

CAMBRIDGE MEDICAL CENTER



PROTECTING YOUNG ATHLETES

IMPACT!

HELMETS CRASHING together, banging on boards, bouncing off ice—it's just part of the game in some sports. But we worry when it happens to young athletes, and with good reason. Young athletes are more vulnerable to brain injuries than older professionals, and the effects may be long lasting.

The most common brain injury in contact sports is concussion, where there is altered brain function without evidence of structural brain damage.

"The developing brains of children are particularly vulnerable to the long-term effects of concussion," says George (Budd) Renier, MD, who specializes in non-surgical orthopedics and sports medicine at Cambridge Medical Center (CMC).

CONCUSSION SAFETY: **Richie Brown, Cambridge-Isanti high school hockey player, has had several concussions resulting from head blows during hockey games. The Cambridge Medical Center Foundation is raising funds to purchase ImPACT™, a computer program that will help doctors and coaches determine when a concussion has healed and an athlete can safely return to play.**

"Children's brains are not fully developed and take longer to heal. Multiple concussions may increase the risk of chronic headaches, cognitive and memory impairment, permanent dizziness and personality changes." If a second blow to the head occurs before a first one is fully healed, a condition

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Endocrinologist joins CMC team



CAMBRIDGE MEDICAL CENTER

Allina Hospitals & Clinics

Detecting autism

EARLY INTERVENTION CAN HELP CHILDREN AND FAMILIES

CHILDREN WITH autism often interact with the world in different ways than other children. They have unique ways of learning, communicating and reacting to their environments.

According to the American Academy of Pediatrics (AAP), watching for the signs of autism in small children can lead to earlier diagnosis. Experts say that beginning therapy as early as possible can help children develop, learn and thrive.

The AAP now recommends that all children be screened for



autism at their 18- and 24-month checkups.

Early, subtle signs. Language delays or other behaviors can sometimes trigger concern for parents of infants and toddlers.

Let your child's doctor know if you notice any of the following signs in your child:

- not making eye contact
- not responding to his or her name
- lack of babbling, pointing or gesturing by 12 months
- no single words by 16 months
- no two-word spontaneous phrases by 24 months.

Be informed. Learn more online at www.aap.org. ♦



Low-fat brownies



Pop one of these sweet treats into your mouth, and you'll feel like you're cheating on that low-fat diet. (But you're really not.) From the collection of healthful recipes at allina.com.

INGREDIENTS

Cooking spray

- ½ cup cocoa powder
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons butter, melted

- 1½ cups sugar
- 3 egg whites
- 1 cup unsweetened applesauce
- 1 teaspoon vanilla

INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. Coat mini muffin pans with nonstick cooking spray.
3. Sift together cocoa powder, flour, baking powder and salt.
4. In a separate bowl, beat melted butter, egg whites and sugar until just blended. Then stir in applesauce and vanilla.
5. Stir in combined flour mixture until blended.
6. Spoon ⅓ cup (2 tablespoons) of batter in each muffin cup.
7. Bake for 25 minutes or until toothpick inserted in the center comes out clean.
8. Let cool for 15 minutes and remove from pan.
9. Store brownies in an airtight container. Do not refrigerate.

Nutrition Facts

Serving size: 1 mini brownie (12g)
Servings Per Recipe 72

Amount Per Serving		% Daily Value*	
Calories 29	Cal. From Fat 4		
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fats 0g			
Cholesterol 1mg			0%
Sodium 28mg			0%
Total Carbohydrate 6g			2%
Dietary Fiber 0g			0%
Sugars 4g			
Protein 0g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2400mg	2400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Health care in hard times

4 WAYS TO HELP KEEP MEDICAL COSTS DOWN

WHEN SPENDING less becomes a necessity, there are some things you shouldn't cut from the budget. Health care is one of them.

Cutting corners on your medical care might actually cost you more in the long run. More important, it may put your health in jeopardy.

