



CENTRA CARE Health System

# SPOTLIGHT ON HEALTH

Volume 6, Issue 5 October/November 2007

**BLENDing nutrition  
and excercise  
for healthier kids**

**Cancer Center expansion  
better serves patients**

# it's *all* about you

## Coborn Cancer Center expansion better serves patients

The Cancer Center offers outpatient chemotherapy, radiation therapy and a hematology/oncology clinic. As the only specialty center exclusively dedicated to the treatment of cancer in the 12-county area, the Coborn Cancer Center has nearly doubled its size to 44,326 square feet. This expansion is vital for providing optimum care for cancer patients.

“This place just keeps getting better,” said Karen Jurgens, who is undergoing treatment for multiple myeloma. “What a wonderful change! I have been a patient at the center since 2002 and have watched as it was stretching at its seams. The new waiting area provides a feeling of warmth and calmness. We are so fortunate to have the latest technology available locally.”



### *Resource Center and Library*

The expanded Resource Center and Library is a hub for cancer patients, professionals and the community. The literature available, as well as Internet access, help cancer patients and their loved ones find information about their diagnosis and ways to cope with their illnesses. These resources were made possible by a gift from the Bauerly Families/MDU Foundation.

“The Resource Library now is more visible and is a comfortable place that can be easily accessed by patients or caregivers while they are waiting,” Jurgens said.

### *Cancer Survivorship*

In 2006, Coborn Cancer Center created the Cancer Survivorship Network to enhance the support for patients and their families who have experienced a cancer diagnosis. The program goal is to provide comprehensive services for people surviving cancer in Central Minnesota. Jurgens understands the need for the Survivorship Network.

“Providing the necessary scientific medical care is paramount to recovery. In addition, addressing the needs of the whole person — body, mind, emotions and spirit — is important for restorative healing of both patients and their caregivers,” Jurgens said.

### *Radiation Oncology*

Radiation is one of three main ways of treating cancer, the other two being chemotherapy and surgery. Sometimes these treatments are given in conjunction with each other and other times they are given separately. Approximately 500 cancer patients receive radiation each year at the Coborn Cancer Center. Some of the more common diagnoses are cancers of the breast, prostate, lung, brain, and head and neck.

Coborn Cancer Center offers the latest technology for patients who undergo either external beam therapy or High Dose Rate (HDR) brachytherapy. With external beam therapy, the patient is treated from several different angles using a High Energy Linear Accelerator. The goal is to focus the radiation on the tumor while sparing the normal healthy tissues as much as possible. With (HDR), the cancer is treated directly by placing the radiation source inside the patient, rather than treating from the outside, allowing even more healthy tissue to be spared. Early stages of breast cancer can be treated with the new MammoSite technique using HDR.

### *Research studies*

The oncology doctors participate in cancer research studies to provide patients with prevention trials, control studies and

chemotherapy and radiation trials. Within the past year, the medical oncologists began to offer newly approved chemotherapy, biologic and targeted therapies for advanced renal cell cancer, metastasis colorectal cancer, breast cancer, lung cancer, multiple myeloma and myelodysplastic syndrome.

### Care Coordination

Patients facing a new diagnosis of lung cancer quickly find themselves facing a tremendous number of critical and often times frightening decisions. Approximately four people are diagnosed with respiratory cancer every week. In January 2007, Debbie Corrigan, R.N., became

the lung cancer care coordinator to help patients navigate the complex diagnosis and treatment journey.

“I work with clinics to expedite scheduling, obtain records and educate patients about available support services,” Corrigan said. “Early involvement greatly impacts patient and family satisfaction.”

“Many people don’t realize what an asset the Cancer Center and the hospital is,” said David Hoiium of Foley, a lung cancer patient at Coborn Cancer Center. “They really know what they’re doing. I feel like I get special care here — that I’m not just a number.”

**Support from the community, funded through CentraCare Health Foundation, has impacted a variety of areas within the Coborn Cancer Center. To support this program, contact the Foundation at (320) 240-2810 or [www.centracare.com](http://www.centracare.com).**



Top: Debbie Corrigan, R.N., Coborn Cancer Center; lung cancer coordinator; talks with David Hoiium, a lung cancer patient. Bottom: Visual therapy images transform the environment to a relaxing space for healing.

## New outpatient surgery center opens

Experience a whole new environment for surgery at the newly built CentraCare Surgery Center - Health Plaza. Some highlights include:

- Four state-of-the art operating rooms with equipment booms, flat panel monitors and video integration technology.
- Private preoperative and postoperative patient rooms.
- Integrated patient monitoring system and electronic medical records.
- Skilled staff providing safe and efficient care.
- Convenient parking for patients.
- Spacious, comfortable waiting room reflecting the natural, healing environment with a children’s play area, quiet family rooms and computer kiosk with Internet access.

