

# BUFFALO HOSPITAL

VOLUME 15, NUMBER 3

FALL 2009

## New knees with a custom fit

**YOUR KNEES ARE UNIQUE—NOW YOUR KNEE REPLACEMENT CAN BE TOO**

**W**HEN YOU have arthritis in your knee, you feel it with every step. Knee pain affects nearly everything you do. When Jenifer Kovacs' aching knee started interfering with her family life and work, she knew it was time for surgery.

"My knee hurt all the time. This spring I had to use a wheelchair to get around the zoo with my children," says Kovacs, 48, a registered nurse from St. Michael. "I don't want my knee to hold back my kids."

Years of sports, hiking and sailing, and early degenerative joint disease took their toll on Kovacs.

"I worked with my doctor to try everything we could to avoid surgery, including cortisone shots, physical therapy, weight loss and pain management, but nothing helped," Kovacs recalls. "I became very inactive and reduced my hours at work because I'm on my feet all day in the operating room."

### A CUSTOM FIT WITH OTISKNEE

Kovacs recently spent a day in the operating room as a patient. This summer, she was the first patient at Buffalo Hospital to receive a custom fit total knee replacement. Kovacs' orthopedic surgeon, Dana Harms, MD, is one of just a few doctors in Minnesota trained to perform a new technique called OtisKnee®. It results in a one-of-a-kind knee replacement.



**WORKING IT:** Jenifer Kovacs works with Kevin Lenz, PT, at Sister Kenny® Sports & Physical Therapy Center in Albertville to increase strength, flexibility and range of motion of her new knee.

"No two knees are exactly alike," says Harms. "Custom fitting knee implants takes total knee replacements to a new level and improves patient outcomes."

—Continued on page 2



**2** PET/CT now available closer to home



**3** Construction begins on new Birth Center



**4** Celebrate with us at the Pink Street Party



**BUFFALO HOSPITAL**

Allina Hospitals & Clinics

VISIT US ON THE WEB: WWW.BUFFALOHOSPITAL.ORG

## Custom fit

—Continued from Page 1

### INNOVATION AT WORK

Cutting guides are part of all knee replacement surgeries. But instead of a generic, one-size-fits-all guide, OtisKnee guides are as unique as the patient having surgery.

About three weeks before surgery, an MRI takes precise measurements of a patient's arthritic knee. A computer uses the measurements to create a 3-D model of the knee. Software then virtually corrects bone and cartilage deformities, returning the knee image to its prearthritic state. Finally, custom cutting guides are created to help the surgeon make precise bone cuts that are specific to the patient and implant.

### BENEFITS OF A CUSTOM KNEE

According to Harms, proper alignment is crucial with knee replacement surgery.

"It's like hanging a door with hinges that are not placed right. The door will still function, but it may not open or close all the way. Or, it might jam or feel tight."

Along with better alignment, OtisKnee cutting guides can help

preserve more bone and ligaments than conventional total knee replacement surgery. The OtisKnee technique makes it possible to save the posterior cruciate ligament, which helps speed up recovery.

Patients also may benefit from:

- quicker recovery
- less pain
- increased range of motion
- a more 'natural' feeling knee
- increased stability.

"The goal is to give patients the best possible range of motion and stability as well as a quick recovery," Harms says. "We want patients to enjoy the best quality of life possible, with as little pain as possible."

### GETTING BACK TO LIFE

Physical therapy is a big part of the recovery process. During a session at Sister Kenny® Sports & Physical Therapy Center, Kovacs mentioned it seemed like her leg was longer. "My physical therapist, Kevin Lenz, said no—it's just the first time in more than a year that I



**Dana Harms, MD, and Gilson DeSousa, physician assistant, perform a total knee replacement at Buffalo Hospital.**

was walking without a limp."

Kovacs' goal is to be biking and hiking this fall and enjoying time with her granddaughter.

"I haven't walked around and held her much, as I worried I'd drop her if my knee gave out. I am excited about my new knee and plan to take good care of it. I want to start enjoying an active life again," she says.

