

# BUFFALO HOSPITAL



## ALZHEIMER'S DISEASE

### 9 warning signs

**Y**OU FORGET SOMETHING—an appointment, an anniversary, where you put the car keys—and wonder aloud, maybe half-seriously, “Is this Alzheimer’s?”

The truth is, there really are “warning signs” of Alzheimer’s disease, and forgetfulness is one of them, according to the Alzheimer’s Association.

But that doesn’t mean you should worry about the occasional memory lapse. Is it irritating not to know where you put your keys? Yes. Is it symptomatic? Probably not.

“Alzheimer’s disease is a neurodegenerative disease of the brain that affects memory, mood, behaviors, judgment and cognitive skills,” says Michael Husak, MD, internist at Buffalo Clinic.

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**2** Healthy habits protect you from colorectal cancer



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## Introducing Memory Connection

One in 10 Americans has a family member with Alzheimer’s and one in three knows someone with the disease. To support the growing number of people coping with memory loss, long-term care and assisted living organizations, in partnership with the Buffalo Hospital Foundation, are launching the Memory Connection.

“Dedicated to educating and raising awareness about Alzheimer’s disease, the Memory Connection is connecting



memory connection™

care givers, patients and providers to resources and expertise that allow all of us to better serve those touched by memory loss,” says Theresa Henson, chairperson, Memory Connection.

The organization will continue to host an annual walk (formerly known as the Sailing Ahead with Hope Walk), slated for Sept. 17, and will use the funds raised to continue to support the Alzheimer’s Association and Alzheimer’s research while adding community education offerings throughout the year.

For more information about the Memory Connection or to make a donation, call the Buffalo Hospital Foundation at 763-684-6800.



BUFFALO HOSPITAL

Allina Hospitals & Clinics



# IT'S A GOOD DEAL

HEALTHY HABITS OFFER MANY REWARDS—INCLUDING PROTECTING YOU FROM COLORECTAL CANCER

**H**ERE'S A LITTLE QUIZ: What do the following have in common? Eating well. Exercising regularly. Not smoking. Seeing your doctor.

Yep, these healthy habits are all good for you and can help you stay fit and feeling fine. But what's more, they could help lower your risk of getting colorectal cancer.

And that's really not an insignificant matter. Colorectal cancer is among the most common types of cancer—and one of the most deadly. It usually starts with abnormal growths, called polyps, which form in the colon or rectum. Often there are no symptoms.

## WHO'S AT RISK?

“Risk factors include having a family history of colorectal cancer, having a history of adenomatous



polyps, or any other gastrointestinal issues like inflammatory bowel disease,” says Margaret Ann Ness, MD, family physician at Allina Medical Clinic–Buffalo. “Aggressive screening and polyp removal can reduce the rate of colon cancer development by almost 80 percent.”

### EARLY DETECTION REALLY MATTERS

When it comes to prevention, nothing may be more important than getting screened. These medical tests can often find polyps before they become cancerous and can spot cancer when it’s still highly treatable. “Typically, screening begins for most people at age 50 but if you have a family history or other risk factors, you should be screened at an earlier age,” Ness says. (See the free screening article at right.)

### FOOD FOR THOUGHT

Doctors have touted a low-fat, heart-healthy diet for years, and some of the same principles appear to offer protection from colorectal cancer as well. Consider these suggestions from the American Institute for Cancer Research, the American Cancer Society (ACS) and Ness:

“Increasing fiber in the diet can help prevent colorectal cancer. Eat more fruits, vegetables, whole-grain bread and beans,” says Ness. In general, aim for at least five daily servings of fruits and vegetables.

**Eat less fat**, especially from animal sources such as red meat.

Some studies suggest that taking folic acid and increasing your calcium intake with low-fat dairy products or supplements can lower

the risk of colorectal cancer, according to the ACS.

### GET GOING, GET HEALTHY

Exercise can help lower your risk of colorectal cancer, and you don’t have to be a super athlete to benefit. Just try getting at least 30 minutes of physical activity on five or more days a week, the ACS advises.

Adding another 15 minutes of moderate or vigorous activity may lower your risk even more—not only for colorectal cancer but also for breast cancer. If you don’t already exercise, you may want to talk to your doctor before starting.

