

spotlight | ON HEALTH+

Finding a caregiver for the entire family

By Deb Paul

After his physician moved out of state, 35-year-old Frank Ayers of St. Cloud saw Amanda Lovold, DO, at CentraCare Clinic – Northway Family Medicine. “She made such a great first impression that I chose to stay with her,” Frank said. Now Nicolette Ufkin (his significant other), their two daughters and his mom also see Dr. Lovold.

Caring for all ages — and following their patients through every stage of their lives — is what draws many to pursue a career in family medicine.

“Ever since I was little I wanted to help people — to make a difference in their lives,” said Dr. Lovold, a St. Cloud native who joined CentraCare Clinic in October 2011. Although Dr. Lovold doesn’t provide obstetrical care, she made a special trip to visit the Ayers family at St. Cloud Hospital when Frank and Nicolette’s youngest daughter, Elyse, was born in October 2013.

“That really showed us how much she cares — for the whole family,” Nicolette said. Since that hospital visit, Dr. Lovold has continued to monitor Elyse’s growth and development. She also sees Nicolette, who suffers from occasional migraines.

“Dr. Lovold is very thorough and shares information on new medications and research. She also knows when I need to see a specialist,” Nicolette said. “I trust her completely for all of our family’s health care needs.”

Grandma Linda Ayers has been impressed with her care, too.

“She has helped me keep my diabetes under control,” Linda said. “She listens to my concerns, explains my options and then we problem solve together.”

Four-year-old Addy likes Dr. Lovold, too. “She’s really nice and gives me lots of stickers.”

“It’s so rewarding to care for the whole family and to really get to know them,” Dr. Lovold added. “That’s what family medicine is all about.”

Find a family medicine provider at centracare.com.



Family Medicine physician Amanda Lovold, DO, is a trusted health resource and care provider for three generations of the Ayers family.

What’s inside?

Protect your loved ones through vaccination

Mental illness — Make It OK

Summer sun safety tips



The best protection is early detection

Schedule your screening mammogram today.

"I've always had such great experiences with the St. Cloud Hospital Breast Center. They are warm, friendly and concerned with how I feel during my exams. It's like having more best friends looking out for my health."

- Robin Ott (shown middle)
breast cancer survivor

Visit centracare.com
for a location near you.

CENTRACARE Health



Give the gift of protection through vaccination

A mother takes her healthy infant to a community gathering where another child, unknown to anyone, is infected with a highly contagious virus. Soon, both children are very ill and have exposed others. Before long, more than a dozen are ill and more than half are hospitalized. While the first child was too young to be vaccinated, the others were not, and their illnesses could have been prevented through vaccination.



This scenario could happen just about anywhere. Whenever parents become complacent about immunizations or fail to understand their importance, vaccine-preventable diseases can gain traction.

"Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death," said Janelle Johnson, MD, pediatrician, CentraCare Clinic. "They not only help protect vaccinated individuals, but also further protect entire communities by preventing and reducing the spread of infectious diseases."

Because of the success of vaccines, parents often are unaware that their children are at risk for serious and life-threatening diseases. Vaccine-preventable diseases still circulate in the United States and around the world, so continued vaccination is necessary.

"In spite of many myths and misconceptions about vaccines, immunization is extremely safe," Dr. Johnson added. "I encourage parents to talk to their child's health care provider about any concerns they might have and to ensure their immunizations are up-to-date."

Choosing the right health care provider

Does your provider:

- Listen well and answer your questions?
- Use terms you can understand and explain things clearly?
- Spend enough time with you?
- Encourage you to take an active part in your care?

A strong partnership with your primary care provider is the key to getting great care, improving your health and reducing costs.

A primary care provider who knows your medical history and understands what's important to you can help coordinate your care, especially if you see multiple specialists or are facing a major health care decision.

For most people, a board-certified family medicine or internal medicine doctor is a good choice for primary care. For children and teens, a board-certified pediatrician is an option. All have knowledge about many common medical problems. Another good option is a physician assistant or a nurse practitioner who can diagnose and treat many basic health problems with a focus on health education, disease prevention and counseling.

Ask your friends or family to recommend a provider or ask a nurse or a provider you've seen before to make a recommendation. In addition, centracare.com has a "Providers" section that includes photos and information on all CentraCare providers as well as a list of those accepting new patients. If you do not have access to the Internet, you may call the clinic and tell the receptionist that you are looking for a new primary care provider.



Christopher Thompson, MD, family medicine, enjoys working with patients of all ages.