**go!** Talk to your doctor about whether total knee replacement is an option for you. To learn more, visit [www.buffalohospital.org](http://www.buffalohospital.org). ❖

### CANCER DETECTION

## PET/CT now closer to home

**B**UFFALO HOSPITAL now offers patients a powerful diagnostic tool known as PET/CT.

It combines the strengths of two imaging systems (positron emission tomography and computed tomography) to

more accurately diagnose and locate cancers.

"No matter where you are in your cancer journey, PET/CT images can help your doctor make treatment decisions," says Rose Voigt, Buffalo Hospital Imaging manager.

PET/CT can detect whether a patient has cancer, if it's spreading, whether treatment is working or if there's a recurrence. The painless test takes about 30 minutes.

For more information, call Buffalo Hospital Imaging at 763-684-7900 or visit [www.buffalohospital.org](http://www.buffalohospital.org). ❖



**A SOOTHING PLACE:** A conceptual drawing of the new Birth Center.

## We're expecting!

A NEW BIRTH CENTER IS DUE AT BUFFALO HOSPITAL SPRING 2010

**B**UFFALO HOSPITAL is elevating maternity care to a new level. In just a few weeks, the hospital will raise the roof and add a second story to make room for a new Birth Center.

### TAKING CARE TO A NEW LEVEL

When the new Birth Center opens next spring, it will offer a comfortable, nurturing and healing environment that reflects the exceptional care provided at Buffalo Hospital. The current Birth Center was built in 1980 and is undersized to meet the community's expectations and growing needs.

"It is so important for our families to have their birthing experience close to home in a center that matches our level of high-quality care," says Jennifer Nelson, Buffalo Hospital president.

### EXCEPTIONAL CARE

The new Birth Center will feature spacious labor and delivery rooms designed to soothe and comfort women. After delivery, Mom and Baby will move to a large, private postpartum room to recover, bond and create new memories in comfort.

"The new Birth Center is going to be wonderful, but it is more than a building," says Birth Center Manager Cindy Oquist. "Our doctors and nurses have earned a reputation for exceeding patient's expectations for quality and compassionate care."

### YOUR GIFT CAN HELP

Allina Hospitals & Clinics committed \$6.1 million to build the new Birth Center. Buffalo Hospital Foundation is raising the remaining \$1 million.

"We are baby steps from reaching our goal, with nearly \$700,000 donated so far," says Karla Heeter, executive director, Buffalo Hospital Foundation. "The support has been amazing, including gifts of \$225,000 from Buffalo Clinic P.A.; \$150,000 from Buffalo Hospital employees; \$75,000 from Minnesota Neonatal Physicians P.A.; and nearly \$50,000 from the Buffalo Hospital Board of Trustees, Foundation Board and volunteers."

A gift of any size will make a difference. Help support the new Birth Center by mailing a donation to Buffalo Hospital Foundation, 303 Catlin St., Buffalo, MN 55313. Or call 763-684-6800 or visit [www.buffalohospital.org](http://www.buffalohospital.org).

### STAY UPDATED

At [www.buffalohospital.org](http://www.buffalohospital.org), learn about a construction kickoff celebration, view plans and read construction updates. ❖



## Special features

The new Birth Center will feature:

- four labor and delivery rooms
- 12 or 14 postpartum rooms, each with its own soaking tub
- a Level II nursery for babies born prematurely
- two family lounges
- a lactation education room
- space to add a dedicated Cesarean operation room.

## Birth Center earns excellence in patient safety award

The Minnesota Hospital Association recently honored Buffalo Hospital's Birth Center for excellence in patient safety with the Patient Safety

Improvement: Calls to Action award for small hospitals for its successful efforts to eliminate any occurrence of gauze left in a patient after birth.

Visit [www.buffalohospital.org](http://www.buffalohospital.org) to learn more about this safety initiative and read patient stories.





**We're throwing a Mammo Party!**

No health insurance? No problem. Buffalo Hospital Foundation is throwing a fun, relaxing Mammo Party on Saturday, Oct. 24, just for women without insurance.

Buffalo Hospital, Allina Medical Clinic – Buffalo and Buffalo Clinic will provide:

- free mammograms
- seated massages
- treats
- informational seminars.

The event is possible thanks to funds raised at Tough Enough to Wear Pink events and the Pink Street Party. Call 763-684-6800 today to reserve your spot—space is limited! ❖

**MAKE A PROMISE:**

**Early detection of breast cancer truly matters**

**H**ERE'S A PLEDGE worth making: "I'll make an appointment to talk to my doctor about breast cancer screening."

You might be too busy to get to it today. That's OK.

