



CAMBRIDGE
MEDICAL
CENTER

Allina Hospitals & Clinics

Healthy Communities™

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MAGAZINE

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Fight breast cancer with early detection

Sooner is better than later for detecting breast cancer. There are lots of statistics to support this, but Tami Strantz, of Cambridge, knows firsthand how important early detection is. Her breast cancer was not detected until it was advanced, and it made her treatment much more difficult. She encourages women to have their recommended mammograms and see their doctor right away if they have pain, lumps or other signs of cancer (see “Be Alert to Breast Changes” on Page 2).

Suspicious pain

A few months before her 40th birthday, Strantz felt pain in her underarms and breasts. She noticed a lump a few months later, but delayed having it checked.

—CONTINUED ON PAGE 2

Anyone can be in denial about the signs and symptoms of breast cancer—even an oncology nurse like Tami Strantz, whose breast cancer was not detected at an early stage. She encourages women to see their doctor if they have warning signs (see Page 2) and to have regular mammograms.

The motto “don’t get mad, get even!” has helped Strantz recover from breast cancer and become a whirlwind fundraiser for breast cancer research.

visit us at cambridgemedicalcenter.com

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Early detection

—CONTINUED FROM FRONT PAGE

“I have fibrocystic breasts, which often have lumpy-feeling areas, but I was also in denial and afraid to know that I might have cancer,” she says.

When she noticed a discharge from her breast, she knew it had to be checked out and went to see Anne Olson, MD, at Cambridge Medical Center (CMC), who arranged for a mammogram and ultrasound the same day. Strantz then had a biopsy at CMC, and within a couple of days she knew for certain that she had cancer.

Her treatment began with a mastectomy and several reconstructive procedures. Strantz was pleased that she could have much of her treatment at CMC, including additional surgery and chemotherapy. She credits CMC, the radiology staff and Stephen Mann, MD, oncologist with Minnesota Oncology, for making her diagnosis quickly and following her at CMC throughout the treatment process.

A professional connection

In addition to being a cancer survivor, Strantz is in a unique position to know the benefits of mammograms and early detection—she is a nurse in the oncology department at CMC. When she sees patients whose breast cancer was detected early, she knows that their treatment will be easier than hers was and that they have less to worry about.

“If you have any symptoms or changes, get it checked right away,” Strantz says. “Don’t let fear of cancer hold you back, and don’t worry



Tami Strantz rides a pink bicycle, and, like many of the riders on the Trek Women Breast Cancer Awareness Ride, she wears a decorated bike helmet. For more information about the Oct. 9 Trek Ride, call 763-552-3343.

about feeling silly if it turns out to be nothing. I waited too long. Mammograms don’t hurt, and it’s easy to get them done. It is much better to be diagnosed at stage I.”


CMC has state-of-the-art digital mammography equipment. Mammograms are fast, easy and comfortable because there is no waiting for film. The mammography department is certified by the American College of Radiology.

Strantz looks on the positive side of her experience with cancer. “It has brought more meaning to my work,” she says. “When new patients come in, I understand the anxiety they are feeling. When I tell them I have

been through it myself, they light up and ask lots of questions.”

She guides them through the resources that were so important to her, including the Harbor Room cancer resource center located at CMC (see Page 8 for more information).

“They had information, friendly volunteers and helped me cope with cancer and the side effects of treatment. I got several hats there when I lost my hair, and I take my patients there because it helped me so much.”

To make an appointment for a screening mammogram, call  763-689-7700.

Be alert to breast changes

Knowing how your breasts usually look and feel helps you recognize when something seems different. Be on the lookout for:

- any lump or thickening in or near your breasts or underarms
- a change in the size or shape of a breast
- dimpling, puckering or ridges in a breast’s skin
- a nipple turned inward or discharge from a nipple
- scaly, red or swollen skin on a breast or nipple.

Usually these don’t mean you have cancer. Even if your doctor orders a biopsy, don’t panic—four out of five biopsies come back negative for cancer, according to the American Cancer Society. Still, it’s important to have symptoms or changes in your breasts evaluated by your doctor quickly.

