

# BUFFALO HOSPITAL

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## Because your life depends on it

### BUFFALO HOSPITAL'S DIGITAL MAMMOGRAPHY DETECTS CANCER EARLY

**W**HEN DETECTED EARLY, the five-year survival rate for breast cancer is 95 percent. With that in mind, Buffalo Hospital has invested in the newest digital mammography equipment to help detect breast cancer as early as possible.

“Digital mammography provides a win-win situation for patients and radiologists,” says Kurt Scheurer, MD, radiologist at Buffalo Hospital. “Digital mammography allows us to view the X-ray more closely, zeroing in on suspicious or concerning areas while the patient is still in the exam room.”

#### A CLEARER PICTURE

Digital mammography records the images in a computer which can be viewed on a high-resolution monitor, with much more clarity and detail than is possible with film mammography.

The radiologist also has other new tools. Computer-aided detection is software that marks areas that may show denser tissue or calcification, bringing them to the radiologist's attention for more detailed review.


The mammograms are read onsite by highly trained radiologists, but their digital format will allow other specialists to view them on monitors, if necessary, without shipping film copies to another location.



Comparing mammograms from year to year is an important part of screening. As women's digital mammograms are stored in their electronic patient records, comparing new images to old ones will be much easier with the digital system.

“Getting a screening mammogram will be faster for women because they don't have to wait for film developing,” says Patricia McKenzie, Buffalo Hospital radiology technologist. “And we've had such a positive response to the enhancements made to our mammography suite earlier this year. Women love the mural painted by local artist Patricia Riley, the soft lighting, music and comfortable furnishings that have been added.”

#### SCHEDULING A MAMMOGRAM

 To schedule a digital mammogram at Buffalo Hospital, call 763-684-7900. See Page 4 for screening guidelines. ❖



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Teens tripped up by prescription and OTC drugs



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# Generation **RX**

## **TRIPPED UP BY PRESCRIPTION AND OVER-THE-COUNTER MEDICATIONS**



*Hmmm. Whatever happened to those pain medications left over from the minor surgery you had last year or the Ritalin® your child used to take?*

If teens—your own or someone else’s—have access to your medicine cabinet, you’d better check it out.

Prescription drugs, often from mom and dad’s medicine cache, have become the latest trend in teen drug abuse. One in five teens has abused a prescription painkiller, and one in 11 has abused over-the-counter (OTC) medications like cough syrup, according to a study by the Partnership for a Drug-Free America™.

Pain relievers such as OxyContin® and Vicodin® are the most commonly abused prescription drugs by teens.

### **FREE AND EASY**

Kids abuse drugs for many of the same reasons they always have—to be accepted by peers, escape from the problems of life and get high. Some believe drugs improve their concentration and

use them as a study aid. Now teens are choosing prescription drugs more often than street drugs, and it’s no wonder.

It’s easy and cheap to get them. More than 57 percent of teens say prescription pain relievers are easy to get from parents’ medicine cabinets. They also get them from friends and can learn about or purchase prescription medications on the Internet.

### **SKITTLING, TUSSIN’ AND ROBOTRIPPING ON OTC DRUGS**

A few years ago some OTC drugs that are used to make methamphetamines were removed from drug store shelves, and many people thought that solved the OTC drug problem. But teens still get high on cough syrup and cold medicines that they can buy in drug stores.

Watch for slang terms that refer to OTC medicines—skittles,

triple C (Coricidin Cough and Cold), and tussin’ and robotripping (referring to Robitussin® cough medicines). The high-producing ingredient, DXM, is often combined with other medicines in these products, increasing side effects like vomiting, bleeding and liver damage.

### **MAINSTREAM MYTHS**

The Partnership for a Drug-Free America study uncovered several teen misconceptions about the drugs. Almost a third of teens believe prescription pain relievers are not addictive. Kids think they are safe. And drug-related websites refer to “responsible” and “safe” use, even as they explain how many pills to take and how to snort or inject them to get high.

### **IT’S NOT SAFE**

Prescription and OTC side effects can include loss of motor control, severe vomiting, stomach pain, life-threatening respiratory depression, rapid heart rate and frightening hallucinations.