## 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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# Better care Better treatment Better future

## New breast cancer treatment

When Ramona Mohs, 91, was diagnosed with breast cancer in April 2007, she was given the option of being the first patient at Coborn Cancer Center to be treated with MammoSite® 5-Day Targeted Radiation Therapy. Coborn Cancer Center is the first in the area to offer this option to breast cancer patients.



Ramona Mohs

“What a blow at my age to be told I have breast cancer,” Mohs said. “I am very fortunate that I was a candidate for the MammoSite procedure. I wouldn’t have considered having a mastectomy, but a lumpectomy was something I thought I could handle,” she said. “The MammoSite procedure significantly shortened the time I spent in the clinic and allowed me to get back to my normal, active life again.”

MammoSite® 5-Day Targeted Radiation Therapy allows many patients with early-stage breast cancer, who are candidates for a lumpectomy, to receive targeted radiation in just five days versus 35 days.

“Ramona was a perfect candidate,” said Maria Mallory, M.D., a surgeon from



Maria Mallory, M.D.

CentraCare Clinic. “Having a lumpectomy involves surgical removal of the entire tumor in the breast, while leaving as much normal breast tissue as possible.”

After a breast cancer patient undergoes a lumpectomy, the MammoSite balloon catheter is inserted internally, delivering radiation directly to the tissue surrounding the original tumor.

“I didn’t have a bit of discomfort or any side effects,” Mohs said. “It was a piece of cake”.

“The MammoSite treatment targets radiation to the area where tumors are most likely to recur, while minimizing exposure to healthy tissue,”



Barbi Kaplan-Frankel, D.O.

said Barbi Kaplan-Frankel, D.O., medical director of Radiation Oncology, Coborn Cancer Center at CentraCare Health Plaza.

For more information, contact Coborn Cancer Center at (320) 229-4907.

## CentraCare Health Foundation thanks fundraising event sponsors:

### Chip'n in for Kids Cancer:

- Bernick's Pepsi,
- Coborn's Inc.
- Crystal Farms
- Kemps
- Pan-O-Gold Baking Co.
- SuperValu
- Viking Coca-Cola



## St. Cloud Hospital leads performance improvement

St. Cloud Hospital was named one of the nation’s top performance improvement leader hospitals by Thomson Healthcare, a leading provider of information and solutions to improve the cost and quality of health care.

The award recognizes the top 100 hospitals making the greatest progress in improving hospital-wide performance during five consecutive years (2001-2005). Improvements are measured in clinical outcomes, safety, hospital efficiency, financial stability and growth.

## St. Cloud Hospital makes national orthopedics list

St. Cloud Hospital was named in U.S. News & World Report’s 2007 edition of America’s Best Hospitals in the orthopedic specialty list.

America’s Best Hospitals screened more than 5,462 hospitals and medical centers – virtually all hospitals in the United States. The rankings weigh three elements equally: reputation, death rate and a set of care-related factors such as nursing and patient services.

“Inclusion in this list is recognition that our caring, skilled professionals are committed to providing quality care,” said St. Cloud Hospital President Craig Broman.

# BLENDing nutrition and exercise for healthier kids

Daycare provider Lorel Mainz jumped at the chance to participate in a program to educate parents and children about the importance of nutrition and exercise.

“I heard about this pilot program at a meeting for child care center directors and was very excited to become a part of it,” Mainz said.

The program is made possible through an initiative called BLEND (Better Living: Exercise & Nutrition Daily) which is funded by the CentraCare Health Foundation. BLEND is designed to improve the health of area children by addressing the problem of childhood obesity.

More than 300 children from five St. Cloud area daycare centers are involved in the 13-week pilot program. Children and parents in this program will receive weekly BLEND activities that educate and demonstrate healthy activities and good nutrition choices. Participants will complete surveys at the beginning and end of the 13-week period to gather information on current family habits and how the BLEND pilot program can positively impact family behaviors.

With the children in her daycare center, Mainz knows that too often many families don't have the information or take the time in the bustle of daily life to consider the impact of their choices.

“It is great to be able to share more information with my daycare families to help them instill the importance of good nutrition and exercise into their children's lives,” she added.

Nearly one in five children ages 6 to 11 in the United States are considered overweight according to 2004 data from the Centers for Disease Control and Prevention. Statistics show that children who are overweight are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

It's facts like this that have area pediatricians collaborating with BLEND to develop a standard tool to identify at-risk behaviors in children likely to become overweight.

