



CAMBRIDGE  
MEDICAL  
CENTER

Allina Hospitals & Clinics

# Healthy Communities™

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MAGAZINE

Spring 2010



## RunSMART

Smart moves  
for runners

**T**odd Chapman is the kind of person who likes to push himself. About four years ago he started going to the gym. Then he started running. Now he regularly competes in triathlons and duathlons.

“The first triathlon was scary,” admits Chapman. “Now it’s exciting to plan for each part of the race and accomplish those goals.”

To stay competitive, Chapman trains about 20 hours a week. When knee pain interfered with his running last summer, he immediately visited his doctor, Robert (Mike) Patten, MD, at Cambridge Medical Center (CMC). Patten is a family medicine doctor who works in the Nonsurgical Orthopedic and Sports Medicine Clinic at CMC.

“The pain started suddenly,” recalls Chapman. “It was a sharp pain in my knee. I guessed it was a meniscus tear, but an exam and MRI didn’t find anything wrong. I took some time off from running to rest my knee, but as soon as I started exercising again, the pain came back.”

Patten referred Chapman to the RunSMART program that is now offered at Sister Kenny® Rehabilitation Institute – Cambridge. RunSMART (Skilled Movement And Rehabilitation Team) is a

Apple a Day —  
RunSMART



**Monday, May 24**

**6:30-8 p.m.**

**Cambridge Medical Center,  
Foundation Room**

Learn more about the RunSMART program and get advice from Sister Kenny physical therapists and Cambridge Medical Center orthopedic specialists during an Apple a Day presentation.

This program is free, but

**Call** registration is requested. To sign up, call 763-688-8419.

therapy program designed especially for runners to prevent injury and help them recover from an injury.

“A RunSMART evaluation includes your running history, then tests to analyze your muscles, range of motion and posture,” says Angela Kiriago, Sister Kenny physical therapist. “Many runners develop bad habits, postures or movements that over time lead to pain and injury.”

That was the case with Chapman. After running on a treadmill and outside, his physical

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With help from a RunSMART physical therapist, Todd Chapman of Cambridge corrected his form and now runs without pain.

visit us at [cambridgemedicalcenter.com](http://cambridgemedicalcenter.com)

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## RunSMART

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therapist realized it was a timing issue and he was running from his calves, not his hips.

“We put a rubber band on my foot and I could instantly feel the difference. My gluteal muscles weren’t firing at the right times, which meant I put more stress on my knee,” says Chapman.

His physical therapist taught him a series of exercises to strengthen his gluteal muscles, as well as help him change his running motion to run from his hips.

“It felt completely awkward at first, as I’d been running incorrectly for a long time, but as soon as I corrected my form, the pain went away,” says Chapman. “I even tie a

ribbon on my watch now to serve as a visual reminder to check my form. When I get tired, I tend to revert to my old running style.”

Chapman’s knee is pain-free and he’s busy training for triathlons this spring.

### Something for everyone

You don’t have to be a competitive runner like Chapman to benefit from RunSMART. The program can help anyone who runs or walks for exercise but has nagging soreness, an acute injury or chronic pain.

Injuries commonly treated include plantar fasciitis, foot and heel pain, achilles tendonitis, shin splints, knee pain, iliotibial band (ITB) syndrome, hip pain, and back and neck pain.

Consultations with a RunSMART therapist at Sister Kenny Rehabilitation Institute – Cambridge include:

- your running history
- tests to look for weaknesses and imbalances
- footwear analysis and running shoe prescription
- a comprehensive rehabilitation program for home or at the gym to get you back to running quickly.

“Another great tool we use is video analysis,” says Kiriago. “Using a video camera, I record runners on a treadmill, then analyze their body movements to get a much better

understanding of whether their body is moving correctly and efficiently.”

### Make an appointment

If you are experiencing pain while running, have the problem checked out by a doctor before the injury escalates. Your doctor can then refer you to RunSMART for a complete running evaluation. For more information, call Sister Kenny Rehabilitation Institute – Cambridge at 763-688-7782.



## Fitness shoes: Find sole mates

To get the most out of your favorite sport—and reduce your chances of injury—you need the right shoes.



If you’re a runner, look for shoes that provide maximum shock absorption and provide stability for the heel. They should also be flexible and lightweight and should offer good traction.

Just as important, the shoes must fit properly. To get the right fit:

- Try on shoes at the end of the day, when your feet are at their largest.
- Wear the same type of socks to the fitting that you wear during your sport.
- Look for immediate comfort. Shoes shouldn’t have to be broken in.
- Make sure you can wiggle all your toes and that your heel doesn’t slip as you walk.

