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MAY 2003 VOLUME 12 NUMBER 2

Healthbeat

The People, Services and Programs of St. Croix Regional Medical Center (SCRMC) www.scrmc.org

Internal medicine: Doctors for adults

Six internists focus on complex adult diseases

INTERNISTS—SPECIALISTS IN INTERNAL MEDICINE—have the breadth and depth of training to diagnose and treat the medical problems adults develop. St. Croix Regional Medical Center's six internists—Carl Hansen, Jim Kravig, Peter Quandt, Kristen Stevens, David Stevens, and Jim Wallace—regularly update their knowledge in many areas, including diseases of the heart and blood vessels, cancer, diabetes, digestive diseases, hormonal disorders, infections, kidney diseases, respiratory disorders, allergies, blood diseases, and arthritis.

These "doctors for adults" also bring to patients an understanding of disease prevention and wellness, women's health, substance abuse, and mental health, as well as effective treatment for more common problems of the eyes, ears, skin, nervous system and reproductive organs. Internists are specially trained to solve difficult diagnostic problems and handle severe chronic illnesses.

The care internists provide can span much of their patients' adult lives, and internists provide that care in settings that include clinics, hospitals, and nursing homes.

When other medical specialists, such as surgeons or obstetricians, are involved, internists often coordinate care for their patients and manage difficult medical problems associated with that care. In fact, they often serve as consultants to physicians in other specialties.

In many ways, the skills of St. Croix Regional Medical Center's internists overlap, but each also

has areas of particular interest within this specialty as well as their own approach and emphasis. And that means patients have more choices when looking for a physician with the combination of skill, personality, and approach that fits best for them. *

SCRMC INTERNISTS

CARL HANSEN, M.D.

JIM KRAVIG, M.D.

PETER QUANDT, M.D.

KRISTEN STEVENS, M.D.

DAVID STEVENS, M.D.

JIM WALLACE, M.D.



Dr. Jim Kravig

Dr. Jim Kravig focuses on intensive care and diseases of the digestive system. The focus of his practice is in three primary areas: endoscopic procedures (which make use of a fiberoptic scope on the end of a long, flexible tube), general internal medicine, and consultations for his fellow physicians. Kravig does EGDs, an endoscopic procedure to evaluate the esophagus and stomach (particularly for gastroesophageal disease and gastric reflux), as well as an increasing number of sigmoidoscopies and colonoscopies. "This has been prompted by a greater emphasis in recent years on efforts to prevent colon cancer and improved endoscopy techniques," he explained. "We find more cancers today because we're looking harder for them." While he acknowledges that a colonoscopy is not the most pleasant procedure, Kravig cautions that "mild cramping under sedation" is a far less daunting experience than the consequences of advanced colon cancer.

