

BUFFALO HOSPITAL



Photo credit: Meredith Johanson

Jan Sjostrand, RN, explains heart disease risk factors at the new Women's Heart Health Program, which provides 12 months of support to help women successfully reduce their risks.



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New Women's Heart Health Program

Take heart disease personally

YOU KNOW HEART DISEASE is a problem for men, and you may even know that it's the leading killer of women. But do you know if heart disease is your problem? For four out of 10 women, their fatal heart attack is the first clue that they have heart disease.

"It doesn't have to be that way, because heart disease doesn't come on suddenly," says Mark Kraemer, MD, cardiologist at Buffalo Hospital's Cardiac Center.

Buffalo Hospital's new Women's Heart Health Program could be the opportunity of a lifetime, because learning about your risk for heart disease and taking steps to prevent it could save your life, Kraemer adds. The program includes a thorough risk evaluation, a personal plan to prevent heart disease and a year of support to help you follow through with your heart health improvement goals.

"There is an undermet need, especially for women, for preventive care for heart disease," says Andrew Burgdorf, MD, Allina Medical Clinic—Buffalo. "The Women's Heart Health Program augments general health care for women, and provides an opportunity for those who are not being regularly seen for cardiovascular health."

Your first step is a visit with a specially
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A Women's Heart Event

THURSDAY, MAY 18, 4-7:30 P.M.

Take time out for yourself and experience the new Women's Heart Health Program while learning about a woman's unique heart attack risks.

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BUFFALO HOSPITAL

Allina Hospitals & Clinics



Photo credit: Meredith Johnson

Small wonder—Matthew Kissner, MD, general surgeon, shows Buffalo Hospital patient Raymond Huston just how small the incision for his laparoscopic hernia repair will be.

and carbon dioxide is injected into the abdomen. This inflates the area, giving doctors more room to work.

After surgery, the incisions are closed with dissolvable stitches.

SPEEDY RECOVERY

The smaller incisions in these procedures cause less damage to skin and muscles and leave smaller scars. Again, recovery time is generally faster than in traditional surgery. In some procedures, people can walk and move around within a few hours. This means hospital stays are shorter and people return to their normal routines more quickly.

“In gallbladder and groin hernia surgery, for example, most people are on their way home the same day and back to work within a week,” Kissner says.

IS IT FOR YOU?

Laparoscopy isn’t appropriate in every case. However, if you do need surgery, your doctor can explain if it’s an option for you. ❖

Sources: American College of Surgeons; American Medical Association; Society of Laparoendoscopic Surgeons

Laparoscopy

‘KEYHOLE’ SURGERY MEANS A QUICKER RECOVERY

WHEN IS SURGERY like picking a lock?

When it’s done through a keyhole.

In laparoscopic surgery, physicians make only small “keyhole” incisions into the body to do a growing number of abdominal procedures.

Laparoscopy is used to remove gallbladders and ovarian cysts, to perform tubal ligations and to do a number of other procedures involving the appendix, colon and spleen. “Laparoscopy is also used to treat reflux disease as well as hernias,” says Matthew Kissner, MD, general surgeon at Buffalo Hospital and Specialists in General Surgery, Ltd.

“Patients experience less pain and a quicker recovery than with traditional surgery,” he says.

SO HOW DOES IT WORK?

Surgeons see into the body through small incisions, using a long, thin instrument called a laparoscope, which has a tiny light and camera at the end. The images

appear on a monitor for the surgeon to see.

The surgery itself is performed using small long-handled instruments inserted through additional small incisions. These instruments are controlled from outside the body.

At the start of a procedure, an inch-long incision is made a little above or below the belly button

“Patients experience less pain and a quicker recovery than with traditional surgery.”

—Matthew Kissner, MD, general surgeon at Buffalo Hospital and Specialists in General Surgery, Ltd.

Laparoscopy: Let’s take a peek

When something’s wrong, a laparoscope can give doctors a peek at the problem.

Using the long, thin medical instrument with a tiny camera on the end, a doctor can check for a number of ailments inside the body. These include:

- **Abdominal pain.** A laparoscope can help doctors spot sources of pain, such as pelvic infections, appendicitis, endometriosis, inflammatory bowel disease or cancer. In some cases, surgeons can both diagnose and treat the problem during the same procedure.

- **Liver disease.** Laparoscopy is a safe way to collect tissue from the liver so it can be tested for disease.

