

CENTRA CARE Health System

SPOTLIGHT ON HEALTH

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A woman wearing a wide-brimmed straw hat and a floral dress is sitting on a beach. She is smiling and reading a book to a young child who is sitting in front of her. The child is wearing a white sleeveless top and a floral skirt. The background is a bright, hazy beach scene.

the
HPV
vaccine

Is it right for your daughter?

Babies benefit
from mother's milk

Protecting your family
against *ticks*

taking the first steps against

HPV

human papillomavirus

Almost daily, Jon Dennis, M.D., gets questions about the recently approved vaccine against cervical cancer.

“Parents are hearing a great deal about this in the media and want to learn more about it before making a decision for their daughters,” said Dennis, a pediatrician with CentraCare Clinic - Women & Children.



The Quadrivalent Human Papillomavirus (Types 6, 11, 16, 18) Recombinant Vaccine was approved by the U.S. Food and Drug Administration (FDA) in June 2006 for females age 9 to 26. The vaccine is designed to prevent 70 percent of cervical cancer and certain precancerous lesions, as well as 90 percent of genital warts. It is not intended to be used for treatment of these conditions and does not substitute for routine cervical cancer screening.

“Most importantly, it is the first vaccine approved to prevent a specific type of cancer,” Dennis said. “And the down side, I tell my patients, is that it’s a series of three shots.”

The review of vaccine reactions by the FDA primarily shows fainting and soreness. There has not been any pattern of unexpected severe side effects to date, Dennis said.

This three-injection vaccine is administered at two and six months after the first dose. The recommended age for vaccination of females is 11-12 years.

While the vaccine is still fairly new, Dennis said, the benefit of preventing this type of cancer far outweighs the risks of side effects. But he also encourages anyone considering the vaccine to have this

discussion with her personal physician.

“If I had a daughter that age, I would definitely encourage her to get the vaccine,” Dennis added.



Genital human papillomavirus (HPV) infects 6.2 million persons in the United States every year. During 2007, an estimated 11,100 new cases of cervical cancer will be diagnosed and approximately 3,700 women will die from this disease. In certain countries where Pap smear screening is not routine, cervical cancer is a common cancer in women.

New mobile mammography unit takes wing



Darla Gratke, radiologic technologist for mammography, talks with patient Nancy Pierskalla.

Nancy Pierskalla has a yearly mammogram at the St. Cloud Hospital Breast Center's mobile mammography unit when it visits Clearwater Clinic, affiliated with St. Cloud Medical Group.

"It's so convenient and fast," said Pierskalla, who lives in Annandale. "I leave home in the morning, get my mammogram done in Clearwater and then go to work in Buffalo. It's much handier than driving all the way to St. Cloud for it. The staff here is so nice and friendly, and there's no waiting. You get right in."

The Breast Center is reaching out to patients through an updated mobile mammography unit. CentraCare Health Foundation received a \$295,000 gift from the Morgan Family Foundation, a private family foundation based in Yellow Springs, Ohio, to purchase the unit. This allows the Breast Center to continue

its mission of providing early breast cancer detection on the road.

"This service helps deliver early screening and detection, providing peace of mind for some and life-saving intervention for other women in Central Minnesota," said Radiologist Jody Bolton-Smith, M.D., Regional Diagnostic Radiology at St. Cloud Hospital.

The Breast Center's mobile unit provides 3,600 yearly mammograms and education to women at nearly 20 sites in Central Minnesota. The program began in 1985 after hospital staff saw a need for more convenient screening.

For more information, call the Breast Center at (320) 229-4919. To support this program, call CentraCare Health Foundation at (320) 240-2810 or visit www.centracare.com.

