

Buffalo

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Spring 2004

HOSPITAL

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US ON THE
Web
www.buffalohospital.org

BUFFALO HOSPITAL FOUNDATION

Securing our health care future

THE BUFFALO HOSPITAL Foundation was established to enhance hospital patient care and overall community wellness by funding advanced technology and facilities while serving as an incubator for new, innovative ways of improving community health.

“Along with the physicians and clinics, we

need to continue to expand our capacity and technology to care for patients now and into the future,” says Mary Ellen Wells, president, Buffalo Hospital. “The foundation will be a focal point for the community support we need to accomplish our plans.”

WHY A FOUNDATION?

Hospitals need community financial assistance because the income for providing patient care often doesn't cover the costs. This is partly because government programs such as Medicare and insurance companies pay only a portion of the billed amount. In addition, the hospital serves patients who do not have insurance or cannot afford to pay. “As a nonprofit organization, Buffalo Hospital is committed to caring for everyone who walks through our doors,” says Nancy Halagan, RN, chairwoman, Buffalo Hospital Board of Trustees. At the same time, the costs of labor, medications and technology are increasing. And the need for health care services will grow rapidly as the baby boomer population ages.

The hospital is also committed to improving health through community-based programs. Buffalo Hospital is working with Safe Communities of Wright County, United for Youth, Community Health Foundation and other organizations to help reduce traffic crashes, enhance youth development and screen community members for diseases such as colorectal cancer, heart disease, stroke and diabetes.

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The Buffalo Hospital Foundation was established to fund advanced technology and facilities as well as innovative ways to improve community health. Pictured above is Executive Director Mary Clem in the midst of the new Surgery Center, currently under construction.

PHOTO: Meredith Johanson



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TRIATHLON

A Partnership With Buffalo Hospital Foundation



FOR MORE INFORMATION
ABOUT THE RACE OR
TO REGISTER, VISIT
WWW.TRIBUFF.COM OR
CALL 763-682-4300.

TRY A TRIATHLON

Join us June 6 at 7 a.m. for the Buffalo Triathlon, a partnership with Buffalo Hospital Foundation. Experience a newly designed triathlon course, starting in the clear waters of Lake Pulaski, biking along a gently rolling countryside and running on a newly paved trail system. "The race was designed to encourage people of all ages to try their first triathlon," says Brett Oden, MD, race director and medical director of Buffalo Hospital's Sports Medicine Program. "And it's also a great way to start the season for experienced triathletes."

The new Buffalo Triathlon sprint distance race includes a half-mile swim, a 10-mile bike ride and a three-mile run.

Kicking off the Buffalo Days celebration, the Buffalo Triathlon launches a week-long summer celebration of concerts, fireworks, a parade and other family activities.

Race proceeds will advance community health and fitness in and around Wright County through the Buffalo Hospital Foundation. The race is sponsored by Buffalo Clinic and Syntregy Fitness Center in Buffalo.

For more information about the race or to register, visit www.tribuff.com or call 763-682-4300. ❖

NEW PHONE NUMBERS

In order to support the hospital's growth, a new phone system has been installed, requiring most of Buffalo Hospital's phone numbers to change.

The main hospital phone number, 763-682-1212, has not changed. See the listing below for the new hospital department numbers or visit www.buffalohospital.org. ❖

HOW TO REACH US

General Information	763-682-1212
Emergency and Urgent Care . .	763-684-7500
Birth Center	763-684-7640
Cardiac Center	763-684-3801
Rehab Center	763-684-3888
Sleep Center	763-684-3808
Surgical Services	763-684-7777
Foundation	763-684-6800

TOBACCO-FREE CAMPUS JULY 1

As of July 1, 2004, Buffalo Hospital, Allina Medical Clinics and Buffalo Clinic will be tobacco-free. This means tobacco use will not be allowed in buildings, on the grounds or in parking areas.

Tobacco use is the leading preventable cause of death in this country, responsible for one in every five deaths. For this reason, the new policy was established for all Allina hospitals and clinics as well as Buffalo Clinic to protect everyone working at and visiting its campuses from exposure to tobacco.