Dr. Carl Hansen

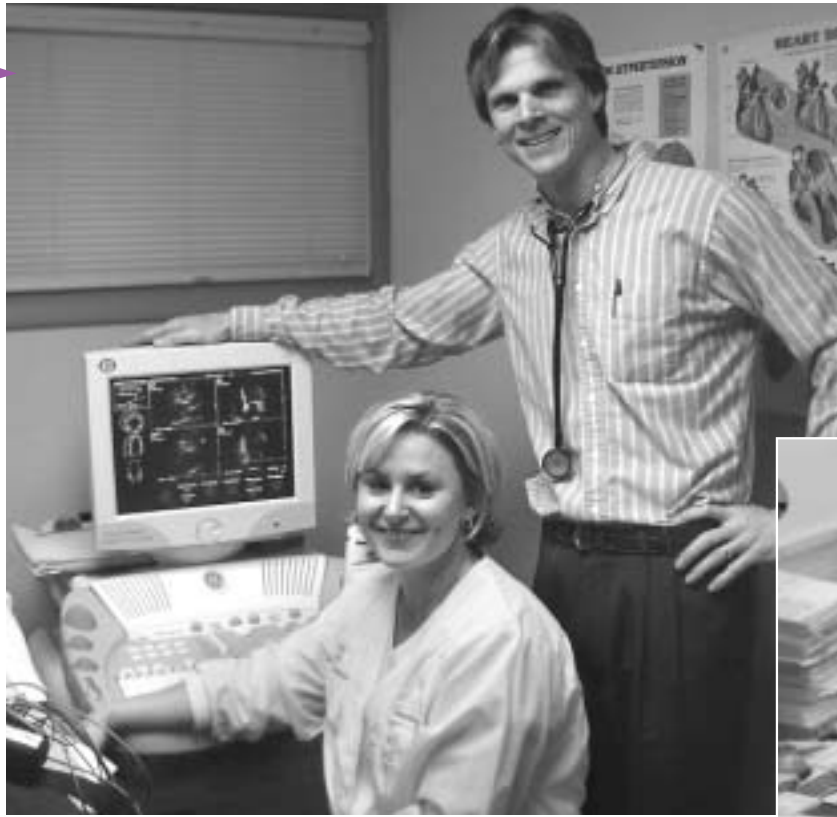
The senior internist at SCRMC, Dr. Carl Hansen joined the clinic medical staff in 1976 with both a particular interest and extra training in heart problems. Hansen has maintained a focus on cardiology and continues to do stress echocardiograms and nuclear medicine heart studies for patients with heart disease. "I find diagnosing problems to be the most challenging—and at times very difficult and frustrating—part of medicine, but one I continue to enjoy," Hansen said. "Over the years, I've also become more interested in preventive care, in helping people stay well," he said. "Preventive care has its own challenges, of course, but it can be very rewarding. It's certainly wonderful to be able to help a person who's had a heart attack, for example, but it's at least as rewarding to help people prevent having one in the first place."



INTERNAL MEDICINE continued on page 2

Dr. Peter Quandt

In addition to seeing healthy 40 or 50 year old patients, Dr. Peter Quandt regularly consults with the clinic's family practice physicians on more difficult to diagnose or manage problems, such as diabetes, congestive heart failure, and emphysema. "I enjoy the variety of cases I work with and the investigative challenges of diagnosing and treating difficult medical problems," he said. "Part of my goal in treatment is to do whatever I can to improve the quality of life for people with chronic illness." Quandt also brings his expertise in reading echocardiograms and stress echocardiograms, two valuable diagnostic tests of heart function.



Dr. Peter Quandt and Heather Paddock with the echocardiogram.

Quandt also appreciates the atmosphere of a smaller, rural medical center like SCRMC. "I like being able to talk to people about what's going on in their lives and to get to know their families, and I like being in a medical center setting that's small enough for me to know all the people with whom I work."

Dr. Jim Wallace

Dr. Jim Wallace, who is certified in both internal medicine and pediatrics, describes internal medicine as primary care for adults. "I see patients with a wide range of problems. Given that they are often older adults, I regularly help patients with such chronic illnesses as diabetes, coronary artery disease, and lung problems.

Wallace also has a strong interest in cardiovascular disease and its risk factors, such as hypertension and high cholesterol, and he provides cardiac stress testing for patients who may have heart disease. He also does flexible sigmoidoscopies to screen for colon cancer.

The care of people with diabetes is another area in which Wallace has a particular focus. "My goal is to help them live full lives while minimizing the complications of this illness," he said. Wallace also directs the medical center's insulin pump program.