CentraCare pharmacies

The Rx for your needs

CentraCare Health's four pharmacies accept most major insurance plans and offer a wide variety of over-the-counter health care items. They also offer a Medication Therapy Management service which is especially beneficial for those who are on multiple medications or being treated for several health problems. Pharmacists work with other health care providers to

manage patient outcomes and provide follow up on patients discharged from the hospital, confirming that they are taking medications correctly.

For a complete list of pharmacy services, visit centracare.com/services/pharmacy/.

Pharmacist Keith Karsky delivers service with a smile at CentraCare Health Plaza.



CentraCare has four convenient pharmacy locations:

St. Cloud Hospital

1406 Sixth Avenue North
St. Cloud, MN 56303
320-255-5670

Monday - Friday:

9 a.m. - 5:30 p.m.

Saturday: 9 a.m. - 3 p.m.

Sunday: Closed

Health Plaza

1900 CentraCare Circle
Suite 1350
St. Cloud, MN 56303
320-229-4904

Monday - Friday:

8 a.m. - 10 p.m.

Saturday: 9 a.m. - 8 p.m.

Sunday & Holidays:
noon - 8 p.m.

Northway

1555 Northway Drive
Suite 150
St. Cloud, MN 56303
320-240-3160

Monday - Friday:

9 a.m. - 5:30 p.m.

Saturday: Closed

Sunday: Closed

Becker

12800 Rolling Ridge Road
Becker, MN 55308
763-261-7008

Monday & Thursday:

9 a.m. - 8 p.m.

Tuesday, Wednesday & Friday:

9 a.m. - 5:30 p.m.

Saturday: Closed

Sunday: Closed



52 million

people in the U.S. over age 12 have used prescription drugs non-medically, and more than half received them from friends or family for free.



1 in 5 teens

in the U.S. say they have used drugs without a prescription, and 62 percent said they did because it was easy to take them from the medicine cabinet at home.

Prescription Drug Safety — At Home

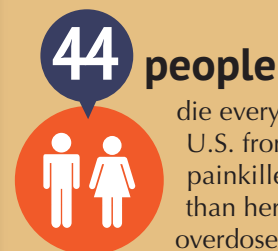
How can I keep medications safe at home?

- Keep all medications, including vitamins, out of reach and out of sight.
- Keep any medications that are “controlled substances” such as narcotic painkillers, stimulants and anti-anxiety medications in a locked cabinet or safe.
- Do not mix different medications in the same container.

Get rid of unwanted, unused, outdated medications safely

- Sort through drugs and over-the-counter medications, vitamins and supplements to determine which are expired and possibly ineffective.
- If you are unsure what is in a bottle, bring it to your pharmacist or health care provider for identification.
- Medication, if not disposed of properly, can lead to accidental ingestion, unlawful misuse or overdose.

To dispose of medications, find a permanent county drop-off site near you by visiting centracare.com/services/pharmacy/.



44 people

die every day in the U.S. from prescription painkillers — more deaths than heroin and cocaine overdoses combined.



Catherine Makowsky focuses on her breathing technique as part of her pulmonary rehabilitation program.

Living well with chronic lung disease

By Kristen Buerman

When Catherine Makowsky's health began to decline quickly, she wasn't sure what could help her. "I've had respiratory problems all my life. I felt completely out of control," recalls Catherine, who was diagnosed with chronic obstructive pulmonary disease (COPD) and asthma in 2013.

COPD refers to a group of lung diseases that block airflow and make breathing difficult. Damage to the lungs from COPD cannot be reversed, but treatment can help control symptoms and minimize further damage.

"I moved into a senior apartment after realizing I needed more help," Catherine said. Through the advice of neighbors and her doctor, Catherine started outpatient pulmonary rehabilitation at St. Cloud Hospital in November 2014.

This group meets twice a week, for eight weeks. Patients with chronic lung diseases, such as bronchitis, emphysema, asthma, bronchiectasis, lung cancer and other lung conditions, work toward individual goals.

Each two-hour class includes a one-hour education segment on how to conserve energy and make everyday tasks easier. "They have some really great speakers and encourage discussion and sharing within the group about how to better manage our disease," Catherine said.

The second one-hour session includes closely monitored aerobic exercise. "That part scared me at first, but they really watch your heart rate, blood pressure and pulse. Because they are so careful, you aren't afraid to exercise."