So, how does tomorrow look?

Why the urgency? When it comes to breast cancer, early detection offers women the best chance of surviving the disease, according to the American Cancer Society (ACS).

**WHAT ARE DOCTORS LOOKING FOR?**

Most women who get breast cancer don't have any risk factors at all, says the ACS.

That's why mammograms are so important. Buffalo Hospital offers digital mammograms, which help find breast cancer long before it causes symptoms. A radiologist examines mammogram images for any abnormal areas, including calcifications and masses.

If something suspicious is found, try not to worry too much. In the vast majority of cases, it isn't cancer. More testing—such as another mammogram, ultrasound or a biopsy—may be needed.

According to the ACS, when women need more testing, only 8 to 10 percent end up needing a biopsy—and 80 percent of those biopsies are negative. ❖

**Join us for the Pink Street Party**

**P**INK LIGHTS will illuminate downtown Buffalo this October in recognition of Breast Cancer Awareness month.

The Pink Street Party is a unique partnership among Buffalo Hospital Foundation, Sara's Dance Foundation and Lillians to elevate breast cancer awareness and improve the quality of life for those diagnosed with cancer.

A \$50 donation will sponsor a string of pink LED lights in honor of a brave survivor, in memory of a loved one, or simply in recognition of all those touched by cancer. It's a simple, powerful way to raise

awareness of breast cancer. Donors will be recognized in a program and receive a personal tribute card.

Proceeds will support free mammograms for uninsured women in our community, as well as breast cancer education.

The Pink Street Party begins Thursday, Oct. 1, at 4 p.m. in downtown Buffalo, with music, food and shopping. Then join us at 8 p.m. in front of Lillians, across from Buffalo Lake, as we throw the switch and light up the night.

Call Buffalo Hospital Foundation at 763-684-6800 by Sept. 18 to sponsor a string of lights and help illuminate breast cancer awareness. ❖

8PM The Switch is Thrown!

*"The First Downtown Party with a Purpose"*

**Pink Street Party**

OCT 1st 4-9PM

BUFFALO, MN

Presented by

**BUFFALO HOSPITAL**  
Allina Hospitals & Clinics  
Buffalo Hospital Foundation

*Lillians* SARA'S DANCE FOUNDATION



## Helping families find care

**A**LLINA'S CARE NAVIGATION HELP DESK provides free health care support to patients and their families by connecting them with resources and information.

"When you or a loved one has many medical needs, trying to determine how to get help and what services exist can be difficult," explains Gayle Mattson, vice president of Allina Home & Community Services.

Care navigators assess your needs and then connect you with the right care and services. Resources include home health care, oxygen and medical equipment; hospice; resources for people with advanced illnesses; life care management; and housing referral and placement.



If you or a family member needs help accessing complex medical options, call 651-635-9173 or 1-800-261-0879, 24 hours a day, seven days a week or go online to [allina.com/care](http://allina.com/care). ❖

## RunSMART this fall and reduce injuries

**W**ITH THE RETURN of cool temperatures, now is a great time to lace up your shoes and enjoy the health benefits of running. However, whether you are a beginner or a seasoned runner, running can lead to soreness, injuries and chronic pain.

Before you run out the door, ask yourself three questions.

- Do I feel pain when I run that doesn't go away or has just started?
- Is an old knee injury, shin splints or hip pain preventing me from starting an active exercise program?
- Am I wearing the wrong shoes?

If you answer yes to any of these questions, consult your doctor before the injury escalates and ask about RunSMART (Skilled Movement and Rehabilitation Team). It's a program offered by Sister Kenny® Sports & Physical

Therapy Center to prevent running and walking injuries and help those who are injured recover quickly.

### COMMON RUNNING INJURIES

The most common causes of running injuries are:

**Weakness.** When one muscle group is weak, another muscle group has to take on more of the work, resulting in an overuse injury.

**Improper shoes.** You need to match the type of shoe you wear with your foot (high arch or flat).

### YOUR RUNSMART APPOINTMENT

If an injury or nagging pain is interfering with your running, an appointment with a physical therapist who specializes in treating runners may help. He or she will test your muscles and range of motion and analyze your posture and shoes.