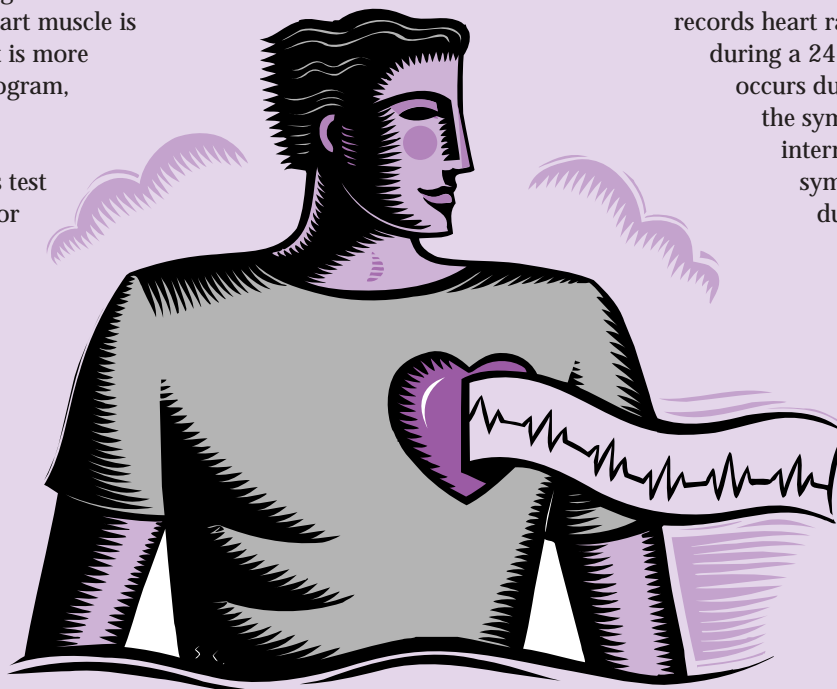


Important diagnostic tests available at SCRMC

St. Croix Regional Medical Center is continually expanding and updating the services it offers the community.

The following are just some of the important diagnostic tools the Medical Center's internists have at their disposal to help their patients.

- **EKG**—An electrocardiogram (ECG / EKG) is an electrical recording of the heart used in the investigation of heart disease.
- **Echocardiogram**—This test uses sound waves to create a picture of the heart, one that is more detailed than an X-ray image without radiation exposure. Echocardiograms are performed to evaluate the valves and chambers of the heart in a noninvasive manner, abnormal fluid collection around the heart, and heart wall motion and function after a heart attack.
- **Stress electrocardiogram**—The stress electrocardiogram, or stress ECG (also called a treadmill test), is an ECG done while the patient is "exercising"—walking on a treadmill. It can identify coronary artery disease in nearly three out of four of those who have it, and this test almost always detects disease when it is severe.
- **Stress echocardiogram**—Stress echocardiography assesses the heart's electrical activity on an electrocardiogram (EKG) during exercise, while 'echo' images are also taken of the heart. Stress testing provides information about how well the heart responds to exercise, indicates any artery blockages, and shows normal and abnormal wall motion of the heart muscle. This test is more sensitive than a regular stress electrocardiogram, especially in women.
- **Cardiolite stress electrocardiogram**—a diagnostic nuclear medicine exam used to determine if the heart muscle is getting the blood supply it needs. This test is more sensitive than a regular stress electrocardiogram, especially in women.
- **Adenosine stress electrocardiogram**—This test is used primarily for those patients who, for physical reasons such as arthritis, cannot exercise on a treadmill.
- **EGD**—an endoscopic procedure which makes use of a fiberoptic scope on the end of a long, flexible tube to evaluate problems in the esophagus and stomach.
- **Flexible sigmoidoscopy**—allows the internist to see the lining of the sigmoid colon. It can be used to identify and remove polyps, diagnose strictures, ulcerative colitis, and Crohn's Disease, and for early detection of colon cancer.
- **Bone marrow biopsy**—Bone marrow biopsies are used to diagnose different types of leukemia when a blood test shows suspicious cell changes; to follow the response to a leukemia treatment; to help in the diagnosis and treatment of certain other cancers; and to diagnose and monitor the treatment of certain noncancerous blood disorders.
- **Paracentesis**— The abdominal area usually contains minimal fluid, but in certain circumstances, fluid can accumulate there. In this procedure, a needle is inserted through the abdominal wall to obtain a sample of any fluid that is present.
- **Thoracentesis**— This procedure is used to remove fluid from the space between the lungs and the wall of the chest.
- **Colonoscopy**—This procedure allows the internist to see the lining of the entire colon. It can be used to identify and remove polyps, diagnose strictures, ulcerative colitis, and Crohn's Disease, and for early detection of colon cancer.
- **Holter monitor**— The Holter monitor is a device that records heart rate and heartbeats (rhythm) continuously during a 24-hour period. If a problem or symptom occurs during that time, patients record the time of the symptom in an accompanying diary. An internist or cardiologist then compares the symptom with the heart rate and rhythm during that specific time.
- **Pulmonary function testing**—These tests give important information about the quantity of air patients get with each breath, how efficiently they move air in and out of their lungs, and how effectively their lungs are delivering oxygen to the bloodstream.