### BREATHE EASIER

People who smoke are at greater risk of many serious health problems, and that includes colorectal cancer

or polyps, according to the ACS.

If you smoke, ask for help quitting. See Page 7 for help quitting tobacco. You may breathe easier knowing you’ve lessened your risk of cancer and other diseases.

### AN ASPIRIN A DAY?

Evidence suggests that using common pain relievers such as aspirin, ibuprofen and other NSAIDs (nonsteroidal anti-inflammatory drugs) may reduce the risk of colorectal cancer. But for most people, potential side effects may outweigh these benefits, according to the ACS. Talk to your doctor about what’s right for you.

### STAY HEALTHY, STAY VIGILANT

Again, you can do things to help protect yourself from colorectal cancer. Get screened, eat with your health in mind and stay active. While you’re at it, you’ll be lowering your risk of other health problems as well. It’s a good deal. ♦

“Increasing fiber in the diet can help prevent colorectal cancer. Eat more fruits, vegetables, whole-grain bread and beans.”

—MARGARET ANN NESS,  
MD, FAMILY PHYSICIAN  
AT ALLINA MEDICAL  
CLINIC—BUFFALO

## Peace of mind: Free screening can help find—and prevent—colorectal cancer

To encourage prevention and early detection of colorectal cancer, people age 50 or older can receive a free fecal occult blood test (FOBT) at all physician clinics and hospitals throughout Wright County in addition to the Wellness on Wheels van and other locations. To find the closest FOBT distribution site, call the Community Health Foundation (CHF) at 763-684-1477.

CHF has distributed more than 9,300 free FOBTs since the project began in 2000 with nearly 2 percent of these testing positive for occult blood. While all positive FOBTs are not cancerous, individuals with positive test results are encouraged to see their primary care physicians and to have a colonoscopy.

This free FOBT screening was initially funded by a grant from Allina Hospitals & Clinics and Buffalo Hospital. Together with the University of Minnesota, this groundbreaking colorectal cancer project is now a model for health care providers and educators throughout the country to learn from and replicate. The continuation of this free screening is funded through proceeds raised at CHF’s annual Tee Off For Health golf event.



Colorectal cancer screening and treatment  
[www.buffalohospital.org](http://www.buffalohospital.org)  
or call 763-684-7121.

## Things to know before you go

Here are some tips for helping the emergency department staff provide fast, safe care for you:

- “Bring your medications and bottles. It’s really critical help,” says Charles Lick, MD, an emergency specialist at Buffalo Hospital, Emergency Physicians Professional Association, and medical director of Allina Hospitals & Clinics Medical Transportation. “An updated written track of medical problems can be helpful, too. With Buffalo Hospital’s new electronic medical record, this information is instantly available to our emergency doctors if you have previously visited Buffalo Hospital or an Allina Medical Clinic in the area.”
- Bring a friend. “Try not to come alone,” says Lick. “It helps to have someone else listen and help communicate when you are sick or upset.”
- Bring a toy or book for a child.

While wait times are generally short, the sickest patients are seen first, and those with minor illnesses or injuries may have to wait.

Clip and fill out this wallet-sized emergency card below. Download a larger version at [www.buffalohospital.org](http://www.buffalohospital.org), or call 763-684-7121 to have one mailed. Keep it up-to-date and in your wallet or purse.



# Going to Emergency SIRENS AND SPEED OR THE FAMILY CAR? Dep

**W**ITH YOUR HEART racing, your first idea in a medical emergency might be to call an ambulance. Or you might think that sirens and flashing lights are too big a fuss, and decide to transport yourself. In an emergency, it’s hard to think clearly. Here are some things you should know before a medical emergency strikes.

as critical care units on wheels, or emergency departments that make house calls. They carry highly trained medical personnel who are in constant contact with emergency doctors. They also have an electrocardiogram (EKG) and other equipment and can start important treatment on the way. And they’ve got a driver who knows where to go, with special training and lights and sirens for safely speeding through traffic. While it may seem like forever in an emergency, ambulances are fast.

