

spotlight | ON HEALTH+

Patient schedulers ease anxiety after cancer diagnosis

In a word, they are 'reassuring'

By Holly Dill

"I was scared to death — I didn't know what to do," Randy Johannes said of the day his doctor uttered the word "cancer."

It was November 2011 when the Cold Spring man was diagnosed with tonsil cancer. He began radiation treatment in winter and quickly realized that having the right people caring for and about him could make a big difference. "The Coborn Cancer Center staff made me feel very comfortable," Randy said.

"We are here to help patients through this," said Denell Kruse, patient service assistant with Radiation Oncology at the Coborn Cancer Center, St. Cloud. Denell schedules radiation patient consults and referrals. "We often see patients daily during their treatment," said Denell. "They become our friends — our family — we really get to know the patients."

Coborn Cancer Center understands that all staff members influence the experiences of patients and their families. Denell helps place the patient and family in the center of care.

Randy said, "I look forward to going to the Coborn Cancer Center,

even knowing what radiation does to my body, because of Denell's positive approach. She made me feel my life is worth saving."

Another person who Denell impacted was Deb Bjornberg. Deb completed chemotherapy for breast cancer in Willmar. She then needed to begin radiation, but her local oncologist was retiring. "I considered going to Mayo Clinic, but when I heard Coborn Cancer Center was part of the Mayo Clinic Cancer Care Network I knew I would receive high-quality care," Deb said. Through the network, Coborn physicians can access Mayo Clinic expertise when needed, so that whenever possible patients can continue to receive their care close to home. Now she gets all of her cancer care at the Coborn Cancer Center.

"They were very friendly, accommodating and professional," Deb said. "If someone was made for a position, it was Denell — she is sincere, trusting and understanding. She made me feel normal and gave me her undivided attention."



Tracy Rothstein (left) and Denell Kruse work together to make a smooth radiation treatment process for patients at the Coborn Cancer Center.

International travelers can get required immunizations *locally*

By Deb Paul

Although most people don't like to get shots, when they are required for traveling, more people accept them as a necessity.

Central Minnesotans who are planning international travel now can get required immunizations, pre-travel counseling, water/food safety education and other health-related traveling tips locally.

The Family Medicine Clinic at CentraCare Health Plaza, 1900 CentraCare Circle in St. Cloud, has been certified as an International Travel Medicine Clinic by the Minnesota Department of Health.

"As the only certified provider of the Yellow Fever immunization in the area, we can provide this required immunization for people traveling to areas such as Africa and Central America," said Daniel Smith, MD, a CentraCare Clinic family medicine

physician who has special interest and experience in international medicine.

Although studies have shown that most people visiting other countries do not seek pre-travel health advice, people need to understand the health risks that traveling internationally may pose and be actively involved in preparing for a safe trip.

Gathering destination information

Travelers should learn as many details as possible about their travel destinations, modes of travel, lodging, food and activities during their trip. These details help the travel health provider tailor his or her advice in regard to immunizations, disease prevention, and other health advice.

Travelers can visit the Centers for Disease Control and Prevention (CDC) Travelers' Health Web site www.cdc.gov/travel for the latest health information for international destinations, which includes disease

outbreaks, natural disasters and other events with health-related concerns.



Daniel Smith, MD, is a family medicine physician who has special interest and experience in international medicine. He provides pre-travel counseling and education to international travelers.

Traveling with medications

The patient's name and dose regimen should be clearly labeled on the original prescription container. Ports of entry officials may require proper identification of medications.

Travelers should carry copies of all prescriptions, including their generic names. For controlled substances and injectable medications, travelers should carry a note from the prescribing physician on letterhead

stationery. Certain medications are not permitted in certain countries. If there is a question about these restrictions, particularly with controlled substances, travelers should

contact the embassy or consulate of the destination country.

Travel eating tips:

- Avoid eating "street" fruit and vegetables
- Drink bottled water only
- Eat thoroughly cooked foods
- Replace lost fluids with electrolyte drinks

Anyone requiring pre-travel immunizations should call CentraCare Clinic at (320) 229-4917 to schedule an appointment. Many travel-related immunizations are needed at least 30 days before traveling.

Important contact information

Travelers should carry a contact card with the addresses and phone numbers of the following:

- Family member or close contact remaining in the United States
- Lodging at destination
- Health care provider(s) at home
- Medical insurance information
- Travel insurance and medical evacuation insurance information
- Area hospitals or clinics, including emergency services
- U.S. embassy or consulate in the destination country or countries

Travelers also should leave a copy of this contact card with a family member or close contact who will remain in the United States in case of an emergency.

Transitions coach helps patients return home, stay there

By Andra Van Kempen

Medication instructions — which one to take, when and how much — can be confusing. When you are being discharged from the hospital and not feeling your best, it can be overwhelming.