Still, as deductibles and copays rise and many people find themselves without health insurance, lowering out-of-pocket medical expenses may become a priority.

These steps can help you stay healthy and lower your medical costs.

1. Practice good health habits. Make smart choices, such as these:

- Wash your hands often.
- Eat well—more fruits, vegetables and whole grains, and fewer foods and drinks that are high in calories, sugar, salt or fat.
- Get rest and regular exercise.
- Don't smoke, and avoid secondhand smoke.
- Keep your immunizations up to date.
- Manage stress.

To learn more, call a patient accounts representative.

2. Have a primary care physician. Seeing a doctor periodically can help you stay well and save you money. A visit to your primary care doctor is much less expensive than a visit to the emergency room.

"Sometimes people are so concerned about the cost, they delay coming in to see the doctor and end up with a bigger bill because their illness has become more serious," says Jennifer Anderson, manager of registration at Cambridge Medical Center.

3. Know when to seek help. According to the American College of Physicians, many minor medical problems, such as colds, correct themselves or improve in a matter of days.

However, if you don't get better or if you're not sure whether you need help, do seek professional advice. And always get immediate help for a medical emergency.

4. Ask about generic medicines. Generic medicines cost less, but

have the same purity, strength and quality as their brand-name counterparts, according to the U.S. Food and Drug Administration.

Assistance programs may be available if you can't afford your medicines. Ask your pharmacist for details.

Whatever you do, don't decide on your own to stop taking your medicine. If you're worried about the cost—or any other aspect of your care—talk to your doctor.

FINANCIAL HELP AT CMC

CMC has three patient account representatives to help you find financial assistance with your clinic and hospital bills. As part of Allina, CMC offers a 41 percent discount on hospital services to those without insurance, and has credit programs that consolidate medical bills with one monthly payment. For those who qualify, free care is available through the Community Partners program.

For a brochure about financial assistance services, call 763-689-7821, 763-689-7807 or 763-689-7814. ♦





MANAGING CHRONIC PAIN AND GETTING ON WITH LIFE

None of us is a complete stranger to pain—cuts, minor burns and injuries happen to most everyone. “In fact, we actually need pain to survive,” says Thomas Kowalkowski, DO, Interventional Pain and Physical Medical Clinic, who now sees patients at Cambridge Medical Center (CMC). “We’d be constantly burning ourselves and unaware of injuries to our body without pain telling us that

something is wrong.” Usually we heal and this type of pain goes away.

Chronic pain, on the other hand, persists. The cause may be a medical condition—such as cancer, arthritis or fibromyalgia—or it may remain unknown.

And pain can become a condition of its own. “Pain can cause physical changes to your body that can ‘amplify’ pain, and it can become more severe than the event that caused it,” explains Kowalkowski.

Regardless of its source, chronic pain can cause serious problems. Pain can put limits on people’s lives because it attacks multiple areas in the brain, affecting emotions, thought processes and motor skills.

A TWO-EDGED SWORD

The physical effects of chronic pain are only one side of the story. Nearly everyone with persistent pain has mood changes, including irritability and anxiety. About one-third of people living with chronic pain are clinically depressed.

“It can be a downward spiral,” says Kowalkowski. “Pain can cause depression, and depression can make pain feel worse.”

And since pain is invisible, people with this condition may face disbelief from others and may even be stigmatized for their disabilities.

Together, the physical and mental effects of chronic pain can result in the following:

- sleep problems
- family stress
- problems with work and finances
- decreased sexual intimacy
- lowered self-esteem.

FEELING BETTER

The chronic-pain picture isn't all dark, however. You can cope. An important place to start is finding the right doctor, who will respect your concerns and include you in treatment decisions.

Your treatment options could include:

- an exercise program
- physical therapy and rehabilitation
- alternative treatments, such as massage and acupuncture
- medicines (You may have to try several pain medicines to find one that works. Some people may be concerned about becoming addicted to opioid pain medicines, but this risk is low when they are taken as prescribed.)
- injections, spinal cord stimulation, and other new technologies and techniques
- counseling and social support.

