



Buffalo Hospital

Healthy Communities

M A G A Z I N E

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TODAY'S NURSE

BUFFALO HOSPITAL NURSES KNOWN FOR THEIR ART OF CARING

WHEN YOU'RE SICK, nothing brings comfort like a glass of water, a cool cloth on your forehead or a kind word.

These caring touches are some things nurses have always provided at Buffalo Hospital. As the American Nurses Association describes it: The essence of nursing is that nurses combine the art of caring with the science of health care.

THE SCIENCE OF HEALTH CARE

Keeping pace with breakthrough technology changes, nurses today are more educated and skilled than ever before. "The practice of nursing includes the diagnosis and management of a patient's response to their treatment," says Deb Katzenberger, RN, director of patient care at Buffalo Hospital.



Photos: Meredith Johanson

Buffalo Hospital nurses specialize in delivering personalized care, as seen above with Marlys Boris, RN, a Buffalo Hospital nurse caring for John White, a medical/surgical patient from Buffalo.

"Buffalo Hospital has the best nurses I've ever worked with," says Chris Menzies, MD, an obstetrician/gynecologist at Buffalo Clinic. "I'd let any of the Buffalo Hospital nurses deliver my own baby. They have a genuine interest in the patient's care and are incredibly competent." With nearly 1,300 total years of nursing experience at Buffalo Hospital, clinical competence is a given.

Nurses at Buffalo Hospital typically specialize in one area of the hospital and are able to focus their skills and knowledge on that area of expertise. For example, nurses who work in the Birth Center are specially trained in labor, delivery and newborn care. "The Birth Center nurses are very knowledgeable about the latest obstetrical

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Full disclosure

TELL YOUR DOCTOR IF YOU USE HERBAL PRODUCTS

IT'S EASY TO ASSUME that herbal health products are safe because they are "natural"—they come from plants. But such products can actually be harmful.

"Drug-herbal interactions are more common than some people think," says Peter Loes, MD, obstetrician/gynecologist at Allina Medical Clinic–Buffalo. "Herbal products can also cause mild to serious side effects." Ephedra (or ma huang), commonly found in weight-loss products like Metabolife®, can cause high blood pressure, irregular heartbeat, headaches, anxiety problems, even

a heart attack or stroke.

Herbal products can also change the way medications work—they can add to or fight against the desired effect, for example. Herb-drug combinations can also result in mild to serious interactions.

A few examples of herbs and drugs that shouldn't be combined:

- Ginkgo: Don't mix with aspirin, warfarin, ticlopidine, clopidogrel or dipyridamole—drugs that affect blood clotting.
- St. John's wort: Don't mix with an antidepressant.
- Ephedra: Don't mix with a decongestant or stimulant drug, or beverages with caffeine.
- Echinacea or zinc: Don't mix with

corticosteroids or immunosuppressants such as cyclosporine.

A cautionary word about kava. Safety is a concern for users of products that contain kava, according to the National Institutes of Health. People, especially those with a history of liver problems, should talk to their doctors about avoiding kava until safety questions are answered.

"DRUG-HERBAL INTERACTIONS ARE MORE COMMON THAN SOME PEOPLE THINK."

—PETER LOES, MD, ALLINA MEDICAL CLINIC—BUFFALO

TO BE SAFE

"Just like checking with your physician before starting an exercise program, it's important to discuss herbals at your annual physical," says Loes. ♦

Sources: American Academy of Family Physicians; American Medical Association

Today's nurse

—Continued from Page 1

procedures," says Menzies. "Many times a nurse will stay after their shift ends to see a baby delivered because of the close relationship they have developed with the patient."

THE ART OF CARING

"Caring is one of the core beliefs at Buffalo Hospital," says Katzenberger. "Patients expect nurses to have the clinical skills and knowledge to care for their medical condition; they are surprised by the level of personalized care that nurses provide. What patients remember is the kind, compassionate and respectful care they receive."

"The nurses were absolutely

wonderful," says Jill Murphy, from Buffalo, who delivered her daughter, Sarah, at Buffalo Hospital. "The nurses made me feel completely at ease by telling me what was going on and encouraging me all the way. They had a sincere interest in my well-being and made me feel right at home."

"Buffalo Hospital nurses get to know our patients personally," says Katzenberger. Using tools like education, listening and simply being there, nurses help patients and their families respond to health problems, heal and cope with stressful circumstances. "Caring is what gives nurses satisfaction and attracted them to nursing in the first place," says Katzenberger.