Most diagnostic tests using laparoscopy are done on an outpatient basis, which means you can go home the same day you have the procedure.

Source: Society of American Gastrointestinal Endoscopic Surgeons

Try a fat switcheroo or two

LOW-CARB DIETS have been all the rage, but sorry—fat still matters. High-fat diets are linked to heart disease, obesity, cancer and other health problems, reports the American Dietetic Association (ADA). Reducing your intake can help protect your health.

Two types of fat especially worth avoiding are saturated fats, found in animal products such as butter and red meat, and trans fats, found in stick margarine, shortening and some processed foods.

You can cut down on fats by doing the old switcheroo—exchanging fats for more healthful choices.

Start by trying the following fat-specific advice from the ADA.



Select healthful oils, but use them with a light hand.

When buying meat, choose:

- Lean ground turkey, ground chicken or extra-lean ground beef.
- Lean or 95 percent fat-free versions of lunch meat.

- Fish or legumes (beans) as an alternative to meat.

When buying dairy products, switch to:

- Nonfat, 1 percent or 2 percent milk.
- Low-fat or nonfat mayonnaise or salad dressings.
- Low-fat or nonfat cheese, ice cream or yogurt.

When cooking, use:

- Small amounts of corn, canola or olive oil.

■ Soft, tub or squeeze margarine instead of butter. Look for ones without trans fat.

- Egg whites only, without yolks.

■ Low-fat or nonfat cottage cheese instead of ricotta cheese.

■ Chilled, whipped evaporated nonfat milk or non-dairy whipped topping

instead of whipped cream.

- Nonstick pans with nonstick spray coating.

While you're at it, why not swap cooking methods as well? Steaming, broiling and roasting are all healthier than frying. ♦



For more ideas on healthful eating, visit www.buffalohospital.org.

FREE class: Eating Right for the Rest of Your Life



Photo credit: Meredith Johanson

**Monday, May 22, or
Wednesday, May 24
7 to 8:30 p.m.**

**The King Wellness Center at
Buffalo Hospital's Sister Kenny
Sports & Physical Therapy Center**

Low carb, low fat, exchanges, points, gluten free, vegetarian, raw food.... Confused by all the different fad diets and not sure what's really healthy? Americans have long obsessed about their diets, and sifting through what's really good for your body is not easy.

Dietitian Barb Brower provides private nutrition consultations to meet your individual needs. Consults are \$60 and can be scheduled by calling 763-684-3872.

Join Barb Brower, registered dietitian, to learn more about the latest fad diets and why they may or may not be healthy for you. Brower will help you understand the long-term effects of these diets on your body and identify effective ways to achieve a healthy weight while maintaining a balanced diet.

Bring your questions and prepare to learn about a healthy eating style that's right for you. To register for

this free class, visit www.buffalohospital.org or call 763-684-7121.



Sifting fact from

fiction in today's health news



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hEALTH NEWS—sometimes promising, often contradictory and occasionally bizarre—tumbles out at us every day from various news sources. The headlines command us to take action, but which should we take? And which should we ignore?

Medical science, research and clinical studies are essential for the development of new techniques, medications and technologies that heal, cure and improve lives. Evaluating today's health headlines is an uncertain exercise at best, but with a few tips you will be better prepared to evaluate which "new discoveries" matter, which don't, what may be accurate, what may be questionable, as well as what you should (and shouldn't) do.

1 Stay balanced and ask questions. There is seldom, if ever, a magic bullet that restores health or heals disease. Following every health "discovery" would be like running in circles, and in some cases, could be dangerous. Talk with your doctor before embarking on a radical or untested change in your habits. Bring them copies of new health information of interest to you, and ask them questions about the

headlines that have caught your attention. It is especially important that you always talk with your doctor before altering the dose of or stopping any prescribed medication.

2 Understand the concept of risk. Depending on the information, you may conclude that you are not at risk, or that the risk is very small. For example, among 10 million Americans, every year 200,000 will die of heart disease; two will die of lightning strike. Of these two, which is your greater risk?