The mobile unit's outreach locations include:

- Albany Area Hospital
- Array Services Group, Sartell
- CentraCare Clinic - Becker
- CentraCare Clinic - St. Joseph
- Clearwater Clinic, affiliated with St. Cloud Medical Group
- Cold Spring Clinic, affiliated with St. Cloud Medical Group
- College of St. Benedict
- Foley Medical Center
- Mid-Minnesota Family Medicine Center, St. Cloud
- PrimeVest Financial Services, St. Cloud
- Quebecor Printing, St. Cloud
- Stearns, Inc., Sauk Rapids and Grey Eagle
- St. Cloud Hospital
- St. Cloud VA Medical Center
- St. John's University
- St. Peter's Church, St. Cloud
- St. Scholastica Convent, St. Cloud

The mobile unit visits Mid-Minnesota Family Medicine Center to do mammograms for the Sage Screening program about five days per year. The Sage Screening program provides quality breast and cervical cancer screening free of charge to low and moderate-income Minnesota women age 40 or older who are uninsured or under insured. There are many diagnostic screening services covered under this program, including office visits for breast and pelvic exams, mammogram (breast exam required) and Pap smears. If further testing, such as a biopsy, is needed, it would be covered. To learn more about the program, please call Clinical Coordinator Shar Wallack at Mid-Minnesota Family Medicine Center at (320) 240-3159.

The Sage program also is available at all CentraCare Clinic sites.



Kay and Sylvie Bechtold

Breastfeeding classes offer reassurance

Kay Bechtold, 31, of Sartell, and her husband, Gary, were first-time parents who participated in the breastfeeding class before their daughter, Sylvie, was born.

“It was very helpful since we didn’t know a lot about breastfeeding,” Bechtold said. “Kathie (the instructor) was so reassuring and encouraging that it really helped to reduce our fears and increase our confidence level.”

The two-hour breastfeeding class covers the benefits of breastfeeding, what to expect, when to seek help, correct positioning, how to prevent problems such as sore nipples and engorgement, managing breastfeeding when returning to work, and use of a breast pump.

“It was a very comfortable environment in which we could ask questions and not feel embarrassed,”

Bechtold added. “It certainly helped us feel more at ease.”

Breastfeeding classes and childbirth education classes are offered regularly through CentraCare Clinic - Women & Children, St. Cloud Hospital and Long Prairie Memorial Hospital. Lactation consultants also are available at all three sites. Melrose Area Hospital offers childbirth education classes as well.

For more information about the classes, check out

www.centracare.com or contact:

- CentraCare Clinic - Women & Children, (320) 654-3630
- St. Cloud Hospital, (320) 251-2700, ext. 53239
- Melrose Area Hospital, (320) 256-4231
- CentraCare Clinic - Long Prairie, (320) 732-2131
- Long Prairie for Spanish classes, (320) 732-4110

Breastfeeding makes noticeable difference in development

When Sarah Thompson's twins were born 14 weeks early, she wasn't able to breastfeed like she had with her older daughter. The twins' medical conditions required constant monitoring in the Neonatal Intensive Care Unit at St. Cloud Hospital.

After losing one of the twins three weeks after his birth, Thompson watched her son, Joshua, overcome a lot of challenges during the next few months, but learning to bottle feed was not one of them.

Nearly three months after Joshua's birth, Thompson asked the nurses if she could try breastfeeding him.

“It was remarkable. Once he latched on to me, his breathing, heart rate and oxygen levels improved almost immediately,” Thompson said. “For the first time since he was born, I was able to hold him and feel like I had a real baby.”

Thompson continued to breastfeed as often as possible and Joshua's condition continued to improve.

“He's come a long way,” Thompson said of Joshua, who was born Feb. 25 and discharged from St. Cloud Hospital June 5. “The difference that breastfeeding made was absolutely amazing.”

Support group helps with nursing success

CentraCare Clinic - Women & Children offers a free Successful Breastfeeding group for new mothers to attend for breastfeeding advice and support from 6-8 p.m. on the first Tuesday of the month and from 2-4 p.m. on the third Monday of the month at CentraCare Health Plaza, St. Cloud. Call (320) 654-3630 for details.