"BUFFALO HOSPITAL HAS THE BEST NURSES I'VE EVER WORKED WITH."

—CHRIS MENZIES, MD, BUFFALO CLINIC

A NURSING CAREER

Nursing is the nation's largest health care profession, with more than 2.5 million registered nurses nationwide. As one of the 10 occupations projected to have the largest numbers of new jobs, nursing opportunities are expected to be very good. For information about nursing jobs at Buffalo Hospital or to

learn about a career in nursing, call 763-682-7163 or visit www.buffalohospital.org.

HEAD AND HEART

Indeed, nurses offer a wealth of knowledge and expertise, but the fact remains that their care comes from the heart. ♦

Doing your level best

DO YOU HAVE cholesterol confusion?

It's not surprising if you do. There are good and bad types of cholesterol, and all sorts of abbreviations and numbers involved.

But don't get sidetracked by the details. The important thing to remember is this: Getting your cholesterol measured and, if necessary, working with your doctor to bring levels under control, can have a big impact on your risk of a heart attack and stroke.

The National Cholesterol Education Program (NCEP) says adults should have their cholesterol measured every five years.

What does the test measure?

The NCEP recommends a cholesterol test that measures your levels of LDL (low-density lipoprotein), HDL (high-density lipoprotein), total blood cholesterol and triglycerides.

So what do these terms mean?

LDL, sometimes called "bad" cholesterol, increases the buildup of plaque in arteries and is considered a major cause of heart disease. Bringing your LDL down to healthful levels can reduce your risk for heart disease by as much as 40 percent.

In its most recent guidelines, the NCEP identifies LDL as the primary target of treatment and recommends less than 100 milligrams per deciliter of blood (mg/dl) as the optimal level of LDL. The NCEP categorizes 130 mg/dl to 159 mg/dl as "borderline high," 160 mg/dl to 189 mg/dl as "high" and 190 mg/dl or greater as "very high."

HDL, or "good" cholesterol, clears excess cholesterol from the blood. The higher your HDL, the lower your heart disease risk. NCEP guidelines recommend an HDL level of at least 40 mg/dl.

Total blood cholesterol is an additional measurement that will be part of your "lipoprotein profile." Generally, you want your total cholesterol to be below 200 mg/dl.

Triglycerides are a fat in the blood that may increase heart disease risk when they are too high. A level lower than 150 mg/dl is advised.

WHEN THEY'RE TOO HIGH

If your LDL, total blood cholesterol

The quick lowdown

Keep your cholesterol low by:

- Choosing foods low in saturated fat and cholesterol.
- Being physically active.
- Losing weight if you need to.
- Working with your doctor on a cholesterol-lowering plan.

Source: National Cholesterol Education Program

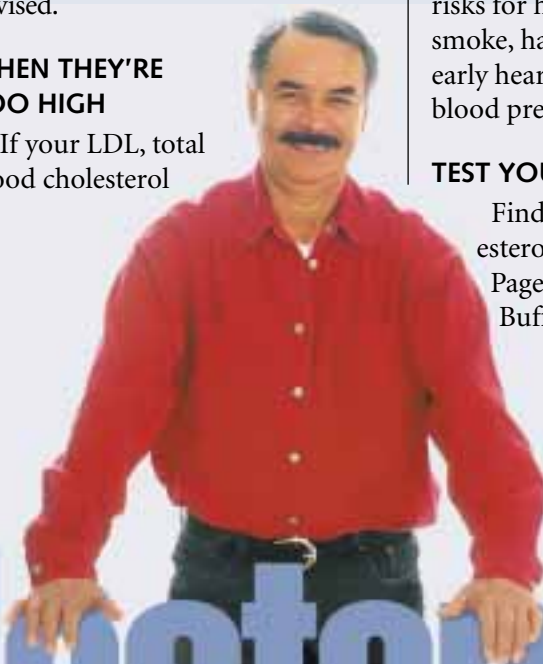
or triglyceride levels are high, your doctor's first advice will likely include more exercise, losing weight, and a diet low in fat and cholesterol.

For those at highest risk of a heart attack, such as those with heart disease, diabetes or a particularly high LDL, a doctor will also likely prescribe cholesterol-lowering medication, along with lifestyle changes.

Your doctor will also want to lower your LDL and may prescribe medication if you have multiple risks for heart disease—if you smoke, have a family history of early heart disease and have high blood pressure.