The physical therapist will

recommend a treatment plan, which may include stretches, strength training, deep soft-tissue work, shoe replacement, home exercises and training recommendations to prevent future injuries.

RunSMART is offered at most Sister Kenny® Sports & Physical Therapy Center locations, including Buffalo at Gold's Gym. You need a referral from your doctor to set up an appointment. For more information, visit [www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com). ❖



## Allina's community benefit

**B**UFFALO HOSPITAL is part of Allina Hospitals & Clinics, whose mission reaches beyond the bedside with teams of employees working to improve the health status of the communities it serves.

### WHAT IS COMMUNITY BENEFIT?

Community benefit is an organizational approach to identify and respond to the health needs of our community.

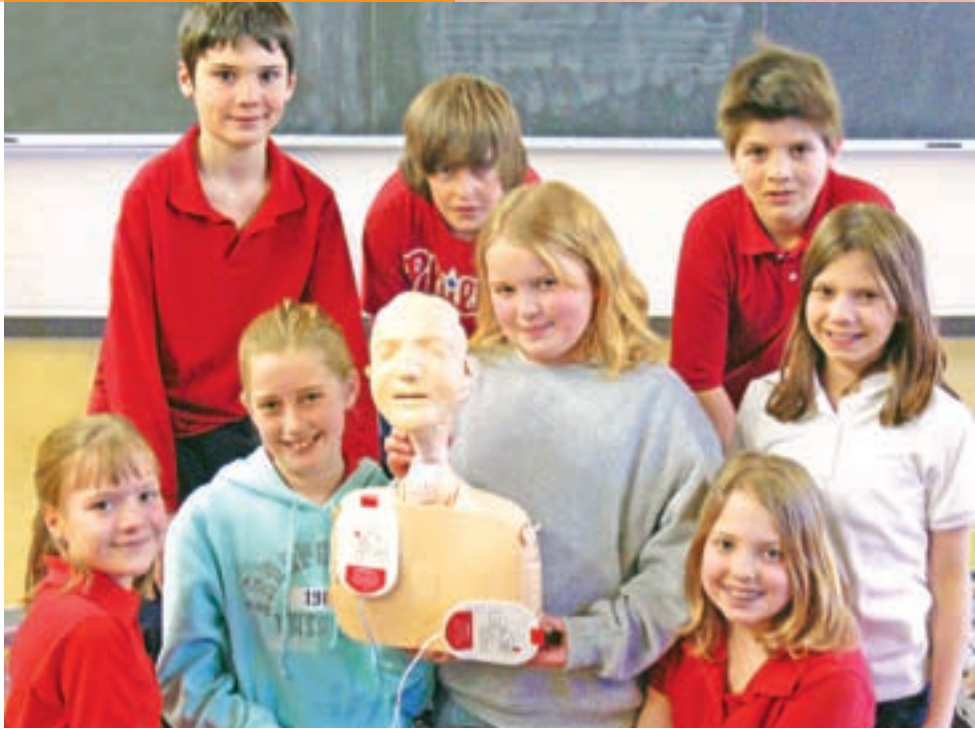
“As a not-for-profit organization, Allina knows the health of the communities in which we operate is essential to its mission and strategy,” says Penny Wheeler, MD, Chief Clinical Officer, Allina Hospitals & Clinics.

One way Allina is giving back is the Center for Healthcare Innovation at Allina. The center researches new care models and treatments to transform health care and advance Allina’s vision to improve patient care and serve as a catalyst for change in health care.

Two key projects are the Backyard Initiative, which seeks to improve the health of residents in a Minneapolis neighborhood, and the Heart of New Ulm, which strives to eliminate heart attacks within 10 years in the town of New Ulm.

### HOW MUCH DID WE GIVE BACK IN 2008?

Allina’s total 2008 investment was nearly \$404 million—about 15 percent of Allina’s



**Buffalo Hospital's Heart Safe Communities program is teaching students how to use an automated external defibrillator and perform CPR. Students at Saint Peter's School in Delano were the inaugural group.**

total operating expense. Buffalo Hospital contributed nearly \$9.7 million to our community.

