

Buffalo

Volume 9, Number 3

Fall 2003

HOSPITAL

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www.buffalohospital.org

Your best doctor visit

LET'S SAY you've been feeling a bit off and have gone to see your doctor. When the doctor comes in, are you prepared to describe the problem accurately, giving dates, times and severity of symptoms?

BE PREPARED

Help your doctor by being prepared.

Identify symptoms. "It's much easier for us to determine the cause when the patient provides a detailed description of their symptoms, what triggers them and what makes them feel better," says Ben Macedo, MD, family physician at Allina Medical Clinic–Buffalo.

Know your meds. "Bring your medications as well as any over-the-counter medicine or supplements you're taking regularly," Macedo says.

Share your medical history. On a first visit, be ready to provide your health history.

BE FORTHRIGHT

Answer all of your doctor's questions truthfully. Your physician needs to know whether you smoke, how much alcohol you

drink and your family health history.

"My focus is to facilitate my patients' health care, and I need as much information as possible to do the best job," Macedo says.

Don't be afraid to ask questions. Take notes or even ask the doctor to write down important points and instructions. And if you don't understand something, ask for a simpler explanation.

FOLLOW THROUGH

Make your follow-up appointment, if needed. After that, you can leave feeling like you had a productive appointment and know what to do next.

CLINICS IN BUFFALO EXPAND TO MEET GROWING NEEDS

Allina Medical Clinic–Buffalo nearly doubled in size by adding a lower level. "The new space has allowed us to expand mental health services and provide diabetes education in a group setting," says Bobbie Ladd, clinic manager. "We recently added two new female

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Joint replacement for a better life



4

Mind-Body Connection

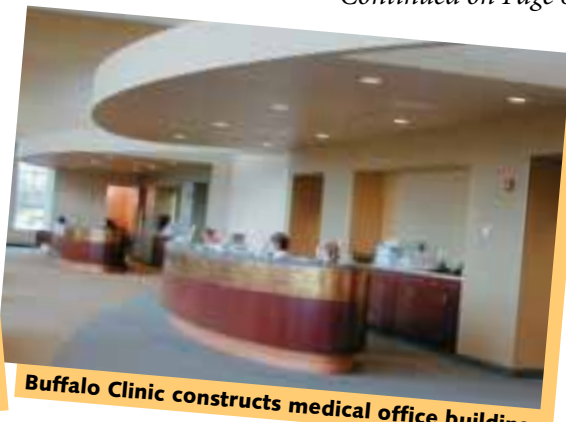


SPECIAL SECTION

2003 Report to the Communities Served by Buffalo Hospital



Allina Medical Clinic–Buffalo adds lower level.



Buffalo Clinic constructs medical office building.

Joint replacement *for a better life*

Violet Chase used to wince in pain just walking from the living room to the kitchen. Her right hip, worn by arthritis, hurt so badly that at times she nearly crumpled to the ground.

“I was in great misery,” she recalls.

After careful planning with her doctor, Chase decided to have hip replacement surgery—an operation to replace her worn joint with a new artificial one.

“Now I get around fine, weed my flower beds and take walks without any hip pain,” Chase says. “That surgery gave me a new lease on life.”

Like Chase, hundreds of thousands of people have joint replacements every year. “Studies have shown that joint replacement surgery improves the quality of life more than any other surgery, enabling people to live fuller, more active lives,” says Rajan Jhanjee, MD,

orthopaedic surgeon at Buffalo Clinic and Buffalo Hospital.

The most common joint replacements are hips and knees, but shoulder, ankle, foot and elbow joints are also replaced.

IN WITH THE NEW

A joint is where two bones meet. The ends of the bones are covered with cartilage, a layer of tissue that helps the bones move together smoothly.

When cartilage is damaged or diseased by arthritis, joints can become so stiff and painful that a person might avoid moving them. Nearby muscles may then weaken, making it even harder to move the joints. Daily activities may become difficult or even impossible.

