

OWATONNA HOSPITAL

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Early detection. Keith Paley, MD, Owatonna Clinic surgeon, (left) and Megan Kleeberger, RN, Owatonna Hospital surgical nurse, use the new endoscopy technology to better detect abnormalities in the colon.

HDTV: For a high-tech view

FOR PATIENTS UNDERGOING colonoscopies and upper endoscopies at Owatonna Hospital, surgeons are now using endoscopes that combine state-of-the-art HDTV (high-definition) technology for better resolution and narrowband imaging, which uses blue light, to see inside the colon and stomach in a whole new way.

“With narrowband imaging and high-resolution screens, our surgeons are better able to identify and isolate diseased and cancerous cells at their earliest, most treatable stage,” says Doris Nordbye, RN, Owatonna Hospital Surgery Center manager. Owatonna Hospital is currently the only health care facility in the

region to use this new technology.

A colonoscopy is the gold standard

—Continued on Page 2

Colonoscopies save lives

Colonoscopies save lives by detecting cancer early. Colonoscopies are recommended every 10 years for men and women older than 50 who have no risk factors for colon cancer. Those at high risk should have colonoscopies earlier and more frequently.



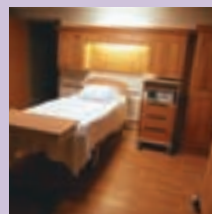
Talk to your doctor about a screening colonoscopy or visit www.owatonnahospital.com.



3
Charity care:
Helping patients
who can't pay



4
Kid-friendly
health tips



6
Check out our
calendar of
health classes
and events!



OWATONNA
HOSPITAL

Allina Hospitals & Clinics

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ENDOSCOPY

A valuable, versatile tool

DOCTORS HAVE A number of tools for seeing and treating our inner workings. For a direct view of a particular area, doctors often turn to endoscopy.

Maybe you've heard of someone having a gastroscopy or going to the hospital for a colonoscopy. Both of these procedures involve endoscopy. An endoscopy is a procedure in which a thin, usually flexible tube—an endoscope—is inserted into the body so a doctor can examine organs and internal areas.

HDTV

—Continued from Page 1

for detecting colon cancer. Gastrointestinal (GI) cancers are the second most common forms of cancer in the United States. Traditional colonoscopies use white light to view the colon. With the HDTV signal from a video processor and the blue light, the blood vessels and the surface of the intestine become much more prominent in their appearance.

“The ability to get a picture of the digestive tract in greater detail helps us better detect worrisome growths inside the colon, like polyps and precancerous lesions, which means better diagnoses,” says Keith Paley, MD, Owatonna Clinic surgeon.

“Our goal at Owatonna Hospital is to save lives,” Nordbye says. “By using this advanced equipment, we can significantly increase the opportunity to detect upper GI and colon cancers at their very earliest stages, saving thousands of lives and improving many more.” ❖

An endoscope has a camera at one end connected to an eyepiece and monitor at the other. Depending on the type of procedure, a person might be given an anesthetic or sedative for comfort.

A TELLING PEEK INSIDE

One of the benefits of an endoscopy is that it allows your doctor to closely examine organs and take tissue samples without making incisions. The tube is inserted through a natural opening in the body, such as the mouth, or in some cases, through a small incision.

Another important benefit of endoscopy is that if a problem is found, treatment can sometimes begin right away. A good example of this is when polyps are found during colonoscopy, which examines the large intestine with a kind of endoscope. These potentially precancerous growths can often be removed during the procedure.

MANY VALUABLE USES

There are specific endoscopes made for different parts of the body. They're used for procedures that include:

- **Upper endoscopy**, to view the upper part of the gastrointestinal (GI) tract. This includes the esophagus, stomach and the first part of the small intestine. This is often used to help diagnose heartburn, indigestion, reflux and swallowing problems.
- **Colonoscopy**, to see the interior lining of the large intestine to detect ulcers, polyps, tumors and areas of inflammation or bleeding.