“We often remind parents to limit the time that children watch television, play video games or surf the Web to no more than two hours per day,” said Pediatrician William Hicks, M.D., CentraCare Clinic. “But most importantly, parents must be good role models for their children.”

If you would like to learn more about this program, check out [BLENDCentralMN.org](http://BLENDCentralMN.org) or contact Jodi Rohe, BLEND project coordinator, at (320) 251-2700, ext. 59206; [rohej@centracare.com](mailto:rohej@centracare.com) or CentraCare Health Foundation, 1406 Sixth Ave N, St. Cloud, MN 56303.

For a list of BLEND partners, visit [www.BLENDCentralMN.org](http://www.BLENDCentralMN.org).





# Now I lay me down to sleep

Services offered to help ease grief of miscarriage, stillbirth and pediatric death

Noah Howard Hortsch was born at St. Cloud Hospital to Jami and Adam Hortsch of Sartell at 23 weeks gestational age on April 20, 2005. He weighed 1 pound, 4½ ounces, and lived for eight hours. The heart-wrenching decision to remove the ventilator and tubes was made by his parents when it became apparent that no matter what measures were taken, Noah would not survive.

“I am so blessed to have been able to hold him and love him as he passed away peacefully in my arms,” Jami said. “I would never trade those eight hours for anything. In that moment, all he felt was my warmth and my love. Even though he was such a

heroic fighter, the little extra time that we might have gotten with him was not worth the pain and suffering that he was going through.”

Family and friends are encouraged by the staff to spend time alone with their deceased baby, to hold and name him or her, and take photos. A blanket and clothing is provided if desired for each baby. A cast of the footprints or handprints are made to be kept as a cherished keepsake for the family.

After Noah died, the Hortschs received a Gabriel box donated by Trinity Lutheran Church in Sauk Rapids. A Gabriel box includes a stuffed toy lamb, a book on grief, a little scissors

and bag for a lock of hair, a disposable camera and a card from Trinity Lutheran. Noah was bathed, diapered, dressed and wrapped in a blanket and given to his family to hold.

“We held him and held him and held him,” Jami said. “They dressed him in preemie pajamas, a hat and booties, and wrapped him in a blanket. I appreciated that. It somehow gave him his dignity. Loss is loss and grief is grief and it is very painful no matter how far along or how old your baby is. In telling the story of Noah, I can work it out and somehow find healing. If one person reads this story and gets something out of it, that helps me,” Jami said.

On April 2, 2006, Jami gave birth to Noah's little sister, Nilah Hortsch. Born five weeks early, Nilah spent eight days in the Neonatal Intensive Care Unit (NICU) at St. Cloud Hospital.

"Noah is as much my son as Nilah is my daughter," Jami said. "It's important that Noah is remembered. He is and always will be my firstborn, my baby boy and our forever angel."

"When a pregnancy loss occurs, at any gestational age, it is the loss of a baby, the loss of dreams. It can be a lonely, emotional road for families," said Terri McCaffrey, R.N., Resolve Through Sharing (RTS) nurse case manager at St. Cloud Hospital. "Grief and loss take time to resolve."

### RESOLVE THROUGH SHARING

When babies less than 20 weeks gestational age are miscarried, the RTS Bereavement group assists the Family Birthing Center staff in helping families deal with the loss. If the family wishes, chaplains also assist with spiritual needs.

Since the Sisters of the Order of St. Benedict founded the hospital in 1886, St. Cloud Hospital has provided burials for miscarried babies. Through the RTS Bereavement program that started in 1988, St. Cloud Hospital hosts services for miscarried babies at Calvary Cemetery in May and October. This provides parents and loved ones the opportunity to remember their babies through prayer, song and mementoes.

### STILLBIRTH PROGRAM

The CentraCare Stillbirth Program is an extension of the RTS bereavement group. The stillbirth program is for families who experience the loss of a baby of at least 20 weeks gestation through a full-term pregnancy. The

focus of the program is to help families find answers for why their baby died as a stillbirth or newborn death. Both programs assist the parents and families through the grief process.

To learn more about other bereavement services at St. Cloud Hospital, call the Family Birthing Center at (320) 251-2700, ext. 53528, or Spiritual Care at (320) 251-2700, ext. 54621.

### BEREAVEMENT SUPPORT GROUP

St. Cloud Hospital sponsors a bereavement support group for people struggling with grief resulting from miscarriage, stillbirth or newborn death. This free, non-denominational support group meets from 7-8:30 p.m. on the second Monday of each month in the Maple Room in St. Cloud Hospital's Conference Center. For more information, call (320) 251-2700, ext. 53528.

