

# OWATONNA HOSPITAL

VOLUME 13, NUMBER 1

WINTER 2008

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Photo credit: Ed Brown

**Certified athletic trainer Terry "T. C." Carlyle, Owatonna Hospital Center for Rehab & Wellness, tapes Kyle Melcher's ankle to prevent injury. Providing certified athletic trainers for student athletic programs was part of Owatonna Hospital's \$4.6 million community benefit investment in 2006.**



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**ATCS SUPPORT HIGH SCHOOL ATHLETES**

## A winning partnership

**T**HE PLAY is over, and the team members are all back on their feet—except one. It's a tense moment for coaches, parents of student athletes and fans. Immediately, someone dashes out onto the field to help the injured athlete. Who is that?

It's often a certified athletic trainer (ATC) who has in-depth medical knowledge to assist injured athletes. Area high schools, including Owatonna, Medford and Blooming Prairie, have had ATCs for 18 years, thanks to an outreach community benefit program funded by Owatonna Hospital.

**MEDICAL KNOWLEDGE**

Certified athletic trainers have bachelor's or master's degrees, gain clinical experience working with an ATC, and then pass a national certification exam.

Like doctors and nurses, ATCs are registered with the Minnesota Board of Medical Practice.

"It's a paramedical profession that handles prevention, management, care and rehabilitation of athletic injuries," says Terry Carlyle, better known as "T. C.," an ATC who works with students at Owatonna Senior High School.

**PREVENTING INJURIES**

"Having both athletic and medical expertise, ATCs are a huge asset to the coaches," says Jeff Williams, Owatonna football coach. "They work with the athletes during practices, prior to competitions and at games. There is no doubt that we have fewer injuries because of their taping, bracing, icing, and helping the athletes stretch and prepare for the game."

Williams also notes that the school cannot afford athletic trainers, so the partnership

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**OWATONNA HOSPITAL**  
Allina Hospitals & Clinics

# New again

## CONSIDERING JOINT SURGERY

**Y**OUR BODY didn't come with spare parts. But that doesn't mean damaged, worn-out joints can't be replaced.

Joint replacement surgery can relieve pain and restore movement to areas that have become sore and stiff because of injuries or conditions such as osteoarthritis or rheumatoid arthritis.

The two most common joint replacement procedures are for the knees and hips, but replacements can be done for other joints as well, including shoulders, ankles, wrists and even fingers.

### IS REPLACEMENT FOR YOU?

You're probably the best judge of how joint pain is affecting your life and whether you'd benefit from replacement surgery.

"We treat pain, not X-rays," says Dean Olsen, MD, orthopedic specialist at Owatonna Clinic – Mayo Health System. "Whether your joints look good or not in the X-rays, treating the pain is the objective. If your sleep is disturbed because of pain or you can't do things you enjoy, surgery might be a good option for you. It's a lifestyle decision. There are nonsurgical treatments, like bracing, medications, injections that lubricate the joint and

Joint replacement can help relieve pain and restore movement.

**Gina Boyd, physical therapy assistant with the Center for Rehab & Wellness, and Jean Hanson work to build Hanson's strength and range of motion. Exercise helped Hanson recover after two knee replacements in 2007.**

injections that provide relief from joint pain. We try these treatments before recommending surgery."

### HOW YOUNG IS TOO YOUNG?

Replacement joints do wear out, so patients have been advised to wait as long as possible.

"Based on the data available, there's a 90 percent chance that a replacement joint will last 10 to 15 years," says Olsen. "We believe that newer materials introduced in recent years will last longer, but

until they have been in use for 10 to 15 years, we can't say for sure." Replacing a worn-out replacement joint can be done, but it is often less successful than the first one.

### ARE THERE RISKS?

While there are risks in any surgery, joint replacements are successful in more than nine out of 10 people, the American Academy of Orthopaedic Surgeons reports.

Traditional joint replacements are called "total hip" or "total knee"



## Being pain-free is 'heavenly'

replacements because the bone that makes up the joint is completely removed and replaced with metal and plastic components. Although surgeons in Owatonna offer these highly successful traditional replacements, they also perform other surgeries that offer benefits for appropriate patients.

"We use minimally invasive techniques on knees, but only the most beneficial techniques of minimally invasive hip surgery," Olsen says. "In the long run, the results are better, and there are fewer complications."

### A MORE NATURAL KNEE

For some patients who have had no previous knee surgeries and have pain only in part of the knee, a partial replacement is a good option. Recovery is faster, and because the replacement parts closely match natural anatomy, the knee moves freely and more naturally. Olsen also uses knee replacement parts designed for women, when needed.

"A very small percentage of women benefit from a narrower knee, and we have that option," he explains.