As a first step to help relieve symptoms, doctors usually recommend medication and physical therapy. If those don't help, a doctor may suggest joint replacement.

The exact procedure depends on the joint, but here are the steps of a replacement surgery at Buffalo Hospital:

■ **General anesthesia is managed** by a physician anesthesiologist, providing the highest level of expertise.

■ **An incision is made and the damaged parts of the bones and cartilage are cut away.** “We now use a new, minimally invasive surgical technique on select knee and hip

Rajan Jhanjee, MD,
orthopaedic surgeon
at Buffalo Clinic and
Buffalo Hospital



Join us for a demonstration

Sept. 8 at 7 p.m., Buffalo Hospital Conference Center
Join Rajan Jhanjee, MD, orthopaedic surgeon at Buffalo Clinic and Buffalo Hospital, to learn about the disease process and living with arthritis and other joint damage. Jhanjee will demonstrate the knee and hip replacement surgical procedures and insertion of a prosthetic joint. To register, visit www.buffalohospital.org or call 763-682-7121.



ment

Emergency orthopaedic care available at Buffalo Hospital

When an injury requires immediate surgery, patients can expect state-of-the-art orthopaedic care at Buffalo Hospital. "I use the same tools and techniques as the metropolitan level I trauma centers," says Rajan Jhanjee, MD, orthopaedic surgeon at Buffalo Clinic and Buffalo Hospital. "We can care for nearly all orthopaedic trauma at Buffalo Hospital 24 hours a day, seven days a week, including hips, knees, elbows and other fractured or broken bones, as well as sports injuries."



replacements that requires very small incisions, 6 to 7 centimeters in length, so there's less pain after surgery," Jhanjee says. "Patients recover faster, leaving the hospital in a couple of days and completing rehab in a couple of months."

■ **3** The artificial joint, usually made of a combination of metal and plastic, is implanted and may be secured with a special bone cement.

The materials used in an artificial joint are designed to allow the joint to move just like the original. Most people can expect a joint replacement to last a decade or more.

A JOINT DECISION

If you're considering joint replacement surgery, here are some pointers from the American Academy of Orthopaedic Surgeons (AAOS) and the Arthritis Foundation:

Learn as much as you can. The

more you understand, the better prepared you'll be. Buffalo Hospital surgery patients receive an informative booklet on joint replacements. To see an actual demonstration of a joint replacement surgery, attend the education session detailed on Page 2.

Plan ahead. You may need several weeks to prepare for joint replacement surgery.

Physical preparations such as quitting smoking (if you smoke), eating well and practicing strengthening exercises can help ensure a smooth surgery and a speedy recovery.

Follow through. You will need to follow a specific treatment plan after the operation that may include physical therapy and special instructions for returning to daily activities.

Let your doctor know if you have any difficulty after your surgery. ❖

What to expect after joint surgery

While on the mend after joint replacement surgery, keep the following in mind:

- Around the new joint, muscles are weak and tissues are healing, so you may have some temporary pain. This should gradually decrease. In the meantime, ask your doctor about medications that can bring relief.
- Your doctor may encourage you to start using the new joint soon after the operation. With the help of a physical therapist, you may even stand and start walking the day after a hip or knee replacement. "Together, the physical therapist and patient set goals around the patient's everyday living activities," says Chris Stone, PT, Rehab Center manager. "Patients see a therapist after surgery for several weeks, but continued exercise on their own is necessary for several months to regain maximum function."
- Ask your doctor which activities you can safely do and which you should avoid to help protect the new joint.
- Look to others for help and support. You'll recover faster than if you strain and try to do everything on your own.
- Give yourself time. Full recovery can take a while.