"We understand that being in the hospital or having a relative or friend undergoing a medical procedure can be stressful," says Deb Ryan, RN, director of patient care at Buffalo Hospital. "Patients who use tobacco will have access to tobacco replacement therapies such as patches and inhalants to make them more comfortable while they're in the hospital. Some tobacco replacement therapies are available without prescription, and visitors should plan their tobacco use around their visit or use over-the-counter therapies to help them cope in the tobacco-free environment." Posters will remind patients, visitors and employees that tobacco is not allowed.

"We encourage all tobacco users to quit for their health and the health of those around them," says Ryan. Area residents who wish to "kick the habit" can see Page 7 for classes and support. ❖





SAFER SUMMER SUN

Preventing skin cancer

THE 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. 80 percent of sun exposure occurs

Free screening

Monday, May 17, 5-8 p.m.

Buffalo Hospital Conference Center

■ 5 p.m.: Private screenings and physician consultations

■ 6-7 p.m.: Maintaining Healthy, Beautiful Skin

Attend this panel discussion about skin care and treatments ranging from microdermabrasion, laser skin resurfacing, and Botox injections to vascular lesion laser removal and mole mapping for imperfections. You'll hear from skin care experts Jason Halvorson, MD, John Hering, MD, Cynthia Larson, MD, Kim Macnab, MD, and Teresa Wrobbel, MD, of the Medical Skin Care Center at Buffalo Clinic.

■ 7-8 p.m.: Private screenings

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

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. ❖

ABCD checklist for melanoma

Look for these signs of melanoma when checking moles:

Asymmetry, irregular shape.

Border irregularity, ragged or uneven.

Color variation from black to brown.

Diameter greater than 6 millimeters.

Oh, baby!

FIVE HEALTHY PREGNANCY BASICS

THINK OF PREGNANCY as a 40-week journey. You'll have lots of choices to make along the way.

Here are five of the best choices you can make for a healthy pregnancy and a healthy baby.

1 Get early and regular prenatal care. "Throughout pregnancy, you should plan on a dozen doctor visits, starting as soon as you think you're pregnant," says Peter Loes, MD, obstetrician/gynecologist at Allina Medical Clinic–Buffalo.

2 Eat a balanced diet. Though you are eating for two, that doesn't mean you need to eat twice as much. Most women need about 300 calories more each day to stay healthy and help their babies grow.

Those extra calories should be nutritious ones, including protein, fruits, vegetables, whole grains and low-fat dairy foods.

You may feel better if you eat several small meals during the day, rather than three large meals.

"To lessen the risk of birth defects of the brain and spine, we recommend all women of child-bearing age take 400 micrograms (0.4 milligrams) a day of the B vitamin folic acid," says Loes.

3 Be active. Exercise helps you have more energy, strengthen muscles involved in delivery, and may help speed up your recovery too.

Excellent choices include walking, swimming or prenatal exercise classes.

Stop if you feel dizzy, faint, overheated or in pain. And drink water to stay hydrated.

4 Aim for a gradual weight gain. Your doctor can tell you the range that is right for you, usually about 25 to 35 pounds. Remember that pregnancy is not the time to worry about weight or dieting.

5 Avoid tobacco, alcohol and drugs. Drug and alcohol use, smoking and exposure to second-hand smoke can be harmful to your baby.

Also, let your doctor know about prescription medications you take, and check before taking over-the-counter products.

LEARN MORE

For a tour of the Birth Center of Buffalo Hospital or free fact sheets on a healthier pregnancy, visit www.buffalohospital.org or call us at 763-684-7121. ❖



For care before, during and following your baby's birth, Buffalo Hospital works with obstetricians, pediatricians and family physicians at clinics in Annandale, Buffalo, Cokato and Watertown.

Managing a high-risk pregnancy

Six percent to 8 percent of all pregnancies are at risk of complications such as preeclampsia/eclampsia, gestational diabetes, infections and clotting problems.

"We care for many women with high-risk pregnancies," says Christopher Menzies, MD, obstetrician/gynecologist at Buffalo Clinic. "Obstetricians have extensive training to treat the unique problems of maternal and fetal health. And the Birth Center and level II nursery staff at Buffalo Hospital have the experience and training to care for these patients."

While some complications are unavoidable, your physician can help you minimize your risks. Technological advances have also helped improve the care of both mothers and unborn babies. "We encourage women to identify health conditions before pregnancy so they can start pregnancy in a healthy condition," adds Menzies.