**For many teens, medications are about as easy to come by as candy. They can get them from medicine cabinets, friends and the Internet.**

“Although these drugs are safe in prescribed doses, they can cause death in the large doses kids take,” says Catherine Pham, MD, pediatrician at Allina Medical Clinic–St. Michael. “And teens do become addicted.” OxyContin and Vicodin are both opioids, in the same class as heroin.

Over the last 10 years, the number of teens getting treatment for addiction to prescription pain relievers has increased by more than 300 percent.

And prescription and OTC drugs ruin kids’ lives just like street drugs and alcohol can. A teen recovering from prescription drug addiction writes on a message board at [www.freevibe.com](http://www.freevibe.com): “I lost myself, I lost my best friends, I lost the trust of my parents, I lost everything that mattered to me.”

### **TALK TO YOUR KIDS ABOUT DRUGS**

Teens whose parents have discussed drugs with them are half as likely to abuse them, but only one-third of parents have had the conversation with their kids.

So talk with your kids. For tools and tips, visit [www.timetotalk.org](http://www.timetotalk.org),

a Partnership for a Drug-Free America website. Help your teen find websites that provide information about the dangers of drugs, like [www.freevibe.com](http://www.freevibe.com), where teens tell their stories and make suggestions about how to say no to drugs.

### **DON'T SUPPLY THE KID CARTEL**

Teens often get their drugs from their parents’ supply—for their own use or to sell cheaply to their friends. Take precautions to make sure your medications don’t harm kids.

“Monitor and lock up your medications and dispose of medications that you no longer use,” Dr. Pham recommends. It’s a good idea to request a time limit on refills, too. An attractive drug with unlimited refills can be too tempting.

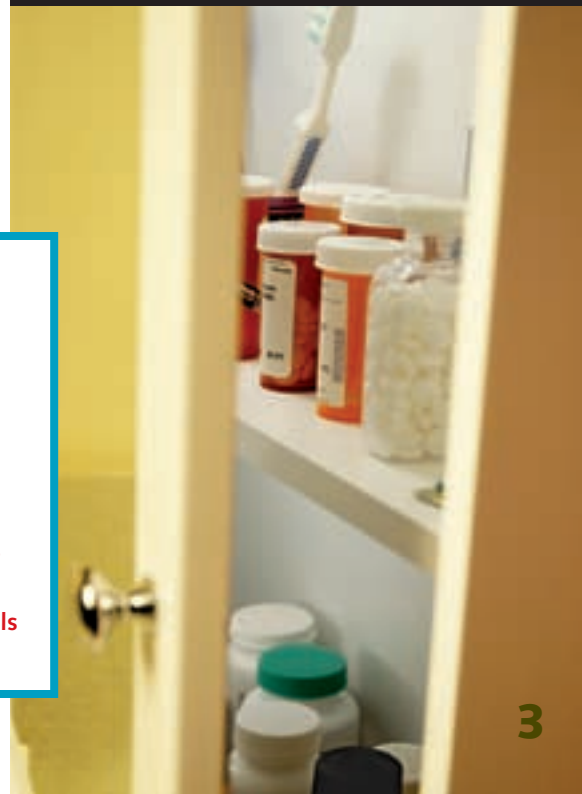
The preferred disposal method is to put old medications in a sealable container or bag, mixed with some unpleasant substance like used coffee grounds or kitty litter,



and throw them in the trash. Flushing them down the toilet can pollute water. Visit [www.buffalohospital.org](http://www.buffalohospital.org) for detailed disposal guidelines. ❖



*“I lost myself,  
I lost my best  
friends, I lost the  
trust of my parents,  
I lost everything that  
mattered to me.”*



## **Warning signs**

Watch for these warning signs of teen drug abuse, from the National Youth Anti-Drug Media Campaign:

- changes in friends
- negative changes in schoolwork, or missing school or declining grades
- increased secrecy about possessions, conversations or activities
- use of incense, room deodorant, or perfume to hide smoke or chemical odors
- change in clothing choices: new fascination with clothes that highlight drug use
- increase in borrowing money
- bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- missing prescription drugs—especially narcotics and mood stabilizers.