St. Cloud Hospital Transitions Coach Mary Eisenschenk, RN, BSN, provides information and guidance to patients to help them better understand their health conditions so they can live independently and safely at home.

The transitions coach helps empower patients to use the tools and education they were given during their stay at St. Cloud Hospital to manage their medications, diet and fluid intake. Mary helps them recognize signs of declining health so they call a doctor, or another member of their health care team, before they are in crisis. She also stresses the importance of keeping clinic appointments — and helps patients set personal goals, which provide motivation. The coach visits patients in the hospital before they are discharged, makes follow-up home visits and phone calls for 30 days after discharge.



Transition coach, Mary Eisenschenk, RN, BSN, helps St. Cloud Hospital patients transition from the hospital to home, helping to avoid readmission.

rate for patients with heart failure, by focusing on the patients' transition from hospital to home. For patients who received a transitions coach visit, readmission rates decreased by 15 percent. St. Cloud Hospital plans to offer this program to all heart failure, chronic obstructive pulmonary disease

(COPD) and pneumonia patients at high risk for readmission. For more information, call (320) 251-2700, ext. 28827. This service is provided by St. Cloud Hospital at no additional cost to the patient. The pilot program was made possible by a grant through the CentraCare Health Foundation.

"I don't tell the patient what to do. I help them help themselves."

— Mary Eisenschenk, RN

Educating Minnesota's communities about the emergency room

Navigating the emergency room and knowing when to use it can be confusing for many people. It is important to know when to visit the emergency room or if it is better to visit a clinic or urgent care.

To help, **ECHO** (*Emergency, Community, Health, and Outreach*) has collaborated with St. Cloud Hospital, CentraCare Health Foundation and Medica Foundation to create a short six- to eight-minute video, **"Understanding the Emergency Room,"** available in English, Hmong, Somali and Spanish. These videos are available online at echominnesota.org/library/understanding-emergency-room.

Viewers will learn when to use the emergency room, how the emergency room works and where to go when a medical problem occurs. To request a free copy, e-mail olson@echominnesota.org.

Emergency Room

Urgent Care

Clinic

St. Cloud Hospital nationally recognized

St. Cloud Hospital has earned The Joint Commission's Gold Seal of Approval™ for Disease-Specific Care Certification in Total Hip and Total Knee Replacement Surgery by demonstrating compliance with The Joint Commission's national standards for health care quality and safety.

The St. Cloud Hospital Total Hip and Total Knee Replacement Program includes:

- Specialty trained staff and doctors;
- Multidisciplinary team;
- Quality indicators which meet national benchmarks;
- A high-volume center with more than 1,200 hip and knee replacements annually.



For more information about the St. Cloud Hospital Bone & Joint Center, visit www.centracare.com or call (320) 255-5606.



Internal Medicine physician Camelia Florea, MD, visits with a patient who is very happy about Dr. Florea's recent return to CentraCare Clinic – Health Plaza. CentraCare Clinic is accepting new patients in Internal Medicine and Family Medicine.

Hand washing: *The #1 defense against illness*

By Andra Van Kempen

Three to five times every waking minute, people touch their faces. That's significant because nearly 80 percent of infectious diseases are transmitted by touch — and infectious illnesses such as influenza kill more than 50,000 people annually. Many more get sick.

Think about how many times each day your hand touches a door handle or hand railing — and then your face, potentially transferring germs.

Your best line of defense, according to the Centers for Disease Control and Prevention (CDC), is routinely washing with good old-fashioned soap and water. In one study, subjects who washed their hands with soap and water more than seven times a day reduced their risk of getting a cold or flu by 75 percent compared to those who washed less often.

Antibiotic soap is not required. A University of Oregon study found that regular soaps are just as effective as consumer-grade antibacterial soaps in removing bacteria and preventing illness. Antibacterial soaps actually may interfere with or destroy some of your beneficial germs and, over the long term, lead to antibiotic resistance.

While you may be inclined to raise your child in a bubble, exposure to germs is thought to help strengthen the immune system and protect children from developing allergies and asthma, according to a study published in *Science* magazine.



HOW TO WASH:

- Use warm water and soap, lathering all over the hands, in between the fingers, under the nails and up the wrists.
- Take at least 20 seconds — or the time it takes to sing the Happy Birthday song twice — to wash, rubbing the hands vigorously together before rinsing.
- Dry hands thoroughly with a clean towel or paper towel. Damp hands spread twice as many germs as dry hands.

Don't worry about bacteria that might remain on the soap from a previous user. It washes away quickly with the lather.

Need a doctor?

