

OWATONNA HOSPITAL

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NEW HOSPITAL
OPENING
OCT '09

Healthy New Year!

IDEAS FOR RESOLUTIONS
THAT YOU CAN KEEP ALL YEAR

ARE YOU LOOKING to make some positive changes in your life? The coming new year can be a great time to start. When it comes to your health, the American Medical Association and other experts have some specific ideas that can help you eat better, stay active and keep illness away.

Consider taking on two or three that make sense for you. Just don't try to do too much too fast. Your chances of long-term success are better if you set clear, realistic and attainable goals. So let's get started.

DO YOU WANT TO: **EAT BETTER?**

Go for more vegetables and fruits—and not just at mealtime. Consider snacking on a piece of fruit or some carrot sticks instead of high-calorie vending machine fare. Tip: Fruits and vegetables with the most color are often the most nutritious.

Change your order. In a restaurant, keep portion sizes sensible by ordering an appetizer and salad or soup and skipping the entrée. Or split an entrée with your dinner date.

Stash the salt shaker. If you're getting more than a teaspoon of salt a day from all sources, your sodium intake is too high. In fact, if you're age 50 or older, the equivalent of half a teaspoon is enough.

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For more information about healthy lifestyles, go to *Be Healthy at* www.allina.com.



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Stroke is an emergency—know the signs



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Cold and flu season

A STAY-WELL PLAN FOR YOUR FAMILY

VIRUSES ARE among the tiniest organisms on Earth—so small you can't even see them with an ordinary microscope. But they're responsible for all kinds of ailments, including the common cold and the flu.

American adults average two to four colds a year. Most children get six to eight, which leads to nearly 22 million missed school days a year.

Influenza hits even harder.

Each year, influenza puts more than 200,000 people in the hospital and causes about 36,000 deaths in the U.S., according to the U.S. Centers for Disease Control and Prevention (CDC).

EVADING VIRUSES

To stay healthy, there are the basics—healthy habits can strengthen your immune system. A balanced diet, and plenty of rest and exercise can all help you fight off germs.

To avoid the flu, the best strategy is an annual flu vaccination, the CDC says.

Flu shots are now recommended for kids 6 months to 18 years old.

Check with your doctor about who else in your family should get the vaccine. Let your doctor know if you've had a past allergic reaction to a flu vaccine or to eggs. The vaccine can be given in an injection or, in some cases, a nasal spray.

STOPPING THE SPREAD

Understanding how cold and flu viruses spread can also help you avoid them. Most of the time, you inhale these germs after an infected person sneezes or coughs. You can also get sick if you touch a contaminated surface and then touch your face.

According to the CDC, most healthy adults may be able to infect others with the flu beginning one day before symptoms develop and up to five days after becoming sick. This means you can pass on the flu to someone else before you know you're sick as well as while you're sick. Pam Schultz, RN, CIC, Owatonna Hospital, says, "Knowing this, following simple measures can help protect yourself, your family and friends."

These measures include:

- washing your hands often with warm, soapy water, especially after you cough or sneeze (alcohol-based hand cleansers are also effective)
- covering your mouth and nose with a tissue when you cough or sneeze and then throwing the tissue away
- avoiding people who are ill when you can
- using a disinfectant to kill germs on surfaces
- trying not to touch your eyes, nose or mouth with unwashed hands
- not sharing hand towels when someone in the household is ill
- staying home if you're sick.

FEELING BETTER

If you do get sick, you'll feel better if you drink plenty of fluids, get lots of rest and use a humidifier, if needed, to put moisture into the air you breathe.



No fear: Theresa Washena, respiratory care practitioner at Owatonna Hospital, isn't afraid of a needle. Washena was one of the first Owatonna Hospital staff members to receive her annual flu shot from Pam Schultz, RN, CIC, infection preventionist.

Nonprescription medicines can also help, but take only what you need. Follow the instructions on dosing. And if you do choose

multisymptom products, be careful not to double up on types of medicines.

WHEN TO CALL THE DOCTOR

While antibiotics won't work against the flu, there are antiviral medicines that might help early in the course of the illness.

In most cases, you'll get better on your own after a week or so.

But call your doctor if your symptoms get worse, last a long time, or go away and then come back.

