

CENTRA CARE Health System

# SPOTLIGHT ON HEALTH

Volume 7, Issue 2 March/April 2008

## Baby your skin

Make routine checkups a part of your life

**10** Super  
Foods

## Hospital expansion

How does this affect your health care?

# What shape is your skin in?

## Regular checkups save lives

After her husband was diagnosed with basal cell carcinoma about four years ago, Kerri Dirkes of Sartell decided to have a mole checked.



**Kerri Dirkes**

It was her young daughter who brought the mole to Dirkes' attention. "When Zoey was only 1 year old, she would often pick on this mole on my stomach," said Dirkes, now age 29. "I didn't recall having that mole while I was pregnant."

At her annual skin check in December 2006, she mentioned that mole to Christina Anderson, M.D., a dermatologist from CentraCare Clinic.

"She took a biopsy and two days later called to tell me that I had cancer," Dirkes said. "I didn't realize at first how serious melanoma is. I thought she'd just be able to freeze it off and it would be done."

After several tests, lab work and X-rays, Dirkes was scheduled for surgery to remove the lymph nodes under her arms, in her right groin area and under her left breast. (This surgery is done to ensure that the melanoma has not spread to these areas.)

"It was a scary time for me and my family, but thankfully, the lymph nodes were clear," Dirkes said. "I had a wonderful team of professionals caring for me. They were all incredible."



**Karen Kruse**

After attending a friend's funeral in December 2007, Karen Kruse realized how blessed she was years ago to have been referred by her

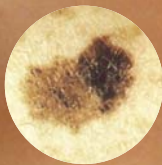
primary care physician for skin cancer checks. Her friend died from melanoma, a cancer with which Kruse, 52, recently was diagnosed.

"My doctors told me I was very fortunate it was found early or my prognosis could have been a lot worse," Kruse said.

After Kruse's annual skin check by Dr. Anderson in December 2007, results from a mole biopsy showed

## ABCDs of Melanoma

**A**symmetry



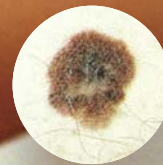
One half does not match the other half in size, shape, color or thickness.

**B**order irregularity



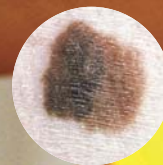
The edges are ragged, scalloped or poorly defined.

**C**olor



The pigmentation is not uniform. Shades of tan, brown and black are present.

**D**iameter



The mole's diameter is larger than a pencil's eraser.

Reprinted with permission from the American Academy of Dermatology. All rights reserved.

melanoma, which required surgery and a check of her lymph nodes. Thankfully, the lymph nodes were clear.

Kruse is a fair-skinned woman of Irish descent who grew up on a farm. Although she never was a “sun worshipper,” she did experience many sunburns as a child.

“I have been advised to use sunscreen every day and encourage everyone I see to wear sunscreen, to get their skin checked regularly and to be aware of any skin changes. Discovering skin cancer early can make the difference between life or a life-threatening situation,” Kruse added.

Skin cancer is the most prevalent of all types of cancers, affecting more than one million Americans every year.

Fair-skinned people who sunburn easily are at a particularly high risk for developing skin cancer.



## Skin cancer is the most prevalent of all types of cancers, affecting more than one million Americans every year.

### Types of skin cancer

**Actinic keratoses** appears as small, scaly spots most commonly found on the face, ears, neck, lower arms and back of the hands. Sunscreen can help prevent actinic keratoses even after extensive sun damage.

**Basal cell carcinoma (BCC)** appears frequently on the head, neck and hands, as well as other body parts, as a small, fleshy bump, nodule or red patch. Left untreated, the cancer often will begin to bleed, crust over, heal and repeat the cycle. BCC can extend below the skin to the bones and nerves, causing local damage.

**Squamous cell carcinoma** is typically located on the rim of the ear, the face, lips and mouth as a bump or red, scaly patch. It can develop into large masses and spread to other body parts.

**Malignant melanoma** is the most deadly of all skin cancers. It may appear suddenly or begin in or near a mole, or another dark spot on the skin. Excessive sun exposure is the most common cause.

#### **Melanoma warning signs include:**

- Changes in the surface of a mole.
- Scaliness, oozing, bleeding or the appearance of a new bump.
- Spread of pigment from the border of a mole into surrounding skin.
- Change in sensation, including itchiness, tenderness or pain.

CentraCare Clinic's board certified dermatologists:

- Christina Anderson, M.D.
- Barry LaBine, M.D.
- J. Daniel Mischke, M.D.
- Rachel Schuneman, M.D.