Successful recruitment in family medicine, internal medicine and pediatrics brings new physicians to area

By Deb Paul

Because of the great demand for internal medicine physicians throughout the country, Tiffany Rickbeil, MD, CentraCare Clinic – River Campus, could have chosen to work almost anywhere. She chose St. Cloud because of the ability to care for her patients in both the clinic and hospital if needed, the quality of life Central Minnesota offers and to be near family.



Tiffany Rickbeil, MD

“We are thrilled with the quality of education and the sports and outdoor opportunities for our young son. It also was important for me that my children grew up near their grandparents and other family members,” Dr. Rickbeil said.

CentraCare has several internal medicine and family medicine physicians who are accepting new patients. Internal medicine physicians focus on the prevention and treatment of adult diseases. Family medicine physicians provide primary care to all ages.

“I think every patient needs a primary care doctor who sees the big picture and helps them make the best decisions,” Dr. Rickbeil added.

If you, or someone you know, is looking for a primary care physician, contact one of these clinic locations:

Internal Medicine (adults only):
Health Plaza or River Campus – St. Cloud
 (320) 252-5131, ext. 52962

Pediatrics (children only):
St. Cloud (320) 654-3610

Family Medicine sites:

Becker	(763) 261-7000
Big Lake	(763) 263-7300
Eagle Bend	(218) 738-2804
Health Plaza – St. Cloud	(320) 229-4917
Heartland – St. Cloud	(320) 240-3114
Long Prairie	(320) 732-2131
Melrose	(320) 256-4228
Mid-Minnesota	(320) 240-3157
Family Medicine Center – St. Cloud	
St. Joseph	(320) 363-7765
Sauk Centre	(320) 352-6591

For more information on individual providers, visit www.centracare.com.

Know your numbers

By Andra Van Kempen

If your New Year's resolution is to be healthier, it is a good idea to find the baseline of your overall health. Routine annual screenings can help to detect underlying health conditions and disease.

- **Cholesterol** is a fat-like substance made by your body to make cell membranes and hormones. When

<200

TOTAL CHOLESTEROL

cholesterol is high, your risk for heart disease increases.

The desired level is <200 mg/dl*.

- **HDL** (high-density lipoprotein — good cholesterol) is believed to carry cholesterol away from your arteries and therefore lower your risk for heart disease.

>60

HDL CHOLESTEROL

Low HDL puts you at a higher risk for heart disease. You are at lowest risk with an HDL of >60 mg/dl.

- **LDL** (low-density lipoprotein — bad cholesterol) carries about 60-80% of the cholesterol in your blood. High levels of LDL can slowly build up on the walls of your arteries,

<100

LDL CHOLESTEROL

causing them to harden and narrow. Over time, your heart cannot get

enough blood to stay healthy. This is a condition called atherosclerosis. The desired LDL level is <100 mg/dl.

- **Triglycerides** are the most common type of fat in the body. They come from food and our bodies produce them. Many people who have heart disease or diabetes have high fasting triglycerides.

<150

TRIGLYCERIDES

The desired level is 50-150 mg/dl.

- **Glucose** — Fasting blood sugar is used to screen or monitor how well your body is processing sugar. Diabetes is a common disease in

Practice an 'attitude of gratitude' and gain a lifetime of health benefits

By Andra Van Kempen

So you want to make a positive change in 2013. Look no further than your attitude. An "attitude of gratitude" has been shown to have many benefits. Expressing gratitude was associated with significantly greater happiness, optimism, satisfaction with life and progress toward meeting life goals, according to numerous studies. Thankful people were more likely than others to report feeling loved and less likely to report stress and depression.

Grateful people tend to exercise more, sleep better, have fewer headaches, higher levels of energy and heightened immunity. A study of heart attack patients found that those who saw benefits and gains from the first attack were less likely than others to have a second attack.

Set aside some time every day for recording a certain number of things you are thankful for. It's important to write regularly — first thing in the morning, right after dinner or just before bedtime. Don't look just for the big events, but the little things that you're most likely to overlook or take for granted.

Simply put, count your blessings and you will reap emotional and physical rewards.

which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other foods into energy needed for daily life.

Fasting Blood Glucose:

Normal level: 70-100 mg/dl
Pre-diabetes: 100-125 mg/dl
Diabetes: 126 mg/dl or greater

- **Thyroid Stimulating Hormone (TSH)** — The TSH test is used for evaluating thyroid function and/or symptoms of hyperthyroidism or hypothyroidism. A high TSH result often means an underactive thyroid gland that is not responding adequately to the stimulation of TSH. A low TSH result can indicate an overactive thyroid gland (hyperthyroidism) or excessive amounts of thyroid medication in those who are being treated for a thyroid disorder. Average range is 0.47-5.00.

To learn more about individual tests, visit www.labtestsonline.org.

