

CENTRA CARE Health System

SPOTLIGHT ON HEALTH

Volume 7, Issue 3 May/June 2008

Men, it's time to check it out

How a simple check-up could change your life

Making a splash!

Expanded rehabilitation area has made a big difference in families' lives

Making a splash!

Care goes swimmingly for young patients with early intervention by St. Cloud pediatric physical therapy team

By Andra Van Kempen-Middlestaedt

At age 7, Kaya Inkster has been subjected to scores of medical tests.

To look at her, you'd have no idea the number of health issues she's has struggled. Her parents, Brianna and John Inkster of St. Cloud, credit how far Kaya has come to the early intervention by the St. Cloud Hospital pediatric physical therapy (PT) team, which started treating Kaya's torticollis (a weak or crooked neck) when she was 6 months old.

"Starting PT so early has been Kaya's saving grace," Brianna said.

Kaya and her twin sister, Ellie, were born prematurely at 33 weeks gestation at St. Cloud Hospital. After the twins were discharged, the Neonatal Intensive Care Unit follow-up clinic monitored the girls through age 4 and addressed concerns as they arose.

"We started noticing differences between them. Ellie started flopping around like a fish and eating solids, Kaya was sleepier making nursing difficult," Brianna said.

Kaya's parents also noticed she wasn't using her right side, so she began occupational therapy at 9 months.

Kaya was one of the first patients to undergo constraint-induced therapy, which forced her to use her right hand by confining her left hand in a mitten.

She was diagnosed with cerebral palsy at age 1. Dystonia, a rare neuro-muscular disorder similar to Parkinson's, was diagnosed at age 3. As a result, speech and eating became difficult. Because she is unable to digest food, Kaya had a jejunum tube placed into her small intestine to provide nutrients. Kaya also is immune deficient requiring Immunoglobulin therapy every 21 days via infusion in the Pediatric Short-Stay Unit at CentraCare Health Plaza. As a result of all the different procedures, Kaya suffers from anxiety and sleep problems.

With the recent expansion of the pediatric rehabilitation clinic and pediatric behavioral health clinic at CentraCare Health Plaza, the Inksters are able to get all of Kaya's care under one roof.

"We can spend anywhere from 10 to 15 hours a week at the Plaza," Brianna said. "She sees physical, speech and occupational therapists, a dietitian, a child-life specialist, an allergist, behavioral health professionals, as well as her primary pediatrician."

The Inksters like the privacy of the expanded space and quiet environment. The new viewing rooms allow them to observe Kaya without distracting her. But their favorite addition is the heated therapy pool. "The pool is suited to her condition and provides resistance and strengthening with less strain on her body," Brianna said.

"Kaya's care is complex. The communication here has been wonderful. With this being our 'medical home,' Kaya's care plan is accessible to all of her providers," Brianna said.

"Kaya looks good for a reason. We have a good team."



Kaya Inkster with Cathi Thompson, St. Cloud Hospital physical therapist, in the new heated therapy pool.

A check-up today keeps the doctor away

22-year-old: Cancer doesn't equal death

By Chris Nelson

In spring 2004, Nick Warren graduated from Sartell High School and was just weeks away from fulfilling his dream — joining the U.S. Air Force. Shortly before he was to be sworn in, he was diagnosed with testicular cancer. His plans were put on hold.

His symptoms started as a dull pain in his right testicle that became more and more uncomfortable. He noticed one testicle was larger and more tender than the other.

"I felt like I'd been kicked there," Warren said. "I knew something was wrong so I made a doctor's appointment. I went alone because I was too embarrassed to tell my parents."

Warren saw Douglas Brew, M.D., CentraCare Clinic - Heartland, his primary physician since childhood. Brew examined Warren and sent him immediately to St. Cloud Hospital for an ultrasound. He had the results in three hours.

It looked like cancer.

"I couldn't believe this was happening," Warren said. "I wanted to do this myself, but when I realized how serious it was, I wished I'd brought my mom."