### Treatment of skin cancer

The best way to detect skin cancer is to develop a regular routine to inspect your body for any skin changes. It also is recommended to have an annual skin examination by your doctor and, most importantly, stay out of the sun.

If you are concerned about skin changes, please contact your primary care doctor or call CentraCare Clinic's Dermatology department at (320) 229-4924.

[www.centracare.com](http://www.centracare.com)

## Women's Health 101 Saturday, April 5, 2008

CentraCare Health Plaza  
8 a.m. to 2:30 p.m.

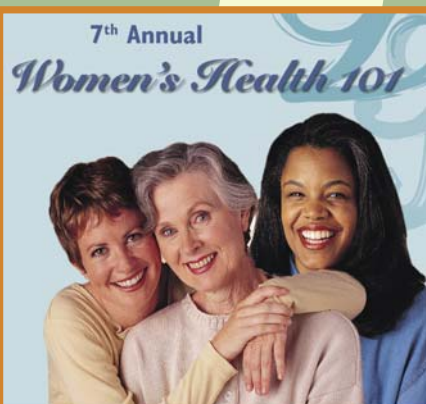
Booths and screenings available  
(blood pressure, cardiac risk  
assessment, cholesterol,\*  
glucose,\* hemoglobin)

*\*Limited to first 275 people.*

### Enjoy tours and presentations

on a variety of health-related  
topics of interest to women.

(Multiple presentation options each hour.)



Take a day for yourself  
or invite a friend and enjoy free  
screenings, presentations,  
booths and tours.

➤ Visit [www.centracare.com](http://www.centracare.com)  
for more detailed information.

## 'The day we go shopping & don't buy anything'

When Kirsten Stiegel took her 6-year-old daughter, Hailey, to their first Women's Health 101 event, she did it as a way for them to spend some time together. Now five years later, they keep coming back.

"We love visiting all the booths and find many of the presentations very interesting and educational for both of us," Kirsten said. "As she gets older, it gets more fun."

Last year, after attending a session on healthy eating, they went grocery shopping and put the ideas presented to use.

"The speaker was very enthusiastic about the topic and really got us excited about eating healthier. We still use this information today," Kirsten added.

Kirsten's mom, Karen, also has joined them several times and made it a three-generation event.

"One year, I encouraged my mom to go to a presentation about balance, and shortly thereafter, she enrolled in St. Cloud Hospital's Balance & Dizziness Program," Kirsten said. "We all have learned a great deal about our health and healthy habits."

Hailey calls it "the day we go shopping and don't buy anything."

CentraCare Health System presents the seventh annual Women's Health 101 from 8 a.m. to 2:30 p.m. Saturday, April 5, at the CentraCare Health Plaza, 1900 CentraCare Circle, St. Cloud. CentraCare Health Plaza is west of the intersection of Minnesota Highway 15 and County Road 134/20th Street North. (Register in River Entrance.) No pre-registration is necessary.

Participants can receive health screenings, attend presentations and visit educational booths for free, but are encouraged to give a \$5 donation for CentraCare Health Foundation's Women's Health Education Fund, which enhances women's health education and improves the delivery of women's health services in Central Minnesota.

Participants can come and go as they please. Breakfast and lunch are available from the Health Plaza Café.

The event is sponsored in part by St. Cloud Hospital Auxiliary, *Among Women* magazine, Mix 94.9 and the *St. Cloud Times*.

For more information, please check out [www.centracare.com](http://www.centracare.com) or call (320) 229-4980.

# 10 Top Super Foods

You are what you eat, so here is a list of the best nutritional choices to make for your body.

## Berries

**1** All berries contain lots of vitamins and fiber. They also are an excellent source of antioxidants, which help prevent cancer and heart disease.

## Citrus

**2** Loaded with Vitamin C, one serving of citrus meets your total daily needs. Citrus fruits provide flavanoids and fiber, which lowers production of cholesterol.

## Vegetables

**3** Partake in a “rainbow” of vegetables every day. Orange and yellow veggies promote healthy skin and hair, good vision and protect against cancer. Lycopene in tomatoes also fights cancer and promotes heart health.

## Whole grains

**4** Antioxidants, vitamin B and fiber are benefits of eating whole grains, which are shown to reduce the risk of heart disease, Type 2 diabetes and colorectal cancer.