*mg/dl (milligrams/deciliter)

CentraCare Laboratory Services can perform these tests without a doctor's referral. These Direct Access Testing services are available at CentraCare Laboratory Services from 7 a.m. to 5 p.m. Monday-Friday at CentraCare Health Plaza and from 7 a.m. to 7 p.m. Monday-Friday at St. Cloud Hospital. For details, call (320) 251-2700, ext. 55999. Visit centracare.com and search "Direct Access Testing."

What you can do if your numbers are not within normal limits:

1. **Make an appointment with your doctor.** Additional tests may be necessary for accurate diagnosis.
2. **Watch your diet.** A 10 percent reduction in cholesterol numbers may reduce your risk of heart disease by 30 percent.
3. **Manage your daily stress.** Stress can adversely impact your health.
4. **Increase physical activity.** Studies show that exercising 30 minutes a day, five times a week, can have lifetime benefits.

What are you thankful for?

Count your blessings

Attitude of gratitude

Diagnosing and monitoring asthma just got easier

New test helps to determine effectiveness of medication

By Deb Paul

It is a fact. Humans produce gas, and for treating asthma, that's a good thing.

Nitric oxide gas is naturally produced in human airways and is detectable in the exhaled breath. Measuring the level of nitric oxide in our breath can help doctors with the diagnosis and management of asthma and other lung diseases. Exhaled nitric oxide levels will be high in many patients with untreated or poorly managed asthma and will decrease when asthma therapy is started and asthma is controlled.

A new test called fractional exhaled nitric oxide (FeNO) can help to determine how well inhaled anti-inflammatory medications (such as steroid inhalers) are working.



Asthma educator Kevin May, LPN, uses FeNO testing to monitor 17-year-old Cedar Larson's asthma. This test helps to determine how well inhaled anti-inflammatory medications (such as steroid inhalers) are working. The FeNO tester is pictured on the left.



Stephen Leslie, MD

"This simple test provides additional assistance in diagnosing and monitoring patients with asthma," said Stephen Leslie, MD, adult and pediatric allergy and asthma specialist with CentraCare Clinic.

"It also can help us to determine appropriate medication levels for patients with asthma or other lung diseases."

FeNO testing is useful with young children, who are not always able to understand and follow directions with other methods of lung function testing. The test requires no preparation, is very easy to complete (taking only a few minutes) and is non-threatening for both children and adults.

For more information about FeNO testing, call CentraCare Clinic's allergy and asthma specialists at (320) 654-3650.



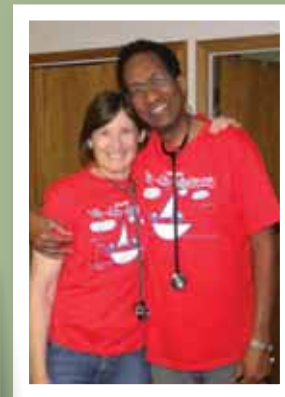
Kids with asthma can enjoy camp, too

By Holly Dill

Camp We-No-Wheeze gives kids with asthma the chance to do almost everything kids without asthma do at camp. They swim, play games, sleep in tents, cook under the stars, participate in arts, crafts and water sports and even master a climbing wall. The difference is — at this camp — campers do it all under the 24-hour watchful eyes of volunteers and staff trained to educate and assist kids with asthma.

The camp is for kids ages 7 to 13 taking daily asthma medications. Kids have fun while learning more about asthma, what triggers asthma, medications and when to ask for help.

The 20th annual **Camp We-No-Wheeze** is Aug. 10-12 at Camp Friendship in Annandale. For more information, contact St. Cloud Hospital's Respiratory Care Department at (320) 255-5675 or e-mail gregort@centracare.com.



Allergy and asthma specialist Mary Keating, MD, CentraCare Clinic and Mohamed Yassin, MD, Allergy, Asthma & Pulmonary Associates, PA, are the physician sponsors.



Campers enjoy fun activities — just like at any summer camp.

St. Cloud Hospital has long history of training health care providers

By Andra Van Kempen

Residency Program

Since 1996, St. Cloud Hospital has been training doctors in the specialty of family medicine. Physicians who have earned their medical degrees come to St. Cloud to receive training in the specialty that cares for all members of the family, regardless of age or health problems.



Nursing student, Brianna Meyer, draws medication from a vial while being supervised by Georgia Dinndorf-Hogenson, PhD(c), RN, CNOR. Georgia is on the nursing faculty at the College of Saint Benedict/Saint John's University and also works for St. Cloud Hospital in the operating room.

Affiliated with the University of Minnesota, the St. Cloud Hospital Family Medicine Residency program is based at Mid-Minnesota Family Medicine Center. The resident physicians in the program work closely with experienced family physicians to learn more about providing care for people of all ages. Together they care for patients with acute illnesses and chronic medical problems with a focus on prevention. They also provide care for women during pregnancy and for patients in the hospital.