Sources: American Academy of Orthopaedic Surgeons; Arthritis Foundation; Johns Hopkins University; National Institutes of Health



Join us Nov. 13 for an evening of relaxation and friendship designed to help women take charge of their health and well-being. For only \$25, you'll enjoy dinner and a variety of health displays, and learn how to truly enjoy your journey through life. You'll also receive a personal gift designed to help you pamper yourself and relax.

FEATURED TOPICS

The following small group sessions will be repeated three times so participants can relax and enjoy all three topics.

FROM STRESS TO SERENITY

by Deb Fluharty, RN, and Linda Sainsbury, RN

Stress affects us both physically and emotionally. The ability to manage stress is an essential skill in order to deal with ongoing changes in your life. This session will help you learn a variety of stress-reduction techniques to incorporate into your daily living, ranging from meditation and breathing exercises to playing and putting fun in your life.

DO YOU LOVE THE SKIN YOU'RE IN?

by Kim MacNab, MD, family physician with Medical Skin Care Center of Buffalo Clinic

Do you feel like it's time to correct years of sun damage, or want to prevent wrinkles before they start? In this session you'll learn how to maintain healthy skin as well as options for corrective cosmetic procedures, including laser techniques, microdermabrasion, Botox® and more.

TOUCHING LIVES WITH HEALING TOUCH

by Mary Beth Schmidt, RN, certified massage therapist

Healing touch can enhance physical and mental well-being while promoting relaxation, balance and healing from within. You will learn about the benefits of healing touch, including a demonstration of how to use massage and the placement of hands to relax, increase energy and decrease pain.

WOMEN'S HEALTH DISPLAYS

Learn about local women's health resources on stress management, skin care and healing touch, along with heart disease, bladder health, fitness and nutrition. Complimentary blood pressure checks and mini foot massages with essential oils will be offered and flu shots will be available for \$5.

The seventh annual Mind-Body Connection

Schedule for the evening

Nov. 13, Kings Retreat Center, Buffalo

4:30-5:30 p.m. Register and enjoy health displays while connecting with friends

5:30-6 p.m. Dinner

6:15-9 p.m. Small group sessions, each lasting 45 minutes

9-9:30 p.m. Closing, gifts and door prizes

Space is limited. To register, complete the form at right, visit www.buffalohospital.org or call 763-682-7121. Health care providers will receive 2.7 contact hours. Reservations and fees must be received by Monday, Nov. 3. Call for space availability after Nov. 3.

REGISTRATION FORM

Please reserve ___ places for the Mind-Body Connection on Thursday, Nov. 13.

Enclosed is my check for \$_____ (\$25 per person; \$5 for a flu shot).

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Flu Shot: ___ yes ___ no

Register additional family members and friends below.

Those attending with me:

Name: _____ Flu Shot: ___ yes ___ no

Name: _____ Flu Shot: ___ yes ___ no

Name: _____ Flu Shot: ___ yes ___ no

Once your check arrives, you will receive a letter confirming your reservation.

Make checks payable to Buffalo Hospital and mail with this form to: Buffalo Hospital Mind-Body Connection, 303 Catlin St., Buffalo, MN 55313.



Buffalo

HOSPITAL



GENERAL WELLNESS

HEALTHY HEARTS

If you or a loved one has been diagnosed with heart problems, this group can help you adjust to new lifestyles, diets and medications. Meets monthly on the third Monday, 7-8:30 p.m.

STROKE SUPPORT GROUP

A free support group for people who have had a stroke and their families. Meets monthly on the second Wednesday, 1-2 p.m., and the fourth Thursday, 7-8:30 p.m.

BEFORE SURGERY EDUCATION FOR CHILDREN

Children view a video about hospital procedures, from admitting to discharge, and then tour the surgery department. Call to schedule.

TOBACCO INTERVENTION PROGRAMS (TIP)

GETTING STARTED

An introductory group session about tobacco use, how to determine readiness to quit and options available to support your decision. Nov. 3, 7-8:30 p.m.