## Salmon

**5** All fish are good sources of low-fat protein, but cold water fish such as salmon and mackerel contain Omega 3 fatty acids, which reduce risk of heart disease and cancer and decrease arthritis. Ground flaxseed or walnuts also contains Omega 3 fatty acids.

## Legumes

**6** Rich in folic acid, calcium, potassium, zinc, antioxidants and soluble fiber, legumes such as beans, peas, peanuts and lentils are truly super foods. They also contain “prebiotics” for beneficial bacteria growth in the intestine.

## Nuts and seeds

**7** Even though they are good for you, watch the quantity of nuts and seeds since they are high in calories. Sesame, pumpkin and sunflower seeds contain phytosterols, which are known to lower cholesterol.

## Lean protein

**8** You can choose from a variety of sources: fish, skinless chicken or turkey, pork tenderloin, lean beef, soy and low-fat dairy. These foods will help build and preserve muscle, make important enzymes and hormones, and provide a source of iron, selenium and zinc.

## Tea

**9** The second most popular drink in the world, tea has antioxidants, which help to prevent heart disease. And, tea has half as much caffeine as coffee.

## Olive oil

**10** As a monounsaturated fat source, olive oil may lower “bad” (LDL) cholesterol. It’s an excellent replacement for saturated fats, like butter, but it is high in calories, so limit intake.



## Earth Day Half Marathon Festival

Presented by the  
Central Minnesota Heart Center  
April 18 and 19 at  
St. Cloud State University.  
Call (320) 308-3325 or visit  
[www.earthdayhalfmarathon.org](http://www.earthdayhalfmarathon.org).

## CENTRACARE Health System SPOTLIGHT ON HEALTH

### MISSION STATEMENT

*The CentraCare Health System works to improve the health of every patient, every day.*

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Source: Diane Giambruno, R.D., Central Minnesota Heart Center at St. Cloud Hospital. For more information about nutritional education and dietary counseling, please contact the Central Minnesota Heart Center at (320) 656-7020.

# River Oaks *feels like home*

Providing a comfortable environment to ordinary people in extraordinary times is the mission of River Oaks Hospitality House.

Located on the campus of St. Cloud Hospital, River Oaks is a home away from home for patients and their families while they receive medical care in the St. Cloud community. St. Cloud Hospital is expanding, making it necessary to eliminate the current location of River Oaks.



**Vonnie Bangtson**

As a River Oaks volunteer for nine years, Vonnie Bangtson, a retired teacher, knows how important the house is to visitors. That's

why she made a generous gift to help construct a new hospitality house as soon as possible.

“There is such a need for a place like this for people to stay who are from out of town,” she said. “The people who stay here are so grateful they can stay in a place that is affordable and has such a wonderful homelike setting within walking distance from their loved ones in the hospital.”

Another nine-year volunteer, Kathy Terhaar, also made a generous donation to the project.

“It’s amazing how many people we get from outlying areas who stay here — elderly people who don’t drive, moms who have premature babies in the hospital,” Terhaar said. “The house often is full.



**Kathy Terhaar**

turn people away and wonder, ‘what will they do now?’ ”

*“It’s very heartbreaking to have to turn people away and wonder, what will they do now?”*

Currently, River Oaks must turn away many more people than they are able to accommodate. Building a new hospitality house creates the opportunity for River Oaks to more than double the current capacity from five to 12 rooms and improve its services. A new house will feature private bathrooms and localized thermostats for individualized comfort in each

bedroom. This is especially important for cancer patients who sometimes have difficulty regulating their body temperature. The new floor plan also will include larger common areas and cooking facilities.

It’s very heartbreaking to have to

turn people away and wonder, ‘what will they do now?’ ”

Thanks to gifts from benefactors such as Bangtson and Terhaar, CentraCare Health Foundation is on its way to raising \$2.5 million to construct a new hospitality house and to increase the operating endowment to help maintain the house and keep room rates affordable for guests.

If you are interested in making a gift to the River Oaks Hospitality House Fund, please visit

[www.centracare.com](http://www.centracare.com) and click on Foundation or call CentraCare Health Foundation at (320) 240-2810. If you are interested in more information about River Oaks Hospitality House, please call Sally Allen at (320) 251-2700, ext. 51774.



Artist rendition of hospitality house with room for expansion.



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## A private room *with a view*

Hospital wards, with rows of beds in large rooms, once were the standard of care. But today's patients (and those who care for them) prefer private rooms.

When St. Cloud Hospital's construction and renovation project is complete in 2011, patients can expect to be admitted to private rooms 98 percent of the time.

