

BUFFALO HOSPITAL

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Photo credit: Meredith Johanson

Orthopedic surgeon Dana Harms, MD, Allina Medical Clinic–Buffalo and Buffalo Hospital, tests shoulder mobility with patient James Jacobson, of Annandale.



2 Employees and physicians show record support



4 New treatments for common women's conditions



6 A stay-well plan during cold and flu season

SPORTS INJURIES

Don't be sidelined

EXERCISE IS GOOD for you at any age. More Americans are involved in sports and fitness activities and are participating at a higher level than ever. Last year 34 percent of Americans were regularly involved in a vigorous fitness or sports activity, and more than 410,000 finished a marathon.

With winter sports in full swing, here are some tips to help prevent being sidelined by common sports and exercise injuries.

Start slowly. “Injuries can happen when there has not been enough training and preparation,” says Dana Harms, MD, orthopedic surgeon at Allina Medical Clinic–Buffalo and Buffalo Hospital. Don’t jump into a demanding physical activity with a lot of pivoting and stopping if you’re normally inactive. Build

up gradually, working on core strength and specific needs for your sport or activity.

Use caution when you’re fatigued. “Many injuries occur at the end of a workout session,” Harms says. Don’t do the heaviest part of your exercise when your muscles are tired. Fatigued muscles put a strain on tendons and ligaments.

Take a lesson. A good coach can help you learn good form and technique for your favorite sport or fitness activity. Taking lessons can help you avoid accidents and overuse injuries, especially in sports such as skiing.

Wear safety gear. Invest in good safety gear for your sport or exercise regimen, and if you’ve been injured before or have a vulnerable muscle or joint, use braces, tape or

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BUFFALO HOSPITAL

Allina Hospitals & Clinics

HEALTH UPDATE

BUFFALO HOSPITAL NEWS

A giving group: Donations set a new record

Buffalo Hospital employees and doctors supported the Buffalo Hospital Foundation in record numbers during the Fall 2007 Employee Giving Campaign.

"With over 75 percent of employees participating, our team made a powerful statement about how much they care about our patients, our communities and each other," says Steve Hatkin, president, Buffalo Hospital.

"I've seen the difference my gift has made at the hospital and in the community," says Barb Leitz, environmental services aide. "I think more and more employees want to be a part of the great work the foundation is doing."

The Buffalo Hospital Foundation serves as a catalyst for innovative services and facilities to improve community health. More than \$50,000 was raised through the 2007 Employee Giving Campaign to support Heart Safe Communities and upgrade 80 automated external defibrillators in city and county squad cars; expand Birth Center equipment to continue to deliver more new-borns now and in the future; and create a healing landscape throughout the hospital grounds to welcome, comfort and calm patients, visitors and staff.

"Together with our community, we will continue to improve the health of those who live and work in the communities we serve," Hatkin says.



For more information about the Buffalo Hospital Foundation, visit www.buffalohospital.org or call 763-684-6800. ❖



Photo credit: Meredith Johanson

Visitors and staff enjoy the new dining patio, built in 2007. Creating a healing landscape throughout the hospital grounds is one of the Buffalo Hospital Foundation's fund-raising priorities. The foundation plans to add gardens and patios, along with walking paths and plantings.

The gift of organ donation—make your wishes known

More Americans than ever are getting the chance to live a longer life by receiving organ transplants—thanks to an increase in the number of people donating organs.

The U.S. Department of Health and Human Services (HHS) reported that in 2004 nearly 27,000 Americans received organ transplants—a new national record.

But demand for organ transplants is also on the rise. The United Network for Organ Sharing says an average of 110 people are added to the nation's organ transplant waiting list every day.

According to the HHS, in 2004 the two most common transplant procedures involved kidneys and livers. Other organs and tissue that can be transplanted include the heart, lungs, pancreas, corneas and bone marrow.

One person has the potential to save or enhance the lives of up to 50 people. If you decide you want to be an organ donor, be sure to tell your family of your decision. They may be asked to give consent and should know your wishes.



For more information about organ donations, visit www.buffalohospital.org. ❖



Don't be sidelined

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padding as recommended by your doctor or physical therapist.

WHEN INJURIES HAPPEN

Don't ignore pain and swelling. If they are persistent and don't go away with anti-inflammatory medication, see your doctor.

"It's best to get your injury checked out and learn what your treatment options are and how to avoid reinjury," says David Labadie, MD, orthopedic surgeon at Allina Medical Clinic–Buffalo and Buffalo Hospital. Shoulder and knee injuries are among the most common.

Shoulder injuries. "Shoulder injuries are usually caused by a trauma, but repetitive action can cause shoulder problems, too," Labadie explains. "Falls and contact sports, like football and hockey, often generate shoulder injuries." The four muscles in the rotator cuff can be bruised or torn, resulting in pain, especially at night.

