

BUFFALO HOSPITAL

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Look. Advanced eye care is here.

Phillips Eye Institute now at  **BUFFALO HOSPITAL**
Allina Hospitals & Clinics

TUESDAY, SEPT. 16, 4 TO 7 P.M.

Open house celebrates Phillips Eye Institute of Buffalo Hospital

Open house from 4 to 7 p.m. on Sept. 16—see what it's all about!

PHILLIPS EYE INSTITUTE, the only specialty eye hospital in the upper Midwest, now has a second location at Buffalo Hospital. With the goal of protecting, preserving and restoring vision, Phillips Eye Institute works with area eye doctors to provide advanced eye care services in Buffalo.

Come to an open house at the Phillips Eye Institute of Buffalo Hospital on Tuesday, Sept. 16, from 4 to 7 p.m., and learn more about vision care. You can try on special glasses that simulate vision problems. You can also watch computer simulations of eye procedures that

are done at Phillips Eye Institute of Buffalo Hospital. Special magnifying devices, phones and other low-vision equipment will be demonstrated.

Tour the operating room, meet the doctors, and talk to people who have had cataract surgery. (See page 2 for more information.)

Bring the kids for a free pediatric vision screening, compliments of the Phillip's Eye Institute Early Youth Eyecare (EYE) Initiative.

Plus, enjoy refreshments and giveaways. To find out more, please call Phillips Eye Institute of Buffalo Hospital at 763-684-6046. ♦



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BUFFALO HOSPITAL

Allina Hospitals & Clinics

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LEFT: Normal vision
RIGHT: Vision with a cataract

A look at cataract surgery

BLURRY, DIM, HAZY, FUZZY—you might see the world this way if you have cataracts.

Cataracts are cloudy areas of the eye's lens, which is normally clear enough to let light focus sharply on the back of the eye.

Cataracts start small but may grow larger with time and take a

Cataract surgery is the most common eye surgery performed at Phillips Eye Institute of Buffalo Hospital. Below: Angela Oster, MD, board-certified ophthalmologist, looks through a microscope while performing eye surgery.

toll on your vision. Besides blurred vision, cataract symptoms might include seeing faded colors, halos around lights or objects, or having trouble seeing at night.

SURGERY CAN HELP

Cataracts are common as people age, but they can also develop earlier in life, including after an eye injury. Whatever the cause, people with cataracts can turn to an effective treatment—surgery.

“Cataract surgery is one of the most common operations in the country, and success rates are very high,” says Angela Oster, MD,

board-certified ophthalmologist and medical director of Phillips Eye Institute of Buffalo Hospital. “Complications are rare, and most people see better almost immediately.”

To remove cataracts, a tiny ultrasonic probe is used to break up the clouded lens so that it can be suctioned out. It is then replaced with a clear, artificial lens.

“The procedure, done under a microscope, involves an incision so small that many times no stitches are required, and it is usually done under topical anesthetic,” Oster says.



Keeping an eye on your sight

Safeguard your vision by committing to regular eye exams.

According to Phillips Eye Institute, not having eye exams is the biggest barrier to finding eye disease early, when it's easiest to treat. By the time symptoms appear, the damage may be permanent.

ESSENTIAL EYE EXAMS

According to the American Academy of Ophthalmology, adults need:

- an exam every two to four years between ages 40 and 64
- exams every one to two years from age 65 on.

Some people may need more frequent exams because of increased eye disease risk. This includes people with diabetes, blacks older than 40, and people with a family history of eye disease or a personal history of eye injury. If you're in any of these groups, ask your doctor how often you need eye exams.

If you have children, ask their doctor about an appropriate eye exam schedule.

To promote early detection and help prevent vision loss from glaucoma, the Kirby Pucket Education Center, a community resource to provide education and glaucoma screening, was established this year at Phillips Eye Institute in Minneapolis.



**PHILLIPS EYE INSTITUTE
OF BUFFALO HOSPITAL**

You're in good hands

Cataract surgery usually takes less than an hour; however, separate operations are usually scheduled if both eyes need surgery. Most people can stay on blood thinners, go home the same day and drive within 24 hours.