Of that total contribution, \$156 million provided benefits designed to lessen the health care burden for all in the community. This includes charity care for patients who are unable to pay or for whom Medicare and Medicaid programs do not cover the full cost of services.

### BUFFALO HOSPITAL'S COMMUNITY BENEFIT EFFORTS:

- DAAN@Work and DAAN@School programs to encourage healthy lifestyle choices
- health screenings and classes
- Heart Safe Communities (placing automated external defibrillators around Wright County)
- Healthy Hearts and stroke support groups
- staff time for community food and blood drives. ♦

## Buffalo Hospital earns patient safety awards

Buffalo Hospital has earned all four Minnesota Hospital Association Patient Safety Excellence Awards, including:

- SAFE SITE for preventing wrong site and wrong patient surgeries
- SAFE SKIN for preventing pressure ulcers
- SAFE COUNT for preventing retained objects after labor and delivery
- SAFE from FALLS for preventing falls during a hospital stay.

Buffalo Hospital President Jennifer Nelson is proud of these awards but says it comes down to what's best for patients.

“Our doctors, nurses and staff deliver the quality of care to our patients that they would want for themselves or loved ones,” she says.



# BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting [www.allina.com/classes](http://www.allina.com/classes) or calling 866-904-9962. All sessions are held at the Buffalo Hospital Conference Room.

## GENERAL WELLNESS

### Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday, 6:30-8 p.m. FREE

### Stroke Support Group

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

### Before Surgery Party for Children

View a video and tour the Surgery Center. Call to schedule. FREE

## CPR AND FIRST AID COURSES

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

### Pediatric Heartsaver CPR, AED and First Aid

Meets child day care training requirements. Sept. 19, Oct. 24, Nov. 21, 8 a.m. to 3:30 p.m. \$65

### Heartsaver CPR, AED and First Aid

Learn how to recognize and treat medical emergencies until help arrives. Sept. 12 or Nov. 7, 8 a.m. to 3:30 p.m. \$65

### Health Care Providers Basic Life Support

Covers adult, infant and child CPR, and use of ventilation devices. Oct. 10 or Nov. 14, 8 a.m. to 12:30 p.m. \$60

### Health Care Providers Basic Life Support—Refresher

Oct. 10 or Nov. 14, 1-4:30 p.m. \$50

### Youth Babysitting Course

For youth ages 11 and older to learn the skills necessary for safe child care, including problem solving, accident prevention, first aid, safe play and much more. Oct. 15, 8:30 a.m. to 3 p.m. \$45

## CHILDBIRTH AND PARENTING

### Healthy Pregnancy

Important information about your developing baby and how to make pregnancy easier and more fulfilling. Sept. 29 or Dec. 1, 6:30-9:30 p.m. \$40

### Birth and Parenting Preparation Series

Information about labor, birth and early parenthood. A five-week series starts every other month, beginning Sept. 3 or Nov. 5, 6:30-9 p.m. \$105

### Birth and Parenting Preparation—Weekend Session

Fridays, 6:30-9 p.m., and Saturdays, 9 a.m. to 3:30 p.m. Oct. 16, 17 or Dec. 11, 12. \$105

### Refresher for Birth and Parenting Preparation

A review of labor, delivery, and postdelivery care of mom and baby. Oct. 6 or Dec. 1, 6:30-9:30 p.m. \$65. “New Brother, New Sister” included in registration.

### When You’re on Bed Rest

Whether in the hospital or at home, a childbirth educator will connect with you and your partner to help you prepare for labor, birth, postpartum and parenting. Call 763-684-7121. \$105

### All About Babies

Provides expectant and adoptive parents with important information about infant care and development. Oct. 8 or Dec. 10, 6:30-9:30 p.m. \$55

### Breastfeeding Preparation

Introduction to the basics of breastfeeding. Oct. 15 or Dec. 17, 6:30-9 p.m. \$30

### New Brother, New Sister

Designed for children ages 2 ½ to 10, this class helps prepare children for the new baby’s arrival. Oct. 13 or Dec. 8, 6:30-8 p.m. \$30 a family; free when also registered for “Refresher for Birth and Parenting Preparation” class.