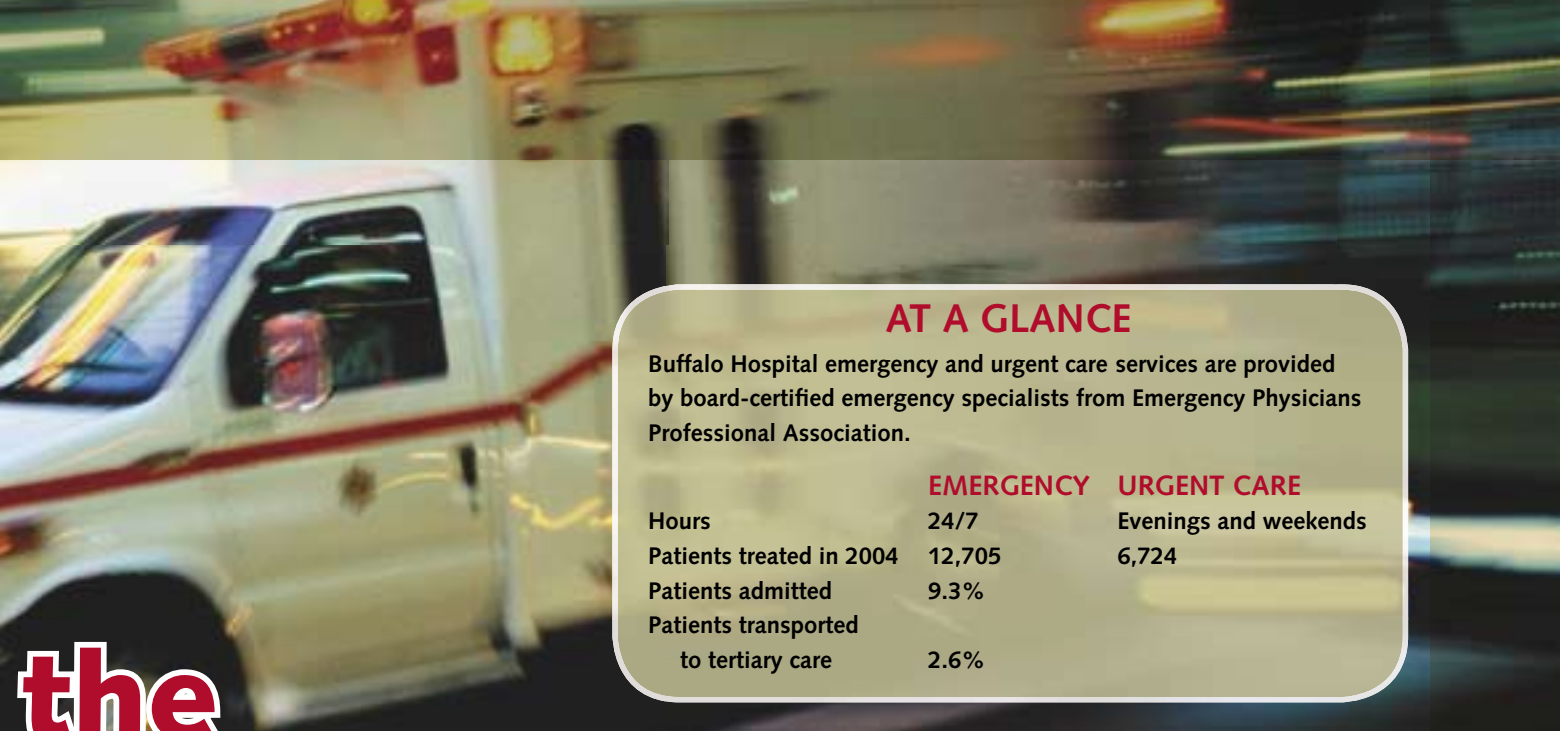
### CRITICAL CARE ON WHEELS

In a life-threatening situation, it’s best to call 911 for an ambulance, even if you think you can drive the patient there faster yourself. Ambulances are not just fast transportation to the emergency department—you could think of them

Calling an ambulance is very important for heart attack patients. “Treatment for heart attack has been revolutionized and it starts in the ambulance,” says Charles Lick, MD, an emergency specialist at Buffalo Hospital, Emergency Physicians Professional Association, and medical director of Allina Hospitals & Clinics Medical Transportation. “The most effective heart attack