Gold-standard care. High-definition imaging helps your doctor detect dangerous conditions earlier, when they're easiest to treat.

- **ERCP**, or endoscopic retrograde cholangiopancreatogram, to diagnose and treat problems in the liver, gallbladder, bile ducts and pancreas.

Other parts of the body that can be viewed with an endoscope include the sinuses, upper airways, lungs, uterus, cervix and bladder.

For more information about our complete surgical services, visit www.owatonnahospital.com. ❖



CHARITY CARE

When hospitals pay for patients who can't

WHEN YOU THINK of charitable organizations, you might not think of hospitals. Yet every year, Owatonna Hospital spends millions of dollars serving people who don't have the financial means to pay for their care.

"When people get sick or are in an accident, they require medical attention regardless of whether they have health insurance," says Scott Palmer, executive director of the Owatonna Hospital Foundation. "Part of Owatonna Hospital's mission is to treat patients in need of emergency care, regardless of their ability to pay."

When a patient does not have the financial ability to pay for medical care at a hospital, the costs are written off as charity care.

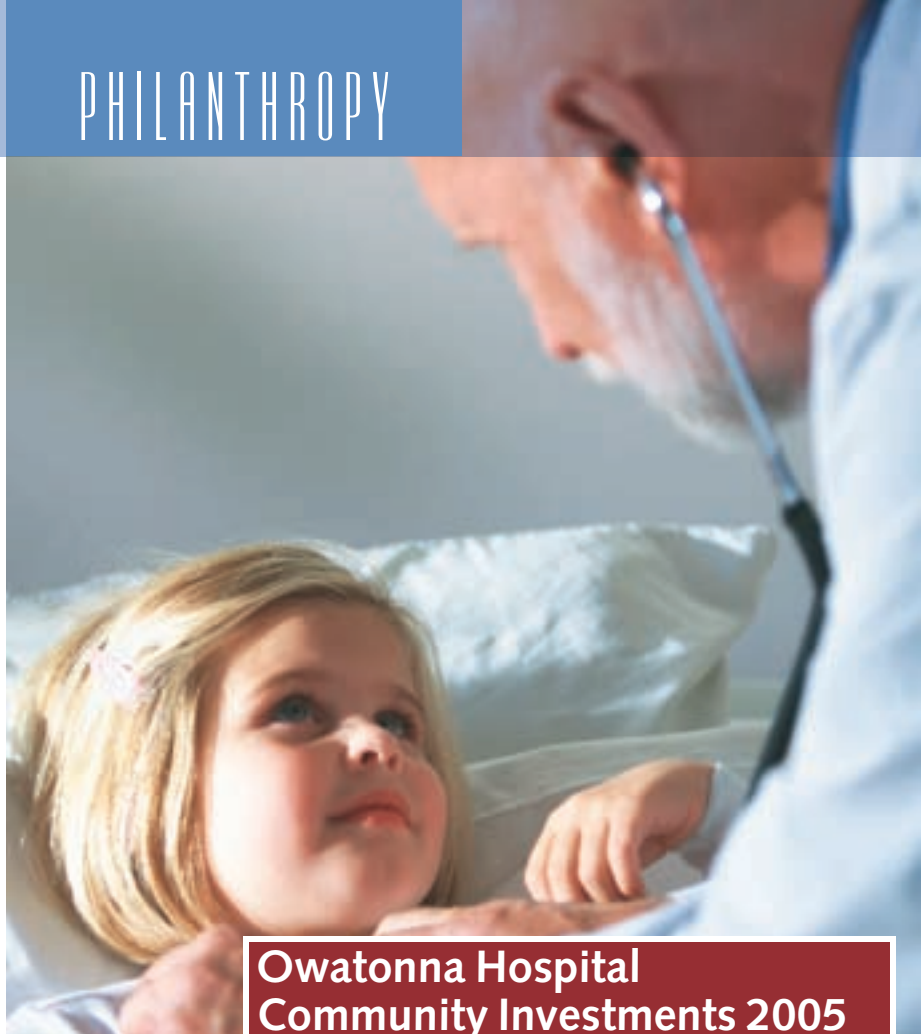
WHAT IS CHARITY CARE?