Internists Kristen and David Stevens join medical staff

INTERNAL MEDICINE SPECIALISTS, Kristen Stevens, M.D., and David Stevens, M.D., are the newest additions to St. Croix Regional Medical Center's medical staff. The Stevens, who are parents of 18 month old Noah, their first child, graduated from the University of Minnesota Medical School in 1999 and recently completed their residency at Abbott Northwestern Hospital in Minneapolis.

Kristen has long been familiar with Internal Medicine since her mother is a retired Internist. "While I was growing up, I saw what her work was like and how much she enjoyed it," says Kristen, "and I thought Internal Medicine would be a good fit for me, too—to have the opportunity for long term relationships with patients and to work with adults." Kristen's areas of particular interest include rheumatology, endocrinology, and pulmonary medicine.

Like Kristen's mother, David's father is a physician, although a Neurologist. "Like Kristen, I found Internal Medicine very appealing," says David. "I like the field's challenges: we see a wide array of medical conditions, and many patients' problems are quite complex." David is particularly interested in the areas of oncology, hematology and coagulation, and cardiovascular/pulmonary medicine.

The Stevens journey through medical school included a visit to Zambia in 1998,



Dr. David Stevens



Dr. Kristen Stevens

where they worked in a rural hospital for over three months. "It was an incredible experience," says Kristen. "Life is so much slower there, and we were very impressed with how the Zambians dealt with the problems they faced on a daily basis. Despite the challenges, we found it difficult to leave and to be back in the U.S. We'd love to do something like that again."

The Stevens, who will each see patients three days per week beginning July 7th, feel fortunate to be working and living in the St. Croix Valley. "We are close to our families [Kristen's parents live in Osceola and David's in Rochester, Minnesota], and a smaller community was just what we were looking for," says Kristen. "We were very impressed by the doctors and other staff at the Medical Center, and we're also very excited about this community. Though we've only been living in Osceola for five months, we already feel like we're part of the community."

Both David and Kristen love outdoor activities—camping, hiking, and kayaking, for example. Kristen also enjoys crafts, cooking, and sewing, while David is a self-described technophile. "I love computers, and I'm very much into gadgetry," he says. *

New diagnostic test for breast cancer available at SCRMC

SCRMC Auxiliary, Gift Shop provide \$35,000 for test equipment purchase

SENTINEL NODE BIOPSY, NOW AVAILABLE at the Medical Center, makes earlier detection of breast cancer spread possible, thus allowing many women to avoid a more major operation with more severe side effects. "This new technology is more precise and less invasive than previous techniques," said Suzanne Constantini, Vice President of Patient Care Services, "and it is one more procedure we can provide that enables patients to receive state-of-the-art health care close to home in their own community."

Why is this diagnostic test so valuable? When breast cancer cells begin to escape from the main tumor in the breast, they travel first to a particular lymph node or group of nodes in the armpit called the sentinel node(s). Because in the past, surgeons could not identify those nodes, they usually removed 6 to 20 lymph nodes to test for the spread of cancerous cells—

a procedure that required a larger (3 to 4 inch) incision, a longer recovery period, and in some cases, permanent swelling in the affected arm.

"A sentinel node biopsy lets us identify the sentinel node or nodes," explained SCRMC general surgeon, Dr. George Pfaltzgraff, who, together with the Medical Center's new general surgeon, Dr. Anders Ulland, provides this procedure. "As a result, we can make a smaller incision (usually only a half inch long) and we need to remove only one to three nodes, which are then checked by laboratory staff for the presence of cancer cells."

Thanks to a very generous financial gift of \$35,000 from the St. Croix Regional Medical Center Auxiliary and



Dr. George Pfaltzgraff

Gift Shop, the Medical Center now has the equipment needed to provide this important diagnostic procedure to women diagnosed with breast cancer. "This significant donation allowed the Medical Center to purchase this equipment," said Constantini, "We are so grateful for the tremendous generosity of the Auxiliary and Gift Shop for making it possible for us to provide this procedure."

