



**BUFFALO  
HOSPITAL**

Allina Hospitals & Clinics

# Healthy a publication of ALLINA HOSPITALS & CLINICS Communities™

**MAGAZINE**

Winter 2010



## Surprise!

Buffalo Hospital takes extra special care of your unexpected deliveries

**A**ndrew Abel was working in downtown Minneapolis on July 17, when he received a phone call from Buffalo Hospital.

“It was a nurse telling me my wife was about to deliver our baby,” recalls Andrew. “The surprising part—he wasn’t due for another seven weeks.”

Andrew’s wife, Trisha, an art teacher at Monticello High School, says: “The night before, I was nauseous and had cramps, but at a recent checkup everything was fine, so I wasn’t worried. The cramps became painful in the morning, so I went to the hospital.”

Things moved fast at the hospital.

### Coordinated care

“Trisha was in labor and already dilated to eight centimeters,” says obstetrician Thomas Minke, MD, Buffalo Clinic. “We quickly pulled together a care team, including nurses, a pediatrician and respiratory therapist, to be ready for the baby.”

“We coordinate efforts to ensure the best outcomes for everyone,” says Cindy Oquist, RN, Birth Center manager. “Our Birth Center staff is specially trained and equipped to handle premature

deliveries, and if needed, we have immediate access to Minnesota Neonatal Physicians, P.A., at Children’s Hospital.”

“Dr. Minke reassured me and told me what to expect so I wasn’t scared,” says Trisha. “The nurses held my hand till my husband got there.”

It took Andrew 90 minutes to reach the hospital. His son Brayden arrived 30 minutes later, weighing 4.5 pounds.

**Our Birth Center staff is specially trained to handle premature deliveries.**

“Brayden was a champion, and we were all very impressed with him,” says pediatrician Kristina Loken, MD, Buffalo Clinic. “He was born at nearly 33 weeks, and every day makes a big difference. While Brayden cried right away, premature lung problems may not become apparent until 24 to 48 hours following birth, so he needed to be watched closely.”

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visit us at [buffalohospital.org](http://buffalohospital.org)

### Inside:

- 3 Healthy legs for life
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- 6 Help with navigating your care

# Surprise!

—CONTINUED FROM FRONT PAGE

## Level II nursery

Brayden was placed in Buffalo Hospital's Level II Nursery. A Level II Nursery provides specialized care for premature babies who need to be closely monitored, often for a few weeks.

"The advantage of having a Level II Nursery in our community and being able to take care of babies like Brayden is that it keeps families close to home and close to their support system," says Loken.

## Extra-special care

Brayden needed an oxygen hood to make it easier for him to breathe, an incubator to keep him warm, an IV for antibiotics and special lights to treat jaundice. Several monitors tracked his vital signs and body temperature.

"He was so tiny, and it was hard to see him surrounded by the wires and monitors, but the nurses explained everything and it wasn't as scary," recalls Trisha.

"Caring for an infant and mother goes beyond their clinical needs," says Oquist. "Having a premature or sick newborn can be emotional and stressful for new parents. We support their emotional needs and provide an environment that allows them to bond with their baby."

Brayden spent two weeks solely in the Level II Nursery.

"We were encouraged to spend as much time with him as we wanted," says Trisha. "And even though he needed a feeding tube at first, I was able to give him his feedings, and that was important to me."



A much bigger Brayden returns to the Level II Nursery to visit with the nurses and Kristina Loken, MD.

## Keeping warm, growing big

After Brayden's round of antibiotics was complete, Trisha and Andrew were able to spend time with him in their own room a few hours a day, with increasing hours each day as he learned to eat on his own.

"Brayden did better than any of us expected," says Loken. "He also surprised us by not having much trouble keeping his body temperature normal, which can be hard for preemies without much body fat."

## Going home

Three weeks after he was born—and half a pound bigger—Brayden went home.

"The first night was nerve-racking—being completely on our own for the first time—but it went great," says Trisha.

Brayden continues to grow and is completely healthy. "At times I still can't believe Brayden arrived so early. We weren't quite ready for him, but everything went so smoothly, and our family is doing great."