Any hospital with an emergency department is required by law to treat and stabilize all patients who arrive seeking medical care.

"Treatment is provided, no questions asked," Palmer says.

If a patient is treated at a hospital and is unable to pay for the services, the unreimbursed costs fall into one of two categories—bad debt or charity care.

Bad debt consists of services for which the hospital expected, but



Owatonna Hospital Community Investments 2005

Charity care	\$328,378
Cost in excess of public program payments	\$2,111,953
MinnesotaCare tax	\$491,986
Community benefit programs and initiatives	\$341,737
TOTAL	\$3,274,054

did not receive, payment.

Charity care is defined as services provided for which the hospital does not expect to receive payment because the patient is unable to pay.

Charity care consists of both reduced payment and no payment for medical services.

A COSTLY ENDEAVOR

Current government estimates place the number of Americans without health insurance at more than 41 million. And there are many more people who are underinsured and often unable to pay for the emergency treatment they receive.

"All of these free costs are left on the hospital's doorstep," Palmer says, "placing tremendous financial pressure on hospitals."

As a result, hospitals are constantly looking for ways to continue to deliver great care, serve patients and survive financially.

Despite these financial challenges, Palmer remains optimistic. "We're tackling this issue head-on by constantly looking for ways to lower costs and get the community more involved in creating solutions," he says. "As we move forward with the construction of a replacement hospital that will feature an efficient design, community involvement becomes increasingly important."

To learn more about charity care or how you can support the hospital, visit www.owatonnahospital.com and select *Foundation*. ❖



It's good
to be a

KID!

TAKING A CHILD-FRIENDLY APPROACH TO GOOD HEALTH



HAVE FUN AND BE HAPPY. Now that's a campaign most any kid can get behind.

And when you're a kid, you shouldn't have to choose between having fun and being healthy.

That's why, as a parent, you'll want to do your best to engage your children in the joy and benefits of healthful living. Your efforts now can send them on a healthier path for life. The key: Make smart eating and regular exercise as pleasant and fun for kids as possible.

Consider the following advice, with information from the U.S. Department of Health and Human Services, for a kid-friendly approach to good health.

MAKE HEALTH MATTER

First, help kids understand why nutritious food and regular physical activity are so important.

As a parent, you should know that these basic lifestyle choices can help prevent weight problems and type 2 diabetes—two health concerns that affect more and more children every year.

But when you explain to kids why health matters, try to do it in a way that will mean something to them. Remind kids that making wise health choices can help them:

- grow and feel strong
- do better in school
- do well in sports and other activities
- feel good about themselves and what their bodies can do.

Second, get kids involved. Look for ways to let children help make decisions about their health. Kids may be more agreeable to new things when they are involved in the decision making.

THAT TASTES GREAT!

Here are a few ways to help kids develop better eating habits:

Let them shop. At the grocery store, allow kids to pick out some healthful foods to try, such as a new fruit or vegetable, a new

Let the games begin!



variety of cheese, or an interestingly shaped whole-wheat pasta.

Give 'em the goods. For older kids, stock the kitchen with a variety of nutritious snacks, such as yogurt, fruit, pre-cut vegetables and tasty dips. Then let kids know that you trust them to make good choices when they're looking for snacks.

Recruit young chefs. Children may be more open to sampling a new food if they've had a hand in preparing it.

MOVING AND GROOVING

One of the best ways to help kids be active for life is to make physical activity a regular part of your family's daily life. Some ideas to get everyone moving:

Schedule fun. Have kids pick their favorite activities, and write

down everyone's choices on a family activity calendar.

Power off. If you find yourself in a battle over TV and computer time, you might consider making a family agreement to limit screen time to two hours a day or less.

Get creative. Give kids some new ideas for active play. Suggest a contest with jump ropes or hula hoops. Or maybe they'd enjoy forming their own marching band.

Do you wish your kids were more active? Get them involved in finding fun things to do.