For more information about breast cancer prevention and detection, visit allina.com/breastcare.

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Daniel Gustafson, licensed alcohol and drug counselor at Cambridge Medical Center's Dellwood Recovery Center, helps teens make good decisions about drug and alcohol use at the Teen Intervene program. Teen Intervene is not a treatment program, but is aimed at helping teens avoid addiction and the problems associated with drug and alcohol use.

Adolescents at risk

Helping teens avoid problems with drugs and alcohol

Finding a marijuana joint or strange pills in a child's room, or getting the phone call that he or she was at a party that was busted—that's how some parents find out that their child is using drugs and alcohol. The comfortable assumption that "my child wouldn't do that" is shattered. And then comes the big question: Now what do I do? What do I say?

Some parents dismiss it as harmless experimentation and look the other way, says Daniel Gustafson, licensed alcohol and drug counselor at Cambridge Medical Center's (CMC) Dellwood Recovery Center.

"Even experimentation is dangerous," he says. "Last year alcohol and drugs contributed to a huge number of teen deaths and injuries in Minnesota. It is not OK to let it go."

People who start drinking at an early age are at much higher risk of developing alcohol problems at some point in their lives compared to those who start drinking at age 21 or older, he adds.

Another parental reaction is rage, lecturing and punishment, often without listening to the child.

Head off addiction and heartache

Teen Intervene, a program developed at Hazelden® and offered at CMC, helps adolescents make good decisions about drug and alcohol use and helps parents talk constructively about it.

"It's not a treatment program; it's a step you can take before the child is a heavy user, to head off addiction and the problems that accompany drug and alcohol use," says Robin Ringer, program manager.

The Teen Intervene program includes a session that helps teach parents to communicate with their teens about their concerns.

Teen Intervene consists of three confidential one-on-one sessions with a counselor, exploring the teen's reasons for using alcohol or drugs and the potential consequences.

"It's not a lecture," says Gustafson. "Guided by a counselor, the teen lists the pros and cons of drug and alcohol usage. Often, they learn that prescription medicines are not as safe as they thought, or that they are not really getting what they want from drug or alcohol use. Many are not well informed about the dangers and consequences of drug and alcohol use."

Talking with your teen

The program also includes a session with the parents as well as the teen, focusing on communication and setting household rules with the child's input. Parents learn to follow these tips for talking to their teens:

"I care." Explain that you care about the child and why you care if they use alcohol or drugs.

"I see." Explain what the child has done that has caused concern—just the facts, not opinion.

"I feel." Explain how this behavior has made you feel.

"I listen." Give your child an opportunity to explain his or her side.

"I want." After hearing your child's side, tell him or her what you want to happen next.

"I will." Tell your child what you will or will not do to help him or her with this problem.

If you are concerned about your child's alcohol or drug use, learn more about Teen Intervene by calling 763-688-7723.





Back to School

CMC in the classroom and on the field

When school starts in a few weeks, athletic programs and activities swing into high gear, and the latest in technology and skilled teachers will go to work to educate our kids. Cambridge Medical Center (CMC) will be there too, offering skill, knowledge and technology.

CMC dietitians are in the classroom helping kids learn healthful eating habits through the Power by the Hour program. CMC's certified athletic trainers are on hand at games and practices. They're with the team, taping, checking injuries and working with the coaches to help keep play safe and injury-free for student athletes.

As a not-for-profit health care facility, CMC provides these services at no charge or reduced fees to support good health in the community.

See Page 6 for more information about CMC's commitment to community health.



Saving girls' knees

A quick, running cut, a snap, a pop, and perhaps the end of the sport for the season—that's what an ACL injury looks like to young female athletes.

An ACL injury, a tearing of the anterior cruciate ligament in the knee, is quite painful and makes the knee feel unstable. Surgery may be required to fix an ACL injury, and it may set the stage for arthritis and more problems in later years.