The next day, Warren saw urologist Gregory Parries, M.D., Adult & Pediatric Urology, who told Warren he could perform surgery that day.

In a 45-minute outpatient procedure, Warren's right testicle was removed.

After surgery, Warren became a patient of medical oncologist Hani Al-Khatib, M.D., Coborn Cancer Center. His treatment included two cycles of chemotherapy.

"Testicular cancer has one of the highest cure rates of all cancers; higher than 90 percent," Al-Khatib said. "If the patient has been cancer-free for two years, we consider him cured. We check every year from then on."

Warren was declared cancer-free Oct. 26, 2006. He is a typical 22-year-old who attends St. Cloud Technical College and is majoring in advertising.

"My advice to others would be to make sure to check yourself routinely, and don't be embarrassed if you find something," Warren said. "Make sure you let someone know and get to a doctor as soon as possible. Having cancer does not equal death."

Compared with other types of cancer, testicular cancer is rare. Yet it is the most common cancer in American males between the ages of 15 and 34. In the United States, from 8,000 to 9,000 cases are diagnosed each year. Because early detection is critical, experts recommend monthly testicular self-examination after a hot shower or bath, when the scrotum is looser. Men should examine each testicle, feeling for pea-shaped lumps.

"...check yourself routinely, and don't be embarrassed."



Photos by Troy Lochner. Nick Warren is an intern at Quarter Ton Productions assisting with video shoots.

A real voice for a rare condition

CentraCare Clinic Genetics Program answers questions

By Deb Paul

When Jill and Pat Klasen celebrated the birth of their third child, Ben, in November 2005, the experience seemed as normal as with their first two children (Rachel, now 8, and Jack, 6).

But differences in Ben's development during his first year caused concern.

"He didn't reach the normal stages like rolling and bearing weight on his legs. Instead we noticed he was more floppy," Jill said.



Ben Klasen

At Ben's six-month check-up, his doctor suggested he start physical therapy to develop his muscle tone. She also noted that Ben's chest wall was indented. In the next few months, Ben visited a pediatric neurologist and chiropractor. Still no answers.

In October 2006, St. Cloud Hospital Physical Therapist Tracy Arduser evaluated Ben. She noticed Ben's loose skin, gross motor delays, flat feet and inefficient respiratory patterns

and contacted David Tilstra, M.D., genetic specialist with CentraCare Clinic. Dr. Tilstra saw Ben the next day. After running multiple blood tests, Dr. Tilstra was able to rule out many possible conditions, but still didn't have an answer until January 2007.

After further research, Dr. Tilstra suspected cutis laxa, a rare genetic connective tissue disorder that can affect the heart, lungs and digestive system and cause bone abnormalities.

Ben also has a condition in which mucus blockage enlarges his respiratory passages. Ben's other related conditions include an indented chest and weak ankles.

Dr. Tilstra referred the Klasens to a subspecialist in Chicago. They also discovered Cutis Laxa International, a support group

based in France, which connected the Klasens to other families around the world. Through this connection, the Klasens, of Albany, became part of a study conducted by a St. Louis research physician.

"From the looks of shared photos and information from support group members, we can be thankful that Ben seems to have a very mild case of Cutis Laxa," Jill said.

Ben undergoes physical, occupational and speech therapy three days a week. He also gets daily antibiotic and nebulizer treatments to avoid bronchial infection. The therapy has paid off; Ben started to walk at 18 months of age and now is starting to talk.

"Overall, he looks like a normal little guy who is usually pretty happy — especially when he gets to watch Elmo," Jill said. "We are very grateful to have someone like Dr. Tilstra and the genetics team in this area. Had we not been given a medical diagnosis, I do not believe Ben would developmentally be where he is today. Knowing his disorder helps us to stay on top of any other problems he may encounter in the future."