Outpatient pulmonary rehabilitation helps individuals living with chronic lung conditions to live more comfortably and independently. "Respiratory therapists Jessica and Lisa were so kind and easy to talk to," Catherine said.

For more information about outpatient pulmonary rehabilitation in St. Cloud, visit centracare.com or call 320-251-2700, ext. 54345.

Chlamydia screening recommended for females ages 16-24

Vickie Nash, MD, is passionate about chlamydia screening.

"In my 26 years in practice, one of the toughest conversations I've had is telling a young woman that she is not able to have children due to infertility caused by undiagnosed chlamydia," said the CentraCare Clinic obstetrician and gynecologist.

Chlamydia is the most frequently reported sexually transmitted disease among young people in the United States. In 2013, more than 18,000 chlamydial infections were reported to the Minnesota Department of Health.

To reduce this number, CentraCare Health providers are recommending annual chlamydia screening for all females between the ages of 16 and 24 — even if patients are married or in an otherwise safe relationship.



Once diagnosed, chlamydia easily is treated with antibiotics. Treatment is offered to both the patient and the patient's partner(s).

Facts about chlamydia:

- 80 percent of infected women and 50 percent of infected men have NO SYMPTOMS.
- You can have chlamydia for a long time without knowing it, so testing is important.
- Untreated chlamydia can cause permanent damage to the fallopian tubes, uterus and surrounding tissues. The damage can lead to chronic pelvic pain, infertility and tubal pregnancy.

For more information, visit www.mnchlamydiapartnership.org.

Breath Savers Support Group

Breath Savers is a support group for people with chronic lung diseases such as COPD, asthma, bronchitis, lung cancer and emphysema. This group meets the first Wednesday of each month and includes discussion and presentations on a wide range of relevant topics, providing tips and techniques to help manage the disease.

To learn more, call 320-251-2700, ext. 54345.

'I personally think we had a miracle here'

Colonoscopy detects Sauk Rapids woman's tumor

By Kelsey Sauer

Laurie Gerchy was just 18 years old when her mother died from cancer at age 47.

Today, Laurie thanks God that a routine colonoscopy detected a mass that could have claimed her own life.

"I knew what it felt like to grow up without my mother," Laurie said through tears. "I didn't want my children to live through that experience. I just feel a huge relief and so blessed that it was caught early. I personally think we had a miracle here."

Gastroenterologist Scot Hutton, MD, performed Laurie's colonoscopy at CentraCare Digestive Center, shortly after the Sauk Rapids woman turned 50.

"As soon as I saw Dr. Hutton sitting next to me following my procedure, I knew something was up," Laurie said. "He explained that he had found a mass larger than four centimeters. That was very scary."

Laurie saw Interventional Gastroenterologist Mark Virtue, MD, just a few days later to have the mass checked and removed. She was impressed by both physicians.

"Dr. Hutton called me at night so that we could both sleep better.

He informed me that my final blood work and biopsy were good," Laurie said. "Dr. Hutton and Dr. Virtue went above and beyond. They called to check on me, were great with follow-up and kept me informed. I feel so thankful."

Laurie described her colonoscopy as quick and painless. "Just finding a time on your calendar to schedule it is probably the worst part. They were so helpful and nice at the Digestive Center, offering me warm blankets and always making sure I was comfortable."

Laurie advises others not to hesitate when considering a colonoscopy, especially those with a family history of cancer. "You just wake up and you're all done. Just do it. I now know that my children have to receive preventive colonoscopies, and I'll



Laurie Gerchy feels blessed for the routine colonoscopy that saved her life.

be proactive for them. Thank God we found this before it was cancer — I would be looking at something much more serious otherwise."

Talk to your health care provider to determine if you need a colonoscopy.

Now offering a new non-invasive colorectal cancer screening

Did you know that colorectal cancer is the second leading cause of cancer-related death, but also one of the most treatable cancers if detected early?

CentraCare Health is offering a new screening method for colorectal cancer called Cologuard. This FDA-approved, non-invasive DNA-screening test is easy to complete and can be done in the privacy of your own home. Cologuard looks for altered DNA and blood in stool that can be indicators of cancer or precancers. The Cologuard DNA test is recommended for people age 50 and older. This screening does not replace a colonoscopy, which remains the best method to detect colorectal cancer.

Ask your provider about Cologuard.

Fix your itchin' FROM THE KITCHEN

Treat common health conditions online within 60 minutes 8 a.m. - 9 p.m. daily

\$25 per visit

centracare.com/eclinic



CENTRACARE eClinic



Dorothy and Ben Gorecki (left); Artist rendering of 2015 expansion (above).