This fall an ACL injury prevention program offered by Sister Kenny® Rehabilitation Institute – Cambridge will help female volleyball, basketball and soccer athletes prevent knee injuries. Cambridge–Isanti and Braham high schools will include the program in their team training.



Nick Solberg and Nicci Westensee, certified athletic trainer, do an on-the-field neurologic test to check for signs of concussion.

A new way to evaluate head injuries

"You can look at an arm or leg injury and get a pretty good idea of how bad it is," says Nicci Westensee, certified athletic trainer at CMC. "But if an athlete receives a blow to the head, you can't just look at it and know how serious it is."

A concussion caused by a blow

to the head can be serious. Even more serious is a second blow to the head before a previous concussion has healed.

"The developing brains of children are particularly vulnerable to the long-term effects of concussion," says George (Budd) Renier, MD, nonsurgical orthopedics and sports medicine, at CMC. "Children's brains are not fully developed and take longer to heal. Multiple concussions may increase the risk of chronic headaches, thinking and memory



Nicci Westensee, certified athletic trainer at CMC, teaches Roxanne Holmberg and Emily Moore stretches to help them prevent ACL injuries.

“Statistics show that women are at much higher risk for ACL injuries, so

we target that group,” says Nicci Westensee, certified athletic trainer at CMC.

The program starts with an assessment of each athlete’s knee by George (Budd) Renier, MD, or Mike Patten, MD, nonsurgical orthopedic doctors at CMC. They check muscle strengths and weaknesses and other factors that might make the knee more prone to injury.

Next, the CMC certified athletic trainer and physical therapists from Sister Kenny Rehabilitation Institute teach each athlete the ACL prevention program of exercises and stretches to be performed several times each week. When they know the routine and can do it correctly, the coaches take over and include it in the regular training for the sport. The CMC trainers are available to assist as the training continues.

Power by the Hour

Do your kids roll their eyes when you suggest exercise and healthful foods? They’ll get the message in a fun way at an after-school program offered by registered dietitians from Cambridge Medical Center (CMC).

Power by the Hour is designed to teach elementary school children about nutrition and the benefits of physical activity.

The information is presented with a game or fun activity. Each session also includes an exercise activity, often with a take-home activity for kids to enjoy with their families.

“Parents have been very positive about the program,” says Michelle Varsoke, registered and licensed dietitian. “Their children start to make healthier choices. The kids have a great time.”

Each week the children get an incentive—an item to help them enjoy exercise or choose a healthful snack.

“A favorite from the spring session was the pedometer that each child

got,” says Varsoke, who taught the classes. “The game was to see how quickly our added-up walking miles would get us to Florida. The kids wore their pedometers and counted their steps every day.”

The program is supported by CMC and a Safety and Health Investment Projects (SHIP) grant to Isanti County.

For fall schedules and information, call the Community Education department at 763-689-6189. The class fee is \$10, but scholarships are available.



Kids have fun learning about nutrition and exercise at Power by the Hour, taught by Michelle Varsoke, registered and licensed dietitian at CMC.

impairment, permanent dizziness and personality changes.”

If a second blow to the head occurs before a first one is fully healed, a condition called second impact syndrome may cause brain swelling and could even be fatal.

That’s why the CMC Foundation brought the ImpACT™ (Immediate Postconcussion Assessment and Cognitive Testing) program to Cambridge-Isanti and Braham high schools last year and will continue the program this year.

ImpACT tests the brain function of student athletes before they participate in sports. If they experience a blow to their head, the same measurements will be taken again. The before-and-after comparison will show the degree of injury and help determine when it has healed.

The score of the ImpACT test—along with observation of symptoms at rest and with exertion—helps doctors, coaches and trainers determine when it is safe for an

athlete to return to the sport.

“It really helps to have an objective measure,” Westensee says. “Last year, a wrestling injury that didn’t seem like it should be serious actually was. A hockey injury that looked terrible and was the eighth concussion for the athlete was shown to be less serious.”

Without the ImpACT test, the hockey player might not have been allowed to play again, and the wrestler might have been reinjured with serious consequences.