CentraCare Clinic's **Birth Defects and Genetics Program** is a resource for families and health care professionals to aid in the diagnosis and management of genetic conditions and birth defects.

The **Familial Cancer Clinic** serves as a resource and information center for families and individuals with concerns about their genetic risk of cancer.

Genetic counseling provides information and support to individuals and families with genetic conditions or birth defects, or to individuals or couples who have an increased chance of having a child with a genetic condition or birth defect.

For information, contact (320) 654-3654.

"Overall, he looks like a normal little guy who is usually pretty happy."

Dreaming of a good night's rest?

By Andra Van Kempen-Middlestaedt

Thanks to her husband ratting her out, Cindy Johnson, 50, of Dassel, now can look forward to getting a good night's sleep.

It all started at a routine physical this January when her doctor discovered that Cindy's blood pressure was abnormally high. While discussing her health, her husband, Ron, informed the doctor that Cindy snored horribly and sometimes stopped breathing while asleep.

Cindy knew that her snoring had gotten worse. She even suspected sleep apnea, a condition in which breathing stops briefly during sleep. While recovering after surgery, once in 2001 and again in 2002, her oxygen levels dropped. It was recommended Cindy be tested for sleep apnea, but at the time she didn't see it as important.

"I didn't realize the ramifications of not getting treated," Cindy said.

Sleep problems have been linked to high blood pressure, cardiovascular disease and congestive heart failure.

What she did notice was the lack of energy.

"Snoring woke me up at night. In the morning I was still tired and my throat hurt," Cindy said. "At a previous desk job, where there were long stretches of sitting, I struggled to stay awake."

Cindy is not alone; more than 100 million Americans of all ages regularly fail to get a good night's sleep.

After learning of Cindy's sleep issues, her physician ordered a sleep test at the St. Cloud Hospital Sleep Center. Cindy's test came back positive for obstructive sleep apnea (OSA), which typically occurs when the breathing passage narrows significantly and causes breathing difficulty. This can happen hundreds of times per night. To treat her



Cindy Johnson, diagnosed with Obstructive Sleep Apnea, recently underwent a sleep study.

OSA, Cindy was fitted with a mask to force air into her nose while sleeping. Other treatment options include surgery or use of oral appliances, which keep the airway open by holding the tongue or jaw forward.

Fortunately for Cindy, she caught her problem in the early stages. Now, both she and her husband can rest easy.

Warning signs of sleep apnea:

- Loud, frequent snoring
- A pattern of snoring interrupted by pauses, then gasps, is a sign that breathing stops and restarts
- Excessive daytime sleepiness
- Trouble concentrating, or becoming forgetful, irritable, anxious, or depressed
- Morning headaches or nausea

How sleepy are you? Visit www.centracare.com and take the Epworth Sleepiness Scale.

Sleep Center open house

Join us for the St. Cloud Hospital Sleep Center's open house from 4-6:30 p.m. Thursday, May 15, located at 1586 County Road 134 (near the CentraCare Health Plaza campus).

The Sleep Center was the first accredited sleep center in Central Minnesota with multi-specialties including ear, nose, throat, pulmonary and neurology. It offers:

- testing, diagnosis and treatment for adults and adolescents
- one of the largest sleep centers in Minnesota with eight beds
- board-certified physicians and registered technologists

For more information, please call (320) 251-0726.

Give and you shall receive

By Chris Nelson

"We feel so fortunate and truly blessed for what we've been given" is the philosophy of George and Shirley Torrey. "To give back to others for what we've been given — to give others a chance, is what is important to us," George said. "Giving has only added happiness to our lives."

George and Shirley live by their words and generously support health and education.

In January, the Torreys committed an estate plan to provide a substantial gift to CentraCare Health Foundation, requesting that their donation go to the Central Minnesota Heart Center at St. Cloud Hospital, the CentraCare Diabetes Center, Coborn Cancer Center and St. Cloud Hospital Behavioral Health.

