

CAMBRIDGE MEDICAL CENTER

Isanti County: It's time to belly up to slimming down

HOW YOU LIVE TODAY CAN HELP PREVENT DIABETES



Unhealthy food choices and inactive lifestyles are creating a diabetes epidemic in Isanti County. Which side of the statistics will you be on?

DIABETES IN THIS country has been described as epidemic, and it's no different in Isanti County. Almost 21 million Americans have diabetes. And more people are being diagnosed with diabetes at younger ages than ever before. Still, a third of those with the condition don't know they have it. Others aren't aware they're at risk.

Type 1 diabetes is the least common, requiring insulin because the body does not make its own. While type 1 is not preventable, type 2 diabetes is associated with obesity and inactivity and may be prevented with healthier lifestyles.

At Cambridge Medical Center (CMC), more than 1,200 patients are being treated for diabetes. "The trend is on the rise, with more children and younger people being diagnosed," says Carolyn Kampa, MD, family medicine doctor at CMC.

WHAT'S GOING ON?

"The increase is a reflection of less active lifestyles and increased body weight," Dr. Kampa explains.

In fact, research shows that there is indeed a link between a healthy lifestyle and lowered risk for diabetes. Results from a major clinical trial sponsored by the National Institutes of Health (NIH) showed that modest weight loss and regular exercise significantly reduced the risk for developing type 2 diabetes.

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CAMBRIDGE MEDICAL CENTER

Allina Hospitals & Clinics



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Type 2 diabetes occurs when the body has trouble using insulin. As a result, glucose builds up in the blood. If not controlled, this can lead to conditions such as kidney failure, heart disease and blindness.

You are at higher risk for type 2 diabetes if you:

- are overweight and inactive
- are 45 or older
- have a parent or sibling with diabetes
- have abnormal cholesterol levels
- had gestational diabetes.

Researchers believe that having healthy eating habits and being physically active help improve the body's ability to use insulin.

Consider the following advice from the NIH's National Diabetes Education Program (NDEP).

EAT WISELY

Try to eat a variety of foods so you get balanced nutrition. Your diet should consist mainly of:

- fruits and vegetables
- whole grains
- nonfat or low-fat dairy foods
- lean meats, poultry, eggs, beans and nuts.

Stick with foods that are low in saturated fat, salt, cholesterol and added sugar, and avoid trans fat in food products. Moderate or cut back on your portion sizes too.

Preparation. Here are some strategies for healthy eating that are low in fat, sugar and salt:

- grill or bake rather than fry
- lighten recipes by using low-fat or nonfat versions of ingredients
- add flavor using herbs or spices instead of salt.

Shopping. Try to shop on a full stomach—you may be less likely to make unhealthy choices. In addition, make a list ahead of time, and don't get items not on the list. Don't buy high-calorie foods if you know you'll be tempted to overindulge.

Come to a class and free diabetes screening

Date: Monday, Sept. 22,
6:30 to 8 p.m.

Location: Foundation Room,
Cambridge Medical Center

Speakers: Allen Mork, MD, family
medicine, and CMC registered
diabetes educators

Are you at risk for type 2 diabetes?
Find out with a free screening. Learn
the risk factors and how to reverse
them to prevent serious future health
problems.

Free screening checks blood glucose
and calculates body mass index (BMI).
To register, please call 763-689-8419.



KEEP IT MOVING

Physical activity can help keep diabetes from creeping up on you.

The NDEP recommends getting at least 30 minutes of moderate physical activity, five days a week. If you haven't exercised for a while or have health issues, it's a good idea to talk with your doctor before starting an exercise program.

Dr. Kampa recommends finding activities that are fun and safe, especially those that you can share with the whole family. You're more likely to stick to your routine if you enjoy it, and children learn good habits from their parents. Like walking? Choose a safe park, or go to the mall. Consider taking up a new activity, whether it's hiking, biking or water aerobics.

Start slow. As your body gets used to the exercise, you can build up to a longer workout.