St. Cloud Hospital Nursing Program

During the school year, St. Cloud Hospital is buzzing with extracurricular activities. While caring for patients, the hospital also is helping train future caregivers. At least 115 nursing students are working under the supervision of nursing faculty and hospital clinical staff each week.

There were more than 850 nursing students who came through the hospital doors for training during the fall 2012 semester alone. These students will go on to meet patient care needs throughout Central Minnesota and beyond. Because St. Cloud Hospital is a Magnet-designated hospital, students have the opportunity to work with nursing leaders with master's degrees.

Pam Rickbeil, the hospital's student nursing coordinator, said St. Cloud Hospital and Minnesota are positioned well for the coming nursing shortage.

"We are fortunate to have multiple hospital departments who work well together to make our nursing program successful," Pam said.

CentraCare Health System hospitals in Long Prairie, Melrose and Sauk Centre also work closely with several other health-related training programs, including physician assistants, certified nurse practitioners, nurse midwives, nursing assistants and registered nurses.



Catherine Hansen, medical student in the Rural Physician Associate Program, spends time at CentraCare Health System – Long Prairie with her mentor Rene Eldidy, MD, to learn more about what it means to practice in a rural setting.

A legacy of teaching

By Anita Arceneau

As a third-year medical student from the University of Minnesota Medical School in the Twin Cities, Catherine Hansen is hoping to learn lifelong lessons from her nine-month rotation at CentraCare Health System – Long Prairie.

"This experience broadens my perspective on caring for the family and the community," Catherine said. "As a strong advocate of public health, I believe we need to address the culture and environment in which our patients live. This community is an ideal learning environment because I get the chance to know and understand the people."

For more than 40 years, Long Prairie has been a teaching site for future health care providers. Through the Rural Physician Associate Program, medical students shadow providers to learn more about what it means to practice in a rural setting.

"The shortage of rural physicians is a huge problem," said Toni Tebben, clinic site coordinator. "Teaching is our opportunity to influence the future professional life of medical students."

Since 2004, CentraCare Health System – Long Prairie has trained more than 50 health care providers from all over the United States.

"Long Prairie is known for having excellent mentors," Catherine said. "The physicians here love to teach and enjoy having students."

St. Cloud Hospital has formal affiliation agreements with many schools including:

St. Cloud State University
The College of Saint Benedict/
Saint John's University
St. Cloud Technical and
Community College
North Hennepin Community
College
Rasmussen College
Anoka Ramsey Community
College
Anoka Technical College

Students from other nursing programs also complete portions of their education at St. Cloud Hospital. These programs include the College of St. Scholastica, the University of Minnesota, Minnesota State University Moorhead, Walden University and Presentation College of South Dakota.

Where is your heart?

No matter where your heart is, ours is here at **CentraCare Heart & Vascular Center**, providing the latest life-saving care to 30,000 patients each year. As one of Minnesota's largest heart programs, we treat more heart attacks than most Twin Cities hospitals.

"My heart sits across from me at the breakfast table every morning."

— *Jim Michels, Spicer, pacemaker patient and wife Colleen*



Our specialists partner with your doctor to provide advanced cardiac services.

See Jim's story and tell us yours at CentraCare.com/WherelsYourHeart.



Patient thankful for superb heart care

By *Chris Nelson*

Heart patient Jim Michels, a retired dentist from Spicer, enjoys life to its fullest at age 86. "There is so much to be thankful for," he said.

Jim's interest in World War II prompted his hobby of making WWII model planes. "I'm preserving a piece of our history," he said. "They were marvelous planes. I've made 25 models so far and plan to give them to my grandchildren."

But had it not been for modern heart care technology, Jim would not be here today. Eight years ago, he was having irregular heart beats and passed out while waiting to see a cardiologist in Arizona where he and

his wife, Colleen, spend winters. "They diagnosed me with heart arrhythmia and placed a pacemaker in my chest to help

control abnormal heart rhythms," Jim said. "The device uses electrical pulses to prompt the heart to beat at a normal rate. It's like a surge of new energy."

"CentraCare has taken care of me for the last eight years. They placed a new pacemaker in me this year that should last about 12 years," Jim said. "I can't say enough about the care that I receive from the Heart Center. Cardiac situations are stressful for patients, but the CentraCare staff puts me at ease with their professionalism, efficiency and confidence. They are so personable and when I meet with them, I know I am in good hands."

Receiving his heart care at CentraCare has not interfered with Jim and Colleen's lifestyle of spending six months of the year in Arizona. "I do my pacemaker monitoring over the phone," he said. "Staff from CentraCare call me every three to four months to check my

pacemaker, make sure the battery is working and make any necessary adjustments. It's important to ensure the battery is working — if the battery goes, you go."