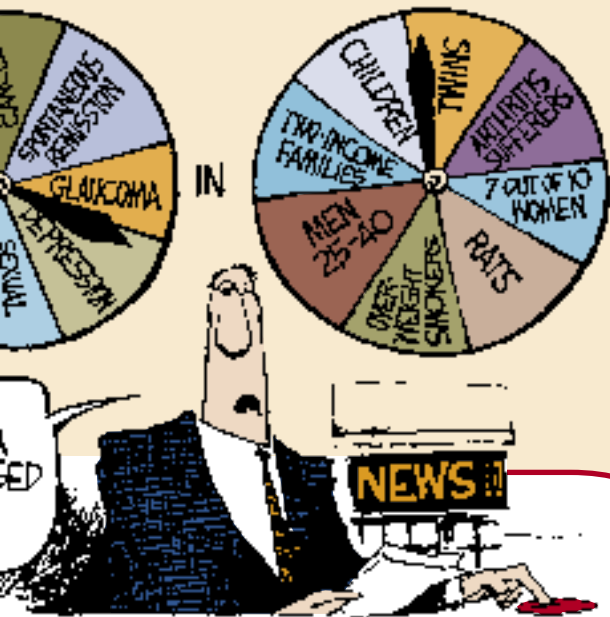
3 What is the message? Get beyond the hype and isolate the facts. Trust yourself—if the information is confusing, it is probably incomplete and perhaps even false. For example, an Internet search yielded this from NewScientist.com: "Irish Coffee injection prevents stroke damage." The injection is not actually Irish coffee, but a mix of caffeine and alcohol. Keep reading. The study involves laboratory rats and a very small number of human stroke patients. The facts are a long way from the headline's claim, and the treatment must be tested by extensive studies—involving human subjects—before there is a reliable conclusion.

4 Check out the source. Health information sources can be good and bad. Here are some tips:

- Try to identify the source and its funding so that you can consider possible biases.
- Health information can be based on untested claims, anecdotes, case reports, surveys and studies. Scientific studies that involve large numbers of people, with results that can be applied to the whole population, are

"The safest way to determine if medical news might affect you personally is to talk to your doctor."

—Dale Lawrence, DO, family practice, Buffalo Clinic



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usually considered the most accurate.

- Studies that are reviewed by the researchers' peers—people with strong credentials in the same field—are usually more reliable.
- If the information explains that the results have been “reproduced”—same results occur when the study is done over and over again—the study may be more accurate.
- Studies involving human subjects are more valid than those that are conducted with animal subjects.
- Look for strong evidence. Remember, early studies can go from right to wrong over time.

Despite occasional confusion, evaluating ever-changing medical news is really a marvelous “burden.” After all, behind the scenes researchers make observations, have a hunch, labor in the laboratory and do countless studies that eventually improve lives with better medical treatments, technologies, medications and materials. It’s a fine reward for sorting out a bit of hype. ❖

This article was inspired by Health Insight: A Consumer's Guide to Taking Charge of Health Information, a project of Harvard School of Public Health.

go! **Today's Health News:** Sign up for a daily summary of local, national and international health news at www.buffalohospital.org. This includes recent news coverage about Allina and other health care organizations in Minnesota and western Wisconsin.

Should we worry about avian flu?

We should be concerned, but not panicked, says infectious disease specialist Robert Tofte, MD, who practices at Mercy & Unity Hospitals. There have been few documented cases of human-to-human transmission of the avian flu virus; efficient, or easy, human-to-human transmission of the infection is what experts say could be the beginning of a flu pandemic, which is an epidemic on a massive scale.

Since 2003, almost all of the people who have been killed by avian flu, known as H5N1, had direct contact with infected poultry, according to the World Health Organization. None were from the United States.

“No one knows to what extent the virus will mutate and become contagious among humans, or how serious or widespread an influenza pandemic will be,” says Tofte.

There are specific conditions required before a virus can result in a pandemic. First, the virus must be something that humans are not normally immune to. Humans had not been exposed to an H5-type virus before avian influenza emerged, so we are all susceptible. Second, it must be capable of causing disease in humans. Finally, it has to be readily transmitted between people. That is the only condition we are lacking. If H5N1 mutates or combines with a normal influenza strain, that would be the final step for easy transmission. However, we still don't know what this virus will act like. It could become milder or more severe.

“There will be a lag time between the first infections here and our ability to create an immunization to counter it. Current immunizations will not be effective at that time, as the flu virus mutates quickly,” says Tofte.

FOLLOW NORMAL HEALTH AND SAFETY GUIDELINES

It's okay to eat chicken. “Our food supply is very safe,” says Rachel Lesch, RN, infection control manager at Buffalo Hospital. None of the poultry raised and processed in the United States has been found to be infected and poses no danger. “Always use safe preparation practices, like hand-washing after handling any meat, especially poultry. Cook meats thoroughly, and use separate surfaces and utensils for preparing raw meat.