Gorecki Guest House: *a home away from home*

By Meghan Dingmann

Home is where the heart is — and for Ben and Dorothy Gorecki of Milaca, that is exactly what defines the Gorecki Guest House.

In 2008, their lead donation helped build the St. Cloud Hospital Gorecki Guest House. Now, seven years later, another generous gift from them is helping to expand the Guest House.

“We enjoy stopping by the house — it feels like home, with the stories of families — that’s so nice and rewarding,” Ben said.

The Guest House, conveniently located across the street from St. Cloud Hospital, welcomes patients and family members who are receiving medical care in the St. Cloud community. It offers a comfortable, homelike atmosphere that allows families the opportunity to stay close to their loved ones.

Two main benefits of the current Gorecki Family expansion are serving more families in need and expanded registration hours. “The best part of this project is that fewer families will be turned away,” Ben said.

In the new addition to the Guest House, Ben and Dorothy will have their family story on display, as a way to share and connect with the guests of the house. “It’s our story from the heart,” Dorothy said.



The Gorecki Family Guest House expansion groundbreaking took place April 20, 2015.

Since opening on June 15, 2009, the Gorecki Guest House has served more than 8,600 guests from 83 counties in Minnesota, and as far away as Canada, England, France, Kenya and Spain.

The Guest House became Dorothy’s home away from home in February 2014

while Ben was hospitalized.

“Even though we only live 30 miles away, it was so nice to be right there if Ben needed me,” she said.

2015 Caduceus Award winner

Congratulations to CentraCare Clinic Obstetrician and Gynecologist David Kroska, MD, who was honored April 29 with the Caduceus Award. This annual award, presented by the Caduceus Society of CentraCare Health Foundation, recognizes the outstanding work of Central Minnesota physicians who exhibit humanitarian medical efforts locally or around the world.



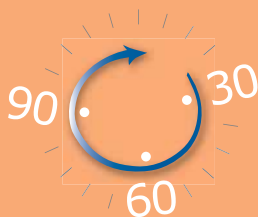
David Kroska, MD

Dr. Kroska has been a physician in the St. Cloud area for 34 years and founded the L.I.F.E. (*Lifestyle, Food & Exercise*) Program in 2006. As a result of his work with the L.I.F.E. Program, he was the 2012 recipient of the Central Minnesota Sustainability Award, among other accolades. Professionally, he has served in numerous leadership positions with CentraCare Health, including chair of the Obstetrics/Gynecology and Perinatal departments.

Dr. Kroska is passionate about community wellness and sustainability efforts. He is a long-time organic gardener and is involved with the Avon Hills Initiative, which focuses on land conservation and renewability.

Employee generosity impacts patient care

More than 2,300 CentraCare Health employees supported the “We are CentraCare” employee campaign this spring, raising more than \$930,000. Contributions will be used to enhance programs and services throughout CentraCare Health. CentraCare employees are dedicated to providing compassionate health care for you, your families and our communities.



CentraCare Employees Give

Learn more at centracare.com/foundation or call 320-240-2810.



Blue Banana Smoothie

8 ounces milk (use your favorite such as fat-free, low-fat, reduced-fat, almond, soy) ½ cup frozen banana slices
 ½ cup frozen blueberries

- ▶ In blender, puree all ingredients until smooth.
- ▶ Serve immediately.

Yield: 1 serving



Nutrition Information Per Serving:

Calories	Fat	Sat. Fat	Trans Fat	Sodium	Carb.	Fiber	Protein
190	1 g.	0 g.	0 g.	105 mg.	38 g.	4 g.	10 g.

Three generations enjoy the comfort of great care

By Peg Churchwell

John Gorka's comfort zone is his kitchen, where he and his family have been feeding folks around Sobieski for years. After developing a leg infection, John found comfort in the Rehabilitation department at CentraCare Health – Long Prairie, where he received wound care treatments to promote full healing and education to prevent future skin breakdown.

Similarly, John's son, David, also found comfort in the Rehabilitation department as he recuperated from several shoulder surgeries. He credits rehab with helping him to gain the movement and strength to go back to work. "It has been 10 years since my first treatment with Ben (physical therapist), and when he sees me out and about, he always asks how I am doing," David said.

David's two daughters, Alicia and Samantha, former certified nurse assistants at CentraCare, also

benefitted from physical therapy while they were pregnant. A physical therapy component for pregnant women helped them maintain a good activity level, provided education to improve delivery by staying healthy, developed core strength and assisted with pain relief through low back massage and muscle work.