GET SCREENED

"It's very important to prevent diabetes because, over time, it damages the body's nerves, kidneys and eyes and makes people more susceptible to heart attack and stroke," Dr. Kampa says. "When kids and younger people contract diabetes, it has a longer time to take its toll. At CMC we're working with kids and trying to identify people who are at risk and get them screened."

Talk with your doctor about your risk for diabetes and whether you should be screened. ❖

What's pre-diabetes?

Impaired glucose tolerance, or pre-diabetes, is a condition in which sugar levels in the blood are higher than normal but not high enough to be diagnosed as diabetes. If you have pre-diabetes, a healthy lifestyle that includes eating well and exercising can help you avoid developing type 2 diabetes.

HEAD IT OFF WITH 'THE WINNING WEIGH'

If your blood glucose levels indicate that you are on your way to developing diabetes, your doctor may recommend CMC's Winning Weigh program. Designed to help you reduce your chances of getting type 2 diabetes, the class offers an individualized meal and physical activity plan for you. A registered dietitian who is also a certified diabetes educator teaches you how to interpret food labels and choose foods that will stabilize your blood sugars. Recent class members have prevented or delayed the onset of diabetes with lifestyle changes learned at the classes.

"I thought I knew all about nutrition and exercise, but I learned a lot in the class," says one graduate. "While I don't follow the plan perfectly, I'm aware of my choices and have kept my blood glucose stable for a couple of years."

For more information about diabetes, click on *Conditions & Treatments*, then *Diabetes* at www.cambridge-medicalcenter.com. To learn about good nutrition and fitness, click on *Be Healthy* at the site.



Curried butternut apple soup

Preparation time: 1 hour

Number of servings: 10

Cups of fruits and vegetables per person: 1

INGREDIENTS

- 2 cups chopped onion
- 1 rib celery
- ¼ cup reduced-fat margarine
- 4 teaspoons curry powder
- 2 medium butternut squash (about 2½ to 3 pounds) peeled, seeded and cut into cubes
- 3 medium apples—peeled, cored and chopped
- 3 cups water (chicken stock or vegetable broth)
- 1 cup cider

DIRECTIONS

- In a heavy kettle, combine onions, celery, margarine and curry powder. Cover and cook over low heat until vegetables are tender (10 to 15 minutes), stirring often.
- Add cubed squash, chopped apples and liquid (water, stock or broth) and bring to a boil.
- Reduce heat and simmer 20 to 30 minutes or until squash and apples are cooked thoroughly.
- Strain liquid and set aside. Puree the apple-squash mixture with 1 cup of the strained liquid. Add cider and remaining liquid to reach desired consistency.
- Garnish with grated apple, yogurt or low-fat sour cream.

NUTRITION INFORMATION

Serving size: ¼ of recipe. Amount per serving: 130 calories; 30 calories from fat; 4g total fat, 5%*; 1g saturated fat, 3%; 0mg cholesterol, 0%; 55mg sodium, 2%; 26g total carbohydrates, 9%; 4g dietary fiber, 16%; 11g sugars; 2g protein; vitamin A, 250%; vitamin C, 45%; calcium, 8%; iron, 6%

*Percent Daily Values are based on a 2,000-calorie diet.

DIABETIC EXCHANGE**

Fruit: 1; vegetables: 3; meat: 0; milk: 0; fat: 1; carbs: 0; other: 0

**Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. Exchanges are rounded up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: U.S. Centers for Disease Control and Prevention

A hardworking heart

UNDERSTANDING AND LIVING WITH HEART FAILURE

SOMETIMES it seems like you're just too tired. You can't summon the energy to deal with everyday activities, like housework and carrying groceries. And climbing stairs—even walking—can seem like climbing a mountain.

Your excessive fatigue may be caused by heart failure, especially if you are over 65 and have other signs, such as:

- shortness of breath
- persistent coughing or wheezing
- swelling in the feet, ankles, legs or abdomen due to excess fluid buildup
- nausea and loss of appetite
- confused thinking and memory loss

- a feeling that your heart is racing or throbbing.

