver

Nov. 3, 8:30 a.m.-12:30 p.m. \$45

Pediatric First Aid with AED and CPR

Meets child day care training requirements. Sept. 29, Oct. 27 or Dec. 1, 8 a.m.-3:30 p.m. \$55

Adult First Aid with AED and CPR

Sept. 8 or Oct. 13, 8 a.m.-3:30 p.m. \$55

Basic Life Support for Health Care Providers

Nov. 6, 5-9:30 p.m. \$55

Youth Babysitting Course

Oct. 18, 8:30 a.m.-3:30 p.m. \$45

CHILDBIRTH AND PARENTING

A Healthy Pregnancy

Oct. 2 or Dec. 4, 6:30-8:30 p.m. \$25

Childbirth Preparation Series

Five-week series starts Sept. 6 or Nov. 1, 6:30-9 p.m. \$90

Childbirth Preparation—Single Session

Oct. 20 or Dec. 15, 9 a.m.-4 p.m. \$90

Refresher for Childbirth Preparation

Nov. 17, 9 a.m.-noon; Oct. 9 or Dec. 11, 6:30-9:30 p.m. \$45

Taking Care of Baby Fair

Oct. 11 or Dec. 6, 6:30-9:30 p.m. \$45

Breastfeeding Preparation

Oct. 18 or Dec. 13, 6:30-9 p.m. \$30

New Brother, New Sister

Sept. 11 or Nov. 13, 6:30-8 p.m. \$25

Birth Center Tour

Sept. 18, Oct. 16 or Dec. 18, 6:30-7:30 p.m.; or Nov. 17, 9-10 a.m. FREE

Fishing Tournament

Saturday, Sept. 22, 8 a.m.-noon, Buffalo Lake in Sturges Park Awards ceremony at 1 p.m.

Entry fee: \$100 per boat for a two-person team

Join us for this fun event to raise money to upgrade 75 local law enforcement automatic external defibrillators to meet recently revised American Heart Association standards. The event will also include guest speakers, food, music, a silent auction and contests for children. Cash prizes and trophies will be awarded for the largest bass, walleye and northern.

For more information and to register, call the Buffalo Hospital Foundation at 763-684-6800 or visit www.buffalohospital.org.



COMING EVENTS

Memory Connection Walk

Saturday, Sept. 15, 9 a.m., Sturges Park on Buffalo Lake

Participate in a three-mile walk to raise awareness about Alzheimer's disease. Funds raised will support local education and resources for patients, caregivers and providers. For more information or to register, call 763-682-6763, ext. 27.



memory connection.

REGISTER FOR CLASSES

Complete this form and mail it with any applicable payments to:

Buffalo Hospital Community Health
303 Catlin Street
Buffalo, MN 55313

Name: _____

Address: _____

E-mail: _____

Title of class(es) you plan to attend: _____

DAAN HEALTH IMPROVEMENT SEMINARS AND EVENTS



Call 763-684-3877 for additional information or to register for the classes on this page.

Back-to-School Basics

Backpack Basics

Sept. 18, 6:30-8 p.m.

The new school year is here. Have you evaluated your child's backpack? According to the American Physical Therapy Association, wearing backpacks that are too heavy or worn improperly can put children at risk for spinal injury. Join Penny Bartzan, occupational therapist, to learn about backpack safety. Bring your child and his or her backpack, and learn how much the backpack should weigh and how to best choose and wear the backpack.

Wake up Sleepy Head: Is Your Child Getting Enough Sleep?

Sept. 25

■ **6-6:45 p.m.,** tour of the Buffalo Hospital Sleep Center

■ **7-8:30 p.m.,** seminar

Not getting enough sleep is a common problem among school-age children. How do you know if your child is sleep deprived? Is he or she unable to stay focused and perform at school or get along with others and manage emotions? Attend this informative seminar, presented by Bernice Kolb, MD, and Courtney Whitney, DO, board-certified sleep specialists, to learn more about children and sleep. Also, see story on Page 8.

Get Fit in '07

Fitness 101

Oct. 23, 7-8:30 p.m.

Join Brett Oden, MD, sports medicine specialist, and Adam Gartner, fitness expert, to learn the basics of beginning an exercise program, including cardiovascular conditioning, cross training, and setting and meeting short- and long-term goals. Proper heart-rate zones, the importance of warming up and cooling down, and strength training techniques will also be discussed.

The Art of Reading Food Labels

Nov. 5, 7-8:30 p.m.