## Buffalo Hospital is expecting!

Labor is in full swing on building a new Birth Center. The new center will feature many impressive upgrades and amenities and is designed to nurture and support mothers throughout the birthing experience. Features include spacious labor and delivery rooms, postpartum suites (each with its own soaking tub), an expanded Level II Nursery, and two family lounges. To see the latest photos of the construction progress, visit [buffalohospital.org](http://buffalohospital.org).

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# Healthy legs for a lifetime

**Y**ou might think achy legs are a normal part of getting older, but they could actually be a sign of a health problem.

“Leg pain that starts with walking or exercise and stops when exercise ends is a symptom of peripheral artery disease, or PAD,” says Daniel Dulas, MD, a cardiologist with Metropolitan Cardiology Consultants who cares for patients at Buffalo Hospital.

PAD is caused by plaque inside the arteries that reduces or blocks blood flow. It can cause coldness, numbness and tingling in the lower legs and feet, and lower-limb sores that don’t heal. But some people with PAD have no symptoms.

## A threat to health

PAD is a serious condition—it is a risk factor for heart attack and stroke. It also raises a person’s risk

of gangrene, in which lack of blood flow leads to death of tissue. Severe cases can lead to amputation.

Your risk of PAD increases with age; it is most common in people 50 and older. Additional risk factors include:

- smoking (Smokers may have four times the PAD risk of nonsmokers.)
- diabetes
- high cholesterol
- high blood pressure
- obesity
- family history of PAD, heart disease or stroke.

## Screening is simple, painless

Buffalo Hospital now offers a screening test to determine whether you may have PAD. It takes just 20 minutes and is completely painless.

Similar to getting your blood pressure checked in the doctor’s office, PAD testing involves

pressure cuffs placed around your arms and legs above the knees, calves and ankles. The test measures the ratio between the blood pressure in your arms and that in your legs. This ratio indicates how well blood flows to the legs.

If the test reveals an abnormal ratio, you may need further testing, such as an ultrasound or MRI. Treatment may range from lifestyle changes and medicines to angioplasty—a nonsurgical procedure to open a narrowed or blocked artery.

“PAD often goes undiagnosed, which can be dangerous, because people with PAD also are at higher risk of having a heart attack or stroke,” says Dulas. “If you have leg pain or risk factors for PAD, talk to your doctor about early diagnosis and treatment.”

**Go!** To learn more, visit [buffalohospital.org](http://buffalohospital.org).

Source: American Heart Association



Learn more locally  
**“What You Need to Know About Vascular Disease”**  
**Tuesday, Feb. 16, 6:45 p.m.**  
**Buffalo Hospital Conference Center**

At this free presentation, learn more about PAD and other common vascular diseases that could cause trouble for your health.

Our vascular specialists will talk about common vascular conditions, symptoms to be aware of, ways to modify your risk factors and tests to talk about with your doctor.

Arrive early to receive a free blood pressure check starting at 6:15 p.m. Park in parking lot B, off of Anderson Avenue.

**Go!** Register for this free event online at [allina.com/classes](http://allina.com/classes) or call 1-866-904-9962.



# Low vision doesn't have to mean no vision

**F**ew things matter more in our daily lives than our vision. Certain vision-robbing eye problems, such as cataracts, glaucoma and macular degeneration, make everyday tasks, such as reading, writing, watching TV or walking along a sidewalk, difficult or unsafe.

Some vision impairments cannot be corrected with glasses, surgery or medicine. That's why the Phillips Eye Institute at Buffalo Hospital now offers low-vision services to help patients make the most of their remaining vision.

**Low-vision evaluation, aids.** An eye care provider who is specially trained in low-vision treatment conducts a comprehensive evaluation. Special emphasis is placed on functional problems you may have. The specialist will recommend a treatment plan that

may include innovative devices, such as magnifiers and electronic systems, and practical tips to make life easier.

**Vision rehabilitation.** Phillips Eye Institute at Buffalo Hospital's vision rehabilitation services equip you with skills and strategies to help you remain safe, independent and active. Our occupational therapists will introduce you to new ways of making the most of your remaining vision for daily life and adjusting to vision loss.