QUIT ON YOUR OWN PROGRAM*

A tobacco interventionist will help design a self-directed program that fits your learning style and schedule. You will receive a one-hour consultation, educational materials and ongoing telephone support. Call to schedule.

FREEDOM FROM SMOKING*

A seven-week series covering health issues associated with using tobacco, how to quit, coping skills needed to prevent relapse and group support to reinforce your decision to quit. Begins Nov. 10, 7-8:30 p.m.

CPR AND FIRST AID COURSES

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

BASIC CPR HEARTSAVER

Course teaches one rescuer adult, infant and child CPR along with how to help someone who is choking. Nov. 8, 9 a.m. to 3 p.m.

INFANT AND CHILD CPR AND FIRST AID*

Covers obstructed airways in conscious and unconscious infants and children, when medical attention is needed, and safety. Meets child day care training requirements. Oct. 4 or Nov. 1, 8 a.m. to 4:30 p.m.

HEARTSAVER—FACTS (FIRST AID, AED, CPR)*

This course combines adult CPR and the use of an automated external defibrillator (AED) with basic-level first aid. Meets firefighter, police and security personnel requirements. Sept. 13 or Oct. 11, 8 a.m. to 4:30 pm.

CPR REFRESHER*

A renewal course covering adult, infant and child CPR. Participants must have a

current CPR card. Nov. 12, 6-10 p.m.

CHILDBIRTH AND PARENTING

A HEALTHY START FOR PREGNANCY*

For women thinking about becoming pregnant or in the first three months of pregnancy, this course covers fetal growth and development, nutrition, emotional adjustments, benefits of exercise and more. Call to schedule.

CHILDBIRTH PREPARATION SERIES*

This six-week class includes information about labor and birth options, the coach's role, relaxation and breathing techniques as well as newborn characteristics. Begins Sept. 4 or Nov. 6, 7-9 p.m.

CHILDBIRTH REFRESHER SERIES*

This two-week class is designed for those who have previously attended a childbirth course. Topics include a review of labor and delivery, pain control and relaxation techniques. Begins Sept. 11 or Nov. 13, 7-9 p.m.

FAST TRACK CHILDBIRTH PREPARATION*

This one-day class provides childbirth preparation information for those unable to attend weekly evening classes.

Mom-to-be should be at least seven months pregnant. Oct. 18 or Dec. 13, 9 a.m. to 4 p.m.

TAKING CARE OF YOURSELF AND BABY—THE POSTPARTUM PERIOD*

This program addresses baby care and feeding as well as the physical and emotional changes mom is experiencing. Oct. 9 or Dec. 11, 7-9 p.m.

BREASTFEEDING BASICS*

This class will prepare mother and her support person for breastfeeding, troubleshooting, weaning and returning to work. Oct. 16 or Dec. 18, 7-9 p.m.

“WE’RE HAVING A BABY” SIBLING CLASS*

This single-session course is designed to help prepare children 3 years old and older who are “expecting” a new baby brother or sister. Children should attend one to two months before their new sibling is due to arrive. Sept. 16 or Nov. 11, 7-8:30 p.m.

PREVENTING PRETERM BIRTH*

Women who are at risk for premature delivery will learn about the warning signs of early labor, stress management, how to monitor contractions and how not to go “stir crazy” while on bed rest. Call to schedule.



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling Buffalo Hospital at 763-682-7121. Programs with a fee are denoted with an asterisk*.



HOW TO PROTECT YOURSELF

IMAGES OF people wearing surgical masks, daily updates on severe acute respiratory syndrome (SARS) infections and illnesses carried by exotic pets have made headlines all year. For people accustomed to hearing about medical breakthroughs, it has been unsettling to hear about new diseases, re-emerging old diseases, and treatment-resistant forms of diseases we thought were conquered.

