



CENTRACARE Health System

SPOTLIGHT ON HEALTH

Volume 7, Issue 5 September/October 2008

**Journeys
of the Heart**

Take charge
of your health

5 tips
to help your kids get the
sleep they need

journeys of the heart

Celebrating a quarter century of cardiac care



Pat Shaughnessy, a triple bypass patient at St. Cloud Hospital, lifts free weights to build muscle tone in the cardiac rehab department at the Central Minnesota Heart Center.

By Chris Nelson

Before cardiologist John Mahowald, M.D., returned to his hometown of St. Cloud in 1983, patients with heart disease had only two options to receive advanced cardiac care — travel to the Twin Cities or the Mayo Clinic in Rochester.

Mahowald was St. Cloud Hospital's first cardiologist.

"There were lots of mixed feelings about needing a cardiology program back then," Mahowald said. "Thanks to the forward thinking of St. Cloud Hospital leadership, the Central Minnesota Heart Center was formed and is what it is today."

Other cardiologists joined Mahowald — and the local cardiology program became a bona fide heart center at St. Cloud Hospital with the 1988 launch of open-heart surgery and angioplasty (the mechanical widening of a narrowed or totally obstructed blood vessel).

Mahowald now is one of 20 cardiologists who are part of the nationally recognized Central Minnesota Heart Center at St. Cloud Hospital. These skilled practitioners perform balloon angioplasty, stent placement and electrical cardiac procedures including pacemakers and defibrillators. They also provide cardiac outreach services at 27 sites across a 16-county area in Central Minnesota as well as Rapid City

"Thanks to the forward thinking of St. Cloud Hospital leadership, the Central Minnesota Heart Center was formed and is what it is today."
- John Mahowald, M.D.
Central Minnesota Heart Center



and Sioux Falls, S.D. Meanwhile, two cardiac surgeons perform coronary bypass and valve surgery.

The Heart Center team includes an array of professionals such as advanced practice nurses and imaging and cardiovascular technologists, who provide cardiac care for patients like Pat Shaughnessy.

In May, when Shaughnessy's heart pain refused to subside, he didn't think twice about where to go. "I knew St. Cloud Hospital was a great hospital," Shaughnessy said. "Our two sons received great care when they needed it the while attending St. John's University."

Shaughnessy, a Worthington high school teacher and baseball coach, had been experiencing chest pain for a couple of months, but the pain always went away when he rested. That wasn't the case, however, when he and his wife were camping near Richmond during the Memorial Day weekend.

"This time the pain wouldn't go away," he said. "I knew it was time to head for the hospital." He underwent a triple bypass at St. Cloud Hospital. "Everything went like clockwork," Shaughnessy said. "Everyone was so helpful, from my surgeon, Dr. Teskey, the cardiac rehab and telemetry staff, to the dietitians. They made sure my wife and I were informed at all times about what was going on with my care."

Shaughnessy has advice for others: "Listen to your body and if you're having symptoms, do something. I was lucky. Others may not be."

Mahowald's goal, meanwhile, is to focus on awareness and prevention.

"I'd love to see these patients 10 years earlier when we could combat and treat risk factors such as obesity, high blood pressure and high cholesterol," he said. "Doing something sooner could often prevent patients from needing angioplasty or heart surgery later."

Cardiac surgery program receives top rating

In May, the cardiac surgery program at the Central Minnesota Heart Center was awarded a three-star (the highest) rating from the Society of Thoracic Surgeons (STS) for the second consecutive year. Only 12 percent of hospitals in the nation received this award based on data from July 1, 2006 through June 30, 2007. The STS is considered to be the most authoritative source in cardiac surgery.

Celebrating a Quarter Century of Cardiac Care

For 25 years, the Central Minnesota Heart Center has enhanced quality of life through the prevention, discovery and management of cardiac disease. To carry on this tradition, we invite you to participate in a lecture series that reflects upon the remarkable progression of cardiac care — past, present and future.

September 8

The Cause & Treatment of Peripheral Artery Disease

If you experience pain or cramps in your legs after walking, peripheral artery disease could be the cause. Cardiologist Wade Schmidt, M.D., will provide insight on the disease, causes, symptoms and treatment options.

October 6

The Prevention of Heart Attacks

Did you know plaque buildup in arteries is the No. 1 cause of death in the United States? Cardiologist John Mahowald, M.D., will teach about the prevention of heart disease, the basic anatomy of the heart and common conditions such as heart attack, cardiac arrest and chest pain.

November 3

The Cause & Treatment of Heart Attacks

Cardiologist Richard Aplin, M.D., will discuss the causes of heart attack, historical treatments and present-day therapies, including interventions, which allow you to quickly get back to everyday life.

This free lecture series takes place from 7-8 p.m. at the Whitney Senior Center. Refreshments included. Call (320) 229-5199, ext. 71391 for more information.