TEST YOUR CHOLESTEROL

Find out about your cholesterol and risk factors. See Page 8 for details about a Buffalo Hospital screening. ❖



Cholesterol

A photograph of a woman, Ellen Florence, smiling and working in a garden. She is wearing a wide-brimmed straw hat with a floral pattern, a light blue denim jacket over a white top, and blue gardening gloves. She is leaning over a bed of white flowers. The background shows a green lawn and a blurred building.

The next time Ellen Florence is asked her age, she would be entirely justified to respond: “I am 79 years young.” With a face lined more by laughter than by life, Florence easily looks two decades younger than her actual age.

As for her stamina...retired from a full-time career as a mathematics educator, Florence still teaches two courses at a nearby university. Three times a week she heads for the gym to lift weights and work out on the treadmill. An avid reader, she is as comfortable discussing Shakespeare as she is science fiction. And she frequently tackles the *New York Times* crossword puzzle.

Her advice to anyone who wishes to remain vital in late life: “Don’t think about getting older. Just go ahead and do the things that give you pleasure.”

Those who make it their business to seriously study the keys to successful aging would agree. As it turns out, the trick to healthy aging involves far more than inheriting a good set of genes. To a great extent, simple choices—such as

SECRETS TO SUCCESSFUL AGING

maintaining a positive outlook—determine how well we age. “At any stage of your life, but especially as you get older, it’s important to have something to do, someone to love and something to look forward to,” says Glen Deutsch, MD, an internist at Buffalo Clinic.

What follows is an aging well guide of sorts. No matter what your current age, these principles can help ensure a brighter, more lively future.

“At any stage of your life, but especially as you get older, it’s important to have something to do, someone to love and something to look forward to.”

—Glen Deutsch, MD,
Buffalo Clinic

STAY MENTALLY

FIT. “Exercising the mind is just as vital as exercising the body,” says Deutsch. Indeed, in one landmark study of 1,300 older adults, those identified as successful agers actively worked to keep their minds sharp. Many—like Florence—regularly did crossword puzzles or played mentally challenging games such as chess. Others routinely met with friends to discuss the day’s headlines.

DO WHAT YOU ENJOY. If you want to remain young in spirit, it’s not enough to merely keep busy—you’ve got to pursue activities that truly give you pleasure. Whether it’s traveling, volunteering, finding meaningful work or spending time with grandchildren, those who age well pursue activities they find gratifying.

TRY NEW THINGS. Until six months ago, Florence had never used a computer. But with prodding from her children, she purchased one. And now she enthusiastically uses e-mail to stay in touch with her far-flung family and friends.

Once again, she’s on to something: It’s hard not to maintain a youthful outlook when you’re game enough to seek new experiences.

STAY CONNECTED. Research suggests that those who are socially connected actually live longer and are healthier than those who are

isolated. Among other things, companionship and community ties protect against catching colds, depression and suicide.

CHALLENGE YOURSELF

PHYSICALLY. Growing old does not have to mean growing frail. Weight training in particular can reduce your risk of disabling falls and help you stay independent. Check with your doctor before beginning an exercise program, especially if you’ve been sedentary.

MANAGE

EMOTIONS. Concealing anger and harboring negative emotions can accelerate the aging process. Physically and mentally, those with a positive outlook are more apt to age well.

REMEMBER THE BASICS. If you want to be spry enough to enjoy your retirement, you’ve got to take care of yourself—in all the obvious ways. Eat well, watch your weight, be active, don’t smoke and follow your doctor’s advice for checkups and screenings.

LASTLY, LOOK TOWARD THE FUTURE. As Florence says, “It’s been a great ride, and it’s not over yet.” ♦

VOLUNTEERING CAN HELP YOU STAY YOUNG



Photos: Meredith Johanson



Volunteers donate thousands of hours each year at Buffalo Hospital to help others and give back to the community. Pictured above, volunteer Shirley Workcuff (left) from Delano helps Kris Wurtzberger, volunteer services supervisor, put the finishing touches on a gift shop display.

THE GIFT OF GIVING

America has a proud tradition of neighbor helping neighbor, and today this volunteer spirit is needed more than ever before. Every year, volunteers donate thousands of hours at Buffalo Hospital to help others and give back to the community.