An MRI scan can determine whether the muscle is bruised or torn, says Labadie. If it's not torn, physical therapy and injections of cortisone can reduce pain and promote healing. If the rotator cuff muscles are torn, surgery is required to repair them.

"Depending on the injury, we use traditional open surgery techniques or new arthroscopic techniques that are less painful for the patient and reduce their recovery time," says Labadie.

Knee injuries. Injuries to the anterior cruciate ligament (ACL) in the knee are also common.

"When the ACL is torn, most people report hearing a snap or pop, and feeling severe pain," says Harms. "There is usually major swelling, and the person just can't continue what they were doing." Women have more ACL injuries than men.

Tests in an office exam can determine whether the ACL is torn and can be verified with an MRI, which also shows whether there is other damage to the knee.

Treatment options depend on the patient's lifestyle and needs.

"A torn ACL won't heal," Harms says. "When the two ends are separated, it's gone." Some people can cope with the loss of the ACL if they are not involved in strenuous activities. The other muscles and ligaments in the knee can compensate and become stronger, providing stability to the knee. Bracing and physical therapy can help protect and condition these muscles and provide optimum use of the joint.

For patients who are very active and want to participate in demanding sports, reconstructing the ACL surgically is an option. Tissue from the patient's knee or hamstring or tissue from a cadaver can be used to reconstruct the ACL.

"The majority of patients return to a high level of activity," Harms says.

Photo credit: Meredith Johanson



For surgical solutions. Orthopedic surgeon David Labadie, MD, Allina Medical Clinic–Buffalo, sees patients at the Surgery & Outpatient Center of Buffalo Hospital.

PHYSICAL THERAPY

Physical therapy is an important part of recovery from an injury. Physical therapists at Buffalo Hospital's Sister Kenny® Sports & Physical Therapy Centers help patients restore range of motion, alleviate pain and reduce the chance of reinjury.

For more information about these and other joint injuries, visit www.buffalohospital.org. ❖



Buffalo orthopedic surgeons

Buffalo Hospital's team of orthopedic surgeons is available around the clock to care for your injuries, including:

- Allina Medical Clinic–Buffalo specialists Dana Harms, MD, and David Labadie, MD
- Buffalo Clinic specialists Harvey Bishow, MD, and Rajan Jhanjee, MD.



NEW TREATMENTS FOR

Women's

COMMON CONDITIONS

HELP FOR PELVIC PROBLEMS

IT'S NO LONGER taboo to talk about periods, pregnancy and menopause, but there are still some pelvic health issues that women tend to keep secret—those embarrassing problems such as heavy menstrual bleeding or incontinence.

These pelvic problems are common because bearing children, aging, obesity, and repetitive stress and lifting can all take their toll on a woman's body.

INCONTINENCE

In a roomful of women ages 40 to 60, more than one-fourth of them are hoping that a good laugh isn't going to cause an embarrassing urine leakage. Although there are pads and other products to help them cope, women may avoid running, exercise and enjoyable activities that trigger their problem.

"Many assume that it is just part of aging and they have to put up with it," says Jennifer Emery, MD, OB/GYN at Buffalo and Albertville—St. Michael clinics. "Unless we ask people about the symptoms directly, they often feel too embarrassed to bring them up." In a study

reported by the National Women's Health Resource Center, more than 50 percent of women with stress incontinence symptoms had never discussed it with their doctors.

Treatment for each person is individual because a woman may have one or more causes of incontinence, says Leslie Akram, DO, OB/GYN at Allina Medical Clinic—Buffalo. Biofeedback, bladder retraining, pelvic floor exercise, electrical stimulation and diet changes can improve or cure incontinence in 80 to 85 percent of women.

"Therapists at Buffalo Hospital's Sister Kenny® Rehabilitation Institute are specially trained to work with these problems," she adds.

For some women, surgery is the answer. "Surgical solutions are often minimally invasive, where the patient goes home a few hours after surgery," explains Emery. "Insertion of a mesh support under the urethra treats many cases of stress incontinence."

HEAVY OR IRREGULAR BLEEDING

Heavy or irregular menstrual bleeding is another pelvic health problem that affects 40 percent of women between 40 and 60 years old.

"A normal menstrual bleeding cycle is every 21 to 35 days, lasting between 2 and 7 days," says Emery. "And if you have to change pads hourly or more frequently, the bleeding would be considered excessive. It's more than an inconvenience—it can cause anemia, so women should see their doctor." Heavy or irregular bleeding may be caused by cancer, so Emery would recommend an endometrial biopsy, a simple office procedure, if indicated.

There are many options for treatment, depending on the cause of the abnormal bleeding. Oral contraceptive pills, progesterone-releasing intrauterine devices and minimally invasive surgeries are great options for many patients. Endometrial ablation is a same-day



OB/GYN Jennifer Emery, MD, treats women of all ages, including those with common mid-life issues, at the Buffalo and Albertville–St. Michael clinics.