For Samantha, that comfort has been needed a little too often as she also needed rehab after she broke her ankle playing volleyball, a broken back following a fall from a horse and later, with occupational therapy, to help her recover movement after being diagnosed with Bell's Palsy. Even though Samantha admits to being scared at times, she knows the rehab team will do what it takes to help her recover.

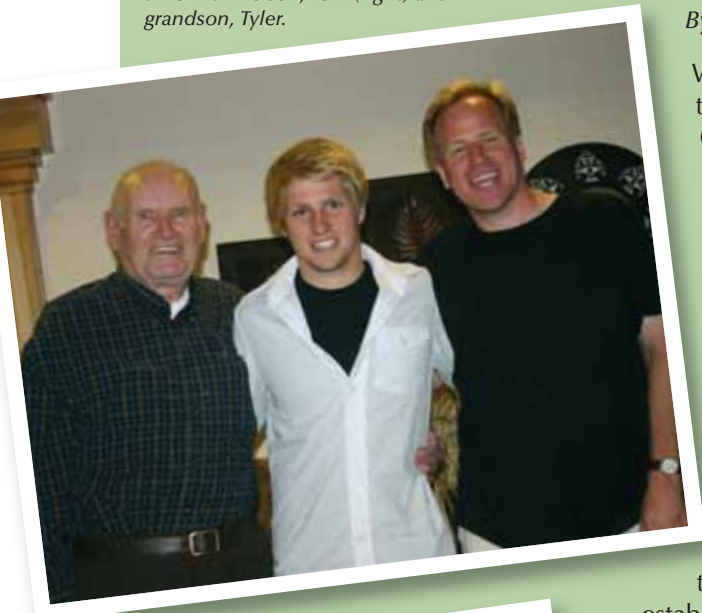


(From left:) John; David holding granddaughter Amelia; Samantha and daughter, Karsen; and Alicia holding son, Braxton, as they sit on the bench that John placed in memory of wife, Joyce.

Summing up the family's relationship with CentraCare, John stated, "They have treated us very, very well."

Family appreciates variety of services at CentraCare Health

Charles Velin (left) enjoys spending time with his son, Tom (right) and grandson, Tyler.



By DuDonne Andrie

When Charles Velin decided to move into Stearns Place, CentraCare Health – Paynesville’s senior apartments, his son, Tom, noted the benefit of Stearns Place being connected to a clinic, hospital, specialty services and long-term care facility. “It was wonderful that Dad was able to walk in comfort to his clinic appointments during the bitter cold temperatures,” Tom said.

When Charles needed a colonoscopy, he took advantage of CentraCare Health – Paynesville’s Same Day Services on the main campus. His cancer diagnosis took the Velin family to St. Cloud Hospital and into the care of Interventional Gastroenterologist Mark Virtue, MD, and Medical Oncologist Hilary Ufearo, MBBS. “Their bedside manners and kind approaches in explaining all the options to my dad and our family were phenomenal,” Tom said. “They answered all of our questions so we could make informed decisions. Employees worked together to coordinate several appointments into the same day, making less travel for my dad.”

Charles quickly adapted to his new home and established care with “fellow fisherman” Heather Swanson, MD, who practices at the Paynesville and Richmond clinics.

Following radiation therapy, Charles had some side effects that necessitated hospitalization and he is now continuing his care in Paynesville’s Koronis Manor Care Center. “My dad has said over and over he wishes to remain in Paynesville where he knows those who are caring for him,” Tom said. “I can’t express enough gratitude to the staff who has gone above and beyond. Our family has never experienced such a warm and caring environment which offers so many services.”

Tom appreciated that the nursing staff at Stearns Place kept Dr. Swanson updated on Charles’ condition and coordinated his appointments and prescriptions. “When Dr. Swanson ordered physical therapy, there were no frequent trips to another facility, just a convenient walk down to the rehab department,” Tom said.



Residents enjoy quiet moments in the garden at Stearns Place in Paynesville.

Chateau Waters’ model showroom is *home reimaged*

Though construction just began this spring on Chateau Waters — St. Benedict’s Senior Community’s distinctive new apartment homes in Sartell — the community’s model showroom now offers visitors an exciting first glimpse of “home reimaged.”

Showroom visitors can experience firsthand how Chateau Waters’ exquisitely designed apartment homes will provide the latest in health, relaxation, fitness and comfort.