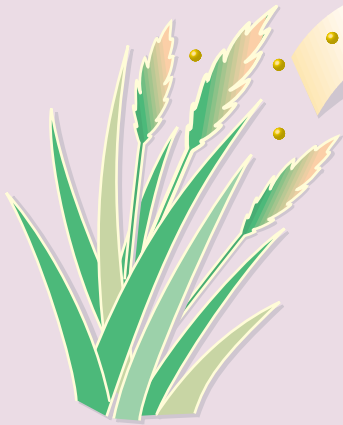
“I like working in the gift shop because it gives me a chance to get out and meet people,” says Shirley Workcuff, a Buffalo Hospital volunteer from Delano who has been serving the hospital for more than 10 years. Many volunteers work in support roles, such as staffing the gift shop, serving meals to patients and greeting visitors at the hospital. Some work in office settings, providing administrative support, reception functions and computer expertise. Some volunteers work independently, creating crafts, while others host hospital tours and visit patients in need of a friendly ear.

“We spend the first third of our life learning, the second third earning and the last third giving back,” says Glen Deutsch, MD, an internist with Buffalo Clinic. To learn more about volunteer opportunities at Buffalo Hospital, call 763-682-7751 or visit www.buffalohospital.org.

THE ALLERGIC REACTION

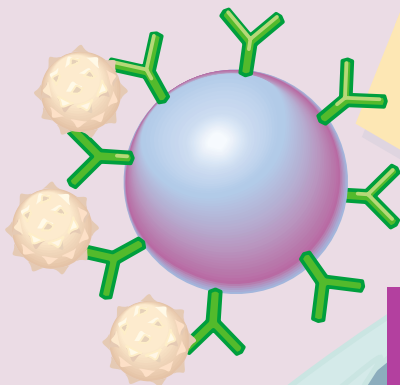
HOW INNOCENT THINGS CAN MAKE US SNEEZE AND WHEEZE

OUR BODIES do a good job of detecting and warding off substances that make us sick. But sometimes our bodies mistake harmless substances for dangerous ones. The immune system, rushing to our defense, triggers a sequence of events that we unaffectionately call an allergic reaction.



1 Harmless substances called allergens enter the body through the nose, mouth or skin.

4 When allergens enter the body again, the mast cells react by releasing potent chemicals such as histamine.



2 The immune system mistakenly detects danger. White blood cells come to the defense, producing Y-shaped proteins called antibodies.

3 The antibodies attach themselves to mast cells, which are found in the skin, nose, lungs and gastrointestinal tract. As many as 500,000 antibodies may collect on a single cell.

5 Histamine triggers allergy symptoms such as runny eyes and nose, itching, sneezing and stuffy sinuses. Symptoms can begin within minutes of exposure to the allergen.

For more information about allergies, visit www.buffalohospital.org and click on "eLibrary."

Sources: American Academy of Allergy, Asthma and Immunology; American Academy of Family Physicians

Common allergens

- Pollen from weeds, grasses and trees.
- Mold and mildew.
- Dust mites.
- Animal dander (dead skin flakes), saliva or urine.
- Insect stings.

Source: American Medical Association

Severe reactions: Get help fast

Severe allergic reactions can make a person's airway swell shut. Seek medical help immediately for anyone with these danger signs:

- Wheezing or difficulty breathing.
- Tightness in the chest and throat.
- Hives, rash or itching.

- Swelling of the face, neck and tongue.
- Vomiting or abdominal pain.

Be prepared. If you have a severe allergy, ask your doctor about what you can do to prepare for an emergency.

Sources: American Academy of Family Physicians; American Medical Association; American Red Cross



GENERAL WELLNESS

HEALTHY HEARTS

To help people with heart problems adjust to new lifestyles, diets and medications. Meets the third Monday monthly, 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 PARTY FOR CHILDREN

Children will learn about hospital procedures, from admitting to discharge, and tour the surgery department. Meets the first and third Tuesdays monthly, 7-8 p.m.

LIVING WELL WITH DIABETES*

Learn to take control of your diabetes and live a healthier life. Classes are held three consecutive Mondays, beginning May 6, 7-9 p.m.

CANCER SUPPORT GROUP

For cancer patients, survivors and caregivers, this group provides guidance on symptom management, financial issues and emotional support. May 13, 7 p.m.

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

QUIT ON YOUR OWN PROGRAM*

A tobacco interventionist helps you develop a self-directed program to quit. Call to schedule.

Buffalo Hospital

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



FREEDOM FROM SMOKING*

A seven-week series to help you quit once and for all. Starts Aug. 12, 7-8:30 p.m.

CPR AND FIRST AID COURSES

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

INFANT AND CHILD CPR AND FIRST AID*

Covers obstructed airways in conscious and unconscious infants and children. Meets child daycare training requirements. May 4, June 1 or Aug. 3, 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. May 18, 8 a.m. to 4:30 p.m.