LESS NEED FOR GLASSES

“Vision improves because of the removal of the cloudiness and because of the lens power selected for the new artificial lens that is inserted. We now have multifocal lenses that correct near or distance vision and also lenses that correct for astigmatism,” Oster says.



Most people are able to resume normal activities right away. You'll see your surgeon once or twice after the surgery. Your need for eyeglasses will have changed, so after a couple of weeks, your doctor will determine your new prescription if eyeglasses are needed.

IS SURGERY RIGHT FOR YOU?

Not every cataract needs surgery. Stronger glasses or better lighting may help. If cataracts cause vision problems that get in the way of your daily activities, such as driving, working, reading or watching TV, your doctor can help you decide whether surgery is right for you.

For more information or to schedule an appointment with an ophthalmologist, call Phillips Eye Institute of Buffalo Hospital at 763-684-6046. To see a surgical simulation, meet eye doctors and talk with people who have had cataract surgery at Buffalo, attend the Phillips Eye Institute open house on Sept. 16. See page 1 for details. ❖

In her element: Board-certified ophthalmologist **Angela Oster, MD**, medical director of the Phillips Eye Institute of Buffalo Hospital, checks on a patient before eye surgery at Buffalo Hospital.

If you needed specialty eye care and wanted to choose the hospital that had done the most cases, had the most ophthalmologists and experience, and a reputation for innovation and the latest technology, you'd choose Phillips Eye Institute in Minneapolis.

Phillips Eye Institute is the only hospital in the region that has a staff dedicated solely to ophthalmic care, treats only eye diseases and disorders, has 170 affiliated ophthalmologists, and is nationally renowned for its services that preserve, protect and restore vision.

Now, you don't have to go to Minneapolis. Phillips Eye Institute is bringing its expertise and advanced eye care to Buffalo Hospital.

A new partnership with Phillips Eye Institute provides a premier center for the treatment of eye diseases right in your neighborhood, with seamless transitions for patients who need advanced care at Phillips Eye Institute in Minneapolis.

“This new collaboration is excellent for patients, doctors and the community,” says Angela Oster, MD, ophthalmologist and medical director of Phillips Eye Institute of Buffalo Hospital.

In addition to specializing in state-of-the-art cataract care, Phillips Eye Institute of Buffalo Hospital offers diagnostic tests and the latest treatments and surgeries for glaucoma, diabetes-related eye problems and more.

For more information about Phillips Eye Institute of Buffalo Hospital, call **763-684-6046**.



A hardworking

UNDERSTANDING AND LIVING WITH HEART FAILURE



SOMETIMES it seems like you're just too tired. You can't summon the energy to deal with everyday activities like housework and carrying groceries. And climbing stairs—even walking—can seem like climbing a mountain.

Your excessive fatigue may be caused by heart failure, especially if you are over 65 and have other signs, such as:

- shortness of breath
- persistent coughing or wheezing
- swelling in the feet, ankles, legs or abdomen due to excess fluid buildup
- nausea and loss of appetite
- confused thinking and memory loss
- a feeling that your heart is racing or throbbing.

WHAT IS HEART FAILURE?

Heart failure doesn't mean that your heart is about to stop. It does mean that your heart is losing its ability to pump oxygen- and nutrient-rich blood to your body's cells. This inability to circulate blood can be caused by conditions that damage the heart muscle or make it work too hard, including fatty deposits that slow blood flow to your heart, high blood pressure, heart valve disorders, heart attacks

and other medical issues.

Heart failure progresses gradually as the heart tries to adapt by working harder to meet the body's demands. Over time, the heart weakens and isn't able to pump blood as well as it should, causing fatigue.

TREATMENT OPTIONS

According to the American Heart Association, people with mild to moderate heart failure often can lead nearly normal lives if they make certain lifestyle changes and get the medical care they need.