Breathing difficulties, chest pains from coughing, or coughing up thick, yellowish mucus could be signs of pneumonia and require medical attention.

Go to www.allina.com and select *Conditions and Treatments* for more information about colds and flu. ❖

Is the flu shot right for you? Check with your doctor.

Take an online look at surgery

YOU CAN NOW see surgeries at your own computer. As a unique learning experience for patients and families, Allina Hospitals & Clinics has teamed up with OR-Live, Inc., an Internet broadcasting company that creates live and on-demand health care videos, to air four procedures.

- Myomectomy, the removal of uterine fibroids, performed by Ragnvald Mjanger, MD, using the da Vinci S[®] Surgical System at United Hospital in St. Paul. The da Vinci is the most advanced surgical technique for the treatment of uterine fibroids, the most frequent pelvic tumors seen by gynecologists.
- Total knee replacement surgery at Buffalo Hospital, performed by Dana Harms, MD, orthopedic surgeon, and narrated by David Labadie, MD. This is a procedure that relieves knee pain and increases mobility by resurfacing the damaged and worn surfaces of the knee.
- Laparoscopic gastric band procedure at Unity Hospital in Fridley, performed by Jeffrey Baker, MD, surgeon, and

narrated by Frederick Johnson, MD, surgeon. This procedure is one of several proven surgical options for weight loss.

- Brain surgery, performed by Jerone Kennedy, MD, neurosurgeon, in a new iMRI neurosurgical operating room that allows surgeons at United Hospital to

use real-time imaging as they operate. It has a unique overhead track that moves the MRI system to the patient rather than the patient having to be moved to the magnet.



You can watch these procedures any time at www.allina.com/orlive. ❖



You can watch an actual knee replacement surgery on your computer.

Fill your prescriptions online

RELIABLE MEDICATION prescription service is just a click away. At the Allina Community Pharmacies website, you can transfer or refill a prescription and have it mailed to your home at no extra charge. You can also arrange to pick up your prescription at any of 15 locations listed on the site.

For new prescriptions, an order signed by your physician is required. It can be faxed by the physician's office, mailed or dropped off in person. The Allina pharmacy staff has expertise in special medication needs, including organ transplants, diabetes, infertility, pediatrics, oncology and management of multiple medications.

Discounts on medications are offered to seniors age 62 and older. Allina Community Pharmacies also offer free assistance to review current medications and provide guidance in selecting a Medicare Part D plan.



Check out these services at www.allina.com/pharmacy. ❖



THE FIRST SIGNS OF STROKE CALL FOR A QUICK RESPONSE—FAST TREATMENT MATTERS

Owatonna Hospital provides fast care for stroke 24 hours a day, seven days a week.

A race against time

WHEN A STROKE happens, there's no time to waste. During a stroke, the brain's supply of blood is disrupted, leaving brain cells without crucial oxygen and nutrients. As a result, they can quickly start to die. This makes treating a stroke a race against time.

Damage from a stroke can affect any part of the body. Strokes can result in serious disabilities, including paralysis and problems with speaking, thinking and emotions.

"Stroke is a life-changing event that not only affects the person

who may be disabled but the entire family and other caregivers as well," says Larry B. Goldstein, MD, chairman of the American Heart Association's Stroke Council.

But here's what else you need to know: By recognizing the signs of a stroke and getting to Owatonna Hospital right away, you can receive treatment that can limit the damage from a stroke.

KNOW THE SUDDEN SIGNS

Stroke symptoms come on suddenly—at any time and place. Signs of stroke may include:

- numbness or weakness of the face, arm or leg—especially on only one side of the body

- confusion or trouble speaking or understanding speech
- trouble seeing
- trouble walking, dizziness, or loss of balance or coordination
- severe headache for no obvious reason.

If you think you or someone else might be having a stroke, call 911. Don't wait to see if the symptoms pass.

WHY TIME IS SO CRUCIAL

Most strokes happen when there is a blockage in an artery that sends blood to the brain. This is known as an ischemic stroke.

Doctors can use a medicine called tPA to restore blood flow

Surviving a brain attack

AT OWATONNA HOSPITAL, YOUR CHANCES ARE GOOD

If you come to Owatonna Hospital quickly when you notice stroke symptoms, you have a good chance of surviving the stroke and reducing the damage that stroke can do to your brain.