More than 30 new diseases have been identified in the last decades of the 20th century, and 70 years after the introduction of antibiotics, infectious diseases are still the leading cause of death in the world. New diseases include AIDS and Ebola. West Nile virus is an old disease that turned up in new geography—first in New York in 1999 and now in many American states. Dengue fever has been reintroduced in Texas, and strains of malaria, strep and tuberculosis have become drug-resistant.

RAPID NATURAL PROCESSES

The natural processes that generate these diseases work rapidly. According to experts at the World Health Organization (WHO), disease-causing microbes naturally

multiply, mutate and adapt to new geography and new hosts. This natural process has accelerated because of rapid changes in the microbial world in recent decades.

Population growth causes crowding, which facilitates the spread of diseases, as does the moving of populations from one area to another. The migration of rural people to cities, especially to crowded areas without adequate health services, presents a major opportunity for the spread of diseases. Growth of cities usually puts populations in closer contact with animal habitats, which can increase opportunities for diseases to “jump” from animals to humans.

Travel helps microbes migrate to new places, as was seen with SARS. In an

airplane, an infected person can carry a disease thousands of miles in hours and expose other people who then carry it to many destinations.

Shared food sources help diseases spread, as food is shipped all over the globe. *E. coli* and salmonella can be spread in mass-processed batches of food. Mad cow disease caused a crisis in Britain’s beef industry several years ago.

Misuse of antibiotics creates


more resistant strains of diseases. Unnecessary use of antibiotics gives microbes an opportunity to mutate and become resistant. Not using an entire prescribed course of antibiotics may leave the strongest microbes alive to multiply and mutate to become impervious to the antibiotic.

Behavioral issues such as drug use and sexual activity can give microbes easy opportunities to travel from one infected person to another. Even selection and treatment of pets can trigger an outbreak, such as this summer’s monkeypox infection caused by prairie dogs and Gambian rats sold as pets.

A GLOBAL PROBLEM CLOSE TO HOME

We travel or know people who travel. The people who ride the elevator with us or prepare our food at restaurants may have been exposed to an infectious disease anywhere in the world. “While these diseases do occur here, they’re not very common,” says Frank Rhame, MD, infectious disease specialist at Buffalo and Abbott Northwestern hospitals.

West Nile virus, Lyme disease and others have become concerns here at home. Good nutrition, good health care systems and good sanitation systems, along with health regulations and agencies



THE SPREAD OF
INFECTIOUS DISEASES IS A
LOCAL ISSUE—NOT JUST A
PROBLEM IN OTHER
COUNTRIES.



BREAK

FROM EMERGING DISEASES

reduce the opportunities for diseases to become widespread, serious health problems.

“A core team of nurses, doctors and others at Buffalo Hospital were immunized against smallpox earlier this year, so we are prepared to care for these types of patients in the event of an outbreak,” says Rachael Lesch, RN, infection control practitioner at Buffalo Hospital. “We keep abreast of the signs and symptoms of all developing and existing diseases. There are tools in place to ensure infected patients are immediately identified, and we’re then able to determine who would be at risk and take appropriate action.”

“We all need to strike the right balance and focus on the risks you can control,” says Rhame. “There are some prudent things to do, but you can’t stop living.”

TAKE STEPS TO PROTECT YOUR HEALTH

There are steps you can take to avoid contracting and spreading infectious diseases:

- Personal hygiene is the most important deterrent to the spread of infectious diseases. Wash your hands frequently, especially before preparing food.
- Get your immunizations and a yearly flu shot.
- Use antibiotics properly; take the entire course of prescribed medications, do not use antibiotics for viral infections and do not pressure your physician to prescribe antibiotics.
- Monitor travel warnings. The WHO and the Centers for Disease Control and Prevention provide travel information on their Web sites. Before you travel, learn which immunizations are required or

recommended, and plan to have them four to six weeks before you leave. For information about immunizations and staying healthy while traveling, visit the health library at www.buffalohospital.org or call Medformation at 800-877-7878 to listen to audio tapes.