### MEDICAL INFORMATION CARD

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Birth date \_\_\_\_\_  
 Doctor’s name \_\_\_\_\_  
 Hospital preference \_\_\_\_\_  
 Insurance company and policy number \_\_\_\_\_  
 Medicare number \_\_\_\_\_  
 In an emergency, notify: \_\_\_\_\_  
 Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
**MEDICAL INFORMATION**  
 Medical problems \_\_\_\_\_  
 Medicines and dosages \_\_\_\_\_  
 Allergies \_\_\_\_\_ Blood type \_\_\_\_\_  
 I have completed a health care directive: Yes No  
 Designated agent \_\_\_\_\_  
 Phone \_\_\_\_\_ Date this card was completed \_\_\_\_\_



## AT A GLANCE

Buffalo Hospital emergency and urgent care services are provided by board-certified emergency specialists from Emergency Physicians Professional Association.

	EMERGENCY	URGENT CARE
Hours	24/7	Evenings and weekends
Patients treated in 2004	12,705	6,724
Patients admitted	9.3%	
Patients transported to tertiary care	2.6%	

# the ER Department

treatment is immediate angioplasty to open the blocked blood vessel that is causing the heart attack. If the patient takes an ambulance, they can be evaluated and prepared for angioplasty on the way.”

Buffalo Hospital, in partnership with Allina Medical Transportation and Mercy Hospital, has streamlined emergency heart care to get these patients directly into Mercy’s cath lab within 90 minutes. “Allina medics use 12-lead EKG technology to quickly identify cath lab candidates and notify Buffalo Hospital Emergency Department en route,” continues Lick. “Buffalo Hospital’s specialized emergency team prepares to stabilize and assess the patient and verify they are an appropriate candidate for angioplasty. They also start medications and lab work to prepare for the lifesaving procedure. A special team of doctors and nurses prepares Mercy’s cath lab while the patient is en

route. Paramedics bypass the Mercy Emergency Department and bring the patient directly to the hospital’s cardiac catheterization lab, saving important minutes that mean saving heart muscle.”

Always call 911 for an ambulance when someone is experiencing:

- Heart attack symptoms, including chest pain or a squeezing sensation, shortness of breath, nausea and sweating.
- Stroke symptoms, including headache, vision problems, difficulty speaking, and numbness or weakness on one side.
- Severe pain.
- Multiple traumas.
- Bleeding that cannot be controlled with pressure.
- Back or neck injury.
- Breathing problems.

### NON-LIFE-THREATENING SITUATIONS

Sometimes a person needs treatment soon, but it’s not a life-threatening emergency. A private car can get to the emergency department in adequate time for much less money if the patient is stable. Examples include bleeding that can be controlled by pressure, injuries to arms or legs, or

moderate pain. It’s important to be calm and know where you’re going when driving someone to the emergency department and it’s best to have a neighbor or friend help you.

### WHEN IN DOUBT, CALL 911

If you are the one in need of care and you have any doubts about whether you should drive, call 911 for an ambulance. If your condition would worsen on the way, you could lose consciousness or control of your car and endanger other people as well as yourself.

### SAFETY AND SIRENS

Emergency vehicle drivers are trained to balance safety and speed. Speeding, even with lights and sirens, is dangerous. New dispatch systems gauge the level of response required for the situation, and the full-speed response is reserved for life-threatening emergencies. You can help by always slowing down and pulling over for emergency vehicles. ❖



Emergency symptoms and first aid

[www.buffalohospital.org](http://www.buffalohospital.org)  
or call 763-684-7121.