Twice each year, Jim sees an electrophysiologist from the CentraCare Heart & Vascular Center who travels to Willmar to see heart patients in that area. "If I would ever need to be seen for something more serious, St. Cloud is just an easy drive away," he said.

Eating RIGHT on the Run!

Join us from **6:30-8 p.m. Feb. 5** at CentraCare Health Plaza as Zonya Foco, a registered dietitian, TV host and best-selling author, shares her 15 must-haves to stock in your kitchen, and heart healthy family dinners you can have on the table in just 15 minutes.

- Purchase \$5 tickets at:
- Gift Gallery – St. Cloud Hospital and CentraCare Health Plaza
 - Byerly's
 - All Coborn's and Cash Wise locations

Call **(320) 255-5642** for details. Tickets may be purchased at the door, but seating is limited. Sponsored by the CentraCare Heart & Vascular Center.



National Wear Red Day is Feb. 1

Gather information on eating and exercise for a healthy heart from experts at the CentraCare Heart & Vascular Center from **10 a.m. to 2 p.m. Feb. 1** at St. Cloud Hospital, North Entrance. For details, call (320) 251-2700, ext. 71391. **Wear red to raise awareness of heart disease!**

Wound Center helps patient avoid amputation

By Chris Nelson

When Bernice (Bunny) Noble fell on the ice in February 2010, she broke her ankle and needed surgery to repair it. Bunny developed an infection, which eventually spread to the bone. For the next two years, she was on numerous rounds of antibiotics, but nothing seemed to help.

Walt Ellis, DPM, Bunny's podiatrist, sent her to the CentraCare Wound Center in St. Cloud where she received hyperbaric oxygen treatment. During treatment, she would breathe 100 percent oxygen while inside a treatment chamber at a pressure higher than sea level pressure. He told her that if the treatment was unsuccessful, amputation could be the next option. "Needless to say, I was quite upset and scared," Bunny said.

By October 2012, after 60 hour-and-a-half treatments, Bunny's

infection was gone and her wound healed. "The staff at the Wound Center became like family to me," she said. "I can't say enough about how well they treated my husband and me. Every one of them was so positive. They always had a smile — you could tell they really cared. It was like they were going through it with me. Every improvement I made was a celebration and they got just as excited as me."

"We are so fortunate to have a wound center right here in St. Cloud," Bunny said. "I have met people from as far away as Duluth and Fargo who receive their care here. I am hopeful that soon I will be out walking and able to participate in life again."



Bunny Noble, St. Cloud, has trained and shown dogs since 1974. It's obvious that she and her dog, Mya, a Belgian Tervuren, share a special bond.

Since it opened in November 2010, the Wound Center has provided more than 8,753 wound care visits and more than 1,499 hyperbaric oxygen treatments. The overall healing rate is 98.73 percent and the average patient satisfaction score is 98 percent. For details, visit www.centracare.com or call (320) 656-7100.



Staff meet with the patient and family to discuss the care plan.

Team rounding keeps patients, caregivers in the loop

By Holly Dill

Each day, a group of health care providers gather in the patient room to discuss the patient's diagnosis and treatment

plan with each other — and more importantly — with the patient.

"It's very reassuring," said Pamela Arola, of Dassel. "It gives you confidence that they are connecting with each other and that they are listening to you."

Pamela, age 64, recently was admitted to St. Cloud Hospital because of

a bout with chronic obstructive pulmonary disease (COPD).

At St. Cloud Hospital, the Medical Progressive Care Unit first initiated team rounding in fall 2009. "After three years of great success, we moved the team to the bedside to better include the patient and family," said Jennifer Burris, RN, clinical nurse specialist for the Medicine Care Center. Studies show that patient and family involvement is vital to a successful plan of care.

The team — a charge nurse, staff nurse, pharmacist, dietitian, respiratory therapist, clinical nurse specialist and case manager — meet in the patient's room once a day. Sometimes they are joined by a

The Medicine Care Center is expanding. To provide more private rooms for patients, vacant space on the fifth floor of the recently constructed St. Cloud Hospital addition will be transformed into 29 private patient rooms by May 2013.

See how new technology and models of care are transforming the patient experience. Scan the Tag to the right with your smartphone or visit www.centracare.com.

Get the free mobile app at <http://gettag.mobi>



physical, occupational or speech therapist. All health care team members are listed on a board in the room so the patient and visitors know who is on the team.

"We offer patients the opportunity to participate in team rounding," said Libby Wenderski, RN, coordinator of the Medical Progressive Care Unit. "We make sure we are all working on the same goals."

Wicked Sister
Dance Aerialists



Wicked Sister Dance Aerialists amazed the audience with their feats. Musical entertainment included the Cathedral High School Choir, Sauk Rapids-Rice High School Chamber Choir and Tech High School Symphony Orchestra.