ALLINA'S COMMUNITY BENEFIT

Going beyond the bedside

Cambridge Medical Center (CMC) is a part of Allina Hospitals & Clinics, whose mission reaches beyond the bedside, as its team of dedicated employees works to improve the health status of the communities it serves.

What is community benefit?

“As a not-for-profit organization, Allina’s mission extends beyond providing exceptional health care to patients to improving the health

of the communities we serve,” says Ellie Zuehlke, Allina Hospitals & Clinics community benefit director. “Community benefit is a planned, coordinated and measured approach to identify and respond to the health needs of our communities.”

How much did Allina give back to the community in 2009?

Allina’s total 2009 community investment was \$420 million, which is approximately 15 percent

of Allina’s total operating expense. CMC has contributed nearly \$5.4 million to benefit the health of the community.

Of Allina’s total, \$171 million provided community benefits to lessen the health care burden for people in the communities Allina serves. This includes charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services.

“At both the Allina and local level, we’re proud of the community benefit services we provide,” Zuehlke says. “We strive to partner with communities to improve the health and wellness of community members while providing care to all who need it.”

CMC offers educational programs, screenings and health-promoting activities for all ages in the community. See Pages 4 and 5 to learn about programs for area schoolchildren.

For more information about Allina’s investment in community benefits, visit us online at allina.com/community.



Flu shots help fight pneumonia, too

Here’s a great way to protect yourself against pneumonia: Get a flu shot every year.

That’s not a typo. There are numerous causes of pneumonia, but one of the most common is the influenza virus. Preventing the flu can go a long way toward preventing pneumonia. There’s also a vaccine to protect against pneumococcal disease, which can cause pneumonia. It’s recommended for people at

high risk for the disease, such as those who:

- have chronic illnesses like heart or lung disease, kidney disorders, or diabetes
- are recovering from a serious illness
- are 65 or older.

According to the American Lung Association, healthful habits can help you avoid pneumonia, too. For example, be sure to wash your hands well and often. Get plenty



of rest. Stay physically active and eat a healthful diet.

And, finally, don’t smoke. Smokers are particularly vulnerable to lung infections like pneumonia.

Primary and specialty care



Clinic locations

Cambridge Medical Center

701 S. Dellwood
Cambridge, MN 55008
763-689-8700
1-800-252-4133

Allina Medical Clinic – North Branch

38986 14th Ave.
North Branch, MN 55056
651-674-0055

To find a primary care doctor near you, visit allina.com/doctors or call 1-800-877-7878.

Same day care



Same Day Clinic

Cambridge Medical Center

701 S. Dellwood
Cambridge, MN 55008
763-689-7820

Monday-Friday,
8:30 a.m. to 7:30 p.m.
Saturday: 8:30 a.m. to 5 p.m.
Sunday: 11:30 a.m. to 5 p.m.

Emergency care

IN CASE OF EMERGENCY,
CALL 911.



Hospital locations

Cambridge Medical Center

701 S. Dellwood
Cambridge, MN 55008
763-689-7700
1-800-252-4133

Abbott Northwestern Hospital

800 E. 28th St.
Minneapolis, MN 55407
612-863-4000

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

MyChart is an Internet tool that enables you to schedule and cancel appointments, manage your health information, review your test results, manage your child's health care and more—online, anytime! For more information or to sign up, talk to your clinic or visit allina.com/mychart.

COMING EVENTS

Apple a Day

Mondays, 6:30-8 p.m.
Foundation Room
Reservations requested.
Call 763-688-8419.

Sept. 27: Heart Failure

Presented by: John Lesser, MD, cardiologist, and Susan Machutt, advanced practice nurse, Minneapolis Heart Institute

Heart failure means that your heart is not pumping as efficiently as it should, causing shortness of breath, fatigue,

and swelling in the legs and ankles. You can still live a good life if you take care of yourself and follow some simple tips. Learn more about heart failure and how diet, exercise and medicines can make you feel better.