WHAT IS HEART FAILURE?

Heart failure doesn't mean that your heart is about to stop. It does mean that your heart is losing its ability to pump oxygen- and nutrient-rich blood to your body's cells. This inability to circulate blood can be caused by conditions that damage the heart muscle or make it work too hard, including fatty deposits that slow blood flow to your heart, high blood pressure, heart valve disorders, heart attacks and other medical issues.

Heart failure progresses gradually as the heart tries to adapt by working harder to meet the body's demands. Over time, the heart weak-



In the zone and out of the hospital

Heart failure is a serious diagnosis, and it's the most frequent hospital admission reason for people over the age of 65. Symptoms like difficulty breathing and chest pain can flare up to the point that hospital care is needed.

The flare-up can be caused by medical problems like pneumonia or respiratory diseases, not taking medications properly, not following lifestyle recommendations, or not recognizing signs of trouble at an early stage.

Often hospitalization is unavoidable, but Cambridge Medical Center (CMC) is working with patients and their families to help minimize it.

Each CMC heart failure patient receives *Heart Failure: Your Guide to Living and Succeeding With Heart Failure*,

an award-winning, Allina-published book that explains the disease and how they can help control the symptoms with a healthy lifestyle. They are counseled on diet, exercise, smoking cessation and more. They also learn how to monitor and respond to their symptoms before they become serious.

TOOLS FOR BETTER HEALTH

The chart on the next page breaks heart failure symptoms into zones with corresponding actions: If symptoms are serious and fall into the red zone, go to the hospital. If you are in the yellow warning zone, see your doctor. If your symptoms are in the green zone, they are under control. "We help people try to stay in the green zone and take

ens and isn't able to pump blood as well as it should, causing fatigue.

TREATMENT STRATEGIES

According to the American Heart Association, people with mild to moderate heart failure often can lead nearly normal lives if they make certain lifestyle changes and get the medical care they need.

Lifestyle changes. "Your lifestyle can have a big effect on how you feel," says Carol Klingberg, care manager at CMC. "We teach our patients how they can help manage their symptoms." The most important lifestyle changes include:

- eating healthy, low-sodium foods
- balancing activity and rest
- taking medications as directed
- stopping all tobacco use
- recording daily weight taken with an accurate scale to detect fluid buildup
- keeping follow-up appoint-

ments with your doctor. **Medicines, surgery and other devices.** 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.

People with heart failure may also benefit from a pacemaker or implantable defibrillator to regulate the heart's rhythm, or coronary artery bypass surgery or angioplasty to improve blood flow.

See the story below for more information about special help available at CMC. For heart failure tips and tools, visit www.cambridgemedicalcenter.com, click on *Conditions & Treatments*, and then *Heart Failure*. You'll find weight, blood pressure and appointment logs; menus; and information about diagnosis and treatment of heart failure. ❖



proper action when they're in the yellow zone," says Carol Streff, director of quality at CMC.

CMC has also created internal systems to ensure that patients get the special care they need in the hospital.

"Heart failure patients have a flag on their medical record that prompts caregivers to check that their heart failure medications are administered, that their heart function is checked, and that they get extensive instructions and counseling before they are discharged," says Carol Klingberg, care manager at CMC.

Nurses set up follow-up appointments with primary care doctors three to five days after discharge and also call patients within 24 hours to check on their progress. Clinic and hospital

doctors and nurses have received extensive education about caring for heart failure patients.

MORE HELP, BETTER RESULTS

The special attention has paid off, with the readmission rate for CMC heart failure patients dropping during the past two years.

Heart Failure: Your Guide to Living and Succeeding With Heart Failure, received merit honor in the 2007 National Health Information Awards program. See the web information at the end of the story above to access the content online. The

92-page book is available for \$5. For a copy, call Allina Patient Education at 612-262-4991 or e-mail patienteducation@allina.com.