### JOINT REPLACEMENT AT OWATONNA HOSPITAL

"We do more than 150 joint replacements each year at Owatonna Hospital," Olsen says. "The hospital has an excellent step-by-step care program for these surgeries, and the doctors and hospital staff are focused as a team on each patient. The physical therapy staff is excellent."

Olsen also notes that pain control is excellent at Owatonna Hospital, often administered through a catheter to direct pain-blocking

When Jean Hanson had her first knee replacement surgery in May 2007, she thought she was done for a while, although she knew both knees were "bone-on-bone." But four months later, she was back at Owatonna Hospital having her other knee replaced.

Getting rid of the pain in her left knee was "heavenly," says Hanson, but soon pain in the other knee and the back pain returned, and she was again almost unable to walk. Dean Olsen, MD, orthopedic specialist at Owatonna Clinic – Mayo Health System, told her it was time to do the other knee.

After the second surgery, her back pain went away, the knee pain improved and she worked hard to get back on her feet. Physical therapists at Owatonna Hospital's Center for Rehab & Wellness helped her build strength and improve her range of motion.

"When you have knee surgery, do your exercises religiously," Hanson advises. "The therapists were all very good to me and made me push myself a little harder."

At 82, Hanson still has lots of places to go and things to do, including her job at Federated Insurance and her duties as a great-grandmother.

"I'm glad I had both knees done. I wouldn't be able to walk otherwise," she says.

medication to the joint area without affecting all body systems.

### BACK IN BUSINESS

Whatever surgery you choose, Owatonna Hospital's physical therapists can help you recover and get back on your feet. Once surrounding tissue and muscle recovers, you'll be able to use the joint for normal activities.

"Discuss your level of activity with your doctor," says Jason Jacobs, physical therapist at Owatonna Hospital's Center for Rehab & Wellness. "With most hip or knee replacements, walking, biking, swimming and tennis are fine, but basketball and other high-impact activities may not be a good idea for some patients."

For more information about joint replacement, visit [www.allina.com](http://www.allina.com), select *Conditions & Treatments*, then *Total Hip Replacements* or *Total Knee Replacements* under *Surgeries & Procedures*. ❖



# STROKE

What everyone should know



**STROKE** It affects someone in the United States every 45 seconds.

It's also the leading cause of adult disability and the third leading cause of death in this country.

With numbers like this, you'd think stroke would get plenty of attention.

But experts say it doesn't get nearly enough—and a lot of people may die because of that.

"Many of the strokes that occur each year could be prevented," says Robert J. Adams, MD, spokesman for the American Stroke Association (ASA). "While we clearly need to do more

research in stroke, we also need to apply what we already know works to prevent this disabling and deadly disease."

If you'd like to know more about stroke, read on. Consider it

a very good use of your time—what you learn today could be lifesaving.

## WHAT IS A STROKE?

A stroke occurs when blood is prevented from reaching the brain, causing brain cells to die.

It happens suddenly and can be deadly. When it isn't, the effects can be serious, including paralysis, speech and memory difficulties, and coma.

Ischemic strokes are the most common type of stroke. They occur

when a clot blocks the flow of blood in the brain or when the carotid arteries, which lead to the brain, become clogged with plaque.

Hemorrhagic strokes occur when a blood

vessel in the brain ruptures.

Stroke affects millions of American families each year. Doctors have solutions that they say everyone should know about.

## WHO IS MOST AT RISK?

The older you get, the greater your risk. But thousands of strokes occur in people younger than 65, the ASA reports.



FOR INFORMATION ABOUT STROKE, visit [www.allina.com](http://www.allina.com), select *Heart Health Condition Center*, then *Stroke/Heart Disease Connection*.

- trouble seeing with one or both eyes
- trouble walking, dizziness, or loss of balance or coordination
- severe headache with no known cause.

#### WHAT'S THE BEST THING TO DO IF SYMPTOMS OCCUR?

Call 911 right away. Quick treatment can save lives and lead to fuller recoveries.

Even if symptoms get better within minutes, you should consider them an emergency. They could signal a transient ischemic attack, or TIA.

A TIA is often a sign that a major stroke will soon occur.

#### HOW IS STROKE TREATED?

Ischemic strokes may be treated with a drug called tissue plasminogen activator, or tPA. It can restore blood flow and dramatically reduce the effects of stroke, but it generally

must be given within three hours of the time symptoms start.

Hemorrhagic strokes are often more difficult to treat. Sometimes surgery can be performed to stop the bleeding. But that isn't always possible.

Recent research suggests there may be new ways in the next few years to control the bleeding of a hemorrhagic stroke. Those treatments are promising, but they are still being studied.