PELVIC ORGAN PROLAPSE

When muscles and connective tissues that hold pelvic organs in place become weak, the uterus, bladder or rectum can press on vaginal walls, causing discomfort, pressure and pain, a dropping or falling-out sensation, urine leakage, and bowel problems. Up to 50 percent of women who have given birth have some degree of prolapse.

Treatment depends on the amount of discomfort the woman is experiencing, Emery says. There are both surgical and nonsurgical methods for correcting the prolapse in women with symptoms.

HYSTERECTOMY

surgical procedure that results in improvement of symptoms for up to 85 percent of women.

“Of course hysterectomy is an option for treatment, but we can often find a less-invasive procedure that controls a woman’s symptoms,” says Emery.

FIBROIDS

Fibroids are noncancerous tumors in the uterine wall that can cause excessive menstrual bleeding, pelvic pain and frequent urination. Although they are common, many women don’t experience symptoms and are unaware that they have fibroids. If symptoms make women feel uncomfortable, fibroids may be treated with hormones or surgery.

In the past, treatment for these pelvic conditions sometimes required a hysterectomy—surgical removal of part or all of the female reproductive organs.

“Newer techniques require less recovery time, are less stressful and are better cosmetically,” Akram says. Some women can have a hysterectomy done laparoscopically, with incisions that require only Band-Aids®.

GET A DIAGNOSIS

Emery and Akram stress that you should seek help for your pelvic symptoms.

“Typically, we do a full history and physical,” Akram says. “There may be additional testing and examination with a camera or ultrasound, or urodynamic testing.



Photo credits: Meredith Johanson

Allina Medical Clinic–Buffalo OB/GYN Leslie Akram, DO, listens to a patient as they discuss treatments for incontinence.

It’s not difficult or painful. We talk over the symptoms and the treatment options.”

“One of the great things about openly discussing your problems with your doctor is that with many different treatment options, the two of you will be able to develop a plan that fits in with your lifestyle,” adds Emery.

With an array of treatments, including medication, therapies and surgery, most women can get relief from their symptoms right here in Buffalo.



To learn more, visit www.buffalohospital.org.

Cold or flu?

A STAY-WELL PLAN FOR YOUR FAMILY

AMERICAN adults average two to four colds a year, and most children get six to eight, while the flu puts more than 200,000 people in the hospital and causes about 36,000 deaths in the U.S.

EVADING VIRUSES

“Get plenty of rest, eat a balanced diet and exercise regularly to bolster your immune system and fight off germs—and get an annual flu vaccination,” says Kelly Kinnan, MD, family medicine doctor at Buffalo Clinic.

Most of the time, you inhale these germs after an infected person sneezes or coughs. You can also get sick if you touch a contaminated surface and then touch your face.

“Wash your hands often, and cover your mouth and nose when you cough or sneeze,” Kinnan says.

FEELING BETTER

If you do get sick, you’ll feel better if you drink plenty of fluids and get a lot of rest.

Although antibiotics won’t work against the flu, there are antiviral medications that might help but they need to be started within 48 hours to be effective, Kinnan says.

In most cases, you’ll get better on your own after a week or so. But call your doctor if your symptoms get worse, last a long time, or go away and then come back.

“The sooner we see patients who are elderly or have significant health problems, the better,” says Kinnan.

For more information about colds or the flu, visit www.buffalohospital.org. ❖



Anyone can get the flu. Buffalo Clinic family medicine doctor Kelly Kinnan, MD, is alert to flu symptoms as she assesses patient Julie Harvey, of Buffalo.

Ick, I’m sick—is it a cold or the flu?

Based on your symptoms, the chart below can help you figure out what’s ailing you.

| SYMPTOMS | COLD | FLU |
|---|---|---|
| Fever | Rare | Usual, high (100–102 F); may be higher—especially in young children; lasts 3–4 days |
| Headache | Rare | Common |
| General aches, pains | Slight | Usual, often severe |
| Fatigue, weakness | Sometimes | Usual, can last up to 3 weeks |
| Extreme exhaustion | Never | Usual, at the beginning of the illness |
| Stuffy, runny nose | Common | Sometimes |
| Sneezing | Usual | Sometimes |
| Sore throat | Common | Sometimes |
| Cough | Common, hacking | Common, can become severe |
| TREATMENT | Antihistamines, decongestants; aspirin,* acetaminophen (such as Tylenol) or ibuprofen for aches and pains | Aspirin,* acetaminophen or ibuprofen for aches, pains and fever; prescription antiviral medicines |
| <i>Read the label before using any product.</i> | | |
| PREVENTION | Wash your hands often; avoid close contact with anyone with a cold | Wash your hands often; avoid close contact with anyone with the flu; annual vaccination; prescription antiviral medicines |
| COMPLICATIONS | Sinus congestion, ear infection, asthma | Bronchitis, pneumonia; can be life-threatening |

Source: National Institutes of Health

*Children and teens should not be given aspirin.