Visit ➤ www.centracare.com to learn more about the Central Minnesota Heart Center.

To learn about heart programs made possible by generous gifts to the CentraCare Health Foundation, please visit ➤ www.centracare.com.

It's *perfectly* clear

New technology increases our ability to diagnose breast cancer at an earlier stage

By Katie Hebeisen

One in eight women will be diagnosed with breast cancer at some point in her life.

Breast cancer often has no symptoms in its earliest and most treatable stages, but can be detected in a mammogram as early as two years before it is felt in the breast. Mammography remains the standard screening tool for breast cancer detection, and new and improved imaging techniques will benefit women, improving early detection and diagnosis.

Recently, the St. Cloud Hospital Breast Center transitioned from standard mammography to digital mammography. This new technology allows radiologists to view mammograms in a 3-D image on a computer screen, adjust the picture's lightness or darkness and zoom in on certain areas of the breast. Technologists also can review the picture within seconds of taking the X-ray, decreasing waiting time for patients.

"This new technology increases our ability to diagnose breast cancer at an earlier stage, especially in young women and women with dense breasts," said Jody Bolton-Smith, M.D., lead radiologist at the Breast Center.

Results from a study of more than 42,000 women by the American College of Radiology showed that digital mammography found cancers that traditional mammography missed in dense breasts.

"Compression is still an essential part of the mammogram, but how the image is

processed is very different," said Nancy May, coordinator of operations at the Breast Center.

The difference in this new technology occurs after the mammography is complete — when the image is stored directly into a computer. Specific areas can be enlarged or enhanced for closer evaluation with the click of a mouse. A single breast image also may allow for examination of various densities in regions of the breast where standard mammography requires additional images at different settings.

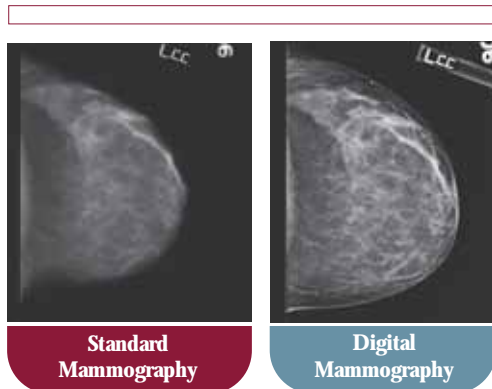
"Mammography continues to be the most important diagnostic tool for early detection of breast cancer," May said. "Annual mammograms for women older than 40 can be lifesaving and can significantly decrease the death rate from breast cancer in a majority of women."

Encourage the women in your life to make this crucial annual commitment. After all, early detection is everything.

For more information about digital mammography or to schedule an appointment, call (320) 229-4919.

"Mammography continues to be the most important diagnostic tool for early detection of breast cancer."

- Nancy May,
Breast Center



Images supplied by Fuji

take charge

Colon cancer is 90 percent preventable with regular routine screening

By Andra VanKempen-Middlestaedt

Knowing it was the right thing to do, Les Levin, went in for a routine colonoscopy.

And, it was a *good* thing, too.

Although Levin, 54, had no symptoms, Long Prairie family medicine physician Paul Van Gorp, M.D., found a mass that was too large to remove. Levin was scheduled for surgery and in April underwent the first laparoscopic colon resection performed at Long Prairie Memorial Hospital. The surgery, performed by George Fortier, M.D., removed a pre-cancerous adenoma mass and 12 inches of Levin's colon.

While traditional surgery meant a long recovery time and large abdominal incisions, laparoscopic surgery is less invasive.

"Patients experience less pain — requiring less medication, a faster recovery time, and a quicker return to normal activities," Fortier said.

Levin, a self-employed electrical

contractor from Long Prairie, couldn't be happier with the laparoscopic surgery and his recovery time. "Everyone was great," Levin said. "The doctors were polite and informative. I had the surgery on a Thursday and was back to work the following Tuesday."

"It's important that people get a colonoscopy," Fortier said. "By the time there are symptoms, the chance of it being cancerous has increased significantly."

Nearly 50,000 Americans will die this year from colon cancer, according to the American Cancer Society.

"Colon cancer is 90 percent preventable with regular screening, and if detected in its earlier stages, is successfully treated 90 percent of the time," said Nicholas Reuter, M.D., director of Medical Oncology at the Coborn Cancer Center in St. Cloud.

"Don't put it off like I did," Levin said. "It's not painful. They put you to sleep and before you know it, it's over."



Les Levin, shown with his sons, reels in the big one during a fishing trip to Ontario, Canada in Summer 2007.

From left: Aaron, Jason, Brian and Les.

What is a colonoscopy?