#### HOW DO PEOPLE RECOVER?

Most stroke survivors are left with some disability, but others make a full recovery or have only mild aftereffects.

People who take part in a stroke rehabilitation program can often improve their recoveries.

Of course, another important part of stroke recovery is taking steps to reduce the risk of a second stroke. ❖

Besides increasing age, other risk factors include being male, being African American or Hispanic, and having a family history of stroke or heart disease.

These factors are out of your control, of course. But several risk factors can be treated or changed. They include:

- having high blood pressure, high cholesterol, atrial fibrillation or diabetes
- smoking
- abusing alcohol
- being obese
- eating a diet high in saturated fat, cholesterol and salt.

If you have these risk factors, talk to your doctor about taking charge of your health.

Don't delay. Many strokes could be prevented if those people at risk were identified and treated in time, Dr. Adams says.

#### WHAT ARE THE SYMPTOMS?

Stroke symptoms occur suddenly and include:

- numbness or weakness of the face, arm or leg, especially on one side of the body
- confusion or trouble speaking or understanding speech



## Your best plan of attack: Call 911

When it comes to a heart attack or stroke, you need an action plan. The best plan: Call 911. The sooner you get to the hospital for treatment, the more likely you are to save your heart muscle or brain from serious damage. If you have symptoms or see them in someone, call—or have someone else call—911 right away.

Signs of a **heart attack** include uncomfortable pressure, squeezing, fullness or pain in the center of the chest lasting more than a few minutes, or pain that goes away and comes back. You may experience discomfort extending to the arms, back, neck, jaw or abdomen; shortness of breath; nausea; light-headedness; or a cold sweat.

Signs of a **stroke** appear suddenly. They include numbness or weakness of the face, an arm or a leg, especially on just one side of the body; trouble speaking or understanding; trouble seeing or walking; dizziness, loss of balance or coordination; or a severe headache with no apparent cause.

Sources: American Stroke Association; National Heart, Lung, and Blood Institute

# OWATONNA HOSPITAL



For more information about these and other classes available at Owatonna Hospital, visit [www.owatonnahospital.com](http://www.owatonnahospital.com) and select *Classes and Support*.

## 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 childbirth 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 WELLNESS PROGRAMS