“Cover coughs, wash your hands often and stay home when you're sick,” continues Lesch. Follow the normal advice for avoiding colds and flu.

Prepare yourself and your family to cope with emergencies. Collect essential emergency supplies in case you need to spend an extended period of time at home.

go! For more information and updates on the avian flu, visit www.health.state.mn.us.

Seeking a good night's sleep

MEREDITH JOHANSON spent many sleepless nights poking and jabbing her snoring husband, Mark Johanson.

“He was an unbelievable snorer, and I could tell he stopped breathing at times. He’d startle and gasp for air. He didn’t sleep well, and I couldn’t either,” she recalls.

Mark’s restless nights and resulting exhaustion were tough for him and the whole family. It was hard for him to drive at night or for long distances because he’d become dangerously sleepy. If he sat down after dinner to read or watch TV, he often fell asleep in the chair and missed part of the evening.

Mark knew that his snoring and sleepiness were a problem, but he didn’t know that he had sleep apnea, a dangerous condition where people stop breathing for up to a minute at a time. That’s what he learned at the Sleep Center at Buffalo Hospital, and he says it changed his life.

ANALYZING SLEEP

His sleep study was typical. After explaining the test, the technician applied electrodes to his skin, which were hooked up to devices that measure eye movement,



Photo credit: Meredith Johanson

Awake and alert: Mark Johanson works in his wood shop.

muscle movement, brain waves and oxygen levels. After several hours of monitored sleep, measurements indicated that he had sleep apnea, and the sleep technician started treatment with a continuous positive air pressure (CPAP) machine. CPAP machines deliver pressurized air to the nose, ensuring regular

breathing throughout the night.

In the morning, Mark received a CPAP machine to take home. “With the CPAP machine, I sleep much better,” he says. “I feel refreshed and function better at work and with my

family. It has changed my life for the better, and I’m really glad I had the sleep study.”

He notes that not only his quality of life changed. “Everyone’s a winner,” he says. “I feel better and my whole family sleeps better.” Meredith says that within a month

he looked younger and less tired, and he was better company because he was awake more and able to participate in evening activities.

HEALTHY CHANGES

It took Mark a while to get comfortable using the CPAP machine, but he credits the staff at the Sleep Center for giving him tips and working with him to use the machine successfully. They offer several types of masks and found one that works well for him. “I didn’t really like wearing the mask, but I made up my mind to do this to improve my quality of life and my family’s,” he says.

Sleep apnea, which affects an estimated 18 million Americans, is more than an inconvenience. Untreated, sleep apnea can cause high blood pressure and other cardiovascular diseases, along with memory problems, weight gain, impotency, depression and headaches. Sleep-deprived people are also more vulnerable to accidents. ❖

Want better sleep? The Sleep Center is offering free, informative seminars near you. For details, see Page 7.



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling 763-684-7121. For information about nutrition and fitness programs, call the Fitness Laboratory at 763-684-3872.

GENERAL WELLNESS Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday (except July and August), 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 6, 9 a.m.-3 p.m. \$45

Pediatric First Aid, AED and CPR

Meets child day-care training requirements.

June 3 or Aug. 5, 8 a.m.-4:30 p.m. \$55

Adult First Aid, AED and CPR

May 13, 8 a.m.-4:30 p.m. \$55

Basic Life Support for Health Care Providers

This course covers adult, infant and child CPR, and foreign-body airway obstruction.

June 20 and 27, 5:30-9:30 p.m. \$55

CHILDBIRTH AND PARENTING A Healthy Pregnancy

June 6 or Aug. 1, 6:30-9 p.m. \$25

Childbirth Preparation Series

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

Childbirth Preparation—Single Session

June 17 or Aug. 19, 9 a.m.-4 p.m. \$90

Refresher for Childbirth Preparation

Two-week series, July 6 and 13, 6:30-9 p.m. \$45

Taking Care of Baby—The Postpartum Period

June 8 or Aug. 10, 6:30-8:30 p.m. \$25, or FREE if you are registered for a

Childbirth Preparation or Refresher for Childbirth Preparation classes.

Breastfeeding Preparation

June 15 or Aug. 17, 6:30-9 p.m. \$25

New Brother, New Sister

May 9 or July 11, 6:30-8 p.m. \$25 per family.