General surgeon, Dr. Anders Ulland, joins medical staff

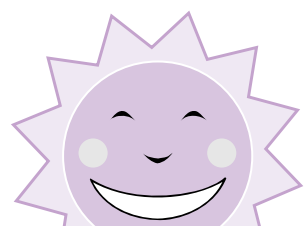


A SPICER, MINNESOTA, NATIVE, St. Croix Regional Medical Center's new general surgeon, Dr. Anders Ulland, attended college at St. John's in Collegeville and medical school at the University of Minnesota. After graduating from medical school in 1989, Ulland went on to complete his general surgery residency.

Ulland worked with Metropolitan Surgical Associates at North Memorial Hospital in Robbinsdale, where he was Director of Surgical Education from 1997-99 and Chief of Surgery Section from April, 2001, until joining the SCRMC medical staff May 1st.

Ulland's areas of special interest in surgery include laparoscopic surgery. Ulland says he chose surgery as his specialty in part because he enjoys the field's technical aspects. "I appreciate the fact that the problems surgeons confront are often ones that have a clear and definite solution," he explained, "and I also enjoy the variety of work that is involved in general surgery."

During the fifteen years Ulland lived in the Twin Cities, he planned to return at some point to a smaller community to live and practice medicine. "Needless to say," he said "I was very excited when the opportunity arose for me to come to St. Croix Regional Medical Center." Ulland finds the St. Croix valley area very appealing for another reason: "I very much like outdoor activities, including cross country skiing and my current passion, wind surfing. The Valley offers so many opportunities for outdoor sports." *



SCF clinic switchboard open at 7:00 a.m.

FOR YOUR CONVENIENCE.

The clinic switchboard is open at 7:00 a.m. to schedule appointments. Appointments for the clinics in Balsam Lake and Frederic can also be made through the St. Croix Falls office.

To make an appointment, call:

715-483-3221
or **800-828-DOCS** (800-828-3627).

Medical Clinic moves to downtown Frederic



Scenes from the new Frederic Regional Medical Clinic facilities and the Clinic's Open House.

THE TRANSITION WAS A BIT HECTIC, but the remodeling is finished, the paint dry, and everyone is finally settled after a little game of "musical buildings." In March, St. Croix Regional Medical Center's Frederic Clinic staff moved into their new downtown Frederic home in the building that formerly housed the Frederic Village offices. The Village operations offices relocated to a modular building that was moved to Frederic from St. Croix Falls, where it had served as the Medical Center's billing office.

Though it may seem a bit complicated, the move was, in Village Administrator Ralph Pelle's words, a "win-win" situation for everyone involved. "Bringing the medical clinic downtown is an exciting development for Frederic," said Pelle, "and the central location is more convenient for many town residents." The Frederic Medical Clinic averages 50 patient visits per day, with 5,000 total registered patients who come from towns as far away as Danbury, Spooner, and Shell Lake. Pelle expects that extra traffic to "translate into attractive opportunities for local businesses." The former Village Apartments and adjacent Village Offices complex will continue to house the Village library and police department.

"Our original clinic location on the outskirts of Frederic worked well," said

Lenny Libis, Medical Center CEO, "but after five years, we wanted a more permanent location, as well as one that was more centrally located. The site of the former city offices was a wonderful opportunity. Some in the community may view this move as a further sign of our commitment to Frederic, and they are correct: we are here to stay."

The Village purchased the modular building from St. Croix Regional Medical Center, which no longer had a need for it, for \$42,000—with no payment due for five years. "No taxpayer money was used, however, to make this happen," Pelle explained, "because we expect to save \$30,000 - \$40,000 per year in operational costs alone."

The building housing the new clinic was purchased by two St. Croix Regional Medical Center physicians, Dr. Andrew Mayo and Dr. Mark Stannard, who are leasing it back to the Medical Center. The two are also considering a long-range goal of adapting the Village Apartments section of the building to specifically serve older adults. Mayo and Stannard feel that with a community room already in the apartment section and a clinic next door, it would make sense to market the apartment complex to older adults. ✱

Frederic Medical Clinic: *Local family health care you can count on*

MEDICAL SERVICES:

- 8 providers for Family Practice medicine
- Geriatric medicine
- Obstetrics
- Physical therapy
- Urgent care for minor injuries and minor emergencies
- Lab and x-ray services

SAME-DAY APPOINTMENT SCHEDULING

At each St. Croix Regional Medical Center clinic, most patients can now see their own family doctor the same day they call for an appointment. In addition, when you call our clinics, you will speak directly with an appointment scheduler within 60 seconds or less—no more recorded messages or switchboard delays!