Everything from upscale kitchen countertops and cabinetry to luxury designer bathroom

features will be on display during the walk-through. View the numerous floor plans and options available to customize your senior living experience. Plus, get a peek at Chateau Waters’ incredible array of indoor/outdoor amenities — including its state-of-the-art wellness center, club room, grilling area, pickleball court and more.



Chateau Waters’ cozy common areas provide a lush setting to relax and socialize.

For those seeking senior living at its finest, this model showroom tour provides a unique opportunity to see how Chateau Waters plans to deliver the balanced, distinguished lifestyle you deserve.

To set up a personal showroom tour, call 320-654-2352. Be sure to look for Chateau Waters’ grand opening in the summer of 2016!

Chateau
WATERS™

The sweet sound of success

By Ann Weismann

With eclectic taste in music, Claudette Ansberry, 55, of Milaca, is drawn to emotional lyrics and inventive melodies, like those of singer-songwriter Howie Day. She and her daughter, Allison, attended his concert last August. The songs moved her to tears and generated goose bumps, but the evening also brought on unexpected emotions.

Soon after Day took the stage, Claudette coughed and Allison looked at her mother with concern. "Mom, is everything OK?"

"Yes, I'm OK, nothing happened," Claudette said. After some time, Allison persisted, "Mom, do you need to use the bathroom?" "No," Claudette repeated, "I'm fine." In fact, Claudette, buoyed by the music, setting and company thought, "This is what it's like to feel normal again!"

Claudette's trouble began in 2004 due to stress incontinence, the unintentional loss of urine that occurs with age, childbirth and pelvic surgery. To solve the problem, a surgeon placed a synthetic mesh sling to support the urethra, the tube that carries urine from the bladder.

The fix worked for years, but then the incontinence returned, along with bleeding and spotting. "It was embarrassing," Claudette said. "I no longer wanted to attend get-togethers." Desperate for answers, Claudette was referred to Andrew Windsperger, MD, CentraCare Clinic – Adult & Pediatric Urology, one of a few doctors in Minnesota who specializes in transvaginal mesh complications and other urology-related procedures involving complex reconstruction.

After a thorough examination, Dr. Windsperger recommended removal of the old sling and the creation of a new sling using Claudette's own abdominal tissue, reducing the chance of complications

or the body rejecting the tissue. "For the first time in a long time I felt hopeful," Claudette said. "I didn't have to live like this for the rest of my life."

After surgery last summer, Claudette made a full recovery. She encourages other women to put aside their embarrassment and look into their options. "Dr. Windsperger put me completely at ease," she said.

For Dr. Windsperger, it was quality-of-life procedures that drew him to urology. "Helping to improve or

treat embarrassing conditions is one of the greatest rewards of our specialty."

For more information about CentraCare Clinic – Adult & Pediatric Urology, call 320-259-1411.



Claudette Ansberry reflects on some of her favorite concerts and her experience with stress incontinence.



Talking about mental illnesses can be difficult. Here are some tips:



- "Thanks for opening up to me."
- "How can I help?"
- "I'm sorry to hear that. It must be tough."
- "I'm here for you when you need me."
- "I can't imagine what you're going through."
- "People do get better."



- "It could be worse."
- "Snap out of it."
- "Everyone feels that way sometimes."
- "We've all been there."
- "You've got to pull yourself together."
- "Oh man, that sucks."

Make It OK.org



calendar OF EVENTS



Men's Health Night at the Rox

CentraCare Clinic – Adult & Pediatric Urology is teaming up with the St. Cloud Rox **July 16** at Joe Faber Field, 5001 Veterans Drive, St. Cloud, for an evening of baseball and men's health information. One lucky guy will win a grill. Game time is 7:05 p.m. To purchase tickets, visit stcloudrox.com or call 320-240-9798.

Long Prairie Golf Scramble

Join us **July 21** for the CentraCare Health – Long Prairie Golf Scramble at the Long Prairie Country Club. Shotgun start at 10 a.m., 18 holes, dinner to follow. For more information, call 320-732-7337.

Rise Above Seizures Walk

Join us at 9 a.m. **Aug. 1** at Lake George for the largest fundraising/awareness event in Minnesota and North Dakota to benefit people with seizures. Sponsored in part by CentraCare Clinic and the Epilepsy Foundation. For details, visit epilepsyfoundationmn.org.