For more information, go to the American Academy of Orthopaedic Surgeons website, [orthoinfo.org](http://orthoinfo.org).

## Injuries: Consider the cause

The two most common causes of running injuries are:

### 1 Weakness.

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

help identify weaknesses and correct them by retraining weaker muscle groups to do their share of the work.

### 2 Improper shoes.

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

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# Living well with heart failure

**W**ork schedule: 24 hours a day, seven days a week.

How would you like to have that in your job description? For the human heart, 24/7 is the standard. Subpar performance may not seem like an option when talking about the heart's work habits, but for roughly 5 million Americans living with heart failure, it's an around-the-clock reality.

Heart failure is a form of heart disease that simply means your heart isn't working as well as it should. A healthy heart pumps about 100,000 times a day, delivering blood to and from the far reaches of your body. An unhealthy heart still pumps, but it may not pump enough blood or with enough force to send a sufficient supply to all of your body's tissues and organs.

## Signs of trouble

People with heart failure often complain of:

- feeling tired or short of breath
- trouble sleeping
- abdominal pain and loss of appetite
- unexplained weight gain or swollen legs and ankles
- frequent dry cough.

See your doctor if you have any of these symptoms.

## Ticker TLC

If you are diagnosed with heart failure, your doctor will develop a treatment plan for you. It is important that you follow the plan and communicate with your doctor



**“Salt is the biggest problem. After a salty meal, some heart failure patients may end up in the hospital.”**

—David Pearson, MD, family medicine doctor at CMC

on a regular basis, especially early in the process.

## Lifestyle changes

It's important to eat a diet low in saturated and trans fats, cholesterol and salt.

“Salt is the biggest problem. After a salty meal, some heart failure patients may end up in the hospital,” says David Pearson, MD, family medicine doctor at CMC. He also recommends physical activity but warns against overdoing it.

Check with your doctor about the right level of activity.

If you smoke, quitting is one of the best things you can do for your heart. “Controlling your blood pressure and weight can help your heart,” adds Pearson. Other things that may help are reducing stress and avoiding alcohol and caffeine.

## Medicines and surgery

Most people with heart failure take several medicines. Some strengthen the heart's pumping action; others expand blood vessels or reduce water and sodium to lessen the heart's workload. Surgery to improve blood flow or pacemakers to regulate the heart's rhythm may help some patients.

## Take heart

To feel your best:

- Take your medicine as directed.
- Keep appointments with your doctor. “Close monitoring helps us keep the right dosages of medicines,” explains Pearson.
- Report any problems right away. Signs of trouble include weight gain (3 or more pounds a day); difficulty breathing; puffiness in your feet, ankles or other parts of your body; inability to do what you did just yesterday; feeling like you have the flu; a fever; or having chest pain.

For more information, see the *Healthy Communities* section at [cambridgemedicalcenter.com](http://cambridgemedicalcenter.com).



Source: American Heart Association



## FITNESS

# Let your dog walk you to better health

**M**an's best friend could very well be your ideal exercise buddy too.

Who else is always there, always ready for a workout and never complains about the weather?

Having a pet conveys such health benefits as lower blood pressure, reduced stress and lower rates of cardiovascular disease. But owning a dog, in particular, carries its own unique health rewards—assuming you treat your dog right and take it for regular walks.

Studies show that dog owners who walk their dogs are more likely to get 30 minutes of exercise a day than those who don't have dogs. Dog owners also are more likely to stick with a walking regimen and tend to walk more briskly, thanks to their furry partners.

Those walks can translate into big health benefits for you, including increased fitness and better weight control. Better health and your pet's unconditional love—what more could you ask for?

Source: American Institute for Cancer Research

## Turkey salad with cranberries and pecans

### Ingredients

- 2 cups (8 ounces) diced, cooked turkey breast
- 1 small Granny Smith apple, peeled, cored and diced
- 3 tablespoons dried cranberries, coarsely chopped
- 2 tablespoons chopped pecans
- 1 can (11 ounces) mandarin orange sections, drained and cut into small sections
- ¼ cup fat-free plain yogurt
- 1 tablespoon reduced-fat mayonnaise dressing
- 1½ teaspoons brown mustard
- ½ teaspoon salt
- Ground black pepper
- 8 Boston lettuce leaves

### Instructions

- In mixing bowl, combine turkey, apple, cranberries and pecans. Add

- orange sections. Set aside.
- In a small bowl, whisk together yogurt, mayonnaise and mustard. Season to taste with salt and pepper. Drizzle dressing over turkey mixture while using a fork to gently mix in.
- Arrange two lettuce leaves on each of four salad plates. Mound ¼ of salad on top of lettuce and serve

immediately, accompanied by whole-grain crackers, if desired.