■ Ticks and mosquitoes carry Lyme disease and West Nile virus, both of which are present in Minnesota, so avoid insect bites. Wear protective clothing and use insect repellent that contains DEET to reduce your chances of being bitten by an infected insect. Keep mosquitoes out of your home by checking and repairing window screens. Because disease-carrying mosquitoes breed in water, clean clogged rain gutters, empty any objects that contain standing water and change the water in bird baths frequently. ❖

When should we worry about disease warnings?

Should we be concerned about every new disease warning? They are often reported in the media when they are still a small-scale outbreak. Severe acute respiratory syndrome (SARS), for example, is very minor when compared with the 1 million people who die from malaria each year, and 36,000 Americans who die from the flu each year. However, some diseases, such as AIDS, began as small-scale outbreaks.

The World Health Organization (WHO) collects massive amounts of information from around the world, including official reports and rumors. They constantly search the Internet for reports and messages about diseases. If they

suspect an outbreak, they evaluate its seriousness.

If necessary, the WHO notifies an international network of experts, institutions, agencies and labs, and posts the findings electronically. They then may assist affected countries with diagnosis, patient management and containment of the outbreak.

“Buffalo Hospital works very closely with Wright County Public Health’s infectious disease staff and has immediate access to resources from the Minnesota Department of Health and the CDC [Centers for Disease Control and Prevention],” says Rachael Lesch, RN, infection control practitioner at Buffalo Hospital.

Doctor visit

—Continued from Page 1

family physicians, expanded specialty physicians' space and added a new procedure room."

Buffalo Clinic constructed a new medical office building that now links the clinic to Buffalo Hospital. "The medical office building allows us to continue growing by adding primary care physicians and making specialty physicians more available and easier to access," says Linda Dircks, clinic administrator. ❖

Diabetes Fair: Improve your Eye-Q

NOV. 4, 5-8 P.M.

Buffalo Hospital Conference Center

Attend this free diabetes health fair and educational session to learn more about diabetes and special eye care needs.

5-6 p.m. Health fair featuring free blood glucose screening, glucose meter checks, nutritional tips and recipes, health displays, blood pressure checks, door prizes, refreshments and more.

6-7 p.m. Improve Your "Eye-Q"

Ophthalmologist Charles Yancey, MD, PhD, will discuss special eye concerns for people with diabetes, signs and symptoms of eye problems, and how to help preserve your vision for a lifetime.

7-8 p.m. Health fair continues

Sponsored by Buffalo Hospital, Cub Foods of Buffalo and West Metro Ophthalmology.

To register, visit www.buffalohospital.org or call 763-682-7121.

Free National Depression Day screening

OCT. 9, 5-8 P.M.

Buffalo Hospital Conference Center

5-6 p.m. Private screening with a licensed psychologist

6-7 p.m. Panel discussion: When Sadness Turns to Depression

7-8 p.m. Private screening with a licensed psychologist

More than 17 million Americans have depression, an illness related to an imbalanced or disrupted brain chemistry. At least 80 percent of those who have depression can be treated successfully. Participate in this free, confidential screening by licensed psychologists to determine your depression score and learn what you can do about it.

The evening also includes an educational panel discussion covering the signs and symptoms of depression, treatment options and what to do if you have a friend or loved one who is depressed. This nationwide program is sponsored by Allina Medical Clinics, Buffalo Family Counseling Center, Buffalo Hospital and Central Minnesota Mental Health Center.

To register, visit www.buffalohospital.org or call 763-682-7121.

HOW TO REACH US

General Information	763-682-1212
Emergency Department	763-682-7190
Urgent Care	763-682-8844
Birth Center	763-682-7140
Cardiac Center	763-682-7174
Rehab Center	763-682-7165
Sleep Center	763-684-3808
Surgical Services	763-682-7191

Area clinics

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

For hospital information and services, visit www.buffalohospital.org.

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