Generosity is par for the course

Even though Carter Botz of St. Cloud isn't a golfer, he's glad that there is a golf fundraiser called "Grocers on the Green: Chip'n in for Kids Cancer."

That's because Carter, age 5, was diagnosed with leukemia two weeks before his fourth birthday.

Making a difference in the lives of Central Minnesota children with cancer was the goal of Chris Coborn, president of Coborn's Inc., and Greg Kurr, vice president of sales for Kemps, six years ago when they started this golf fundraiser.

At last year's event, members of the grocery industry raised \$100,000 for the Pediatric Oncology Fund of the CentraCare Health Foundation — for a five-year total of \$475,000.

"The money raised through this event positively affects the lives of many families," Kurr said. "The Coborn family support adds credibility to this worthy cause. I anticipate that we will continue to sell out the tournament for years to come."

Even though Carter's main treatment is at Children's Hospital in Minneapolis, he is able to have some treatments, blood work and many of his transfusions at the Pediatric Cancer Services at CentraCare Health Plaza in St. Cloud.

"The stay at CentraCare is wonderful," said Mary Botz, Carter's mom. "It is very difficult to place your sick child in the hands of strangers. The doctors and nurses quickly form relationships with families based on trust, openness and genuine caring. We feel so blessed to have these people in our lives."

One of the people who has made a difference in Carter's life is Jodi Betsinger, child life specialist at St. Cloud Hospital. Her position is funded through the Pediatric Cancer Fund of the CentraCare Health Foundation.

"Carter's favorite things are crafts with Jodi and the summer picnic for kids with cancer," Mary said. "The staff works very hard to put fun back into families' lives."

"We always have a great time

coming together for this great cause," Coborn said. "The grocery industry continues to show how much it cares, and I'm looking forward to another great year to help kids with cancer."

You also can help kids with cancer. To donate to the Pediatric Cancer Fund of the CentraCare Health Foundation, call (320) 240-2810 or visit www.centracare.com.

The money raised at the golf event has provided items such as:

- computers to connect kids who have cancer around the world;
- mind-body biofeedback software;
- age-appropriate educational materials;
- toys to aid healing and recovery;
- a professional child-life specialist, who helps children cope with the stress and anxiety of medical treatment.

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Protect your family from ticks and Lyme disease

Summer in Minnesota means another season of outdoor fun, but it also is a time to be on guard against ticks and the diseases they may carry.

Ticks are active from spring to early fall and are capable of transmitting illnesses such as Lyme disease and Rocky Mountain spotted fever. They can be found almost anywhere outdoors, but prefer wooded, brushy and grassy areas.

Despite the risks they pose, ticks are no reason not to venture outdoors. With the proper tick prevention, detection and removal, your family, pets, and you can stay safe.

Before heading outdoors, take these measures to reduce the chance of receiving a tick bite:

- Avoid tall grasses and underbrush where ticks may lurk.
- Wear pants and long sleeves to minimize exposed skin.
- Tuck pants into socks to eliminate an entry point for ticks.
- Wear light-colored clothing so ticks will be easier to spot.
- Use repellents containing DEET or Permethrin.



Deer tick photo enlarged

After your time outdoors, inspect yourself, children and pets for ticks. Deer ticks, the type that carry Lyme disease, require 24 hours to secrete the bacteria that causes the disease. Therefore, quick detection is important.

Examine the entire body, including easy-to-miss places like behind the ears, the back of the knees, between legs, in the belly button and on the scalp. Deer ticks are about the size of a poppy seed, so do not immediately

dismiss what may appear to be only a freckle or speck of dirt.

If you find a tick that has attached itself to the skin, use a pair of tweezers to remove it. With a tissue or glove to protect you from the tick's fluid, grasp the tick as close to the skin as possible, and pull straight up to remove it. Do not worry if the tick's mouthpiece remains in the skin. Simply finish by cleaning the site with antiseptic or alcohol, and wash your hands with soap and water.