Cathedral High School Choir



Sauk Rapids-Rice High School Chamber Choir



Tech High School Symphony Orchestra

Caring for Generations Campaign raises \$35 million for health care

By Cheri Tollefson Lehse

Vignettes with child actors from GREAT Theatre stole the show at the CentraCare Health Foundation's "Celebration of Giving" event in November. CentraCare Health System services that are supported with community gifts were in the spotlight with testimonials by Intensivist Scott Davis, MD; Coborn Cancer Center Care Coordinator Juli Sanner, RN; Neonatologist and Pediatric Cardiologist Chip Martin, MD; and Recovery Plus Addictions Counselor Jenna Fuchs.

Generous gifts from the community create the margin of excellence to save lives and attract the best health care providers to Central Minnesota.

"Each one of you — whether you work in health care or simply believe in the caring mission we steward — is making a difference," said Mark Larkin, vice president of development. "Each of you is helping people today and for generations to come."

As CentraCare Health Foundation celebrated advancing health care in our communities, we also look toward the future and our growing needs such as:

- **CentraCare Health System – Long Prairie** is conducting a feasibility study for the potential to build a new hospital.
- **Coborn Cancer Center** is investing in new technology and nurse navigators as well as survivorship resources.
- **St. Benedict's Senior Community** wants to update Woodland Hall

and the third floor, which is home to a specialized memory care unit.

- **St. Cloud Hospital Behavioral Health** needs an endowment to provide additional programming such as therapeutic creative arts and team building activities for adolescents in Recovery Plus. Both of which are not covered by insurance.
- **CentraCare Heart & Vascular Center** is raising funds for the Heart Failure Clinic and Pacemaker Clinic to enhance services. It also has an Innovation Fund for new technology.

"The *Caring for Generations* Campaign would not have been such a huge success without the dedication of the Campaign Cabinet Committee," Mark said. "We are blessed to have such a dynamic group of volunteers."

For information about how you help, visit www.centracare.com/foundation.

Caring for Generations Campaign Cabinet Committee members:

- Doug Boser
- Dan Coborn
- Mabel Coborn
- John Frobenius
- Jeff Gau
- Christy Gilleland
- Lee Hanson
- Jerry Jurgens, MD
- Al Kremers
- Yvonne Kremers
- Mike Mavetz
- Cindy Melloy, MD
- Tom Melloy
- Terry Pladson, MD
- John Weitzel
- Mary Weitzel
- Bob White
- Penny White
- Gene Windfeldt

Generosity cultivates excellence

CentraCare Health System employees believe in the vision to be the leader in Minnesota for quality, safety, service and value — and they support it with their gifts. Hundreds of employees commit 30-, 60- or 90-minutes (worth of pay) per pay period. Every gift to CentraCare Health Foundation makes a difference to help provide care above all to our communities.



CentraCare Employees Give



Day of Dance[®]

FOR YOUR HEALTH

Tuesday, Feb. 19, 4:30-7 p.m.
River's Edge Convention Center
St. Cloud

Olé! Travel around the world by sampling international food and dance steps. As a reminder of your journey, you'll leave the event with health screening results, education materials, a photo booth memento and possibly a door prize. Dancing and other aerobic exercise help prevent heart disease, so take action for your health today! Free. No pre-registration required. For more information, visit centracare.com or call (320) 229-5139. Sponsored by St. Cloud Hospital Women & Children's Center and CentraCare Heart & Vascular Center. *Special thanks to Caryn's Studio and Dan Triplett of StudioJeff.*

Know someone with spirit?

Nominate a woman for a Spirit of Women[®] Award. The awards celebrate women in our community who take action to make our community healthier, safer and a more inspirational place to live.



To read about the 2012 winners and nominate a woman for 2013, visit www.centracare.com and click on "For Women," "Spirit of Women" and "Awards Program." Winners receive a \$1,000 award to further their commitment to their community. Deadline is March 1. For more information, call the CentraCare Health Foundation at (320) 240-2810.

Women's Health 101

Spring into good health.

CentraCare Health System's 12th Annual **Women's Health 101** is from **8 a.m. to 2:30 p.m., Saturday, April 20**, at CentraCare Health Plaza. The event is free, but a \$10 donation is encouraged for the Women's Health Education Fund. Visit booths, receive free screenings and enjoy health-related presentations. Participants can come and go as they please. Breakfast/lunch is available for purchase. Pre-registration is encouraged at www.centracare.com. For more information, call (320) 229-4980. Thank you to our generous sponsor, Times Media.