GOING THE EXTRA MILE

BUFFALO HOSPITAL RECOGNIZED AS OUTSTANDING WORKPLACE AND INNOVATOR

BUFFALO HOSPITAL was recently named Best Minnesota Hospital Workplace and Innovator of the Year in Patient Care by the Minnesota Hospital Association (MHA).

The 2003 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 second time in three years that Buffalo Hospital was named the Best Minnesota Hospital Workplace.

BUILDING AN EXCEPTIONAL TEAM

In this very mobile society and during a time of health care worker shortages, Buffalo Hospital employees rated their work environment significantly higher than their counterparts in Minnesota and the nation. “Through innovative employee selection, involvement, compensation, communications and safety initiatives, we are retaining the best talent and building an exceptional team of health care workers,” says Steve Bauman, director of human resources at Buffalo Hospital.

“I have always believed that the true character of a hospital is determined by its employees, volunteers, and medical staff,” says Mary Ellen Wells, president, Buffalo Hospital. “This community

THIS IS THE SECOND TIME IN THREE YEARS THAT BUFFALO HOSPITAL WAS NAMED THE BEST MINNESOTA HOSPITAL WORKPLACE.

is blessed with an organization filled with dedicated, top-notch people who deliver outstanding care. Receiving this award for the second time is a testament to their commitment and ownership of its success.”

CONVENIENCE THROUGH INNOVATION

Buffalo Hospital has a strong history of innovation. The Innovation of

the Year award honors hospitals that implement creative, new methods and models for the delivery of patient care. In 2002 Buffalo Hospital was the first small hospital in the nation to offer InstyMeds, an automatic-teller-machine-type dispenser of prescription medications for



Accepting the Best Minnesota Hospital Workplace and Innovation of the Year in Patient Care awards at a recent Minnesota Hospital Association ceremony were (from left) Tom Plihal, pharmacy manager; Ann Grewe, Birth Center manager; Steve Bauman, director of human resources; Nancy Halagan, Buffalo Hospital board chairwoman; Ann Ripley, quality and risk manager; Lenore Day, director of operations and support services; Pam Pittman, emergency department manager; Rickie Ressler, executive vice president of Allina Hospitals and Specialty Operations; Mary Clem, director, Buffalo Hospital Foundation; and Mary Ellen Wells, Buffalo Hospital president.

emergency and urgent care patients.

“InstyMeds offers convenient access to prescription medication 24/7,” says Tom Plihal, RPh, pharmacy manager at Buffalo Hospital. “The system eliminates the need for a stop at a pharmacy when patients aren’t feeling well, and takes just a few minutes to dispense.”

“The added convenience has increased patient satisfaction and helped to ensure that patients fill and take their prescribed medication,” says Tracy Powell, MD, emergency physician at Buffalo Hospital.

LEARN MORE

For information about employment opportunities at Buffalo Hospital, call 763-684-7950 or go to www.buffalohospital.org. ♦



A scientific sleepover

WHAT YOU CAN LEARN FROM A SLEEP STUDY AT BUFFALO HOSPITAL SLEEP CENTER

SLEEPING WELL—it sounds simple. But if you have a sleep disorder, a good night's rest may be just a dream.

Instead of slumbering peacefully, you snore the night away, and wake up unrested. Or you wake up several times, then can't get back to sleep. Or you may even stop breathing for up to a minute at a time—a potentially serious disorder called sleep apnea.

"Sleep is critical for optimal health," says Courtney Whitney, DO, internist and sleep specialist with Allina Medical Clinic—Buffalo. "Sleep apnea and sleep deprivation have been linked to high blood pressure, cardiovascular disease, memory impairment, weight gain, depression and headaches."

"Sleep studies are the best way to diagnose excessive sleepiness," says Bernice Kolb, MD, internist and sleep specialist at Buffalo Clinic. "Overnight studies are used to evaluate sleep-related seizures, heart arrhythmias and abnormal leg movements while daytime studies evaluate narcolepsy."

Here are the basics of an overnight sleep study, called a polysomnogram.

WHILE YOU ARE SLEEPING

Many people think a sleep study is done in a cold, bright, technical room. But in reality, the Buffalo Hospital Sleep Center rooms are quite homey and comfortable, more like a hotel room.