### Nutrition information

Makes 4 servings. Per serving: 203 calories, 6g total fat, 1g saturated fat, 20g carbohydrates, 19g protein, 3g dietary fiber, 391mg sodium

Source: American Institute for Cancer Research



**Start each week with a healthy addition to your menu when you sign up for Recipe of the Week from Allina.com:**

- 1 Go to Allina.com's Health & Wellness Section.
- 2 Select *Health e-newsletters*.
- 3 At the free subscription sign-up page, select Recipe of the Week and confirm your e-mail address.



Cambridge Medical Center has four pediatricians on staff as well as two certified pediatric nurse practitioners. Each of the pediatricians has between 10 and 30 years of experience. From left: Christopher Filetti, MD; Lisa Schweiger, MD; Lowell Becker, MD; and Gwen MacDonald, MD.

## Pediatricians can help keep kids healthy

**G**etting your children through the bumps, scrapes and runny noses of childhood is part of your job as a parent. But you don't have to go it alone.

If your child has a doctor who knows him or her from regular checkups, you'll have a partner in your effort to promote your child's healthy development, prevent illnesses and respond to those emergencies that are bound to come up.

A pediatrician can answer questions, check growth and development, guide parent and child through regular checkups, and provide comfort and healing when the child is sick or injured. They complement the care of family medicine doctors, or function as the primary doctor for a child.

In addition to a medical degree, pediatricians complete a three-year residency in the treatment

of children, and receive training in many pediatric specialties. Pediatricians see patients from birth through the teen years. Cambridge Medical Center (CMC) has four pediatricians, as well as two certified pediatric nurse practitioners.

### Well-child visits

"Parents want to make sure their kids are OK, and most bring them in for regular well-child visits," says Christopher Filetti, MD, pediatrician at CMC. "It's a chance to pick up on small things and nip them in the bud before they become more serious."

At a well-child visit, the doctor will check to see if your child is growing normally and meeting milestones, check development of speech and motor skills, do a thorough physical exam and update immunizations. "If a child is slow to walk or meet any other milestone, we try to find out why," explains Filetti. "And even at a well-child

visit, we often find the child has an ear infection, or some other problem that can be taken care of easily at that stage. We try to make these visits fun and comfortable for the kids so that going to the doctor isn't a scary thing."

Looking ahead is part of each well-child visit, too. Parents are told what to expect in the next phase of their child's life and how to prepare for it.

### When to call the doctor

"As a parent, you know your kids best. Follow your instincts," advises Filetti. "Children get a little sick now and then, but if they aren't their normal 'sick self,' call us. You should never feel bad about asking questions or checking something out."

For more information, visit the *Healthy Communities* section at [cambridgemedicalcenter.com](http://cambridgemedicalcenter.com), **Call** or call 763-689-8700 for an appointment.



Charles Lick, MD, and Sara Adams, RN, Buffalo Hospital Emergency Department, demonstrate the LUCAS™ device, which is used to perform chest compressions during CPR. This device is also used at CMC's Emergency Department.

## Emergency heart care at CMC

If you're having a heart attack, your fastest route to advanced care goes directly to the CMC Emergency Department. When you dial 911, it triggers a carefully planned series of actions that saves minutes, and perhaps your life.

It starts in the ambulance. The medical personnel in the ambulance are in constant contact with the CMC Emergency Department doctors and begin evaluating you on the way. If you are having a heart attack, the Emergency Department team will quickly start an IV, administer medications, prepare you for angioplasty, and notify Abbott Northwestern Hospital.

A helicopter or ambulance rushes you to Abbott Northwestern, and when you arrive, the catheterization lab team is ready to open blocked arteries.

Save minutes and save your life—call 911 right away if you're having heart attack symptoms.

## Just like CPR—only better

The LUCAS™ device takes a lifesaving technique to the next level

Allina hospital emergency departments at eight of our 11 hospitals, as well as Allina Medical Transportation ambulances, have a new tool in the battle against cardiac arrest. The LUCAS™ device is an innovative machine designed to help the health care team perform the steady, regular chest compressions required to meet American Heart Association (AHA) cardiopulmonary resuscitation (CPR) guidelines.