Free bag for all attendees

CentraCare continues to grow

Pharmacist Dennis Heinen worked for St. Michael's Hospital in Sauk Centre for more than 21 years. So when he first learned that St. Michael's was going to join CentraCare Health System, he wondered what that would mean to him and his family. After talking with CentraCare employees in Long Prairie and Melrose, he was reassured that the transition to CentraCare will be a good thing for him, his co-workers and the community.



Pharmacist Dennis Heinen

St. Michael's Hospital and Nursing Home in Sauk Centre joined the CentraCare family of services Dec. 1 and became known as CentraCare Health System – Sauk Centre.

The medical center in another community along Interstate 94 also is moving toward joining CentraCare. The board that governs New River Medical Center in Monticello has approved a memorandum of understanding to pursue affiliation. Officials from the two organizations are working on details.

CentraCare strives to provide care as close to patients' homes as possible. Patients who travel to St. Cloud for specialty care return to their home communities for ongoing care by their primary care providers.

Free colon cancer screenings offered in March

Detecting colon cancer early can lead to more effective treatment. If you have no other risk factors, you should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. During March, Colon Cancer Awareness month, people who are age 50 or older can receive a free immunochemical fecal occult blood test (iFOBT) colon cancer screening kit from the drive-up window at CentraCare Pharmacy at St. Cloud Hospital or from the Coborn Cancer Center. The kits are limited. Return the kit by April 30. The iFOBT screening does not replace a colonoscopy, which is the best method to detect colorectal cancer. For more information, call (320) 229-4907.





Visit us on the Web at
www.centracare.com.

Winter 2013 — spotlight on events

For location and event details, visit www.centracare.com.

Strength training

This ongoing, gentle, weight-lifting program helps women increase muscle mass and bone density, tone their muscles, slim down and feel more energetic. Cost is \$1/session. The class takes place from 4:30-5:30 p.m. Mondays and Thursdays at CentraCare Health System – Long Prairie. Call (320) 732-3668 to register.

Weight Loss Surgery Support Group

The support group provides an opportunity for patients to learn from each other, teach each other and obtain support during their weight loss journey. This group meets on the third Tuesday every month from 5:15-6:15 p.m. at St. Cloud Hospital. For more information, call (320) 240-2828.

Weight Loss Surgery Seminar

Learn more about weight loss surgery options, benefits and risks of surgery, insurance coverage and the pathway to surgery at this free seminar Jan. 25 at CentraCare Clinic – River Campus. To register, call (320) 240-2828.

Grandparenting: What has changed?

Discover your new role as a grandparent and the latest changes in infant care, feeding methods and home, car and toy safety from 6:30-8:30 p.m. at CentraCare Health Plaza. Aunts and uncles are welcome, too! The next classes are Jan. 28, Feb. 25 and March 25. Free. Register at centracare.com. For more information, call (320) 229-5139.

Recipes for a healthy life: brain food

Nourish your mind with tips and recipes that will help prevent or reduce the effects of migraines, insomnia, Alzheimer's disease and other neurological disorders from 6:30-8:30 p.m. Jan. 31 at CentraCare Health Plaza. Presented by Neurologist Kathleen Rieke, MD, CentraCare Clinic – River Campus and Dona Anderson, RD, St. Cloud Hospital. The evening will include light snacks and a door prize. Free. Register at centracare.com. For more information, call (320) 229-5139.

Portion distortion

We live in a society where “super size” and “all-you-can-eat” are the normal offerings at restaurants. These portion sizes have carried over into our eating habits at home. Gain tips for controlling portion sizes and managing your heart health from 6:30-8 p.m. March 19 at Sauk Rapids-Rice Middle School, 901 First St. S., Sauk Rapids. The cost is \$18. For more information or to register, call Sauk Rapids-Rice Community Education at (320) 258-1577.

Infant feeding and food allergies

Celebrate your baby's milestone of eating solid foods from 6:30-8 p.m. March 21 while learning how to prevent, identify and respond to food allergies in infants. Free. Register at centracare.com. For more information, call (320) 229-5139.

spotlight₊ ON HEALTH₊

Mission Statement |

CentraCare Health System works to improve the health of every patient, every day.

CentraCare Health System

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Editor | Andra Van Kempen

Graphic Designer | Teresa Mohs

Questions and Comments |

If you have questions or comments, please contact Andra Van Kempen at (320) 229-5199, ext. 71386, or vankempena@centracare.com.

L.I.F.E. (Lifestyle, Food & Exercise) Program

This physician-led program gives you the knowledge needed to lose weight safely, permanently and to gain a lifetime of health through sound nutrition and lifestyle changes on Tuesdays, March 26 to May 14. The L.I.F.E. Program focuses on wellness and primary disease prevention. The program requires a physical exam and lab work. A \$375 per person fee covers eight two-hour weekly sessions; several books; and a follow-up appointment. Registration deadline is March 19. For details, call (320) 654-3630, ext. 70291.