When you arrive at the Sleep Center, likely in the evening, a technician will greet you, explain the study and answer any questions.

You'll be able to change into sleepwear and prepare for bed like you do at home. There may be some time to read, watch television or just relax.

The technician will then apply

small metal discs called electrodes to your scalp and skin with an adhesive. Flexible elastic belts may be placed around your chest and abdomen.

While you sleep, various measurements will be recorded, such as your brain waves, muscle movements, eye movements, breathing, snoring and heart rate. You may wear a clip on your finger to monitor the level of oxygen in your blood.

Throughout the night, a technician will monitor your sleep from a nearby room. If you have a breathing problem, the technician may awaken you and ask you to try a special treatment device.

In the morning, you'll leave the sleep lab unless you're scheduled for more testing. "Most patients are able to get to work on time the morning after the test is done," says Patty Rathbun, coordinator of the Buffalo Hospital Sleep Center.

DATA FROM AN OVERNIGHT STAY AT THE LAB CAN HELP DOCTORS DIAGNOSE SLEEP PROBLEMS.

REST ASSURED

If you do have a sleep disorder, your doctor can recommend a treatment plan for you.

In the meantime, remember: A good night's sleep is one dream that really *can* come true. ❖

How are you sleeping?

Nearly half of all Americans have difficulty sleeping. Join Bernice Kolb, MD, and Courtney Whitney, DO, internists and sleep specialists at Buffalo Hospital's Sleep Center, to learn about sleep disorder symptoms, how sleep problems are diagnosed, and treatment options. Sessions include a free sleep disorder survey and demonstration of a continuous positive airway pressure machine, typically used to treat sleep apnea. To register, call 763-684-7121 or visit www.buffalohospital.org.

- Thursday, May 20, 7-8 p.m., Wright/Hennepin Electric Association
- Monday, May 24, 7-8 p.m., Buffalo Hospital Conference Center
- Monday, June 7, 7-8 p.m., Delano Community Center

Buffalo

HOSPITAL



GENERAL WELLNESS

HEALTHY HEARTS

If you or a loved one has been diagnosed with heart problems, this group can help you adjust to new lifestyles, diets and medications. Meets monthly on the third Monday, 7-8:30 p.m.

STROKE SUPPORT GROUP

A free support group for people who have had a stroke and their families. Meets monthly on the second Wednesday, 1-2 p.m.

BEFORE SURGERY EDUCATION FOR CHILDREN

Children view a video about hospital procedures, from admitting to discharge, and then tour the surgery department. Call to schedule.

TOBACCO INTERVENTION PROGRAMS (TIP)

GETTING STARTED

An introductory group session about tobacco use, how to determine readiness to quit, and options available to support your decision. Aug. 2, 7-8:30 p.m.

QUIT ON YOUR OWN PROGRAM*

A tobacco interventionist will help design a self-directed program that fits your learning style and schedule. You will receive a one-hour consultation, educational materials and ongoing phone support. Call to schedule.

FREEDOM FROM SMOKING*

A seven-week series covering health issues associated with using tobacco, how to quit, coping skills to prevent relapse, and group support. Begins Aug. 9, 7-8:30 p.m.

CPR AND FIRST AID COURSES

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

PEDIATRIC CPR*

Learn infant and child CPR, relieving airway obstructions and the pediatric chain of survival. June 5 or July 31, 8 a.m.-noon.

FIRST AID AND INJURY PREVENTION—ADULT AND PEDIATRIC*

Learn basic first aid skills and when to seek medical attention. June 5 or July 31, 12:30-4:30 p.m.

HEARTSAVER—FACTS (FIRST AID, AED, CPR)*

Learn adult CPR, basic first aid and how to use an automatic external defibrillator (AED). Recommended for firefighters, police and workplace employees. May 15, 8 a.m.-4:30 p.m.

BASIC LIFE SUPPORT FOR HEALTH CARE PROVIDERS*

Covers adult, infant and child CPR, and foreign body airway obstruction. Aug 2 and 9, 5:30-9:30 p.m.

BASIC CPR—HEARTSAVER*

Recommended for parents, grandparents, and boys' and girls' clubs. May 8, 9 a.m.-3 p.m.