### NOW I LAY ME DOWN TO SLEEP

The Family Birthing Center at St. Cloud Hospital offers the Now I Lay Me Down to Sleep program. This non-profit organization assists families suffering an early infant loss. At a family's request, a photographer affiliated with the program will come to the hospital and conduct a free portrait session. Parents are provided with an archival DVD or CD that can be used to print portraits of their cherished baby. These services are available for infant loss as early as 20 weeks gestation.

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*"Loss is loss  
and grief is grief  
and it is very painful  
no matter how far  
along or how old  
your baby is."*

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Adam, Jami and Nilah Hortsch

October 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.

### Breast Cancer Awareness

In honor of Breast Cancer Awareness Month, Currey's Photography in St. Cloud is offering \$50 family portrait sessions during October. Proceeds benefit the St. Cloud Hospital Breast Center. Schedule a session at (320) 253-4099.

### Nicotine Dependence Program

Quit tobacco through a five-week group session starting Oct. 22 led by experts from the Central Minnesota Heart Center. Find success through the program's personalized treatment, support group, medication therapy, relapse prevention and self-help plan. Call (320) 251-2700, ext. 57448, for details.

### Volunteer Welcome Sessions

Thinking about volunteering at St. Cloud Hospital? Learn more from 10 a.m. to noon Nov. 1 and 2-4 p.m. Dec. 3. RSVP to (320) 255-5638 or e-mail [volunteer@centracare.com](mailto:volunteer@centracare.com).

### Bariatric Surgery Seminar

Would you like to learn more about weight loss surgery? Darren Glass, M.D., or Matthew Bettendorf, M.D., of Central Minnesota Surgeons, will provide an overview of the procedure at St. Cloud Hospital, a Bariatric Surgery Center of Excellence. Informational sessions are at 6:30 p.m. Nov. 5, Nov. 20, Dec. 3 and Dec. 18 in St. Cloud Hospital's Fireside Room. To register for the free seminar, call (320) 251-5676.

## CENTRA CARE Health System

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### Ovarian Cancer News

Tim Brown, president of the Central Minnesota Chapter of the National Ovarian Cancer Coalition, will present the latest information on ovarian cancer from 7-8:30 p.m. Nov. 12 at CentraCare Health Plaza as part of CentraCare Women's Health Education. Contact hours are available. Register by Nov. 11 at (320) 229-5139. Free.

### Operating Room Open House

Give your family a fascinating behind-the-scenes look at St. Cloud Hospital's operating rooms from 6-8:30 p.m. Nov. 15. Sponsored by the St. Cloud Hospital Perioperative Nurses. Tours begin in A Lobby. Call (320) 255-5652 for details.

### Child Passenger Safety

How safe is your child seat? Sign up to have your car seat evaluated from 3-6 p.m. Nov. 15 at Gold Cross Ambulance. Call (320) 251-2700, ext. 54492, for an appointment.

### Preparing for Menopause

Pre-menopausal symptoms may interfere with the quality of your life. Learn about comfort measures, nutrition, heart health and hormone therapy from 7-8:30 p.m. Nov. 19 and 26 at CentraCare Health Plaza as part of CentraCare Women's Health Education. Cost is \$25. Contact hours are available. Register by Nov. 12 at (320) 229-5139.

### Festival of Lights

Bring your family and friends to the 19th annual Festival of Lights from 6-8 p.m. Nov. 29 in front of St. Cloud Hospital, 1406 Sixth Ave. N. In addition to the traditional holiday lighting ceremony at 7 p.m., there will be horse-driven trolley rides, reindeer, holiday carols by St. Cloud Hospital's Men's Choir, a living nativity by Messiah Lutheran Church, cookies and cocoa. Please bring a non-perishable food donation for the Food Shelf. Sponsored in part by the St. Cloud Hospital Auxiliary, the event is free and open to the public.

### Remembrance Tree

The Remembrance Tree and Book of Life will be on display Dec. 4 through Jan. 8 in E Lobby at St. Cloud Hospital. The tree represents the spirit of those who are gone and the book contains their names. To add a name or to make a donation, call (320) 251-2700, ext. 23276.

### Holly Ball 2007

This gala fundraiser for St. Cloud Hospital Hospice is from 6:30 p.m. to 12:30 a.m. Dec. 1 in the Terry Haws Ballroom at St. Cloud Civic Center. The event includes grand hors d'oeuvres, the George Maurer Group, the Belladiva's, and a silent auction. An online auction will run from Nov. 1-30 at [www.centracare.com](http://www.centracare.com). A limited amount of tickets will go on sale Oct. 29 at St. Cloud Hospital's Gift Gallery or online at [www.centracare.com](http://www.centracare.com).

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.