Those who come to visit those patients can expect to find convenient parking spots — and if they are coming to visit a new baby, a rehabilitation patient or a behavioral health patient, they will enter the hospital through a new entrance.

The first phase of the \$200 million project is expansion of the parking ramp on the south side of the hospital campus. The project is based on five priorities:

- Increasing the number of private rooms;
- Replacing the 25-year-old intensive care units;
- Enhancing the operating rooms to accommodate the latest technology;
- Updating and expanding units for OB/Gyn, cancer, heart and post-surgical patients;
- Adding significantly to parking capacity, expanding the warehouse and distribution center, and replacing the outdated and inadequate loading dock.

The hospital is paying for this project by:

- Selling tax-exempt bonds;
- Spending some reserve funds; and
- Seeking gifts from benefactors.



March-May 2008

## Upcoming Events

### Childbirth Education Classes

For details about classes offered by:

- St. Cloud Hospital, call (320) 229-5139;
- 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.

### Life Program

Beginning at 7 p.m. April 2, this doctor-monitored program gives you the knowledge needed to lose weight and to gain a lifetime of health through sound nutrition and lifestyle. The program fee includes an initial appointment with readiness screening, physical exam and lab work; seven two-hour weekly sessions; three books; and three individual coaching sessions. \$350 per person.

### Shapedown

A 10-week family-based weight management program for children and adolescents. Sessions are from 6-8 p.m. beginning April 10 for children ages 10 to 12 at CentraCare Health Plaza. Call (320) 229-5139 for details.

### Volunteer Welcome Sessions

Adult Volunteer Welcome Sessions are from 5-6:30 p.m. April 1 or May 2. Junior Volunteer Welcome Sessions are May 15. All are at St. Cloud Hospital. RSVP to (320) 255-5638 or e-mail [volunteer@centracare.com](mailto:volunteer@centracare.com)

### Living With Hope: Child & Adolescent Grief

From 7:30 a.m. to 4:30 p.m. April 16 at CentraCare Health Plaza, this conference provides health care providers, educators and parents with resources to best support grieving children and adolescents. Call (320) 255-5642 for more information.

## CENTRA CARE Health System

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### Bariatric Surgery Seminar

**St. Cloud:** Would you like to learn more about weight loss surgery? The next informational sessions are at 6:30 p.m. March 18, April 7, April 15, May 5 and May 20 in the Spruce Room, 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? Learn more at 6 p.m. every third Thursday of the month in Long Prairie. Call (320) 749-2607 to register for the free seminar.

### Child Passenger Safety

Sign up to have your car seat evaluated from 3-6 p.m. March 18, April 16 or May 20 at Gold Cross Ambulance. Call (320) 251-2700, ext. 54492, for an appointment.

### Osteoporosis & You

Learn easy prevention tips for you and your family, including nutrition, exercise and medications from 6:30-8:45 p.m. May 19 at CentraCare Health Plaza. Free as part of CentraCare Women's Health Education. Register by May 12 at (320) 229-5139.

### Central Minnesota American Heart Walk

Presented by the Central Minnesota Heart Center April 12 at CentraCare Health Plaza. For more information or to join a team call (763) 689-2906 or e-mail [natalie.carlberg@heart.org](mailto:natalie.carlberg@heart.org).

### Preparing for Menopause

Most women live one-third of their lives in menopause. Pre-menopausal symptoms may interfere with their quality of life. Learn about comfort measures, nutrition and hormone therapy from 6:30-8:30 p.m. April 21 at CentraCare Health Plaza as part of CentraCare Women's Health Education. Free. Register by April 14 at (320) 229-5139.

### Reproductive Medicine

This one-night program from 6:30-7:30 p.m. on the first Wednesday of each month gives an overview of the treatment available for couples having difficulty conceiving, experiencing multiple pregnancy losses or seeking donor insemination. Free. Call (320) 654-3630 for details.

### Spring Fling

The fifth annual Spring Fling will be 6 p.m. May 2 at the St. Cloud Holiday Inn & Suites. Proceeds will continue to enhance the mission of quality and dignified care for the residents at St. Benedict's Senior Community. Call CentraCare Health Foundation at (320) 240-2810 for tickets.

### Strength Training

An ongoing gentle weight-lifting program for women from 4:30-5:30 p.m. Tuesdays and Thursdays at Long Prairie Memorial Hospital's Conference Room. Cost is \$1 per session. Call (320) 732-3668 to register.

➤ Visit [www.centracare.com](http://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.