ACCESS TO ADDITIONAL PHYSICIAN SPECIALISTS:

Frederic Regional Medical Clinic offers much more than locally-based medical care. As part of St. Croix Regional Medical Center, the area's largest medical care provider, our Frederic Clinic offers convenient access to consulting physicians and allied health professionals in the following medical specialties — Obstetrics/Gynecology, Pediatrics/Neonatology, Orthopedics, Cardiology, Oncology, Ophthalmology, Radiology, Nephrology, Neurology, Ear, Nose, and Throat, Emergency Medicine, Allergy, Audiology, Urology, and Podiatry. Comprehensive medical care is available close to home.

FREDERIC CLINIC HOURS AND PHONE NUMBERS:

The clinic is open Monday through Friday from 8:00 a.m. to noon, and 1:00 to 4:30 p.m. Appointments for medical care begin at 9:00 a.m. To make an appointment, call: **715-327-5700** or **888-224-9789**.



Nancy Elert,
NP-C



Thomas Hinck,
M.D.



Vicki Kubesh,
D.O.



Arne Lagus,
M.D.



Andrew Mayo,
M.D.



Kelly Schmidt,
C.N.M.



Mark Stannard,
M.D.



Daniel Sullivan,
M.D.



For the clinic, press 3, to speak to... press 5...

A COMPUTER ANSWERING SYSTEM? Long switchboard delays? That's not what you should be faced with when you call your medical clinic. And at St. Croix Regional Medical Center, you won't be.

When you call SCRMC clinics, in 60 seconds or less you'll talk directly with a staff member who can schedule your appointment with your doctor—or help you with other medical questions or needs. This new system has been in place about three months now, and it's working even better than anticipated. How well? During a recent week, staff answered 97% of the 4,000-plus calls they received in less than 60 seconds.

Patient response to the new system has been overwhelmingly positive, says Doris Jones, the Manager of Station Coordinators and Appointment Scheduling. "We've received many, many comments from people who are both amazed and pleased at being able to speak so quickly with an appointment scheduler, and if they need to speak with a nurse, we can make that transfer immediately. People tell us everyday that they really appreciate not having to listen to a message or to try to remember what number to punch. We know that when people need medical care, they don't want to be put on hold; they want to talk right away with a person who can help."

Same-day appointment scheduling a huge success

When medical problems occur, we all want to be able to call our clinic and get an appointment with our family doctor that day. To make that possible, St. Croix Regional Medical Center clinics started a new same-day scheduling system last summer.

The program is working well, with both patients and their doctors very pleased with the results. "Nearly all patients are now able to see their family doctor the same day they call for an appointment," said Doris Jones, the Medical Center's Manager of Station Coordinators and Appointment Scheduling. "When people find a doctor they feel comfortable with, they want to be able to see that person when they need care on short notice. With this system, they can. Patients are very, very happy with this change."

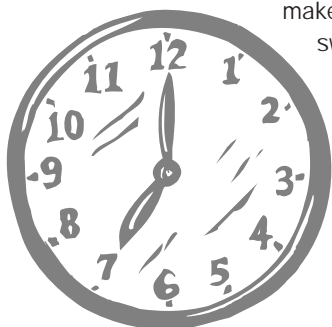
Clinic doctors are also pleased, and say that their practice is much more satisfying with the new system. "They can see their own patients—and especially their sick patients who'd otherwise be going to urgent care—on a regular basis," explained Jones. "It's helping patients build a stronger relationship with their doctor—it's just a win-win situation for all involved."