**Learn more.** Ask your eye care provider to determine whether a low vision evaluation is a good option for you or a loved one.

To find out more or to schedule an appointment with an ophthalmologist or low-vision specialist, call Phillips Eye Institute **Go!** at Buffalo Hospital at 763-684-6046. Or visit us online at [buffalohospital.org](http://buffalohospital.org).

## Signs of low vision

- trouble recognizing familiar faces
- difficulty reading because print appears broken, distorted or incomplete
- difficulty seeing objects and potential hazards, such as steps, curbs, walls, uneven surfaces and furniture

# Nutrition consultations with a dietitian

**P**roper nutrition is a key element in leading a healthy lifestyle. Whether you have concerns about weight management or a diet-related medical condition, Buffalo Hospital's registered dietitians can guide you.

Our dietitians can help you with a variety of concerns and conditions, including high blood pressure; high cholesterol; weight loss; heart disease; food allergies, including gluten; picky eaters; diabetes; irritable bowel syndrome; sports nutrition; and basic nutrition.

Consultations are tailored to your individual concerns. Our dietitians can help create a personal plan to meet your goals, answer your

questions and provide education, as well as give you advice about what to look for in the grocery store.

**Make an appointment.** Many health insurance companies cover the cost of a consultation with a

dietitian, but you should check with your company to be sure. You also may pay out of pocket; the cost is \$20 for 15 minutes with a registered dietitian. Call 763-684-3811 to make an appointment.





## H1N1 AND SEASONAL FLU

# Protect yourself and your family

**S**easonal influenza, or flu, is a contagious respiratory illness caused by influenza viruses.

It can cause mild to severe illness and at times can lead to death. Seasonal flu activity typically peaks in January or later.

2009 H1N1 influenza is a new strain of influenza that was discovered in April 2009. Because people don't have immunity to it, H1N1 may cause more illness,

hospital stays and deaths than seasonal flu. Young children in particular are at risk. So are pregnant women and people with underlying health problems, such as asthma and diabetes.

### Symptoms

The symptoms are very similar for both seasonal influenza and 2009 H1N1 influenza.

- fever (above 100 degrees)
- cough

- sore throat
- stuffy nose.

In some cases, people also experience diarrhea and vomiting, body aches and headaches.

### What to do if you are sick

If you become ill with influenza-like symptoms, you should stay home and avoid contact with other people as much as possible. Most people who get H1N1 flu will likely recover without medical care.

If you are ill and have any of the following warning signs, seek emergency medical care.

Emergency signs include:

- fast breathing or trouble breathing
- bluish or gray skin color
- not drinking enough fluids
- severe or persistent vomiting
- not waking up or not interacting
- a child being so irritable that he or she does not want to be held
- pain or pressure in the chest or abdomen
- sudden dizziness
- confusion
- severe or persistent vomiting
- flu-like symptoms that improve but then return with fever and a worse cough.

### Prevention is best

A seasonal and H1N1 flu vaccine is the best way to protect yourself from influenza.

**Go!** For more information, visit [allina.com/flu](http://allina.com/flu).

# Lower your blood pressure—for free

**B**uffalo Hospital now offers DAAN@Home—a free health coaching program taking aim at high blood pressure.

Over time, uncontrolled high blood pressure can lead to stroke, heart disease, kidney damage and eye

problems. Physical activity is one of the best ways to lower blood pressure.

DAAN@Home participants meet with a health coach in a combination of in-person visits and phone appointments. The health coach works with participants to create a plan to find simple ways to

increase physical activity in their daily lives, ultimately reducing their blood pressure.

**Start today.** Now is the time to take preventive steps for a healthy future. Call 763-684-7121 for more information and to sign up for DAAN@Home.



# Health care support that puts patients first

## Allina's Care Navigation Help Desk

**A**llina's Care Navigation Help Desk provides personalized health care support to patients and their families.

"The Care Navigation Help Desk is one way the health care team at Allina works to provide seamless care to patients," explains Gayle Mattson, president, Allina Home & Community Services.