### 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.

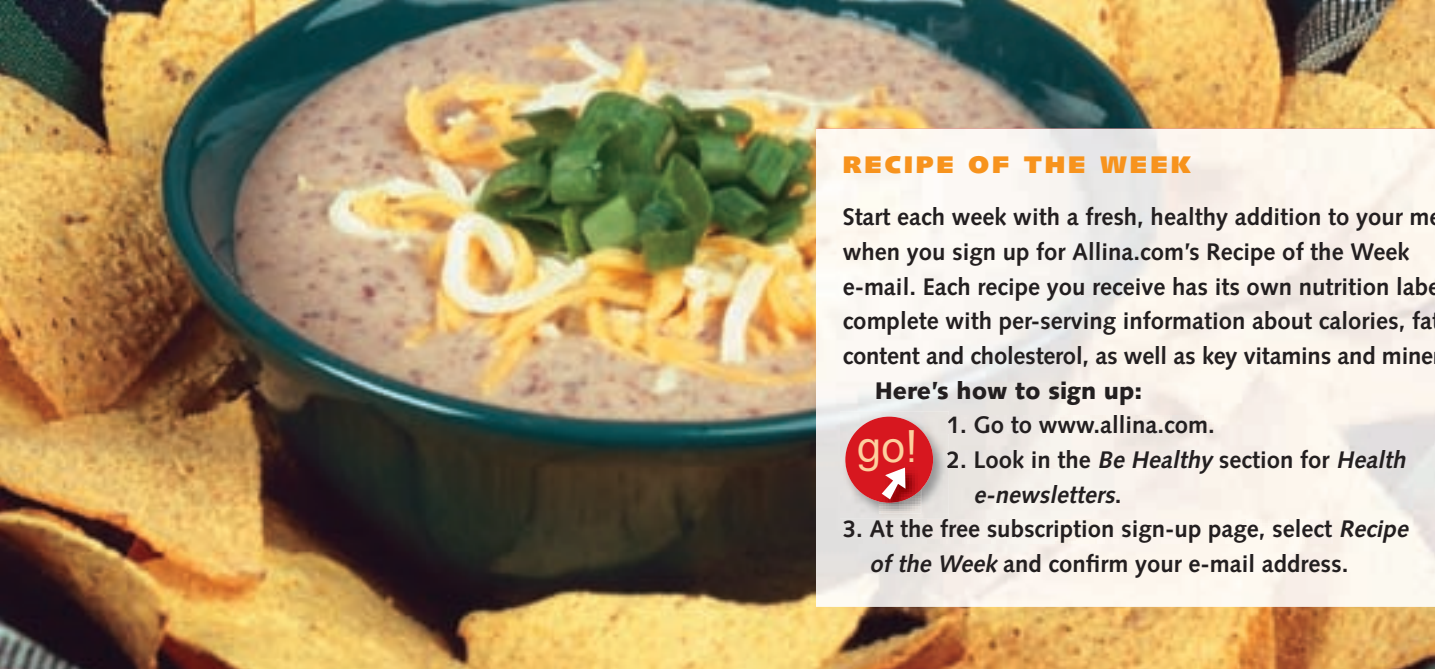
## FITNESS PROGRAMS

**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.





## RECIPE OF THE WEEK

Start each week with a fresh, healthy addition to your menu when you sign up for Allina.com's Recipe of the Week e-mail. Each recipe you receive has its own nutrition label, complete with per-serving information about calories, fat content and cholesterol, as well as key vitamins and minerals.

### Here's how to sign up:

1. Go to [www.allina.com](http://www.allina.com).
2. Look in the *Be Healthy* section for *Health e-newsletters*.
3. At the free subscription sign-up page, select *Recipe of the Week* and confirm your e-mail address.



## Bone-building black bean dip

### Ingredients

- 1 can (15 ounces) black beans, well-drained
- 1 can (4½ ounces) chopped green chilies\*
- ½ cup thick salsa
- 8 ounces nonfat sour cream
- 1 cup shredded, reduced-fat cheddar or mozzarella cheese (less than 5 grams per serving)
- ½ cup chopped green onions

\*Make sure it lists calcium chloride on the label.

### Instructions

In food processor or blender, puree beans, chilies (including liquid), salsa and sour cream. Pour into decorative bowl for serving. Garnish with cheese and green onions. Serve with baked tortilla chips. Dip may be served either at room temperature or heated in the microwave until cheese melts.

Nutrition facts      Serving size: about ½ cup  
Makes 12 servings

#### Amount per serving

Calories 118  
Fat 2.5g  
Calcium 326mg  
(roughly 20 percent of Daily Value for most women)  
Cholesterol 17.1g  
Protein 9.4g

Source: Jackie Newgent, RD

## 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

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](http://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

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

# Athletics

—Continued from Page 1

with Owatonna Hospital is a great contribution to the health and performance of school teams.

## ON THE FIELD

“When an athlete is injured, the athletic trainer understands the athlete’s point of view and the medical side,” Carlyle explains. “They assess the situation and decide when kids can safely get back into the game or whether a doctor is needed. They communicate with the parents, too.”

After an injury, the ATC acts as a liaison among doctors, therapists, parents, coaches and athletes to be sure the athlete gets back

into the game safely with minimal chance of re-injury.

“We’re eyes and ears for the doctor as the athlete is recovering,” Carlyle says.

## OFF THE FIELD

ATCs’ in-depth medical knowledge also helps them work with athletes who have diabetes, asthma or other health problems. While the athletic trainers are an asset to coaches,

parents also appreciate them.

“Parents like to know that someone is looking out for their child, and they can

always come in and talk about how things are going,” says Carlyle.

The athletes, who are always eager to get back in the game, value the ATC, too. During one of the football games this fall season, Kyle Melcher sustained a knee sprain.

“Immediately, T. C. was on the field, assessed my injury, got me in a brace and I was back in the game in less than five minutes,” he recalls.

Since then, T. C. has helped prevent further injuries by showing Melcher the best

stretches to do prior to practices and games, taping his ankles and providing the brace to protect his knee.

## CAREER TRAINING

The athletes aren’t the only students who benefit from the ATC program. Carlyle developed a training program for athletic training student assistants, who help the ATC. They learn CPR, usage of automated external defibrillators, spine boarding,



**Preventive care. Terry “T. C.” Carlyle, ATC, and Lauren Cochlin check her shoulder before a practice. Preventing injuries is the goal of the athletic trainer program.**

how to set up an IV, taping, care of minor injuries and more. The course is rigorous enough that they receive graduation credits. They also get practical experience in a medical role, and many have pursued medical careers.

Lauren Cochlin, an athlete and student trainer, says, “T. C. is teaching me about so many aspects of sports medicine that I am interested in pursuing a career as a certified athletic trainer.”

To learn more about sports injury prevention or the services provided at Owatonna Hospital’s Center for Rehab & Wellness, call 507-455-7631 or visit [www.owatonnahospital.com](http://www.owatonnahospital.com), select *Services and Programs* and then *Center for Rehab & Wellness*. See page 6 for information about weekly sports clinics. ❖

ATCs are huge assets to student athletes, coaches and parents.

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Owatonna, MN 55060

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