CHILDBIRTH AND PARENTING

A HEALTHY PREGNANCY*

For women thinking about becoming pregnant or in the first three months of pregnancy, this course covers fetal growth and development, nutrition, emotional adjustments, benefits of exercise and more. June 8 or Aug. 10, 6:30-9 p.m.

CHILDBIRTH PREPARATION*

Covers labor and birth options, the coach's role, relaxation and breathing techniques as well as newborn characteristics and a Birth Center tour.

■ Six-week series: Thursdays, beginning July 1 or Sept. 2, 6:30-8:30 p.m.

■ Single session: Saturday, June 12 or Aug. 14, 9 a.m.-4 p.m.

CHILDBIRTH REFRESHER SERIES*

For those who have previously attended a childbirth course. Includes a review of labor and delivery, pain control and relaxation techniques, as well as a Birth Center tour.

■ Two-week series: July 8 and 15 or Sept. 9 and 16, 6:30-9 p.m.

■ Single session: May 15, 9 a.m.-2:30 p.m.

TAKING CARE OF YOURSELF AND BABY—THE POSTPARTUM PERIOD*

Covers baby care and feeding as well as the physical and emotional changes mom is experiencing. June 3 or Aug. 5, 6:30-8:30 p.m.

BREASTFEEDING PREPARATION*

Prepares mom and her support person for troubleshooting, breastfeeding, weaning and returning to work. June 10 or Aug. 12, 6:30-9 p.m.

NEW BROTHER, NEW SISTER*

For children ages 2 to 10 whose parents are expecting a new baby. Attend one or two months before the new sibling is due. May 11 or July 13, 6:30-8 p.m.

BIRTH CENTER TOUR

Tour includes the labor area, postpartum rooms and nursery. May 18, June 15, Aug. 17, 7-8 p.m., or July 17, 9-10 a.m.



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

Securing our health care future

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SHOWING SUPPORT

“Our physicians, staff and trustees have responded generously to the foundation,” says Mary Clem, executive director, Buffalo Hospital Foundation. More than 800 from Buffalo Hospital, Allina Medical Clinics and Buffalo Clinic have pledged nearly \$35,000 to the newly formed Buffalo Hospital

Foundation. “We’re truly grateful for this level of financial and personal support of the new foundation,” adds Wells.

A REASON TO GIVE

“People give because they believe that they are contributing to better health care in their community,” Clem explains. “And they’re absolutely right. Better hospital funding means more and better services. In

the long run, any contribution to a hospital’s foundation is an investment in your health and the community.”

YOU CAN HELP

For more information, to volunteer or to make a donation to the Foundation, call 763-684-6800 or visit www.buffalohospital.org. ♦

COMING EVENTS

To register for the following events, call Buffalo Hospital at 763-684-7121 or visit www.buffalohospital.org.

FREE ARTHRITIS AND JOINT REPLACEMENT DEMONSTRATION

Monday, May 24, 12:45-1:45 p.m.

Buffalo Senior Center, 206 Central

Join Rajan Jhanjee, MD, orthopedic surgeon at Buffalo Clinic and Buffalo Hospital, to learn about the disease process and living with arthritis and other joint damage. Jhanjee will also demonstrate knee and hip replacement surgical procedures.

STROKE SCREENING AND EDUCATION

Saturday, May 22

Buffalo Hospital Conference Center, \$20

■ 8-10 a.m.: Screening

Includes a stroke risk assessment; height, weight and blood pressure checks; pulse assessment; and fasting cholesterol test (HDL, LDL, triglycerides and total cholesterol).

■ 11 a.m.-noon: Free stroke prevention education

Learn about the signs and symptoms of stroke along with prevention plans and how to lower your risk.

2004 Buffalo Hospital Foundation priorities

■ **Surgery Center expansion to purchase equipment for rapidly growing surgical specialties.**

■ **Surgery Center waiting room improvement to create a comfortable setting for patients and their loved ones.**

■ **Heart Safe Communities to purchase and place lifesaving automatic external defibrillators in high-traffic community settings and train citizens to use them.**

■ **Scholarships for high school students pursuing a career in health care.**

■ **Buffalo Triathlon to foster community health and fitness for life.**

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