# Are you due for a mammogram?

By Carol Bergen, RN, clinical manager, Piper Breast Center

**B**REAST CARE is an important aspect of taking care of your lifetime health. Women of all ages should be knowledgeable about breast health and cancer screenings. Every day, questions arise about cancer screening recommendations:

- I don't have a family history of breast cancer, so why be concerned?
- What if I'm too young to have mammograms?
- I was diagnosed with breast cancer at age 46. When should my daughter get her first mammogram?

Recommendations vary due to individual and family health histories so it's always good to discuss your breast care with your health care provider. However, there are basic guidelines for you to follow.

## AGES 20 TO 39

- A clinical breast examination (CBE) should be done by a doctor or nurse once every three years, at a minimum. Ideally, a CBE will be done when you have your annual Pap test.
- A breast self-examination (BSE) should be done a week to 10 days after your menstrual period. Most changes in breast tissue are not cancer and take place at various stages of every woman's life. These changes may be due to aging, menstrual cycles, menopausal status or fibrocystic conditions causing breast tissue

to feel lumpy. Some medications, such as hormones, may have side effects that cause breast changes. BSEs can help women understand the architecture of their own breast tissue and differentiate between what is common and what is unusual. Unusual changes should be reported to your doctor or nurse practitioner right away.

## AGE 40 AND OLDER

- annual mammogram
- annual CBE
- monthly BSE

Women who are younger than 40 and have risk factors for breast cancer should check with their health care provider regarding individual mammogram recommendations. For example, the daughter of a woman diagnosed at age 46 may start mammograms at age 36. Notably, most women diagnosed with breast cancer do not have a family history or other risk factors.

Talk to your health care practitioner about any questions or concerns you may have. Always report any unusual change in breast tissue — discharge from the nipple, a new lump or thickening in the breast or underarm area, an inverted nipple, or skin changes such as dimpling, pitting or itching. Early detection is crucial for successful treatment and cure.

Most women diagnosed with breast cancer do not have a family history or other risk factors.



To schedule a digital mammogram at Buffalo Hospital, please call 763-684-7900. You may also see Page 1 for more information about digital mammography, or visit [www.buffalohospital.org](http://www.buffalohospital.org). ❖

## Protect your eyes from the sun

Your eyes are also sensitive to the sun's ultraviolet (UV) rays. To protect your eyes, wear sunglasses and a hat or cap with a wide brim whenever there is enough UV light to cause sunburn.

Sunglasses can stop almost all UV rays. For the best eye protection, get sunglasses that:

- block 99 percent to 100 percent of UV rays
- screen 75 percent to 90 percent of visible light
- have gray, green or brown lenses.

### SAFER SUMMER SUN

## Preventing skin cancer

**T**HE LAZY days of summer are just around the corner. As you prepare for summer fun, don't neglect your skin. "One in six Americans will develop skin cancer," says Teresa Wrobbel, MD, family physician at the Medical Skin Care Center of Buffalo Clinic.

### WHAT IS SKIN CANCER?

The outer layer of the skin, or epidermis, is composed of many different cells, including basal and squamous cells and melanocytes, or melanin-producing cells. The majority of skin cancers develop in

these cells. Each year, more than 1 million people will be diagnosed with basal cell cancers, 250,000 people with squamous cell cancer and 55,100 with melanoma. All three forms of cancer are highly treatable and, when found early, survivable.

Melanoma, however, is a more serious cancer, accounting for 79 percent of all skin cancer deaths.

### WHAT CAUSES SKIN CANCER?

The No. 1 cause of skin cancer is sun exposure. The risk of melanoma increases if you have ever had two or more blistering sunburns. "The most common sites for skin cancer are the head and neck because they have the most exposure to the sun," says Wrobbel.