HEART FAILURE ZONES

Which heart failure zone are you in today? Green, yellow or red?

GREEN ZONE

ALL CLEAR—Under control

- no shortness of breath or chest pain
- stable weight—within 2 pounds of yesterday
- no swelling of feet, ankles, legs or stomach

YELLOW ZONE

CAUTION—Call your doctor

- weight gain of 3 pounds in one day or 5 pounds or more in one week
- more shortness of breath
- more swelling of your feet, ankles, legs or stomach
- no energy, feeling more tired
- dry, hacking cough
- dizziness
- feeling uneasy, you know something is not right
- difficulty breathing when lying down

RED ZONE

EMERGENCY—Go to the Emergency Room or call 911

- unrelieved shortness of breath while sitting still
- chest pain
- confusion, difficulty thinking clearly

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Allina's community benefit goes beyond the bedside

CAMBRIDGE MEDICAL Center (CMC) is part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside to improve the health status of the communities it serves.

Q What is community benefit?

A Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of the community. "As a not-for-profit organization, we understand that the health of the communities we serve is essential to Allina's mission and strategy," says Dick Pettingill, chief executive officer, Allina Hospitals & Clinics.

Allina collaborates with community-based organizations by forming Community Health Advisory Councils (CHACs) to help drive its community benefit work. The local CHAC is composed of community representatives who work together to identify, plan, implement and evaluate programs and activities that improve the health of the people here in the communities served by CMC.

Q How much did Allina give back to the community in 2007?

A Allina's total 2007 investment was nearly \$402 million, which is approximately 16 percent of Allina's total operating expense. CMC has contributed \$13,480,000 to benefit the health of the community.

Of Allina's total contribution, \$140 million provided community

benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations: Catholic Health Association and VHA. These include charity care, which is caring for patients who are unable to pay, who have no health insurance or for whom the government-sponsored Medicaid program does not cover the full cost of services. They also include the Medicaid surcharge, MinnesotaCare tax, community services, education,

research and other community benefit costs. For CMC, this contribution amounts to \$3,759,000.

"We are proud of the community benefit services we provide and the tremendous resource we have being part of the Allina system," says Dennis Doran, president of Cambridge Medical Center. "We partner with varied organizations, schools and clubs within our communities to prevent illness, restore health and provide comfort to all who need it." ♦

On the path to better health

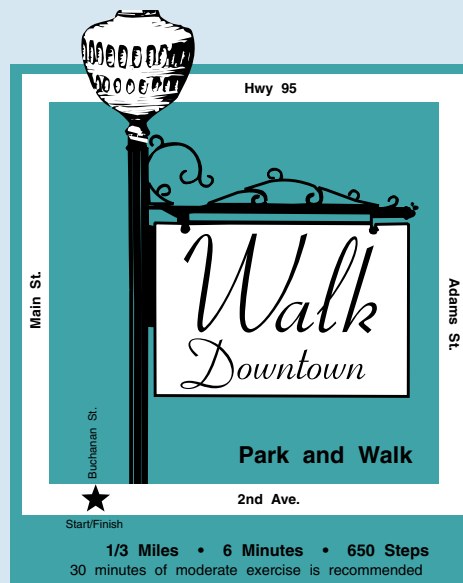
Walking is one of the best ways for community members to get some exercise and improve their health. That's why Cambridge Medical Center (CMC) chose Isanti County Active Living's walking path project as part of its 2007 community benefit.

"We're trying to create choices for

active living in daily life in our communities, and our walking loops provide safe walking routes with interesting destinations," says Lisa Perlick, project coordinator for Isanti County Active Living. "They also pass near grocery stores and other shops, so people can combine a pleasant walk with some errands." CMC provided some of the funding for the signs along the walking loops.