Colonoscopy uses a thin, flexible tube with a light and camera attached to examine the lining of the large intestine (rectum and colon). The procedure can help diagnose abnormalities such as ulcers, polyps, tumors and areas of inflammation or bleeding.

Not all abnormalities in the colon are cancerous, but all cancers start as polyps. If detected early enough, these polyps can be removed before they become malignant.

To schedule your colonoscopy, talk to your primary physician, or call the CentraCare Clinic closest to your home:

Becker	(763) 261-7000	CentraCare Health Plaza:	
Long Prairie	(320) 732-2131	• Family Medicine	(320) 229-4917
Melrose	(320) 256-4228	• Internal Medicine	(320) 229-4928
St. Joseph	(320) 363-7765	• Women & Children	(320) 654-3630
Heartland	(320) 251-1775		
River Campus	(320) 240-2203		
Mid-Minnesota Family Practice	(320) 240-3157		



Dorothy and Benedict Gorecki



Views of the new wing at St. Benedict's Senior Community.

What happens when two kind and generous hearts collide?

A tremendous gift to our community

By Laura Bloch

In challenging times, everyone searches for a helping hand and welcomes the generosity and kindheartedness of others.

Two of CentraCare Health Foundation's needs have been met by Benedict and Dorothy Gorecki. Since 2002, the Goreckis have donated more than \$5.5 million to the Foundation for St. Benedict's Senior Community and St. Cloud Hospital's new hospitality house.

This couple from Milaca has a long history of opening their hearts to the Central Minnesota community. Nominated by the CentraCare Health Foundation, the Goreckis won the 2008 Distinguished Philanthropist Award by the Association for Healthcare Philanthropy for their generous support of various community projects.

In 2006, the Goreckis gave \$3.5 million for the building of a new wing and renovation of the current care center at St. Benedict's Senior Community. Construction of the new wing was completed in July 2008, creating 40 additional private resident rooms. Renovated dining rooms, common spaces and nursing areas provide residents and their families with a comfortable and

welcoming environment. A satellite physical therapy suite, exercise room, salon and café also are available to care center residents. The remodeling of the current care center will be completed in September 2008, and together with the new wing, will be renamed the Gorecki Care Center.


The new St. Cloud Hospital hospitality house also will bear the Gorecki name in recognition of their \$1-million donation to that project. The Goreckis' donation is the lead gift of a \$2.5-million fundraising campaign to support construction of the new guest house and to increase the operating endowment, allowing room rates to remain affordable and help cover room costs for families who do not have the ability to pay

The non-profit St. Cloud Hospital Gorecki Guest House will offer an affordable and homelike, temporary living experience to families and patients receiving medical care in the St. Cloud area. Expected to open in Spring 2009, the new house will feature 12 guest rooms, private bathrooms and localized thermostats to make each guest as comfortable as possible.

Faced with an unexpected, extended stay, a recent guest of the current hospitality house described the environment as "a place that extended the hand of kindness that is so much the spirit of St. Cloud Hospital. It truly fulfills a need for many who are there through no fault of their own."

Please join
St. Benedict's Senior Community
in celebrating the renovation
of portions of the existing care
center and the opening of the new
Gorecki Care Center.

6-8 p.m. Thursday, Oct. 2, 2008
Gorecki Care Center lobby
1810 Minnesota Blvd. S.E., St. Cloud
(Follow signs to enter the Gorecki Care Center
south of the main entrance)

To learn about the CentraCare Health Foundation, please visit
 www.centracare.com.



Back-to-school tips for parents

Tips to help your kids get the sleep they need

If the lazy days of summer have thrown your child's sleep schedule off balance, here are a few things you can do to ensure they'll soon be getting the sleep they need.

- **Have regular bedtime and wake time — even on weekends.**

- **Provide down time by reading before bed to settle the mind and unwind.**

- **Turn off TVs and computers in the bedrooms.**

- **Limit or eliminate caffeine.**

- **For teenagers who can't get out of bed before noon, avoid light at night and bring on more light in the morning.**

Children and teens generally aren't getting enough sleep, according to a poll by the National Sleep Foundation. Elementary children need nine to 10 hours of sleep per night and adolescents should get at least eight to nine hours.

Parents can help by being good sleep role models and stressing the importance of getting enough sleep. Reading with younger children before bedtime has been shown to result in better and longer sleep. Snoring in children is not normal and may require getting medical attention. Left untreated, disrupted sleep may affect children's school performance. If you have concerns about your child's sleep health, talk to your health care provider.

St. Cloud Hospital ranks among America's Best



U.S. News & World Report has recognized St. Cloud Hospital as one of America's Best Hospitals for orthopedics and urology. The 2008 America's Best Hospitals guide ranks 170 medical centers nationwide in 16 specialties. "We are proud to

be ranked as one of America's Best Hospitals," said Craig Broman, St. Cloud Hospital president. "This is important validation of the care we provide in collaboration with physicians from St. Cloud Orthopedic Associates and Adult & Pediatric Urology."