You can also talk to your primary care doctor about being referred to a pain specialist. But no matter where you get treatment, don't hesitate to speak up about how your treatments are working.

TAKING CONTROL

Researchers continue to investigate new ways to treat chronic pain. And there are opportunities every day to feel more in control of your pain, such as the following:

- Count on your friends and family. People close to you can help you relax, keep up with your daily chores and get out of the house for some fun.
- Try a support group. Other people with chronic pain can offer support and advice.
- Take care of yourself every day, including eating a healthful diet and getting enough sleep.
- Exercise as much as your doctor advises. Besides reducing stress, exercise may help reduce pain by strengthening weak muscles. Even light exercise can help

FOCUS ON WHAT YOU CAN DO AND WHAT YOU CAN CONTROL.

by improving blood flow to muscles.

- Prioritize your daily routine. Keep the activities and chores that cause the least pain, and change or eliminate the rest. Focus on good body mechanics to reduce pain during daily activities.
- Learn relaxation techniques. Relieving stress can reduce pain. Finally, don't give up hope. ❖

CMC OFFERS NEW HELP FOR PAIN

Thomas Kowalkowski, DO, a pain specialist at Interventional Pain and Physical Medical Clinic, is now working with doctors and therapists at Cambridge Medical Center (CMC) to help patients cope with and control pain.



Thomas Kowalkowski, DO

Dr. Kowalkowski is board-certified in physical medicine and rehabilitation and pain medicine and has completed a fellowship in anesthesiology and pain medicine.

Different kinds of pain require different kinds of treatment. Before developing a treatment plan, Kowalkowski starts with a complete physical exam and review of medical records. “We try the most conservative treatments first, and step up from there,” he explains. With his rehab and pain medicine background, Kowalkowski is able to care for patients through the whole range of treatments, including physical therapy, injections and other techniques like spinal cord stimulation. CMC physical therapists, occupational therapists and behavioral health professionals work with Kowalkowski, taking a team approach.

“If pain is treated before it becomes chronic, we can minimize the use of opioid pain killers and can help people avoid some drastic procedures like spinal fusions for back pain. Our goal is to reduce pain to maximize function. We measure our success by the improvements in patients' ability to do the tasks of daily living and the things they enjoy,” says Kowalkowski.



To make an appointment, please call 763-689-8700.

Understanding your thyroid

FOR SOME IT'S NOT ACTIVE ENOUGH, FOR OTHERS IT'S OVERLY SO

THE THYROID may be little, but it has a big job: to keep everything running smoothly.

The thyroid is a small, butterfly-shaped gland located at the base of the throat.



Anne Marie Lee, MD

“It makes hormones that influence virtually every cell in the body,” says Anne Marie Lee, MD, endocrinologist. “It directs your metabolism and energy level, and affects your

brain, heart, digestive system and all your organs.”

OPPOSITE DISORDERS

Two common thyroid conditions are hyperthyroidism (causes the processes in the body to speed up) and hypothyroidism (causes the processes in the body to slow down).

Hyperthyroidism occurs when the thyroid produces too much thyroid hormone, which can cause bodily processes to operate too fast. While it occurs in just 1 percent of all Americans, it affects women five to 10 times more often than men, says the American Association of Clinical Endocrinologists.

Thyroid disorders are usually permanent and can be treated with medicine.

Symptoms include:

- a goiter, an enlargement of the thyroid
- rapid or irregular heart rate
- loose or frequent stools
- weight loss despite eating the same amount of food
- a change in menstrual cycles.

Graves' disease, an autoimmune disorder, is the most common cause of hyperthyroidism. In addition to the symptoms above, someone with Graves' disease may develop bulging eyes, eye discomfort or double vision.