The Wonders of Speech Therapy

Learn about the many services offered to children and adults through speech therapy. Tiffany Breitbach, speech-language pathologist, will present from noon to 1 p.m., **Aug. 4** at CentraCare Health – Paynesville, 200 W. 1st St., Blakely Room (enter door #19). Program is free, no RSVP necessary, lunch provided. For details, call 320-243-7903.

Melrose in Motion Color 5K

Join us for the Melrose in Motion Color 5K Run/Walk held at 5:30 p.m. **Aug. 12** at CentraCare Health – Melrose. To learn more and to register, call 320-256-4231, ext. 24291.

Ah nuts! Food allergies

Registered Dietitian Katie Krebs, St. Cloud Hospital, will discuss symptoms, risk factors, diagnosis and treatment of food allergies from 6:30-8:30 p.m. **Aug. 13** in the Windfeldt Room, CentraCare Health Plaza, St. Cloud. Free. Preregistration required at centracare.com. For details, call St. Cloud Hospital Women & Children's Center at 320-656-7021.

Expo for Seniors

Learn about senior services at this free event from 7:30 a.m. to 12:45 p.m. **Aug. 15** at River's Edge Convention Center, St. Cloud. Visit more than 100 senior-related booths showcasing products and services in health care, housing, finance and fitness. Keynote speaker is Minnesota Attorney General Lori Swanson. For more information, call 800-333-2433 or visit expoforseniors.com.

Eat great, feel great!

Register for the L.I.F.E. (*Lifestyle, Food & Exercise*) Program with David Kroska, MD, focusing on wellness and primary disease prevention. The next nine-session program runs Tuesday evenings, **Sept. 8-Nov. 3**. Please register by Sept. 1. To register or learn more about the L.I.F.E. Program, call 320-654-3630, ext. 70291, or visit centracare.com.

Annual Alzheimer's Seminar

The 2015 Jake and Mary Essen Annual Alzheimer's Education seminar is at 9 a.m. **Sept. 9** in the Bonn Great Room at St. Benedict's Senior Community. Speakers will provide information on available community resources, medications and intervention and resolutions for elder abuse. Free. Call 320-255-5642 to register.

DIET FREE Program

Lose weight or improve your cholesterol, blood sugar, blood pressure or overall health by participating in this DVD-based program from 7-8 a.m. Wednesdays, **Sept. 9-Nov. 4** at St. Cloud Hospital. Videos of best-selling author Zonya Foco, RD, and experts from CentraCare Heart & Vascular Center will help you accomplish your goals. Registration and \$100 payment deadline is Aug. 19. For details, call 320-251-2700, ext. 57449. Watch a six-minute introductory video at dietfree.com.

Concussion Game Plan

Karla Fleming, concussion specialist and speech-language pathologist, will help you prevent, recognize and respond to concussions and other

brain injuries from 6:30-8 p.m. **Sept. 10** in the Windfeldt Room, CentraCare Health Plaza, St. Cloud. Free. Preregistration required at centracare.com. Sponsored by St. Cloud Hospital Women & Children's Center, Center for Neurosciences and Rehabilitation Center. For details, call 320-656-7021.

Melrose Harvest Celebration

Join us **Sept. 19** at the Freeport Community Center for a meal, raffle and entertainment by The Chad Edwards Band. This annual event raises money to improve health and health care in Melrose. For event information, contact Julie Baum at 320-256-1807 or baumj@centracare.com.

Sneakers & Wheels

Run, walk or roll at Sneakers & Wheels, an all-abilities event to promote health and wellness in kids and teens at 9 a.m. **Sept. 26** at CentraCare Health Plaza, St. Cloud. Event includes 50m, 100m, 1K, 1 mile and 5K options. Cost is \$5 per child. For details, call 320-229-5199, ext. 71435 or email thompsonc@centracare.com.

Don't Let Diabetes Control You

Join a certified diabetes educator to get tips for preventing or living with diabetes from noon to 1 p.m. **Sept. 30** at CentraCare Health – Paynesville, 200 W. 1st St., Blakely Room (enter door #19). Program is free, no RSVP necessary, lunch provided. For details, call 320-243-7903.

Sauk Centre Benefit Concert

Enjoy the "Best of American Bandstand" show featuring Justin Ploof and The Throwbacks **Oct. 10** at ElmerZ, Sauk Centre. Proceeds benefit CentraCare Health – Sauk Centre. For more information, call 320-352-2221.