"When you or a loved one has many medical needs, trying to determine how to get help and what services exist can be difficult," Mattson says. So the Care Navigation Help Desk staff steps in to help. Registered nurse and social worker care navigators provide an assessment to determine what needs

**Care navigators help connect patients with care and services.**

a patient might have and how to connect them with the right care and services. Resources offered include home health care, home oxygen and medical equipment, hospice, resources for people with advanced illnesses, life care management, private caregiving, and housing referral and placement.

### **Julie and Jane's story**

When Julie was diagnosed with stage III lung cancer, she and her sister Jane weren't sure what the future would hold. In subsequent months, Julie's health continued to decline, and her doctor recommended that she quit chemotherapy because of the side effects she had from the treatment. Jane thought Julie seemed depressed and that they both needed help figuring out what to do next.

That's when Jane went online to look for help and found information about Allina's Care

Navigation Help Desk. Jane called and talked to a registered nurse care navigator, who offered to work with Julie's doctor to get a referral for palliative care.

A palliative care nurse visited Julie at home three times over the summer to care for her and talk to her about her condition. When the time was right, the palliative care nurse recommended that Julie begin hospice care.

"Ever since Julie went into the hospital, we've been glad we're hooked up with Allina," says Jane. "They've been able to help with home oxygen, palliative care and now hospice care. Not every health system has all those services."

## **For more information**

about the Care Navigation Help Desk, go online to [allina.com/care](http://allina.com/care) or call

**651-635-9173 or  
1-800-261-0879**

## Primary care



### Primary care locations

#### Allina Medical Clinic – Annandale

440 Elm St. E.  
320-274-3744

#### Allina Medical Clinic – Buffalo

303 Catlin St.  
763-682-5225

#### Allina Medical Clinic – Cokato

110 Olsen Blvd.  
320-286-2123

#### Allina Medical Clinic – St. Michael

4300 Edgewood Drive N.E.  
763-744-4000

#### Buffalo Clinic

1700 Highway 24 N.  
763-682-1313

## Urgent care



### Urgent-care locations

#### Buffalo Hospital Urgent Care

303 Catlin St.  
Buffalo, MN 55313  
763-684-7533

Monday through Friday:  
5-10 p.m.

Saturday and Sunday:  
10 a.m. to 6 p.m.

#### Buffalo Clinic

1700 Highway 25 N.  
Buffalo, MN 55313  
763-684-3696

Monday through Thursday: 1-8 p.m.

Saturday: 8 a.m. to noon

Sunday: 9 a.m. to 2 p.m.

## Emergency care

IN CASE OF EMERGENCY,  
CALL 911.



### Hospital locations

#### Buffalo Hospital

303 Catlin St.  
Buffalo, MN 55313  
763-682-1212

#### Mercy Hospital

4050 Coon Rapids Blvd.  
Coon Rapids, MN 55433  
763-236-6000

Patients have the right to choose their providers for primary, urgent and emergency care. This listing may not include all medical providers in your area.

### **MyChart** Your secure, online health connection

With our electronic medical record, information from your doctor and hospital visits and test results are available to Allina's network of primary care providers, specialists and hospitals. MyChart also allows you to schedule appointments, request prescription refills, review your health history and more—online, anytime! For more information, visit [allina.com/mychart](http://allina.com/mychart).



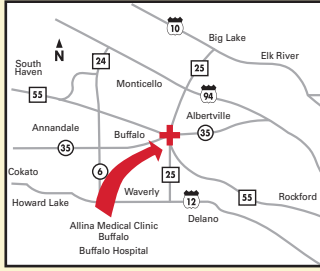
## Knees in Need

Do your knees ache, swell or lock up? Knee pain is one of the most common orthopedic problems and can affect just about anyone—young or old, active or inactive.

Join Allina Medical Clinic's orthopedic specialists on Jan. 19 to learn about common knee problems and the variety of ways to fix them, including the latest total knee replacement options.

- Tuesday, Jan. 19
  - 6:30 p.m.
  - Buffalo Hospital Conference Center—use parking lot B (Buffalo Clinic's lower parking lot on the corner of Anderson Avenue)
- Ready to find out more?** The Knees in Need presentation is free, but reservations are preferred. Sign up at [allina.com/classes](http://allina.com/classes) or call 1-866-904-9962.