Other risk factors are:

- family or personal history of skin cancer
- fair skin, freckling and light hair
- being a man (Men have higher rates of skin cancer than women.)
- smoking
- presence of dark, irregular-shaped moles

### AN OUNCE OF PREVENTION

Skin cancer is easily preventable. About 80 percent of sun exposure occurs before age 21, so keep children safe. Take these precautions:

- Use sunscreen with a sun protection factor (SPF) of 30 or greater and ultraviolet A protection. Be sure to apply the sunscreen at least a half hour before sun exposure, and reapply often.
- Seek shade.
- Avoid the sun from 10 a.m. to 4 p.m.
- Wear sunglasses.
- Don't use tanning beds or sun lamps.
- Identify moles, check them regularly for changes in appearance, or have them removed and remember ABCD. (See sidebar at left.)

### LEARN MORE

For more information about sun protection and skin cancer, visit the health library at [www.buffalohospital.org](http://www.buffalohospital.org). ❖



## ABCD checklist for melanoma

Look for these signs of melanoma when checking moles:

- A**symmetry, irregular shape
- B**order irregularity, ragged or uneven
- C**olor variation from black to brown
- D**iameter greater than 6 millimeters

## BUFFALO HOSPITAL VOLUNTEERS

# Happy to help

GIVING YOUR TIME CAN BRIGHTEN THE LIVES OF OTHERS—  
AND MAKE YOU FEEL GOOD, TOO

**V**OLUNTEERS HELP others, asking for nothing in return. But they almost always get something back anyway.

That's the way it is for Laura Dalchow, who volunteers at Buffalo Hospital.

"I enjoy volunteering. It gets me out of the house, and I feel that I'm doing something useful," she says.

Dalchow helps patients and staff in the Emergency Department, bringing warm blankets, getting fresh linen, helping with wheelchairs and anything that is needed.

## A GIFT THAT GIVES BACK

Research has shown that volunteering even has health benefits for the volunteer. A study published in the *Journal of Gerontology: Social Sciences* found that senior volunteers who put in about 100 hours a year were less depressed, more independent and in better health than those who did not volunteer.

"You'll see volunteers in just about any area where patients and families need a little extra attention," says Mona Fernandez, Volunteer Services. "It takes away a little of the anxiety, makes patients and families more comfortable, and takes pressure off employees. Small things like a smile, a blanket or a cup of coffee make a difficult time much easier."

## ANSWERING THE CALL

Volunteers help out by:

- visiting with patients

- working in the gift shop
- serving patient meals
- helping with administrative tasks
- supporting patients in the Emergency Department and in the Surgery & Outpatient Center
- visiting patients with certified therapy dogs
- providing music in lobby areas.

There are also many behind-the-scenes jobs that volunteers do, including clerical and custodial work, running errands, and working on special projects. Fernandez spends some time with each volunteer to learn about their skills and what they'd like to do.

"We find a spot for everyone, whether they like to be with patients or prefer a solo job," Fernandez says. "Everyone has a talent that we can put to use."

Although volunteers don't look for rewards, they find them at Buffalo Hospital. All volunteers receive:

- free meals from the cafeteria when they work
- discount entertainment tickets at some local theaters, the Valley Fair, some Mall of America entertainment and other special offers
- letters of recommendation for college and job applications
- recognition events with food, entertainment and prizes.

"We truly appreciate our volunteers. They make a real difference in our organization and we couldn't get along without them," Fernandez says.

## GET INVOLVED

For more information about volunteering at Buffalo Hospital, call Fernandez at 763-684-7107. She will talk with you about your interests and match you with a job. You can also visit the *Volunteer Services* section at [www.buffalohospital.org](http://www.buffalohospital.org). ♦



**Laura Dalchow enjoys helping staff and patients as an Emergency Department volunteer. She often brings warm blankets to patients being treated.**



# 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. All sessions are held at Buffalo Hospital Conference Center.

## GENERAL WELLNESS

### Healthy Hearts

Meets monthly on the third Monday, 7-8:30 p.m. FREE

### Stroke Support Group

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

### Before Surgery Party for Children

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

## CPR AND FIRST AID COURSES

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

### Basic CPR—Heartsaver

May 3, 9 a.m.-noon. \$45

### Pediatric First Aid with AED and CPR

Meets child day care training requirements. May 31, Aug. 2, 8 a.m.-3:30 p.m. \$55