Sauk Centre Area Wellness Event

Join us at the Aging with Attitude Expo **Oct. 16** at Sauk Centre High School. You can visit booths, receive door prizes and enjoy presentations throughout the day. Free. For details or to register, call 866-352-3350.

A walk to remember

A morning stroll leads to life-saving cardiac intervention

By Heather Eidem

Janet Klassen and her daughter, Hannah Berns, were enjoying their daily walk on a brisk March morning when Janet suddenly felt a pain in her chest and back. After walking two blocks, the athletic Janet felt winded and had to take a break. When they returned home, Hannah, a registered nurse in the Neonatal Intensive Care Unit at St. Cloud Hospital, insisted her mom head to the emergency room. Janet initially refused, saying she had felt these symptoms in the past and they would go away. She eventually agreed and went to the emergency room at CentraCare Health – Monticello.

“When I arrived they monitored me right away,” Janet said. “The nurses were great.”



Janet Klassen (right) is back to enjoying walks with her daughter, Hannah, after her heart procedure.

“After reviewing Janet’s blood work, I was concerned about her cardiac condition,” said Mohammed Hussain, MD, emergency medicine physician at CentraCare Health – Monticello. “I consulted with Dr. Thom Dahle, a cardiologist from the CentraCare Heart & Vascular Center, and explained to Janet that our plan was to get her to a cardiac cath lab to clear two blockages in her coronary arteries.”

Dr. Dahle met Janet, who traveled by ambulance, at St. Cloud Hospital where she received two stents. Janet returned home the next day.

“Working together allows us to quickly diagnose, transfer and treat cardiac patients like Janet,” Dr. Dahle said.

Today, Janet is back to enjoying walks with her daughter and is grateful for coordinated cardiology care close to home. “I am feeling great today because of the emergency cardiology care I received at CentraCare Health – Monticello and St. Cloud Hospital.”

CentraCare Heart & Vascular Center at St. Cloud Hospital

As a Top 50 Heart Hospital, CentraCare Heart & Vascular Center is a comprehensive heart center dedicated to the prevention, discovery and management of heart disease. It offers a full range of heart services and is one of the few sites in Minnesota with a heart research program. **For more information, call 320-656-7020 or visit centracare.com.**



Check out our blog!

“For the Health of It” is our new blog with content dedicated to a variety of health and wellness topics. **Take a look by visiting centracare.com.**



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Summer 2015



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Protect yourself from the sun this summer

Many of us enjoy getting a little sun. The warmth and light is relaxing and can boost our spirits as well as our Vitamin D level. However, the benefits come with risks if you're not cautious. Each year more than 3.5 million cases of skin cancer are diagnosed in the United States.

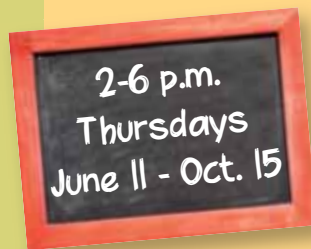
Practice safe sun exposure by following these rules:

- **Seek the shade between 10 a.m. and 4 p.m.** This is when the sun's rays are strongest. Find a tree or carry an umbrella.
- **Cover up.** Wear clothing, a sun hat and UV-blocking sunglasses for extra protection.
- **Wear sunscreen.** Use SPF of 30 or higher. Apply generously to your entire body 30 minutes before going outside.
- **Reapply sunscreen every two hours.**
- **Look for "broad spectrum" or "multi-spectrum" on the label.** This indicates the sunscreen guards against UVA and UVB rays, which can damage your skin in different ways.
- **Keep infants out of direct sunlight.** Babies are especially susceptible to the sun's damaging effects. Make sure they are covered up with clothing, hats/bonnets and umbrellas.
- **Examine your skin once every month.** In a full-length mirror, check your skin head-to-toe. Look for any skin changes. See your health care provider every year for a professional skin cancer exam. Ask your children's provider to examine their skin at annual check-ups.



CentraCare Health Plaza River East parking lot

Please join us for a weekly community celebration at the CentraCare Health Family Farmers Market. We'll bring together a unique collection of local producers from Sartell's Market Monday and knowledgeable health care professionals to help you and your family make healthier, more sustainable consumption choices — all you have to do is **enjoy**.



Hosted by CentraCare Health • Operated by Market Monday

Visit centracare.com for more details.

Market Monday

Get to know your community vendors by attending Market Monday from 3-6:30 p.m. Mondays, through Oct. 19 at Sartell City Hall, 125 Pinecone Road N. **For more information, visit marketmonday.org.**