## THE BIRTH CENTER

# Planning baby's arrival



**Christopher Menzies, MD, obstetrician/gynecologist, Buffalo Clinic, visits Konrad Jonathan Schiller, son of Jonathan and Autumn Schiller of Albertville. He delivered Konrad earlier in the day. 608 babies were delivered at Buffalo Hospital in 2004.**

## Physicians who deliver...babies, that is, at Buffalo Hospital

### OBSTETRICIANS/ GYNECOLOGISTS

- Eric Lefebvre, MD, Buffalo Clinic, PA
- Christopher Menzies, MD, Buffalo Clinic, PA
- Thomas Minke, MD, Buffalo Clinic, PA
- Timothy Olson, MD, Buffalo Clinic, PA

### FAMILY PHYSICIANS

- David Elhenz, MD, Allina Medical Clinic–Buffalo
- Carrie Fenna, MD, Allina Medical Clinic–Buffalo
- Greg Jesteadt, MD, Buffalo Clinic, PA
- Victoria Oman, MD, Allina Medical Clinic–Annandale
- Michael Smith, MD, Buffalo Clinic, PA
- Teresa Wrobbel, MD, Buffalo Clinic, PA

Having a baby is a 40-week journey you can take—close to home. From the very beginnings of pregnancy, through all of the choices and checkups, expectant parents can find all of the resources they need right here, even if what they need is quite special.

### OFF TO A GOOD START

Family physicians and obstetrician/gynecologist (OB/GYN) specialists provide prenatal care, starting early in the pregnancy. “We confirm pregnancy, get started on vitamins and set up a schedule of visits to monitor the mother and baby through the pregnancy,” says Carrie Fenna, MD, family physician, Allina Medical Clinic–Buffalo. “We care for many women who have special needs because of diabetes, hypertension, preterm labor and other medical complications,” says Christopher Menzies, MD, OB/GYN, Buffalo Clinic.

### THE ROAD MAP

Prenatal classes at Buffalo Hospital help expectant parents understand the baby’s development and the milestones along the way. Each mom receives the award-winning book *Beginnings: Pregnancy, Birth and Beyond*.

### THE HOME STRETCH—BUFFALO HOSPITAL'S BIRTH CENTER

When it’s finally time for the baby to arrive, The Birth Center

offers the comforts of home with a team of experts dedicated to making the birth experience comfortable and happy. “A physician anesthesiologist helps manage pain using techniques that allow women to control the dose of the medication herself, within limits,” says Menzies. “Because they can get the medication when they need it, mothers tend to use less medication.”

“The nursing care at Buffalo Hospital is exceptional. Because of the low turnover, the nurses are very experienced and well-trained,” notes Fenna. Fenna tries to make the whole journey with her patients, wearing a pager so she can be present at the birth. “There’s always an OB/GYN on call for cesarean sections or complications, but I like to stay with my patients through the whole process,” she adds.

### AROUND-THE-CLOCK SPECIALTY SUPPORT

In addition to OB/GYN specialty care available around the clock, a physician anesthesiologist is available 24/7 to administer pain

medications safely and effectively. For babies with special needs, a pediatrician is always on call, and the Level II nursery has special equipment and nurses trained in caring for babies with complications.

Take a tour of The Birth Center. See Page 7 for a schedule of upcoming tours and classes.

### TAKE A TOUR

Expectant parents are invited to tour The Birth Center. See Page 7 for a schedule of upcoming tours, childbirth and parenting classes. ❖



# BUFFALO HOSPITAL

Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting [www.buffalohospital.org](http://www.buffalohospital.org) or calling 763-684-7121. Programs with a fee are denoted with an asterisk\*.

## GENERAL WELLNESS

### Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday, 7-8:30 p.m.

### Stroke Support Group

Meets monthly on the second Wednesday, 1-2 p.m.

### Before Surgery Party for Children

Children view a video and tour the Surgery & Outpatient Center. Call to schedule.

## TOBACCO INTERVENTION PROGRAMS (TIP)

### Getting Started

Aug. 1, 7-8:30 p.m.

### My Plan\*

Design a plan to fit your lifestyle. Call to schedule.

## CPR AND FIRST AID COURSES

*Classes can be customized for businesses to meet their individual needs.*

### Pediatric First Aid, AED and CPR\*

Meets child day care training requirements. June 4 or July 30, 8 a.m.-4:30 p.m.

### Adult First Aid, AED and CPR\*

May 14, 8 a.m.-4:30 p.m.

### Basic Life Support for Health Care Providers\*

This course covers adult, infant and child CPR, and foreign body airway obstruction. Aug. 1 and 8, 5:30-9:30 p.m.