Lifestyle changes. The most important lifestyle changes include:

- eating healthy, low-sodium foods
- balancing activity and rest
- taking medicines as directed
- stopping all tobacco use
- recording daily weight taken with an accurate scale to detect fluid buildup
- keeping follow-up appointments with your doctor.

Medicines, surgery and other devices. Most people with heart failure take several medicines. Some strengthen the heart's pumping action; others expand blood vessels or reduce water and sodium to lessen the heart's workload.

People with heart failure may also benefit from a pacemaker or

heart

implantable defibrillator to regulate the heart's rhythm, or coronary artery bypass surgery or angioplasty to improve blood flow. A heart transplant may be considered if other treatments don't help.

LIVING WITH HEART FAILURE

See the sidebar (at right) for more information about special help available at Buffalo Hospital. For heart failure tips and tools, visit www.allina.com, click on the *Heart Health* condition center under *Conditions & Treatments*, and then *Heart Failure*. You'll find useful weight, blood pressure and appointment logs; menus; and information about diagnosis and treatment of heart failure. ❖



EDUCATION AND FOLLOW-UP AT BUFFALO HOSPITAL

Helping heart failure patients manage and monitor symptoms

Heart failure is a serious disease. It is the most common reason for hospital stays for people older than age 65. Symptoms like difficulty breathing and chest pain can flare up to the point that hospital care is needed. The flare-up can be caused by medical problems like pneumonia or respiratory diseases, not taking medicines properly, not following lifestyle recommendations, or not recognizing signs of trouble at an early stage.

To help prevent readmission after a hospital stay for heart failure, Buffalo Hospital offers patients education and counseling to help them monitor and manage symptoms at home, in addition to assessment and immediate care at the hospital.

Patients and their families receive education from a team of nurses, dietitians, respiratory therapists, and care managers about the disease, medicines, activity, the importance of a low-salt diet, weight monitoring, smoking cessation, and how to get help before symptoms become too serious. Patients also have access to cardiologists who are available to monitor their care while in Buffalo Hospital as well as in the clinic setting after they go home.

Heart Failure: Your Guide to Living and Succeeding With Heart Failure, an Allina-published book, is available for patients to take home.

The days after returning home are critical for a heart failure patient, so an appointment is made for the patient to see his or her doctor or cardiologist within a few days after discharge. In addition, Allina Home Care is notified of the discharge, and a Home Care representative calls the patient at home to assess his or her progress. If there are concerns, a home visit is scheduled, and the patient's doctor is notified.

"This series of assessments, education and follow-up contacts helps us keep patients out of the hospital, and improves their quality of life," says Val Enter, patient care supervisor of Cardiac Services at Buffalo Hospital.

Heart Failure: Your Guide to Living and Succeeding With Heart Failure, received a merit honor in the 2007 National Health Information Awards program. The 92-page book is available

for \$5. For a copy, call Allina Patient Education at 612-262-4991 or e-mail patienteducation@allina.com.



Sudden Cardiac Arrest— Are you at risk?

Free education session.

■ **Tuesday, Sept. 23, 7 to 8 p.m.**

**St. Michael-Albertville Senior High School
11343 50th St. NE, Albertville**

■ **Monday, Sept. 29, 7 to 8 p.m.**

**Annandale Senior Center
30 Cedar St. E., Annandale**

Join us for a free talk about Sudden Cardiac Arrest, how it's different from a heart attack, who is most at risk and how to protect yourself and your loved ones. Learn about portable defibrillators and where they are located throughout Wright County. Come early (6:30 p.m.) for a free blood pressure check. For more information or to register, visit www.buffalohospital.org or call 763-684-3877.

Community benefit goes beyond the bedside

BUFFALO HOSPITAL is part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside to improve the health status of the communities it serves.

Q What is community benefit?

A Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of the community. “As a not-for-profit organization, we understand that the health of the communities we serve is essential to Allina’s mission and strategy,” says Dick Pettingill, chief executive officer, Allina Hospitals & Clinics.