How to find us:  
303 Catlin St.  
Buffalo, MN 55313



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## Mark your calendar

Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting [allina.com/classes](http://allina.com/classes) or calling 1-866-904-9962.

All sessions take place in the Buffalo Hospital Conference Room.

### GENERAL WELLNESS

#### Healthy Hearts

This informal educational group is for anyone at risk of heart disease, those recently diagnosed or treated for heart disease, and their families. Call 763-684-7121, option 2, for dates and times. 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 learn about the Surgery and Outpatient Center. Call to schedule. FREE

### CPR AND FIRST AID COURSES

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

#### Heartsaver CPR, AED and First Aid

Saturdays, Jan. 23 or March 6  
8 a.m. to 3:30 p.m.

For those who have a duty to respond to cardiac or first aid emergencies. Teaches how to recognize and treat medical and injury emergencies until help arrives. Also includes CPR and AED. \$65

#### Pediatric Heartsaver CPR, AED and First Aid

Jan. 16, Feb. 13 or March 20  
8 a.m. to 3:30 p.m.

Meets child day care training and is recommended for anyone who works with or cares for children. Topics include First Aid basics, medical emergencies, injury emergencies, child and infant CPR and AED. \$65

#### Health Care Providers

##### Basic Life Support

Saturdays, Feb. 6 or April 10  
8 a.m. to 12:30 p.m.

Covers adult, infant and child CPR (including two-rescuer) and use of ventilation devices. Designed for EMS personnel, physician assistants, doctors, dentists, nurses and respiratory therapists. \$60

#### Health Care Providers

##### Basic Life Support—Refresher

Saturdays, Feb. 6 or April 10, 1-4:30 p.m.

Healthcare providers who need to review skills in one- and two-rescuer CPR for adults, infants and children. Also includes AED. \$50

#### Youth Babysitting Course

Saturday, Feb. 27, 8:30 a.m. to 3 p.m.

This class provides youth 11 and older the skills necessary for safe and responsible care for children in the absence of their parents or guardians. Problem solving and accident prevention, first aid, safe play and much more. \$45

### PREGNANCY, BIRTH AND PARENTING

#### Childbirth Preparation Series

Thursdays, Jan. 7, 14 and 21 or  
March 4, 11 and 18, 6:30-9:30 p.m.

This class focuses on preparation for labor, birth and early parenthood. A new series starts every other month. \$105

#### Childbirth Preparation —

##### Weekend Session

Fridays, 6:30-9 p.m. and Saturdays, 9 a.m. to 3:30 p.m.

Feb. 19 and 20 or April 23 and 24.

#### Refresher for Childbirth Preparation

Tuesdays, Feb. 2 or March 30, 6:30-9:30 p.m.  
A review of labor, delivery, and immediate post delivery care of mom and baby. \$65

#### Coping With Labor

■ Mondays, Feb. 22, April 26

■ Thursdays, Jan. 28, March 25

6:30-9:30 p.m.

Designed to help you become an active participant in your labor. Topics include relaxation, breathing, tools to help you cope with labor and labor support techniques. \$55

#### Breastfeeding Preparation

Feb. 11 or April 8, 6:30-9 p.m.

Class includes both an introduction to the basics of breastfeeding and resources for ongoing support. Your partner is encouraged to attend, as well as others who will support you after your baby is born. \$30

#### All About Babies

Feb. 4 or April 1, 6:15-9:15 p.m.

Provides expectant and adoptive parents with important information about infant care and development.

#### Birth Center Tour

■ Tuesdays, Jan. 12, Feb. 16 or April 13  
6:30-7:30 p.m.

■ Saturday, March 13, 9-10 a.m.

The Birth Center tour is for parents who plan to give birth at Buffalo Hospital. Tour includes labor and delivery rooms, postpartum rooms and nursery. FREE

#### New Brother, New Sister

Tuesdays, Feb. 9 or April 6  
6:30-8 p.m.

Designed for children 2 1/2 to 10 years old, this class helps prepare children for the new baby's arrival. Children are reassured they have a special place in the family as their roles as a new brother or sister begin. Parent and child participate in activities designed to increase their knowledge of a new baby's appearance and capabilities. \$30 per family.