REMEMBER, THEY'RE WATCHING

Finally, be a good role model. What you do makes a big difference in what your kids do. By seeing you make wise lifestyle choices, your kids are more likely to make those choices, too. ♦

Kids on the move



Students at a local Owatonna school are ready to get moving during this year's *On the Move—Walk Across America* community wellness program. Last year St. Mary's School was awarded the "traveling trophy" for the most steps averaged by students among area schools. Pictured from left: Lydia, Stephanie, Hayden, Madison, Megan, Mari, Logan, Miles, Emma and Joey.

Staying active

Have A Safe Summer! Children's Safety Fair

Thursday, April 26

5:30-8 p.m.

Owatonna Clinic at 26th Street

Learn ways to keep kids safe in the summer. Kids can climb aboard real emergency vehicles, have their bike helmets fitted, navigate a bike obstacle course, discover summer activities through Community Education and the Owatonna Public Library, or get fingerprinted.

For more information, go to www.owatonnahospital.com or call 507-444-6070.

Satellite Owatonna Heart Walk

Saturday, April 28

Registration: 9 a.m.

Walk: 10-11 a.m.

Morehouse Park Chalet and Kaplan's Woods Parkway

Join hundreds of walkers to help raise money for research on heart disease and stroke, diseases which claim more than 910,000 American lives each year.

The Satellite Owatonna Heart Walk is held in conjunction with the American Heart Association's Start! Heart Walk at Harriett Island, St. Paul. The local goal is to raise \$3,500 with 100 walkers.

For more information about how you can get involved, call 507-444-6070 or register by going to www.heartwalk.kintera.org/twincitiesmn.

On the Move—Walk Across America

April 16-May 20

A five-week community wellness program for adults and kids. Participants are encouraged to take a minimum of 10,000 steps per day, tracking their steps with a pedometer. Our goal is to walk across America 50 times! Register yourself or a team today by calling 507-444-5023. For more information, go to www.owatonnahospital.com.

OWATONNA HOSPITAL

PRENATAL, NEWBORN, CHILDREN'S PROGRAMS

Many of the following programs are offered in collaboration with Owatonna Hospital, Early Childhood Family Education, Steele County Public Health and Owatonna Clinic.

Birth, Babies & Beyond **\$55**

First-time parents learn how to get ready for the birth of their child and begin the parenting journey. Call 507-444-7900 for dates and times and to register.

Refresher Childbirth Class **\$25**

This one-day class is designed for those who have previously attended a child-birth class within the past three to five years. Call 507-444-7900 for dates and times and to register.

Sibling Preparation Classes

**Second Tuesday of each month,
6:30-7:30 p.m., Free**

This class is designed for children ages 2 to 6 whose parents are expecting a new baby. Call 507-444-6032 to register.

Amazing Newborn Clinic

Tuesdays, 12:30-2 p.m.

Roosevelt Community School

Free clinic where babies are weighed and parents' questions are addressed. Drop in anytime the clinic is open.

SENIORS

Chair Aerobics

■ **Mondays and Fridays,
10:30-11:15 a.m., Senior Place
\$10/month or \$1.25/class**

■ **Tuesdays and Thursdays,
3:30-4:15 p.m., Cedar Place
Free**

Get an aerobic workout with members of Owatonna Hospital's Center for

Rehab & Wellness. It includes warm-ups, exercises, stretches and cooldowns. Call 507-455-7631 for more information.

Weight Training for Seniors

**Mondays, Wednesdays and Fridays,
8:30-9:30 a.m. and 3:15-4:15 p.m.**

Senior Place

\$18 to \$27/month, sliding fee

A member from Owatonna Hospital's Center for Rehab & Wellness leads a program of warm-up exercises, weightlifting with handheld weights, stretching and cooldown exercises. Call 507-455-7631 for more information.

Birth Center Tour

Free

This tour includes the labor area, post-partum rooms and nursery for parents planning to deliver at Owatonna Hospital. For dates and times, call the Birth Center at 507-455-7623.