Birth Center Tour

May 16, June 13 or Aug. 15, 6:30-7:30 p.m.; or July 15, 9-10 a.m. FREE

COMING EVENTS

FREE SLEEP SEMINARS

Join board-certified sleep specialists Bernice Kolb, MD, Buffalo Clinic, and Courtney Whitney, DO, Allina Medical Clinic, and bring your CPAP (continuous positive air pressure) machines for fitting and usage tips by Allina Home Oxygen & Medical Equipment.

Getting a Good Night's Sleep May 17, 7-8:30 p.m.

St. Michael-Albertville High School Cafeteria

Do you or a family member snore loudly, wake up feeling groggy or feel sleepy during the day? A sleep study may be your first step toward better sleep and better health. Learn more about sleep, sleep studies and solutions to sleeping problems.

Sleep and Heart Health May 31, 7-8:30 p.m.

Hutchinson Event Center

Sleep apnea affects your overall health. Learn how a good night's sleep can help prevent heart disease and help you feel your best. To



register, call 763-684-7121 or visit www.buffalohospital.org.

ALZHEIMER'S DISEASE: MAKING LIFE EASIER

A Memory Connection Caregivers' Workshop May 19, 1-4 p.m.

Monticello Community Center \$5

The coping skills of someone with Alzheimer's disease (AD) are severely compromised. This caregiver workshop, featuring memory-loss expert Cheryl Biel, RN, C, will explore the responses you can anticipate when caring for a person with AD or other dementia along with a variety communication, management techniques and care suggestions that will make life



easier for everyone. To register, call 763-295-2000 or visit www.buffalohospital.org.



memory connection.



A Women's Heart Event

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4-7:30 p.m.: Meet the nurses who will support you on your journey to a healthier heart. Experience the Women's Heart Health Program firsthand with demonstrations of the various the screening components, a preview of a personal heart health profile and action plan. Enjoy a variety of interactive heart-healthy exhibits, including demonstrations of exercises easily incorporated into your daily routine, healthy cooking techniques along with recipes and tips on heart-smart ingredient substitutes.

5 and 7 p.m.: Learn about the unique symptoms of heart disease in women with cardiologist Brent Simons, MD, including tips and prevention measures for women to reduce their risk.

Enjoy complimentary herbal teas, fresh fruits and healthy treats. Take home a wealth of heart health information and have a chance to win a free women's heart health screening or a basket of health. To register, visit



www.buffalohospital.org or call 763-684-7121.

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Heart disease

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trained registered nurse from Buffalo Hospital's Cardiac Center, who will review your health history and family health history and check your blood pressure, heart rate, height, weight, body mass index (BMI), waist/hip ratio, lipid levels (including cholesterol, LDL, HDL and triglycerides), glucose, homocysteine level and C-reactive protein levels.

A couple of weeks later, you'll meet again to review the results of your tests and discuss your overall risk for heart disease. After learning your risk, you'll develop an individual program for preventing heart disease.

"Your personal plan may include working with a dietitian, exercise physiologist, physicians and other resources," says Jan Sjostrand, registered nurse at Buffalo Hospital's Cardiac Center. "We'll set goals together to help you minimize your risk by improving your diet and fitness, quitting smoking, and managing stress and other medical issues."

"The beauty of this program," Sjostrand explains, "is that we stay with you for a whole year, so you have a better chance of being

successful." You can choose to have a series of follow-up conversations with the nurse in person or by phone.

"You don't have to struggle alone to meet those goals," Sjostrand adds. "Buffalo Hospital Foundation's new DAAN™ initiative also offers fitness and nutrition resources in addition to other classes and resources at Buffalo Hospital. Everything you need is right here."

In addition to prevention support, if your risk factors are high, cardiologists and additional cardiac testing are available at Buffalo Hospital's Cardiac Center.

For more information or to make an appointment, call



763-684-5100 or visit www.buffalohospital.org. ❖

HOW TO CONTACT US

General information	763-682-1212
Emergency and urgent care	763-684-7533
Birth Center	763-684-7640
Cardiac Center	763-684-3801
Foundation	763-684-6800
Sister Kenny® Rehabilitation Institute	763-684-3888
Sleep Center	763-684-3808
Surgery & Outpatient Center	763-684-7777
Allina Medical Clinic:	
Annandale	320-274-3744
Buffalo	763-682-5225
Cokato	320-286-2123
Buffalo Clinic	763-682-1313
Catalyst Medical Clinic	952-955-1963



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