"We've been doing CPR in this country for more than 45 years with little to no impact on cardiac arrest survival rates," explains Charles Lick, MD, Buffalo Hospital Emergency Department medical director and medical director for Allina Medical Transportation. "We used to focus on clearing the airway and giving the patient more oxygen,

but in 2005, the AHA determined that we need to focus on performing better chest compressions, to move that blood around and keep those organs working.

"We know that CPR is very difficult to do well, even by professional rescuers," Lick says. "Plus it's hard to do CPR well for prolonged resuscitations. A machine doesn't get tired; it is consistent, and consistency is key."

Part plunger, part suction cup, the LUCAS device circulates blood and oxygen to keep vital organs alive. Lick explains that the LUCAS device performs compressions to the chest at the rate of 100 compressions per minute, based on AHA guidelines. Emergency personnel monitor the patient and provide the oxygen.

Lick predicts that use of the LUCAS will help more patients

**Use of the LUCAS device will help more patients survive cardiac arrest. Plus, it keeps medical personnel's hands free for other tasks.**

have successful results after cardiac arrest. "I firmly believe that we are going to save more lives with this machine," he says. "We can do much better CPR with LUCAS than we can with human intervention." Lick explains that for one group of Allina ambulance patients who had non-flatline heart rhythm, LUCAS has shown an 18 percent survival improvement.

## Primary and specialty care



### Clinic locations

#### Cambridge Medical Center

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

#### Allina Medical Clinic – North Branch

38986 14th Ave.  
North Branch, MN 55006  
651-674-0055

To find a primary care doctor near you, visit [allina.com/doctors](http://allina.com/doctors) or call 1-800-877-7878.

## Same day care



### Same Day Clinic

#### Cambridge Medical Center

701 Dellwood St.  
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 St.  
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](http://allina.com/mychart).



Georgia Baribeau is one of many volunteers who help visitors and staff at CMC.

## Volunteer profile: Georgia Baribeau

Like all of the volunteers at Cambridge Medical Center, Georgia Baribeau makes a difference for patients and visitors.

You'll see her bright smile when she's working as the clinic greeter, helping people find their way in the clinic and running errands for the clinic staff. "She's an awesome lady who loves to laugh," says Linda Lamb, volunteer services coordinator.

Baribeau is also in the Crafter's Club, a group that makes items for patients at the hospital and clinic. "Kids really enjoy the stuffed animals and other toys we make," says Baribeau. The club also makes quilts, neck pillows, burp cloths and other useful items for patients. "Volunteering is fun," she adds. "I love the people, and it's great to feel like you're doing something useful."

**Call** To learn more about opportunities to volunteer at CMC, call Lamb at 763-688-8803.

## 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](http://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. Call CMC's Education Department at 763-688-9923, for details about first aid or other basic life support class availability. Minimal charge.

### DIABETES AND NUTRITION EDUCATION

For more information, call 763-688-7775.



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### Diabetes Self-Management Training

For people diagnosed with diabetes.

### The Winning Weigh Foundation Room

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

### CHILDBIRTH CLASSES

#### Prepared Childbirth

Wednesdays, 6-9 p.m.

- May 12, 19, 26; June 2
- Aug. 4, 11, 18, 25
- Sept. 15, 22, 29; Oct. 6

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

Saturdays, July 10 or Oct. 9  
9 a.m. to 5:30 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

### Free Weight-Loss Surgery Seminar

Thursday May 13

6:30-8 p.m.

Allina bariatric weight-loss surgeons Jonathan Gipson, MD, Frederick Johnson, MD, and Laura July, MD, will discuss the health risks of excess weight. People who attend will learn how bariatric surgery changes the body and requirements for surgery.

For more information or to register, call 763-236-2029.

is taught by an orthopedic nurse. Call for dates and times. Free.

### PARENTING CLASSES

#### Breastfeeding

Tuesdays, May 25, June 29, Aug. 3, or Sept. 14

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

Wednesdays, June 9 or Sept. 1

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

Tuesdays, May 25, June 29, Aug. 3, or Sept. 14

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).



### Medical center news is just a click away.

We are pleased to introduce House Call, a free e-newsletter for patients and friends of Cambridge Medical Center. Be among the first to hear about:

- flu shot availability
- new doctors
- new services
- updates (phone numbers, registrations)
- events, classes and programs.

### Introducing HOUSE CALL

E-newsletter of Cambridge Medical Center

### SUBSCRIBE TODAY!

Stop by any reception desk, or go online to [cambridgemedicalcenter.com](http://cambridgemedicalcenter.com).

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