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**SPOTLIGHT
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August to September 2007 Upcoming Events

Childbirth Education Classes

For details about classes offered by:

- St. Cloud Hospital, call (320) 251-2700, ext. 53239;
- CentraCare Clinic - Women & Children, call (320) 654-3630, ext. 70400;
- Melrose Area Hospital, call (320) 256-4231;
- Long Prairie Memorial Hospital, call CentraCare Clinic - Long Prairie at (320) 732-2131. Call (320) 732-4110 to register for classes in Spanish.

Volunteer Welcome Sessions

Thinking about volunteering at St. Cloud Hospital? Learn more from 9-11 a.m. Sept. 4. or 1-3 p.m. Oct. 1. RSVP to (320) 255-5638 or e-mail volunteer@centracare.com.

Child Passenger Safety

How safe is your child seat? Sign up to have your car seat evaluated. Next checks are from 3-6 p.m. Aug. 16 and Sept. 18 at Gold Cross Ambulance. To schedule an appointment, call (320) 251-2700, ext. 54492.

Don't let hip surgery slow you down

Whitney WithOut Walls presents "Don't let hip surgery slow you down" by Orthopedic Surgeon Joe Nessler, M.D., from 2-3 p.m. Aug. 16 at Benet Place South, 1975 15th Ave. SE. Nessler will discuss the differences between hip replacement and resurfacing. A hip replacement patient also will be available to answer questions. Call Cindy with questions at (320) 202-5546. Whitney WithOut Walls is an outreach activity of the Whitney Senior Center with the cooperation of St. Benedict's Senior Community and grant funded through CentraCare Health Foundation.

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Improve Your Balance

Falls are the No. 1 reason for emergency room visits. Many people have balance and dizziness problems because of age, medications and some illnesses. Learn how to be safe, improve balance and enhance your quality of life from 7-8:30 p.m. Sept. 10 at the CentraCare Health Plaza. This free program is part of the Women's Health Community Series. Contact hours are available. Please call (320) 229-4922 to register at least one day before the program.

Shapedown

A 10-week, family-based weight management program for children and adolescents. The next information night for children ages 10 to 12 is Sept. 13 and for teens ages 13 to 16 is Sept. 25. Both programs begin at 5:30 p.m. at the CentraCare Health Plaza. For details, call (320) 251-2700, ext. 54631.

Cancer, Surgery Open House

Join us for the grand reopening of the Coborn Cancer Center and opening of the CentraCare Surgery Center - Health Plaza from 1-4 p.m. Sept. 16 at CentraCare Health Plaza. This family-friendly event includes free refreshments, door prizes and tours. Call (320) 255-5652 for details.

Fifth Annual Expo for Seniors

This free event from 8 a.m. to 1 p.m. Aug. 25 at Whitney Senior Center in St. Cloud provides seniors and adult children with information on senior resources available in the area. The expo features health care, housing, finance, fitness and safety vendors along with free lunch and health screenings. The keynote speaker is Jason Davis' "On the Road to Recovery." Call the Senior Linkage Line at 800-333-2433, for details.

Nicotine Dependence Program

Find success through a five-week program of personalized treatment, support group, medication therapy, relapse prevention and self-help. Call the Central Minnesota Heart Center at (320) 251-2700, ext. 57448, for details.

Bariatric Surgery Information Seminars

St. Cloud: Would you like to learn more about weight loss surgery? The next informational sessions are at 6:30 p.m. Aug. 6 and Sept. 10 in the Fireside Room at St. Cloud Hospital. To register for the free seminar, call (320) 251-5676.

Long Prairie: Would you like to learn more about the Lap-Band weight loss surgery? For more information about the next seminar, call (320) 749-2607 or e-mail mnsurgery@clearwire.net.

Visit www.centracare.com for more information about upcoming events at St. Cloud Hospital, Long Prairie Memorial Hospital, Melrose Area Hospital or clinics throughout CentraCare Health System.