The Owatonna Hospital Emergency Department is prepared to provide immediate treatment for stroke 24 hours a day, seven days a week.

"We call it a brain attack, and it triggers a series of actions by the staff, similar to our rapid response heart attack plan," says Anne Draeger, RN, manager of Owatonna Hospital Emergency Department. "Everyone is watching the clock to get treatment started as quickly as possible."

Within 45 minutes of your arrival at Owatonna Hospital, staff will complete a stroke assessment, including a CT (computed tomography) scan to determine the type of stroke and the problem causing it.

Next, the Owatonna Hospital Emergency Department doctor consults with a neurologist, either at Abbott Northwestern Hospital, Minneapolis, or St. Mary's Hospital, Rochester, to determine what steps to take next.

If less than three hours have passed since the onset of stroke symptoms and you meet other criteria, a "clot-buster" medicine may be administered to dissolve the blood clot and restore blood

circulation in the brain. You would then be rushed by helicopter to Abbott Northwestern Hospital or St. Mary's in Rochester.

"We've had amazing patient outcomes with the brain attack process," Draeger says. "It's so rewarding to be able to prevent the loss of mobility and speech that stroke can cause." She emphasizes that it's very important to come to the Emergency Department right away when you notice stroke symptoms.

Abbott Northwestern Hospital has been awarded Primary Stroke Certification and the Gold Seal of Approval™ for stroke care from The Joint Commission.

IS IT A STROKE?

If you think someone may be experiencing stroke symptoms, Draeger recommends trying the Cincinnati Prehospital Stroke Scale.

Ask the person to:

1. Smile.
2. Raise both arms in front of him- or herself.
3. Speak a simple sentence coherently.

If the smile is lopsided, both arms don't come up equally or one drifts, or he or she slurs or uses incorrect words, the person may be having a stroke and should get to the Owatonna Hospital Emergency Department immediately.

and stop this type of stroke, often limiting disability.

Again, there's no time to waste, because the medicine needs to be given quickly to do the most good.

From the time stroke symptoms start, doctors have a three-hour window to begin treatment with tPA.

However, you should make every effort to get to Owatonna Hospital much sooner than

that—within 60 minutes—says the National Institutes of Health.

During part of the three-hour window, doctors must first evaluate you and determine what kind of stroke you're having and whether it can be treated with tPA.

The bottom line: Know the signs of a stroke, and get to the hospital quickly if you think you or someone else might be having a stroke.



Wade Homuth, RN, Owatonna Hospital Emergency Department, demonstrates how the "clot-buster" medicine is given to patients through an IV (intravenous) drip to help dissolve a blood clot, which blocks blood flow to the brain.

"If you have any risk factors for stroke, talk to your family about this test now and make a deal to go to the emergency department if you experience stroke symptoms," Draeger says. "You don't want to waste any time deciding when you're having stroke symptoms."

For more information about stroke,



go to www.allina.com, select *Conditions and Treatments*, then *Stroke*.

PREVENTION POINTERS

Of course, the best scenario is to avoid a stroke in the first place.

With your doctor's help, you can lower your risk by taking these steps:

- Keep your blood pressure and cholesterol levels controlled.
- Quit smoking, or don't start.
- If you have diabetes or heart disease, keep it in check.
- Maintain a healthy weight. ❖

OWATONNA HOSPITAL



For more healthy living events and ideas, visit www.allina.com and select *Be Healthy*.

PARENTING NEWS

Each month, receive the pregnancy, birth and early parenthood information that's right for you. Starting with pre-conception and continuing through the first three months of parenthood, each issue is customized to your due date or your child's birth date.

Here's how to sign up:

1. Go to the *Be Healthy* section of www.allina.com.
2. Select *Health e-newsletters*.
3. At the free subscription sign-up page, select *Pregnancy & Parenting eMagazine* and confirm your e-mail address.



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, or visit www.owatonnahospital.com and select *Classes & Support*.

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.

Amazing Newborn Clinic Tuesdays, 12:30-2 p.m.

Roosevelt Community School Free clinic where babies are weighed and parents' questions are addressed. Breastfeeding guidance is provided. 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.