Allina collaborates with community-based organizations by forming Community Health Advisory Councils (CHACs) to help drive its community benefit work. The local CHAC is composed of community representatives who work together to identify, plan, implement and evaluate programs and activities that improve the health of the people here in the communities served by Buffalo Hospital.

Q How much did Allina give back to the community in 2007?

A Allina’s total 2007 investment was nearly \$402 million, which is approximately 16 percent of Allina’s total operating expense. Buffalo Hospital has contributed \$8,914,000 to benefit the health of the community.

Of Allina’s total contribution, \$140 million provided community benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations—Catholic Health Association and VHA. These include charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom the government-sponsored Medicaid program does not cover the full cost of services. They also include the Medicaid surcharge, MinnesotaCare tax, community services, education, research and other community benefit costs. For Buffalo Hospital, this contribution amounts to \$2,539,000.

“While we’re focused on saving lives at Buffalo Hospital every day, we also have a long-standing history of investing in improving

the health of the communities we serve,” says Steve Hatkin, president of Buffalo Hospital. “From placing AEDs in the community to educating our kids and adults about eating smart and being active, we’re committed to helping everyone who lives in our service area live a healthy, balanced life. ❖



Mona Volden, community outreach coordinator, displays DAAN curriculum that effectively helps elementary students develop more healthful habits.

Buffalo Hospital contributes to community health

In 2007, Buffalo Hospital partnered with other community organizations to help residents get healthier and stay healthier and to save lives. The hospital chose projects for its community benefit based on the input of a community advisory committee composed of representatives from schools, businesses, social programs, public health, and cities from all around Wright County.

The DAAN program, an initiative to inspire wise nutrition and activity choices for a healthy, balanced life, offered classes on fitness, nutrition and family wellness to area residents. In area schools, DAAN youth curriculum taught students about balancing their food intake and their activity level. Studies showed that children who participated continue to eat more fruits and vegetables and have their body mass indices (BMI) more under control.

The hospital also supported the addition and upgrading of automated external defibrillators (AEDs) in public facilities and squad cars.



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling 763-684-7121. All sessions are held at the Buffalo Hospital Conference Center.

GENERAL WELLNESS

Healthy Hearts

Meets monthly on the third Monday, 7 to 8:30 p.m. FREE

Stroke Support Group

Meets monthly on the second Wednesday, 1 to 2 p.m. FREE

Before Surgery Party for Children

Call to schedule. FREE

CPR AND FIRST AID COURSES

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

Family and Friends CPR

Oct. 4, 9 a.m. to noon. \$45

Basic CPR—Heartsaver

Nov. 1, 9 a.m. to noon. \$45

Pediatric First Aid With AED and CPR

Meets child day care training requirements. Sept. 27, Oct. 25 or Dec. 6, 8 a.m. to 3:30 p.m. \$55

Adult First Aid With AED and CPR

Oct. 11, 8 a.m. to 3:30 p.m. \$55

Basic Life Support for Health Care Providers

Oct. 21, 5 to 9:30 p.m. \$55

CPR Refresher for Health Care Providers

Sept. 16, 6 to 9 p.m. \$45

Youth Babysitting Course

Oct. 16, 8:30 a.m. to 3:30 p.m. \$45

CHILDBIRTH AND PARENTING

Healthy Pregnancy

Sept. 30 or Dec. 2, 6:30 to 8:30 p.m. \$25

Childbirth Preparation Series

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

Childbirth Preparation—Single Session

Oct. 18 or Dec. 13, 9 a.m. to 4 p.m. \$90

Refresher for Childbirth Preparation

Nov. 15, 9 a.m.-noon; or Oct. 7 or Dec. 9, 6:30 to 9:30 p.m. \$45

Taking Care of Baby Fair

Oct. 9 or Dec. 11, 6:30 to 9:30 p.m. \$45 or FREE if you are registered for “Childbirth Preparation” or “Refresher for Childbirth Preparation” classes.