COMMUNITY HEALTH EDUCATION



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 Buffalo Hospital Conference Center.

GENERAL WELLNESS

Healthy Hearts

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

Stroke Support Group

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

Before Surgery Party for Children

Children view a video and tour the Surgery & Outpatient Center. Call to schedule. FREE

CPR AND FIRST AID COURSES

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

Family and Friends CPR

April 12, 9 a.m.-noon. \$45

Pediatric First Aid with AED and CPR

Meets child day care training requirements. Jan. 19, Feb. 23, March 15, April 26, 8 a.m.-3:30 p.m. \$55

Adult First Aid with AED and CPR

March 8, April 5, 8 a.m.-3:30 p.m. \$55

Basic Life Support for Health Care Providers

This course covers adult, infant and child CPR and foreign-body airway obstruction. Jan. 15, 5-9:30 p.m. \$55

CPR Refresher for Health Care Providers

March 18, 6-9 p.m. \$45

Youth Babysitting Course

March 29, 8:30 a.m.-3:30 p.m. \$45

CHILDBIRTH AND PARENTING

A Healthy Pregnancy

Feb. 5 or April 1, 6:30-8:30 p.m. \$25

Childbirth Preparation Series

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

Childbirth Preparation—Single Session

Feb. 16 or April 19, 9 a.m.-4 p.m. \$90

Refresher for Childbirth Preparation

Feb. 12 or April 8, 6:30-9:30 p.m. \$45

Taking Care of Baby Fair

Feb. 7 or April 10, 6:30-9:30 p.m. \$45 or FREE if you are registered for "Childbirth Preparation" or "Refresher for Childbirth Preparation" classes.

Breastfeeding Preparation

Feb. 14 or April 17, 6:30-9 p.m. \$30

New Brother, New Sister

March 11, 6:30-8 p.m. \$25

Birth Center Tour

Jan. 15, Feb. 19 or April 15, 6:30-7:30 p.m.; or March 15, 9-10 a.m. FREE



JTLYK*, text messaging may be hazardous to your health

Photo credit: Meredith Johanson



Occupational therapist Cheryl Woulet uses ultrasound to treat a hand injury at the Sister Kenny® Rehabilitation Institute of Buffalo Hospital.

HERE'S THE 411** on constantly fussing with your cell phone: You may be at risk for repetitive strain injury (RSI).

RSI is the result of too much stress and strain, generally from repeating the same motions over and over again. RSIs affect muscles, tendons and nerves, usually in the hands, arms and upper back. Symptoms include recurring pain and swelling, tingling or numbness, and loss of grip strength.

The popularity of handheld electronic devices has made repetitive strain an equal opportunity injury, affecting children and teens as well as adults. Text messaging on cell phones, communicating with PDAs (personal digital assistants, such as the BlackBerry™), playing

video games, and even typing on laptop computers can be hazardous to joints from the thumb and fingers right up to the shoulder.

The good news: RSIs can be prevented by keeping wrists straight, loosening your grip, holding your head upright, using good posture, and standing to stretch and move the whole body every 20 minutes. Stop immediately if you begin to feel pain, numbness, stiffness or tingling.

“Continuing to work through the pain can cause injuries to become persistent and develop into tendonitis or carpal tunnel syndrome,” says Cheryl Woulet, occupational therapist specializing in hand therapy at Buffalo Hospital’s Sister Kenny® Rehabilitation Institute.

RSIs are easier to treat if they are identified early, so be sure to see a

doctor if you or your children notice symptoms. Healing therapies include resting the injured area, applying icepacks (no longer than 15 minutes at a time) and taking an anti-inflammatory medicine.

“We use a variety of therapy techniques, such as specific stretches or ultrasound, to treat RSIs,” Woulet says. A healthful diet and active lifestyle also increase the body’s resistance to RSIs.



To learn more about RSIs, call 763-684-7121 or visit www.buffalohospital.org.

* JTLYK: Just to let you know
** 411: Information



Who's your ICE?

Enter your emergency contacts in your cell phone address book under the name "ICE" (in case of emergency) to assist first responders in identifying and contacting them if you're involved in an accident.

AREA CLINICS

| | |
|---------------------------------------|--------------|
| Albertville–St. Michael Clinic | 763-684-8300 |
| Allina Medical Clinic: | |
| Annandale | 320-274-3744 |
| Buffalo | 763-682-5225 |
| Cokato | 320-286-2123 |
| St. Michael | 763-744-4000 |
| Buffalo Clinic | 763-682-1313 |
| Catalyst Medical Clinic | 952-955-1963 |

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