RECIPE OF THE WEEK

Start each week with a fresh, healthy addition to your menu when you sign up for www.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 the *Be Healthy* section of www.allina.com.
2. Select *Health e-newsletters*.



3. At the free subscription sign-up page, select *Recipe of the Week* and confirm your e-mail address.



For more recipes, visit www.allina.com/ac/allinarecipes.nsf/recipes.

Whole-wheat blueberry muffins

There's nothing like the sweet aroma of these fruity and wholesome muffins. Enjoy at breakfast or as a super lunch with fruit kebabs and yogurt.

INGREDIENTS

- Nonstick cooking spray
- 1 cup whole-wheat flour
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup firmly packed light brown sugar
- 1 tablespoon plus 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground allspice
- $\frac{1}{2}$ teaspoon salt

- 1 cup low-fat buttermilk
- 2 tablespoons canola oil
- 2 tablespoons unsweetened applesauce
- 1 egg, lightly beaten
- 1 cup fresh or frozen blueberries

INSTRUCTIONS

- Preheat oven to 400 degrees. Lightly spray muffin tin with cooking spray.
- In large bowl, combine flours, brown sugar, baking powder, cinnamon, all spice and salt.
- In another bowl, whisk together buttermilk, oil, applesauce and egg.
- Make well in center of dry ingredients.

Pour in buttermilk mixture, stirring until just combined (do not over mix). Stir in blueberries. Spoon batter evenly into prepared muffin cups.

- Bake until tops are golden, 20 to 25 minutes. Transfer pan to wire rack to cool slightly. Transfer muffins to cooling rack. Serve warm.

NUTRITION INFORMATION

Makes 12 muffins.
Per muffin: 112 calories, 3g total fat, 1g saturated fat, 19g carbohydrates, 3g protein, 2g dietary fiber, 262mg sodium

Source: American Institute for Cancer Research

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 and select *Parks & Recreation* under the *Departments* tab. Select the *Trails* link.

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



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Allina Hospitals & Clinics

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**POSTAL
CUSTOMER**

New Year

—Continued from front page

Drop the soda pop. If you're looking to avoid weight gain, limit your consumption of regular soda and other sugary drinks. Bonus: You will also be fighting tooth decay.

**DO YOU WANT TO:
GET MOVING AND GET FIT?**

Boost energy, beat stress, feel better! Exercise can help with all three. Experts recommend a minimum of 30 minutes of moderate-intensity physical activity at least five days a week. Walking, gardening and golfing are among the many activities that qualify. More vigorous pursuits—like running, swimming and jumping rope—are great too, once you're ready.

Take steps for health—literally. When you can, use the stairs instead of the elevator. Take a 10-minute walk on your break. Consider getting a pedometer so you can track all your steps.

**DO YOU WANT TO:
TAKE CHARGE
OF YOUR HEALTH?**

Know your numbers. Have your doctor regularly check your blood pressure and cholesterol. Keeping these numbers under control can help reduce your risk of heart disease, heart attack and stroke.

Screen for problems. Ask your doctor which screening tests are right for you and when you should get them.

Tests can detect diabetes, cancer and heart disease in their early stages, when they are most easily treated. ❖

Your weight: Lose a little to gain a lot

YOU KNOW THAT it's unhealthy to carry a lot of extra weight.

What you might not know is that you don't necessarily have to lose all those excess pounds in order to get healthier.

In fact, a weight loss of just 5 to 15 percent of your current weight can improve your quality of life and your health, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

For example, if you are overweight at 200 pounds, you need only lose 10 to 30 pounds to see health benefits, namely a lower risk for weight-related problems such as diabetes, heart disease and stroke.

TAKE IT SLOW AND STEADY

In general, the most effective way to lose weight is to do so gradually.

Work on getting plenty of exercise and eating a healthful, low-fat diet. And make changes you can live with over time.

You can learn more about managing your weight at www.allina.com. Select *Be Healthy*. ❖



If you smoke...

Make this year the year you quit for good. You'll reap immediate health benefits and feel great about yourself.

Talk to your doctor for help. And see the American Cancer Society's *Guide to Quitting Smoking* at www.cancer.org.