Oct. 18: Joint Replacement

Presented by: Richard Birdwell, DO, orthopedic surgeon, CMC



When joints become painful because of arthritis or injuries, joint replacement can relieve pain for many people. Learn about joint replacement options.

Nov. 15: Advanced Care Planning

Presented by: Carolyn Kampa, MD, family medicine, and Barb Larsen, master of social work, CMC

Having an advanced care plan helps ensure that your wishes about your health care are carried out. Learn about advanced health care plans and how to create yours.

How to find us:

701 S. Dellwood
Cambridge, MN 55008



Search for "Allina Hospitals & Clinics."



Follow us: @AllinaComm.

Mark your calendar

Cambridge Medical Center (CMC) invites you to a health-promoting class or seminar. For more information, visit cambridgemedicalcenter.com or register by calling the CMC Education Department at 763-688-9923.

CANCER RESOURCE CENTER

The Harbor Room is filled with resources for patients and their loved ones. Call 763-688-8415 for hours and activities.

CPR AND FIRST AID

Two- and four-hour classes offered at various times

Basic life support recertification classes for health care providers are offered throughout the year.



Apple a Day Fall Programs

Mondays, 6:30-8 p.m.

Foundation Room

- Sept. 27: Heart Failure
- Oct. 18: Joint Replacement
- Nov. 15: Advanced Care Planning

Reservations requested.

Call 763-688-8419.

Details on Page 7.



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Call CMC's Education Department at 763-688-9923 for details about first aid or other basic life support class availability. Minimal charge.

DIABETES EDUCATION

For more information, call 763-688-9906.

Diabetes Self-Management Training

For people diagnosed with diabetes.

Prediabetes

Foundation Room

Cost is often covered by insurance. Check with your insurance company before registering. For people diagnosed with prediabetes, impaired fasting glucose, impaired glucose tolerance or dysmetabolic syndrome.

CHILDBIRTH CLASSES

Prepared Childbirth

Wednesdays, 6-9 p.m.

- Sept. 15, 22, 29, Oct. 6
- Oct. 27, Nov. 3, 10, 17

Using the Lamaze® approach to prepared childbirth, the classes focus on relaxation and breathing for labor and delivery. A tour of the

Maternity Care Center is included. \$75 (\$50 if delivering at CMC).

Fast Track Prepared Childbirth

Saturday, Oct. 9 or Dec. 11

9 a.m. to 5 p.m.

\$75 (\$50 if delivering at CMC).

JOINT REPLACEMENT SURGERY

Monthly classes
Foundation Room

A class for CMC patients anticipating knee or hip replacement surgery. Learn how to get ready for surgery and how to prepare for a successful recovery. Class is taught by an orthopedic nurse. Call for dates and times. Free.

PARENTING CLASSES

Exploring Newborns

Tuesdays, 1-2 p.m.

Someplace Special Building,
Ashland Room

A program for moms, dads and their babies from birth to 6 months. Bring your baby to the weekly informal get-togethers, where each week a different baby care topic will be discussed. A registered nurse will weigh babies and answer questions. No registration required. Call the Partners in Pregnancy Clinic at 763-688-7725 for more information.

Breastfeeding

Tuesday, Sept. 14, Oct. 19 or Nov. 30
6:30-7:30 p.m.

Dining Room B

Get your breastfeeding off to a good start. The course is taught by a certified lactation counselor. \$20 per couple (free if delivering at CMC).

New Baby Care

■ Wednesday, Sept. 1 or Oct. 13

■ Monday, Nov. 22

6-9 p.m.

Foundation Room

Learn the basics of baby care, such as bathing, diapering, swaddling, cord care, infant CPR and more. \$20 per couple (free if delivering at CMC).

Car Seat Safety

Tuesday, Sept. 14, Oct. 19 or Nov. 30

5:30-6:15 p.m.

Dining Room B

This class, taught by child-passenger safety technicians, will focus on how to safely position your child in the car seat, when to transition to a larger seat and tips for proper seat installation. \$15 per couple (free if delivering at CMC).