Rainbow fruit salad

Because it's made from fresh fruit, this salad is naturally low in fat and sodium, and it's cholesterol-free. Good as a side dish or a dessert, it's a feast for the eyes as well as the tummy.

INGREDIENTS

Fruit salad:

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced

- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced

Honey-orange sauce:

- 1/3 cup orange juice
- 2 tablespoons lemon juice
- 1 1/2 tablespoons honey
- 1/4 teaspoon ground ginger
- Dash nutmeg

INSTRUCTIONS

- Prepare the fruit.
- Combine all ingredients for the sauce

and mix them together.

- Just before serving, pour honey-orange sauce over the fruit.

Allow 20 to 30 minutes preparation time.

NUTRITION FACTS

Serving size: 1/2 cup
Amount per serving
Calories: 96
Fat: 1g

Source: National Institutes of Health (reprinted with permission)

FITNESS PROGRAMS

Weekly Sports Clinics with Certified Athletic Trainers

Mondays, 7-8 p.m., West Hills Fitness Center, 502 Dunnell Drive \$15/15-minute consultation

Whether you're a weekend warrior or high school athlete, getting answers about how to prevent and treat sports

injuries is now easier than ever with weekly sports clinics offered through Owatonna Hospital and Owatonna Parks and Recreation. Certified Athletic Trainers T. C. Carlyle and Jen Lorenzo work one-on-one with clients to answer questions about individual fitness programs, prevention and treatment of sports injuries,

conditioning for a specific sport, or relieving current aches and pains. Student athletes 18 and younger must be accompanied by a parent or provide written parental consent.

Appointments are encouraged. Call 507-444-4290.

Owatonna community resources for exercise

FITNESS CENTERS

- MC Fitness 507-451-8833
- Anytime Fitness 507-456-8587
- Curves for Women 507-455-4060
- SNAP Fitness 507-455-3500
- Park & Rec/West Hills 507-444-4290

WATER AEROBICS

- MC Fitness 507-451-8833
- Community Education 507-444-7900
- West Hills 507-444-4290

WALKING

You can pick up a trail map at the Parks and Recreation Department at 540 West Hills Circle or online at www.ci.owatonna.mn.us/services/parkrec/trails.php.

SENIOR EXERCISE PROGRAMS

- Sponsored by Owatonna Hospital's Center for Rehab & Wellness*
- Senior Weight Training 507-455-7631
- Chair Aerobics 507-455-7631

SWIMMING

- MC Fitness 507-451-8833
- Owatonna Country Club (seasonal) 507-451-5942
- West Hills 507-444-4290

TAI CHI

- Senior Place 507-444-4280

YOGA

- Yoga & Wellness Center 507-390-0279
- Community Education 507-444-7900

PILATES

- Yoga & Wellness Center 507-390-0279
- Community Education 507-444-7900



Sunny advice for your family



WHETHER YOU take your family to the beach or the back yard for outdoor fun, take this advice along, too: Play it safe in the sun.

Sun safety matters.

Protecting children and teens from sun damage may reduce their risk of getting skin cancer when they're older, the American Cancer Society (ACS) reports.

This doesn't mean you have to shun the sun—or the fun. Just

remember these key safety steps:

Lather up. Rub on sunscreen with an SPF (sun protection factor) of 15 or higher, even when it's cloudy. Your kids will need more later if they sweat or swim.

Don't use sunscreen on babies younger than 6 months, the ACS advises. And keep infants out of direct sunlight.

Cover up. A wide-brimmed hat can protect your child's face, neck and ears. Loose-fitting shirts (with

sleeves) and pants can add protection.

Sunglasses look cool. What's more, they can help protect your child's eyes and skin. Look for glasses that block at least 99 percent of ultraviolet rays.

Watch the clock. Try planning your day to avoid the strongest sunlight, between 10 a.m. and 4 p.m., notes the ACS. If you must be out during this peak time, be especially diligent about sun protection.

And try seeking out any available shade—or bring your own. ❖

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