You know it's important to read food labels, but do you know what you should look for? How much is too much? Which fats are better for you? Join Barb Brower, registered dietitian, for this hands-on session to learn how to make healthy choices with the foods you buy. Bring a label from your favorite food to learn more about its nutritional value.

Understanding Shoulder Pain

Nov. 12, 7-8:30 p.m.

Your shoulders are the most movable joints in your body, and pain can be the result of many issues, including dislocation, rotator cuff problems, bursitis, arthritis and tendonitis. Join Rajan Jhanjee, MD, orthopedic surgeon, to learn about these common causes, along with treatment options for shoulder pain.

Family Wellness Series

Learn about living a healthy, balanced life for yourself and your family. Glean tips and tools from our hands-on activities to help you make good choices every day. Sessions are held at the King Wellness Center at Buffalo Hospital's Sister Kenny® Sports & Physical Therapy Center, located at Gold's Gym in Buffalo. Cost is \$10 for the two-session series.

Healthy Nutrition Choices on the Fly

Oct. 10, 7-8:30 p.m.

A registered dietitian will talk about appropriate serving sizes for children and adults, how to read food labels and make healthy choices when eating out, and how to understand the new food pyramid. The session will conclude with family-friendly meal options when time is limited.

Exercise as a Family

Oct. 17, 7-8:30 p.m.

An exercise physiologist will discuss physical activity needs for the whole family. Learn about body mass index, how to check your heart rate and why that's important. Pick up fun ideas for physical activities to do as a family.

DAAN (dā on) is a transformative initiative to inspire wise nutrition and activity choices. Derived from a Native American term, DAAN means "to live a healthy, balanced life." DAAN activities can be found in area schools, worksites and the community.

How's your child sleeping?

READING A bedtime story and singing a lullaby while your child snuggles with a favorite teddy bear sets the stage for a good night's sleep—nine to 12 hours for most school-age children. But once you leave the room, does your child sleep soundly?

“Sleep problems are one of the most common concerns that parents bring to their doctor,” says Catherine Pham, MD, pediatrician at Allina Medical Clinic–St. Michael. “Sleep disorder symptoms, like forgetfulness, inattention and impulsivity, sometimes look like symptoms commonly associated with attention deficit/hyperactivity disorder, so proper diagnosis is critical.”

“Obstructive sleep apnea (OSA) affects up to 3 percent of children,” says Courtney Whitney, DO, internist and sleep specialist at Buffalo Hospital's Sleep Center and Allina Medical Clinic–Buffalo and Cokato. “That's nearly one child in every classroom, yet less than 10 percent

of children with sleep apnea are diagnosed and treated.”

Other OSA signs and symptoms in children include:

- problems sleeping and restless sleep.
- interrupted breathing (apnea) or mouth breathing.
- large tonsils and adenoids.
- difficulty waking and excessive daytime sleepiness.

- daytime cognitive and behavior problems, such as not paying attention, aggressive behavior or hyperactivity.

“If your child snores or shows any other signs of sleep apnea, you should discuss it with your doctor or a sleep

specialist at Buffalo Hospital's Sleep Center,” Whitney says.

The diagnosis of OSA can be made with a sleep study geared for kids. Buffalo Hospital's Sleep Center now performs sleep studies for children 6 and older in a specially decorated pediatric room. Parents are welcome to stay overnight with their child. Personalized tours and demonstrations help children relax and prepare for the study.

Buffalo Hospital's Sleep Center is now accredited by the American Academy of Sleep Medicine, the gold standard for sleep centers.



For more information about sleep disorders in children or adults, including pediatric and adult sleep disorder assessments, call the Buffalo Hospital Sleep Center at 763-684-3808 or visit www.buffalohospital.org. See Page 7 for a special seminar about children and sleep. ❖

HOW TO CONTACT US

General information	763-682-1212
Emergency and Urgent Care	763-684-7533
Birth Center	763-684-7640
Cardiac Center	763-684-3801
Women's Heart Health Program	763-684-5100
Foundation	763-684-6800
Sister Kenny® Rehabilitation Institute	763-684-3888
Sleep Center	763-684-3808
Surgery & Outpatient Center	763-684-7777
Volunteer Services	763-684-7107
Albertville–St. Michael Clinic	763-684-8300
Allina Medical Clinic:	
Annandale	320-274-3744
Buffalo	763-682-5225
Cokato	320-286-2123
St. Michael	763-744-4000
Buffalo Clinic	763-682-1313
Catalyst Medical Clinic	952-955-1963

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