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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QUESTIONS AND TIPS

If you have questions or comments, please contact Andra Van Kempen-Middlestaedt at (320) 229-5199, ext. 71386, or VanKempen-Middlestaedt@centracare.com.

Cover Photo: Pat Shaughnessy, who is recovering from triple bypass surgery, gets an aerobic workout on the NuStep, a recumbent (seated) stepper during outpatient cardiac rehab at the Central Minnesota Heart Center at St. Cloud Hospital. Shaughnessy attends rehab three times per week and also walks at home.

Sept-Oct. 2008

Upcoming Events

St. Cloud Hospital Hospice Volunteer Training Sessions

St. Cloud Hospital Hospice will offer a three-day hospice volunteer training session from 8:30 a.m. to 4 p.m. Oct. 27, 28 and 31. Hospice volunteers care for and support dying persons and their families, and offer an environment of hope. A completed application and pre-training interview are required. Call Carla Durand-Demarais, Hospice Volunteer Coordinator, at (320) 240-3276 or e-mail Durand-demaraisc@centracare.com.

Head to Toe Health Fair

CentraCare Health System will have several booths at the Head to Toe Health Fair on Sept. 12 and Sept. 13, at Crossroads Center. The fair features free or reduced cost health care screenings, activities, materials, demonstration and information. Presented and coordinated by St. Cloud Ear, Nose and Throat Clinic and Adult & Pediatric Urology. For more information

➤ visit www.h2thehealthfair.com.

A.W.A.K.E. Support Group

The A.W.A.K.E. (Alert, Well, and Keeping Energetic) Support Group will meet from 6:30-8 p.m. Sept. 16 in the Windfeldt room at the CentraCare Health Plaza. People diagnosed with a sleeping disorder are invited to join the group the third Tuesday in January, March, May, July, September and November. If you have questions or would like more information, please call (320) 251-0726.

Osteoporosis & You

This class is appropriate for young to midlife men and women. Learn easy prevention tips including nutrition, exercise and medications from 6:30-8:45 p.m. Sept. 29 at CentraCare Health Plaza as part of CentraCare Women's Health Education. Free. Register by Sept. 22 at (320) 229-5139.

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The Hard To Swallow Truth About GERD & Cancer

Do you have frequent heartburn? If so, join David Roberts, M.D., of the CentraCare Digestive Center, as he discusses heartburn, other signs of gastroesophageal reflux disease (GERD), treatment options and esophageal cancer. This free program is part of CentraCare Women's Health Education and takes place from 7-8:30 p.m. Sept. 22 at the CentraCare Health Plaza. Contact hours are available. Call (320) 229-5139 to register.

Kids & Parents Expo

Join the annual Kids & Parents Expo from 10 a.m. to 4 p.m., Oct. 4 at the St. Cloud Civic Center. St. Cloud Hospital will provide information about keeping children healthy. Adults \$3; Kids 12 and younger are free.

Surviving With Style

The 8th Annual Fashion Show Fundraiser, a benefit for the St. Cloud Hospital Breast Center, will be Oct. 5 at the Gorecki Ballroom, College of St. Benedict, in St. Joseph. A social and silent auction will begin at 10:30 a.m., brunch will be served at 11:30 a.m., followed by a fashion show at noon. General tickets cost \$50 and will be available Sept. 8 at St. Cloud Hospital Gift Gallery, Coborn's - Sauk Rapids and online at ➤ www.centracare.com.

Women's Showcase

Women's Showcase will take place from 9 a.m. to 5 p.m. on Saturday, Oct. 11 at the St. Cloud Civic Center. Call (320) 259-7108 for ticket information. St. Cloud Hospital will provide health information for women.

Binge Eating Disorder Skills group

Join a 10-week skills group to learn what prompts overeating and provide coping skills to prevent it. Groups are led by a licensed psychologist and a registered dietitian and are open to men and women age 18 and older. They will be from 5:30-7 p.m. at CentraCare Health Plaza. This is not a weight-loss program. Group sessions will be submitted to your insurance. For more information, or to register, call (320) 229-4918.

Alzheimer's seminar

Jake and Mary Essen Annual Alzheimer's Education seminar will return to St. Benedict's Senior Community campus. This year's speaker is Marsha Berry, education manager for the Alzheimer's Association, Minnesota-North Dakota Region. The seminar will be Oct. 2 in Woodland Hall at the Gorecki Care Center. Registration will be available online at ➤ www.centracare.com starting mid-September.

➤ Visit www.centracare.com for more information about upcoming events at St. Cloud Hospital, Long Prairie Memorial Hospital, Melrose Area Hospital, CentraCare Clinic sites or St. Benedict's Senior Community.