"Having this great health care facility is such a gift," George said. "Shirley and I have both received such wonderful care from CentraCare. We are so proud to have such top-class health care right here in St. Cloud."

The Torreys have a special place in their hearts for Clara's House, an outpatient treatment facility for children and adolescents with chemical dependence or behavioral health issues. In 2003, they gave money to build a multi-purpose gymnasium for the children who visit Clara's House. The gift was in memory of their son David, who died in August 1993.

"Clara's House kids have a unique opportunity to use physical activity and recreational therapy to recover from mental health challenges and chemical dependency," said Susan Fuchs-Hoeschen, a clinical social worker there. "Their play is their work and the gifts provided by the Torreys allow us to offer kids a chance to heal."

In September 2007, Shirley gave an additional contribution to construct a playground structure at Clara's House. She dedicated it to her son and named it "David's Place."

"We know the importance of Clara's House because of David," she said. "We have such wonderful memories of him, he added so much to our lives. When you lose someone you love, it becomes so important to keep their memory alive. If I can help even one family, my mission is accomplished," she said.

The Torreys are generous with their money and with their time. George, who was president and chief operating officer of Herbergers, retired in 1994 after 23 years.

He has and still serves on numerous non-profit boards, including the Central Minnesota Community Foundation, Boys & Girls Club, CentraCare Health System, St. Cloud Hospital, Gustavus Adolphus College, St. Cloud State University Foundation, United Way and LEAF.

"I strongly believe that people need to lead by example," he said. "When I'm working on a capital campaign, I have to be the first to give. And, because I believe strongly in the cause, I don't mind asking others to give."

If you are interested in making a gift to CentraCare Health Foundation, please visit www.centracare.com and click on Foundation or call (320) 240-2810.

"Giving has only added happiness to our lives," said George Torrey.



George and Shirley Torrey



Riley Dalby, 9 of Sartell, was the first client at Clara's House to use the new playground "David's Place."

Open house
Sunday, June 1

You can have it all!

at St. Benedict's Senior Community

St. Benedict's Senior Community - Monticello provides exceptional housing and health care services for adults 62 years of age or older. Our recent expansion features exciting new amenities such as a movie theater, chapel for all faiths, fitness center, general store, club room and large outdoor courtyard.

Join us for an open house from 11 a.m. to 3 p.m. Sunday, June 1, to see the new addition and to tour our new facility.

St. Benedict's Senior Community - Monticello is conveniently located just off I-94, near the Super Target.

If you are unable to attend the open house, please call (763) 295-4051 for a free DVD or to schedule a private tour with a free lunch or visit

➤ www.centracare.com.



*In the Nation's
Top 100 — Again!*

St. Cloud Hospital ranks in Top 100

St. Cloud Hospital is one of the nation's 100 Top Hospitals® for 2007 in the "teaching hospitals" category. The recognition comes from Thomson Healthcare, a leading provider of information and solutions to improve the cost and quality of health care. In the Top 100 program's 15 years, St. Cloud Hospital has been recognized six times — in 1993, 1994, 1999, 2005, 2006, and 2007 and is one of only two Minnesota hospitals recognized for this award.

Clarification: A story on Page 6 of the March/April edition of Spotlight on Health should have stated that St. Cloud Hospital must ask the city to rezone a parcel of land on the corner of 14th Street, between Sixth and Seventh avenues, where hospital officials hope to build a new hospitality house. The story also failed to mention that the hospital is working with residents of the Northside-Hester Park Neighborhood on design of the proposed facility.

Correction: In the March/April 2008 Spotlight on Health publication, Dr. Rachel Schuneman's name was inadvertently omitted from the list of board-certified dermatologists included in a story about skin cancer. We extend our sincere apologies to Dr. Schuneman.



Helmets are available for purchase for \$10 at Whitney Recreation Center. Fitting included. Sponsored in part by CentraCare Health Foundation. Call (320) 259-5613 for details.