Breastfeeding Preparation

Oct. 16 or Dec. 18, 6:30 to 9 p.m. \$30

New Brother, New Sister

Nov. 11, 6:30 to 8 p.m. \$25 per family

Birth Center Tour

Sept. 16, Oct. 21 or Dec. 16, 6:30 to 7:30 p.m.; or Nov. 22, 9 to 10 a.m. FREE

Fishing Tournament

Saturday, Sept. 20, 8 a.m. to 1 p.m.

Buffalo Lake in Sturges Park

Awards ceremony: 1:30 p.m.

Silent auctions: 8 a.m. to 2:30 p.m.

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

Join us for this fun event to raise funds to support the Heart Safe Communities Program. The program provides necessary CPR and automated external defibrillator (AED) training, replacement of AED batteries and the purchase of AEDs for Wright County first responders. The tournament will also include guest speakers, food, music and a silent auction. Cash prizes and trophies will be awarded for the largest bass, walleye and northern pike.



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

COMING EVENTS

Treatment options for joint pain

■ Sept. 10, 7 to 8 p.m.

Allina Medical Clinic—Annandale
440 Elm St. E., Annandale

■ Sept. 15, 7 to 8 p.m.

Allina Medical Clinic—St Michael,
4300 Edgewood Drive N.E.
St. Michael

■ Sept. 25, 7 to 8 p.m.

Allina Medical Clinic—Cokato
110 Olsen Blvd., Cokato

Learn about the wide range of treatment options for common knee and shoulder injuries ranging from exercise and physical

therapy to arthroscopic and joint replacement surgery from Allina Medical Clinic—Buffalo orthopedic surgeons Dana Harms, MD, and David Labadie, MD, and a physical therapist from Buffalo Hospital’s Sister Kenny Rehabilitation Institute.

Participants will receive exercise tips and view joint models to see firsthand how knee and shoulder joints work and how they are affected by arthritis and injuries like a torn anterior cruciate ligament (ACL) or dislocated shoulder. To register or for more information, visit www.buffalohospital.org or call 763-684-3877.



Ready, set, succeed!

TAKE-HOME ADVICE FOR PARENTS AS KIDS HEAD BACK TO SCHOOL

HOW WAS SCHOOL today?" With another school year at hand, that's a question you're bound to ask—often.

As a parent, there's much you can do to see to it that your child's response is a positive one.

Consider the following tips to help your child succeed at school.

Help make homework a habit. Set aside a regular time for tackling homework, and create a permanent study spot—either in your child's

bedroom or another part of your home—that allows your child to concentrate. Be sure that the TV stays off during homework time.

Also be available to answer questions and provide guidance—but never do a child's homework.

Boost brainpower with breakfast. Regular breakfast-skipping is

tied to lower school performance. Breakfast helps provide fuel to learn.

Make sleep a priority. A good night's sleep—generally at least nine hours of shut-eye for school-age children—improves memory. If your child has spent the summer sleeping in, gradually adjust his or her schedule so that waking up earlier won't be such a shock. Start about 10 days to two weeks before school starts.

Be a positive force. Express interest and excitement about the school year's start. Encourage initiative and curiosity. Praise your child when he or she participates in school activities and tries new things. Your positive attitude is likely to be contagious. ❖

Show children you care about how they do in school.

Stock up on veggies!

Don't be surprised if your elementary school kids come home from school asking for vegetables this year! As part of its community benefit, Buffalo Hospital is providing nutrition and health curriculum under its DAAN program to area elementary schools. It's hands-on, colorful and fun education to help children make healthy choices.

According to an independent study, DAAN pilot programs in 2006 and 2007 effectively got kids to eat more fruit and vegetables and maintain healthy body mass indices (BMI).

"We know the program makes a difference, and we know the kids loved it," says Mona Volden, community outreach coordinator at Buffalo Hospital.

"We're glad we can make it available to more children and families."

For more information, visit www.buffalohospital.org.

Sources: American Academy of Pediatrics; American Dietetic Association; Mental Health America; National Sleep Foundation

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