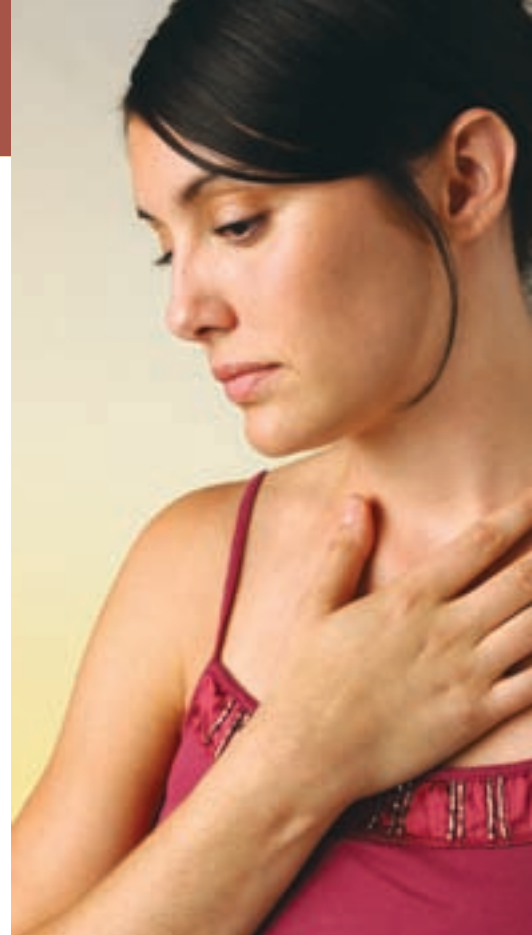
Hypothyroidism occurs when the thyroid does not produce enough thyroid hormone. Body processes become sluggish.

It is the more common of the two conditions; some studies have shown as many as 10 percent of women and 3 percent of men have hypothyroidism.

Symptoms include:

- fatigue
- heavy or irregular menstrual periods
- weight gain and fluid retention
- constipation
- drowsiness or forgetfulness.

Both types of thyroid disorders are usually permanent and can be treated with medicine. Working closely with your doctor to manage your condition through the stages of your life can make you feel better and prevent long-term complications like osteoporosis. ❖



Check it out at CMC

Anne Marie Lee, MD, endocrinologist with Aspen Clinics, sees patients at Cambridge Medical Center (CMC) every week, working with patients and primary care doctors to help people manage thyroid conditions. She encourages people to tell their primary care doctor if they have symptoms of thyroid disease.

“Thyroid symptoms can be subtle and may just seem like part of life, like menopause or just feeling older,” says Lee. A simple blood test can screen you for abnormal thyroid levels. The screening blood test, nuclear medicine tests that confirm the diagnosis and treatment options are all available at CMC.

“If you know you have thyroid disease and you're not feeling well, it's a good idea to check in with your doctor,” she adds. “Your dosage requirement may change over time, especially if you begin taking other medicines.”



CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center (CMC) invites you to a health-promoting class or seminar. For more information, visit www.cambridgemedicalcenter.com or register by calling the CMC Education Department at 793-689-7780.

CANCER RESOURCE CENTER

The Harbor Room is filled with resources for cancer patients and their loved ones. Call 763-689-8415 for hours and activities.

CPR AND FIRST AID

Two- and four-hour classes
Offered at various times
Minimal charge

Basic life support recertification classes for health care providers are offered throughout the year. Call CMC's Education Department at 763-689-7780, ext. 1, for details on first aid or other basic life support class availability.

DIABETES AND NUTRITION EDUCATION

Diabetes Self-Management Training

A class series begins monthly for people newly diagnosed with diabetes as well as for annual education updates. Individual consultations are available if required by your doctor. A doctor referral is required for this class. For more information, call 763-689-7775.

The Winning Weigh Foundation Room

Cost is often covered by insurance. Check with your insurance company before registering.

Call CMC Diabetes Education at 763-689-7775 for details. Classes, taught by a registered dietitian, are available for anyone who has been diagnosed by a doctor as having pre-diabetes, impaired fasting glucose, impaired glucose tolerance or dys-metabolic syndrome.