CENTRACARE Health System SPOTLIGHT ON HEALTH

MISSION STATEMENT

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If you have questions or comments, please contact Andra Van Kempen-Middlestaedt at (320) 251-2700, ext. 71386, or VanKempen-Middlestaedt@centracare.com.

May-June 2008

Upcoming Events

Bariatric Surgery Information Seminars St. Cloud

St. Cloud: Would you like to learn more about weight loss surgery? The next informational sessions are at 6:30 p.m. May 5 and 20, June 2 and 17, and July 7 and 15 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 at Long Prairie Memorial Hospital. Call (320) 749-2607 to register for the free seminar.

Peripheral Artery Disease

If you experience pain or cramps in your legs after walking, peripheral artery disease could be the cause. Wade Schmidt, M.D., of the Central Minnesota Heart Center, will discuss the disease, causes, symptoms and treatment options from 7-8:30 p.m. May 12 at CentraCare Health Plaza. Contact hours available. Register at (320) 229-5139 at least one day before the program. Free.

Maximizing Your Doctor Visit

Learn tips for patients and reminders of what to bring to appointments from 6:30-7:30 p.m. May 13 in the CentraCare Diabetes Center Classroom at CentraCare Health Plaza. Free. Sponsored by CentraCare Diabetes Center.

Osteoporosis & You

Learn 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. Part of CentraCare Women's Health Education. Register at (320) 229-5139.

Child Passenger Safety

Sign up to have your car seat evaluated from 3-6 p.m. May 20, June 18 or July 15 at Gold Cross Ambulance. Call (320) 251-2700, ext. 54492, for an appointment.

CENTRA CARE Health System

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Largest Parade of Bikes

Help to break the Guinness Book of World Record's largest parade of bikes. Beginning at 2 p.m., June 28, Whitney Fields, St. Cloud Register online at www.BLENDcentralMN.org. Sponsored by BLEND (Better Living: Exercise & Nutrition Daily).

Relay for Life

Relay for Life St. Cloud is June 13-14 at Apollo High School. This unique overnight event raises money for cancer research, education, advocacy and service. Honor someone you love by being a team captain or member. Call (320) 251-2700, ext. 71392, for details. Sponsored in part by Coborn Cancer Center.

Clara's House Benefit

The Clara Foundation presents a benefit June 20 in Glenn Carlson Hall, St. Cloud Civic Center beginning with a viewing gallery of children's artwork from Clara's House. The noon lunch features William C. Moyers, author of "Broken" and Vice President of External Affairs for the Hazelden Foundation. Proceeds will benefit the Therapeutic Arts program at Clara's House. Contact Julie Bartos at (320) 229-4975 for details.

Art Therapy for Cancer Survivors

Using space as a metaphor, create a Relationship Solar System to learn how close you feel to people in your life. Class is from 9:30-11 a.m. June 23 and is open

to cancer patients and caregivers. No art experience is necessary and all supplies will be provided. Class will be in the Chemotherapy Classroom of Coborn Cancer Center at CentraCare Health Plaza. Cost is \$10 per person. Please call (320) 229-4907 to register.

Reproductive Seminar

This one-night program from 6:30-7:30 p.m. May 14, June 4 or July 2 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.

Families with Special Needs Children

Families of children with special medical needs are invited to attend the CentraCare Family Connection - Families Special Health Care Needs Network meeting. The group meets from 7-9 p.m. the third Tuesday of each month at CentraCare Health Plaza. Contact John and Brianna Inkster at (320) 230-2068 for details.

Intervention Workshop

Worried about a loved one's possible addictions? Learn how to get them help for possible alcohol, drugs or gambling addictions. Free Intervention Workshop the first Saturday of each month from 9 a.m. to noon at Recovery Plus, 713 Anderson Avenue, St. Cloud. Call Don Glatzmaier at (320) 229-3762, ext. 23801, for details.

 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.