Maps are available at the clinic and hospital for the walking routes, which are located in Isanti, Cambridge and Braham. The routes are also marked on the Chamber of Commerce map. There are currently five routes in Cambridge: Prime Time Walkers, Historic Overlook, Walk Downtown, and Evergreen and Fern loops, with more being planned.

call! For more information about the project, or for a map, call Lisa Perlick at 763-552-3254.





CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center 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 763-689-7780.

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 monthly at various times
Minimal charge

Basic life support recertification classes for health care practitioners 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

Classes are available 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.

The Winning Weigh

- Sept. 16, 4-6:30 p.m.
- Oct. 23, 4-6:30 p.m.
- Dec. 18, 10 a.m. to 12:30 p.m.

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 dysmetabolic syndrome. See page 3.

CHILDBIRTH CLASSES

Prepared Childbirth

Wednesdays, 6-9 p.m.

- Sept. 3, 10, 17, 24
- Oct. 8, 15, 22, 29
- Nov. 5, 12, 19, 25 (Tuesday)

\$65 (\$35 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

Two sessions per class

- Thursday, Dec. 4, 5-9 p.m., and Saturday, Dec. 6, 8 a.m. to noon

\$65 (\$35 if deliver at CMC)

JOINT REPLACEMENT SURGERY

Monthly Classes

- Second Tuesday, 6-8 p.m.
- Fourth Tuesday, 2-4 p.m.

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.

PARENTING CLASSES

Exploring Newborns

Fridays, 11 a.m.-noon

CMC Fourth-Floor Classroom

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

Two-session class

Tuesdays, 7-9 p.m.

- Sept. 9 and 16, Oct. 21 and 28, Dec. 2 and 9

Dining Room B

\$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

45-minute class

Tuesdays, 5:30-6:15 p.m.

- Sept. 23, Oct. 14, Dec. 16

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

60-minute class

Tuesdays, 6:30-7:30 p.m.

- Sept. 23, Oct. 14, Dec. 16

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.



Ready, set, succeed!

TAKE-HOME ADVICE FOR PARENTS AS KIDS HEAD BACK TO SCHOOL

HOW WAS SCHOOL today?" With another school year at hand, that's a question you're bound to ask—often.

As a parent, there's much you can do to see to it that your child's response is a positive one.

Consider the following tips to help your child succeed at school.

Help make homework a habit.

Set aside a regular time for tackling homework, and create a permanent study spot—either in your child's

bedroom or another part of your home—that allows your child to concentrate. Be sure that the TV stays off during homework time.

Also be available to answer questions and provide guidance—but never do a child's homework.

Boost brainpower with breakfast. Regular breakfast-skipping is

tied to lower school performance. Breakfast helps provide fuel to learn.

Make sleep a priority. A good night's sleep—generally at least nine hours of shut-eye for school-age children—improves memory. If your child has spent the summer sleeping in, gradually adjust his or her schedule so that waking up earlier won't be such a shock. Start about 10 days to two weeks before school starts.

Be a positive force. Express interest and excitement about the school year's start. Encourage initiative and curiosity. Praise your child when he or she participates in school activities and tries new things. Your positive attitude is likely to be contagious. ❖

Show children you care about how they do in school.

Sources: American Academy of Pediatrics; American Dietetic Association; Mental Health America; National Sleep Foundation

Worth a shot: Vaccines for preteens

The protection from vaccines can wear off over time. Also, as children approach adolescence, they face a heightened risk of being infected with certain life-threatening diseases. That's why doctors now advise three vaccines for 11- or 12-year-olds as part of a preteen checkup. This trio of vaccines consists of:

- one that guards against meningitis, an infection of the lining around the brain and spinal cord
- another that protects against whooping cough, diphtheria and tetanus
- a third, for girls, that helps prevent types of human papillomavirus (HPV) that are a major cause of cervical cancer.



For recommended vaccinations for children of all ages, go to the **Healthy Communities Magazines** at www.cambridgemedicalcenter.com.

Source: U.S. Centers for Disease Control and Prevention

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