CHILDBIRTH CLASSES

Prepared Childbirth Wednesdays, 6-9 p.m.

- May 27 and June 3, 10, 17
- Aug. 19, 26 and Sept. 2, 9
- Sept. 30 and Oct. 7, 14, 21
- Nov. 11, 18, 23 (Monday) and Dec. 2

\$75 (\$50 if deliver at CMC)

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.

Fast Track Prepared Childbirth 9 a.m. to 5 p.m.

Sept. 29
\$75 (\$50 if deliver at CMC)

JOINT REPLACEMENT SURGERY

Monthly classes
Foundation Room
Free

A class for people 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 class dates and times.

PARENTING CLASSES

Exploring Newborns Fridays, 11 a.m. to noon Dining Room B

A program for moms and/or 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. Sponsored by Isanti County Public Health, ECFE and CMC. No registration required. Call the Partners in Pregnancy Clinic at 763-689-7725 for more information.

New Baby Care 6-9 p.m.

May 13, June 24 or Sept. 16
Foundation Room

\$20 per couple (free if deliver at CMC)

Learn the basics of baby care, such as bathing, diapering, swaddling, cord care, infant CPR and more.

Car Seat Safety 5:30-6:15 p.m.

May 5, June 9, July 14, Aug. 18 or Sept. 22

Dining Room B

\$15 per couple (free if deliver at CMC)

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.

Breastfeeding 6:30-7:30 p.m.

May 5, June 9, July 14, Aug. 18 or Sept. 22

Dining Room B

\$20 per couple (free if deliver at CMC)

Get your breastfeeding off to a good start. The course is taught by a certified lactation counselor.

Apple a Day

Stroke—Lower Your Risk

Monday, May 18, 6:30-8 p.m.

Reservations requested.

Call 763-689-8419.

Presenters: Ronald Tarrel, MD, and Jane Achenbach, MD, neurologists.



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Impact!

—Continued from front page

called second impact syndrome may cause brain swelling and could even be fatal.

The severity of a concussion doesn't show up on an MRI or CT scan. For coaches, trainers and parents of student athletes, this makes it difficult to determine when the brain is healed and it is safe for a student athlete to get back into the game.

The Cambridge Medical Center Foundation is raising money for a concussion management program that will help Cambridge–Isanti and Braham high school athletes play it safe. ImPACT™ (Immediate Postconcussion Assessment and Cognitive Testing) tests the brain function of student athletes before they participate in sports. If they have a blow to the head, the same measurements will be taken again. The before-and-after comparison will show the degree of the injury and help determine when it has healed.

The ImPACT™ test takes about 20 minutes to administer. It measures attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving and reaction time. CMC's certified



Using the ImPACT™ program purchased by the Cambridge Medical Center Foundation, certified athletic trainer Nicci Westensee will give tests to student athletes to establish a baseline measurement of brain function. If an athlete has a concussion, comparing follow-up tests to the baseline will help Budd Renier, MD, (left) and Mike Patten, MD, (right) determine when the concussion has healed. The CMC Foundation needs community gifts to fund the program.

athletic trainers will administer the tests to athletes at the schools. For athletes who get a concussion during the school year, post-injury testing takes place at the Nonsurgical Orthopedics Clinic at Cambridge Medical Center and the results would be reviewed by Renier or Mike Patten, MD.

ImPACT™ is used by the National Football League, the National Hockey League, Major League Baseball and in more than 1,500 high schools across the U.S., including eight east metro

high schools in Minnesota. “It is unquestionably the standard of care at the elite level and is rapidly becoming the same at the high school level. We’re very excited at the prospect of bringing this to student athletes in our area,” says Patten.

You can help the Cambridge Medical Center Foundation bring this program to area athletes. To make a donation to support the ImPACT™ program, please contact Dennis Doran at 763-689-7804. ❖