## CHILDBIRTH AND PARENTING

### A Healthy Pregnancy\*

June 7 or Aug. 9, 6:30-9 p.m.

### Childbirth

#### Preparation Series\*

Six-week series starts June 30, 6:30-8:30 p.m.

#### Childbirth Preparation—Single Session\*

June 11 or Aug. 13, 9 a.m.-4 p.m.

#### Refresher for

#### Childbirth Preparation\*

Two-week series, July 7 and 14, 6:30-9 p.m.

#### Taking Care of Yourself and Baby—The Postpartum Period\*

June 2 or Aug. 4, 6:30-8:30 p.m.

#### Breastfeeding Preparation\*

June 9 or Aug. 11, 6:30-8:30 p.m.

#### New Brother, New Sister\*

May 10 or July 12, 6:30-8 p.m.

#### Birth Center Tour

May 17, June 14 or Aug. 16, 7-8 p.m.; or July 16, 9-10 a.m.



COMING EVENT

### American Red Cross Babysitter Course

Saturday, May 21, 8:30 a.m.-3 p.m.

Buffalo Hospital Conference Center \$40 (Includes American Red Cross Babysitter's handbook)

This course provides youth ages 11 and older with the information and skills necessary to provide safe and responsible care for infants and children. Participants will develop skills in first aid, safety and safe play, and knowing how to recognize and manage breathing emergencies. Upon completion, participants will receive a Red Cross babysitting certificate.



To register  
[www.buffalohospital.org](http://www.buffalohospital.org)  
or call 763-684-7121.

# Warning signs

—Continued from Page 1

“We don’t know what causes Alzheimer’s but it is a disease of old age,” continues Husak. “There is no cure, but treatment options to slow the progression of Alzheimer’s disease are available.”

The following are some of the warning signs of Alzheimer’s disease. Keep in mind, however, that the symptoms associated with Alzheimer’s disease can instead be signs of other, treatable problems—such as depression, nutrition deficiencies or metabolic conditions.

Recognizing these symptoms in yourself or a loved one therefore

might be the first step toward a sigh of relief or proper treatment if needed.

Warning signs of Alzheimer’s disease include:

- Memory loss that occurs on a frequent basis and that sometimes persists.
- Difficulty performing familiar tasks, such as using a common appliance or preparing a meal.
- Substituting unusual words when speaking, or forgetting simple words.
- Getting lost in familiar areas, or not knowing how to find your way back home.
- Poor judgment, such as dressing

“There is no cure, but treatment options to slow the progression of Alzheimer’s disease are available.”

—MICHAEL HUSAK, MD,  
INTERNIST AT BUFFALO  
CLINIC.

inappropriately or buying unnecessary items.

- Rapid mood swings for no apparent reason.
- Odd misplacement of items, such as putting the iron in the refrigerator.
- Personality change to extreme suspiciousness, dependency or fear.

■ Loss of initiative, such as excessive sleeping or TV watching.

For more information about Alzheimer’s disease, including the signs and symptoms, along with how it’s diagnosed, visit [www.buffalohospital.org](http://www.buffalohospital.org) or call 763-684-7121. ♦



Alzheimer’s disease  
[www.buffalohospital.org](http://www.buffalohospital.org)  
or call 763-684-7121.

SPONSORED BY MEMORY CONNECTION

## Fresh ideas for caregiving

Tuesday, May 17, 12:30-4:30 p.m.  
Monticello Community Center,  
505 Walnut St.

Approximately 80 percent of the long-term care in the United States is provided by family and friends. This workshop is designed to help care givers find understanding, wisdom and fun throughout their caregiving journeys.

Kari Berit Gustafson, MS, president of

Age In Motion, Inc., will talk about the importance of humor in life, especially in caregiving. You will learn how to use humor in ways that will relieve stress and tension for both you and your care receiver, and bring joy back into a sometimes joyless situation.

Enjoy an afternoon of encouragement and education for families, care givers, and health care providers. To register, call 763-682-7486.

## Learn more

To learn more about a topic, look for the symbol below throughout *Healthy Communities™* magazine. Then visit [www.buffalohospital.org](http://www.buffalohospital.org) and click on

“Healthy Communities Magazine,” or



call 763-684-7121.

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