### Adult First Aid with AED and CPR

May 10, 8 a.m.-3:30 p.m. \$55

### Basic Life Support for Health Care Providers

This course covers adult, infant and child CPR and foreign-body airway obstruction. June 17, 5-9:30 p.m. \$55

## CHILDBIRTH AND PARENTING

### A Healthy Pregnancy

June 3 or Aug. 5, 6:30-8:30 p.m. \$25

### Childbirth Preparation Series

Five-week series starts May 1 or July 10, 6:30-9 p.m. \$90

### Childbirth Preparation—Single Session

June 14 or Aug. 16, 9 a.m.-4 p.m. \$90

### Refresher for Childbirth Preparation

June 10 or Aug. 12, 6:30-9:30 p.m.; or May 17, 9 a.m.-noon, \$45

### Taking Care of Baby Fair

June 5 or Aug. 14, 6:30-9:30 p.m. \$45 or FREE if you are registered for “Childbirth Preparation” or “Refresher for Childbirth Preparation” classes.

### Breastfeeding Preparation

June 12 or Aug. 21, 6:30-9 p.m. \$30

### New Brother, New Sister

May 13 or July 8, 6:30-8 p.m. \$25 per family



### Birth Center Tour

May 20, June 17 or Aug. 19, 6:30-7:30 p.m.; or July 19, 9-10 a.m. FREE

### Boundary Water Boys

May 17, 7:30 p.m., \$10

Buffalo High School

Performing Arts Center,

Presented by Memory Connection

Pat Surface and the Boundary Water Boys present a fun family show featuring a variety of musical styles. The performance will be interpreted in performance sign language. The event is a fundraiser for Memory Connection, which is dedicated to educating and raising awareness of memory loss.



memory connection.

# A great place to work!

BUFFALO HOSPITAL NAMED BEST MINNESOTA HOSPITAL WORKPLACE FOR THE THIRD TIME

**B**UFFALO HOSPITAL was recently named Best Minnesota Hospital Workplace by Minnesota Hospital Association (MHA).

The 2007 MHA Health Care Awards honor the best and brightest in Minnesota health care. The Best Minnesota Hospital Workplace award is designed to honor hospitals that go the extra mile in enhancing employee satisfaction. This is the third time Buffalo Hospital has received this award.

"We will only be as successful as our employees are strong; they are the heart and soul of this organization," says Steve Hatkin, Buffalo Hospital president.

Communication is crucial to the work of employee engagement at Buffalo Hospital.

"Leaders check in with 90 percent of our staff each month," says Nikki Mills, director of Human Resources, Buffalo Hospital. "Quarterly forums, biweekly newsletters, Intranet and communication boards help everyone stay informed."



**Buffalo Hospital received the Best Minnesota Hospital Workplace award at a recent Minnesota Hospital Association ceremony. Pictured from left are Terry Marsh, Buffalo Hospital board member; Bill Priest, director of operations and finance; Sonja Carlson, director of marketing and communications; Gretchen Frederick, director of patient care services; Teresa Wrobbel, MD, Buffalo Hospital board of trustees chairwoman; Steve Hatkin, Buffalo Hospital president; Rose Voigt, imaging department manager; Cindi Haataja, RN, Birth Center; Laurie McPhee, safety and security manager; Mona Volden, community programs coordinator; and Julie Larcom, Buffalo Hospital Foundation.**

Go to [www.buffalohospital.org](http://www.buffalohospital.org) and click on *Careers* for information about employment opportunities at Buffalo Hospital.

For more information on the Best Hospital Workplace Award, visit [www.buffalohospital.org](http://www.buffalohospital.org). ❖

## AREA CLINICS

<b>Albertville-St. Michael Clinic</b>	763-684-8300
<b>Allina Medical Clinic:</b>	
Annandale	320-274-3744
Buffalo	763-682-5225
Cokato	320-286-2123
St. Michael	763-744-4000
<b>Buffalo Clinic</b>	763-682-1313
<b>Catalyst Medical Clinic</b>	952-955-1963

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