Phone center open at 7:00 a.m. for appointments

To ease call congestion and to help people more easily make appointments and plan their day, the clinic switchboard is open at

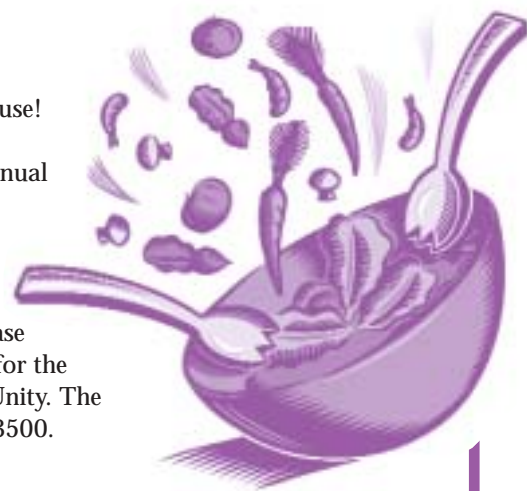
7:00 a.m. for appointment scheduling.

Appointments for the clinics in Balsam Lake (Unity) and Frederic can also be made through the St. Croix Falls office at that time, too. To make an appointment, call: **715-483-3221 or 800-828-DOCS (800-828-3627).**



Special Events

HERE'S YOUR CHANCE to have a superb Friday lunch and support a wonderful cause! The St. Croix Regional Medical Center Auxiliary is again sponsoring its 37th Annual Salad Luncheon/Bake Sale/Book Fair on **Friday, June 13th from 11 a.m. - 2 p.m. at St. Croix Falls High School.** The proceeds from the 2003 event were designated by membership for the purchase of two A.E.D. Automated Defibrillators for the SCRMC satellite clinics in Frederic and Unity. The cost of each is approximately \$3,000 - \$3500.



37th Annual Salad Luncheon * Bake Sale * Book Fair on June 13th.

This community happening is the best lunch bargain of the year. Attendees always enjoy the variety of delicious salads, ham, vegetables, fruits, rolls and bars. At the Bake Sale you will find a wonderful array of home-baked items. In addition, the Book Fair will have a wide selection of books for adults and children, great for your own reading or gift giving. This year, the Book Fair will again offer more than 150 book titles and gift items available at discounts of up to 70% off retail prices.

We are again fortunate to have Helen Hellerud of Milltown and her daughter, Susan Hellerud of Minneapolis, return to provide piano music throughout the luncheon. You'll enjoy "old time" and show tune favorites.

This year the Auxiliary will add something new to the salad luncheon. Through the generosity of Sandy Moore, there will be a drawing for a beautiful crocheted afghan (Mile-a-Minute pattern).

Discount tickets (\$6.00 for adults, \$2.50 for children 10 and under) are available in advance from Tangen Drug, Curves, Ben Franklin, and the SCRMC Gift Shop in St. Croix Falls, and at Bench Street Antiques & Mercantile in Taylors Falls. You may also purchase tickets directly from SCRMC Auxiliary members. At the door, tickets will be \$7.00 for adults and \$3.00 for children. The Salad Luncheon is a joint effort of the Auxiliary and the staff of St. Croix Regional Medical Center. It also receives much generous support each year from area merchants and businesses.

The Auxiliary appreciates the generous support it receives each year from area merchants and businesses. The Annual Salad Luncheon is one of the major spring happenings in the Valley. The Auxiliary hopes to see you there. *

Golf Classic to be held June 6th at Frederic Country Club



YES, THANKS TO AN EARLY SPRING, more than 150 golfers have long since swept the winter's cobwebs off their clubs. They're in "full swing," too—and just in time to participate in the third annual St. Croix Regional Medical Center Golf Classic.

This year, participants will compete for \$1400 in prize money and have a chance to win two new cars (courtesy of Hilltop Auto Center and Larsen Auto Center) in a hole-in-one contest. More important, all proceeds from this fundraising event, which is again sponsored by our friends at The RiverBank

Insurance Center in partnership with the St. Croix Valley Healthcare Foundation, are earmarked toward the purchase of EKG equipment for the Medical Center's Frederic Clinic. Thanks to the efforts of many people, proceeds of more than \$11,000 raised at last year's Golf Classic enabled the Medical Center to purchase valuable new equipment (a ureteroscope and a circon camera).

Our heartfelt thanks go to each participating golfer, our corporate and hole sponsors, and all those who have been working so hard to plan and organize this event.