BASIC LIFE SUPPORT FOR HEALTH CARE PROVIDERS*

This course covers adult, infant and child CPR, including two rescuer techniques and airway obstruction for health care providers. Aug. 5 and 12, 6-10 p.m.

CPR REFRESHER (ALL LEVELS)*

A renewal course covering adult, infant and child CPR. Participants must have a current CPR card. Aug. 14, 6-10 p.m.

BASIC CPR (HEARTSAVER)*

Learn adult, infant and child CPR, along with how to help someone who is choking. May 11, 9 a.m. to 3 p.m.

SPORTS SAFETY TRAINING FOR COACHES*

Coaches will learn how to care for and prevent athletic injuries, along with first aid, and adult and child CPR. Call to schedule.

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 and benefits of exercise. 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, and newborn characteristics. Starts July 11, 7-9 p.m.

CHILDBIRTH REFRESHER SERIES*

This two-week class is designed for those who have attended childbirth courses in the last three years. Starts May 9 or July 11, 7-9 p.m.

FAST TRACK CHILDBIRTH PREPARATION*

This one-day class provides childbirth preparation for those unable to attend weekly evening classes. Mom-to-be should be at least seven months pregnant. June 15 or Aug. 17, 9 a.m. to 4 p.m.

BREASTFEEDING BASICS*

This class will prepare mother and her support person for breastfeeding, trouble shooting, weaning and returning to work. June 13 or Aug. 22, 7-9 p.m.

"WE'RE HAVING A BABY" SIBLING CLASS*

This single-session course prepares children 3 years old and older who are "expecting" a new baby brother or sister. Attend one to two months before the new sibling's arrival. May 14 or July 9, 7-8:30 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. June 6 or Aug. 15, 7-9 p.m.

PREVENTING PRETERM BIRTH*

Women who are at risk for premature delivery will learn about the warning signs of early labor, stress management and how to monitor contractions. Call to schedule.

Fourth annual men's health program

WEDNESDAY, MAY 15, 6-9 P.M.
BUFFALO HOSPITAL

DESIGNED to help men take charge of their health and well-being, the evening includes a variety of health screenings and an educational session on preventive measures men can take to be their best. Health care professionals will be available for questions throughout the evening, and refreshments will be provided. To register, call Buffalo Hospital at 763-682-7121 or log on to www.buffalohospital.org.

HEALTH SCREENINGS

The following screenings are available from 6-7 p.m. and 8-9 p.m.

■ Cholesterol \$15

A non-fasting cholesterol check that measures total cholesterol, HDL and cholesterol/HDL ratio (see article on Page 3).

■ PSA test \$5

High levels of PSA (prostate specific antigen—a protein produced by the prostate) can be an early indicator of prostate cancer or an enlarged prostate.

■ Fecal occult blood test *Free*

The fecal occult blood test screens people older than 50 for colorectal cancer. This screening is offered free to residents of Wright County, thanks to the Community Health Foundation of Wright County's "Do the Wright Screen" campaign.

■ Blood pressure check *Free*

■ Diabetes screen *Free*

PREVENTION JUST FOR MEN

A free educational session from 7-8 p.m., presented by Jimmy Ching, MD, internist/pediatrician at Allina Medical Clinic—Buffalo.

Learn about the warning signs and preventive measures associated with men's health concerns, including prostate problems, cancer, sexual dysfunction and health screening guidelines. ♦

Stroke screening and education for men and women

SATURDAY, MAY 18, 9 A.M. TO NOON, BUFFALO HOSPITAL REHAB CENTER

Stroke, or brain attack, is the third leading cause of death in the United States and the No. 1 cause of adult disability. Yet studies show that many stroke victims wait 12 hours or longer before going to the hospital. To help you identify your stroke risk, Buffalo Hospital is sponsoring a stroke screening and education program.

To register, call Buffalo Hospital at 763-682-7121 or log on to www.buffalohospital.org.

SCREENING

Screening appointments are available from 9-10 a.m. and 11 a.m. to noon.

Cost: \$20

The screening includes a stroke risk assessment; height, weight and blood pressure checks; pulse assessment; and blood test for total cholesterol, HDL, LDL, triglycerides and blood sugar. Health professionals will be on hand for individual counseling to review your risk profile, and discuss ways to lower your risk of stroke.

STROKE AWARENESS AND PREVENTION

A free educational program from 10:15-11 a.m. Learn about the signs and symptoms of stroke, along with prevention plans and how to lower your risk for stroke.

Health displays on stroke symptoms and prevention will be available throughout the program.

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