### Birth Center Tour

Tour labor and delivery rooms, postpartum rooms, and nursery before the arrival of your baby. Sept. 15, Oct. 20 or Dec. 15, 6:30-7:30 p.m.; or Nov. 21, 9-10 a.m. FREE

### Pregnancy, Birth and Parenting Package Price Discounts

Enroll in four classes—“Birth and Parenting Preparation,” “All About Babies,” “Breastfeeding Preparation” and “Healthy Pregnancy”—and save \$50.



## BUFFALO HOSPITAL FISHING TOURNAMENT

Saturday, Sept. 19

Start: 8 a.m.

Weigh-in: 1:30 p.m.

Buffalo Lake

Win cash prizes for hooking the largest walleye, bass or northern. This fun event also includes a silent auction. Funds raised will support building a new Birth Center at Buffalo Hospital.

Register a team for \$100. Visit [www.buffalohospital.org](http://www.buffalohospital.org), or call 763-684-6800 for all the details.

COMING EVENTS



**BUFFALO  
HOSPITAL**

Allina Hospitals & Clinics

303 Catlin St.  
Buffalo, MN 55313

Nonprofit Org.  
U.S. Postage  
**PAID**  
St. Cloud, MN  
Permit No. 2260

HEALTHY COMMUNITIES™ MAGAZINE is published as a community service for the friends and patrons of BUFFALO HOSPITAL, 303 Catlin St., Buffalo, MN 55313. Allina® and the Allina logo are registered trademarks of Allina Health System.

Buffalo Hospital Board of Trustees

**Nathan Allen; Andrew Burgdorf, MD;**  
**Mark Casey; Tammi Dahlman; Mary DeWitte;**  
**Shirley Hagerty, RN; Chuck Klaassen; Mark Kraemer, MD;**  
**Jennifer Leonard; Terry Marsh;**  
**Robert Mullaney, MD, Vice Chief of Staff;**  
**Jennifer Nelson, President;**  
**John Spielmann, MD, Chief of Staff;**  
**Teresa Wrobbel, MD, Chairwoman.**

Jennifer Cottew, Editor

Information in HEALTHY COMMUNITIES™ MAGAZINE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.  
Copyright © 2009 Coffey Communications, Inc. LHN23944h

# Sleep—much more than a luxury

**H**ERE'S A SOMEWHAT surprising way to be healthy: Say good night. "Sleep is a key element of maintaining good health, mental and emotional well-being, and safety," says Courtney Whitney, doctor of osteopathy, Buffalo Hospital Sleep Center. "Sleep is not something you fit in as your busy life allows. Like food and water, it's a necessity."

Sleep affects how you look, feel and perform and can have a major impact on your overall health, including wearing down your immune system and increasing your risk of high blood pressure, heart disease, diabetes and obesity.

## HOW MUCH SLEEP IS ENOUGH?

Most healthy adults need seven to nine hours of sleep a night to feel well rested. If you have trouble staying alert during the day, are irritable and have trouble concentrating or remembering things, you probably aren't sleeping enough.

## WHEN YOU CAN'T SLEEP

If your sleep difficulty lasts more than a week, you may want to see a doctor to determine whether you have a sleep disorder. Your doctor may recommend an overnight sleep study to measure how much and how well you sleep. Based on the results of your study, your doctor will prescribe a treatment plan to help you get a good night's sleep. ❖



## Free sleep seminar

**Monday, Oct. 19**  
**6:30-8:30 p.m.**  
**Buffalo Hospital**

Many people with diabetes have sleep apnea and may not know it. Join Courtney Whitney, DO, for a free seminar to learn about symptoms and consequences, including heart disease and stroke. If you have a CPAP machine, bring it in for a checkup.



This event is free and open to anyone. Register online at [Allina.com/classes](http://Allina.com/classes), or call 1-866-904-9962.

## Sleep—good for your weight

Not getting enough sleep can affect your weight and metabolism. Studies show that people who chronically sleep less than eight hours a night have altered metabolisms that increase their appetite, but don't feel full, thus increasing their risk for obesity.

To get enough sleep and maintain

a healthy weight, choose foods that are whole-grain, high in fiber and in as close to their natural state as possible. Your metabolism will process these foods more efficiently.

If you have questions about weight or nutrition, call 763-684-7940 to speak with a dietitian.