It's not too late to join in the fun and to contribute to an organization whose work and contributions benefit our whole community! **Contact Sarah Heintz** at The RiverBank Insurance Center (**715-483-9800 or 888-352-6572**) if you have questions, or email her at: **sheintz@theriverbank.com.**

Avoiding overuse injuries



Featuring Pat Morris, Family Practice Physician

Overuse strain injuries result from misuse of your muscles and tendons. They can occur in many areas of your body, most often in your hands, arms, and legs. A variety of activities can bring on such injuries, including the physical demands of your job, sports, and hobbies. The most noticeable symptom is pain, but an overuse injury can also cause tingling, weakness, numbness, swelling, and/or stiffness.

AVOIDING EXERCISE-RELATED OVERUSE INJURIES

Whether you're on an organized sports team or simply a "weekend warrior," you can avoid many overuse injuries. "An overuse injury is caused by repetitive microtrauma that results in local tissue breakdown over a period of time," explained St. Croix Regional Medical Center's Dr. Pat Morris, a family practice physician with a particular interest in sports medicine. "This in turn leads to inflammation characterized by pain and dysfunction. Classic examples include 'tennis elbow' and Achilles' tendonitis." If a muscle is sore, ease back on the aggravating activity, advises Morris. Cross-training in another activity can help you maintain your fitness while a sore muscle heals.

LISTEN TO YOUR BODY

"We also know now that the old axiom 'no pain, no gain' is not a good approach to athletic conditioning," cautions Morris. "Increase the activity over time, but stop short of pain. If you start to feel pain after three miles of running, for example, stop short of three. You won't help your body in any way by continuing the activity when you're in pain." Morris suggests returning to previous levels only when you're free of pain and have full range of motion in the affected area. Give special attention to any recurrent injuries lest they become chronic problems.

USE EQUIPMENT DESIGNED FOR YOUR ACTIVITY

Whether it's shoes, a tennis racquet, a helmet, or a bicycle, make sure your gear fits properly and is designed for the specific sport—and level—in which you're participating. For example, running shoes do not provide ideal support for playing volleyball or tennis. Experts recommend replacing worn out shoes and equipment. Shoes lose about 50 percent of their shock absorbency after 500 miles. Buy shoes that have rigid heel support, good traction, and mid-foot flexibility.

FLEXIBILITY IS KEY TO AVOIDING INJURY

Begin slowly and gradually increase your activity level rather than starting at full speed. "Regardless of how often you work out," says Morris, "maintaining your flexibility makes injuries less likely. Runners should concentrate on the muscles of the lower extremities—stretches for the hamstrings, calves, and heel cord are particularly important." Stretch before and after running, and use smooth, steady motions rather than quick and bouncy movements. If you're unsure which stretching activities best suit your sport, talk with a qualified athletic trainer, coach, family physician or sports medicine physician.



AVOIDING WORK- OR HOBBY-RELATED OVERUSE INJURIES

Risk factors associated with overuse and injuries on the job include:

- repetition
- high force
- awkward joint positions
- direct pressure
- vibration
- prolonged, constrained posture

"Every tissue has its breaking point," explained Morris, "and when enough of these factors come into play, then pain and damage can result."

WHY NOW?

A change in routine may be the biggest predictor of when injuries will occur. By suddenly performing an activity at a higher intensity and for a longer period of time, hands and fingers can become overly stressed and injured.

FORM IS EVERYTHING

Most problems occur when an activity is done for long hours each day, especially without breaks. You can, however, become injured by doing a task for as little as an hour a day if your posture and method are incorrect. Whatever the activity, make sure you use proper technique and take a relaxed and comfortable position.

PREVENTION

Morris recommends these steps to help prevent an overuse injury:

- Take frequent breaks—at least 5 minutes every half-hour.
 - Shake out your hands and arms regularly
 - Stretch the involved muscles before and after the activity.
 - Pay attention to pain; if something hurts, stop.
 - Use proper ergonomics, especially at computer stations—good technique can keep some problems away. Prevent slouching by having your chair as far under your desk as possible; use a document stand; place what you're reading at eye level; use a lumbar support for your lower back; support for your "mouse" hand and arm; maintain good sitting posture (keep your ears, shoulders, and hips in a straight line).
- In addition, try to encourage these habits in your children; just because they are young does not mean they can't incur back pain and carpal tunnel syndrome from computer/video game use.

ARE YOU IN TROUBLE?

As long as you take adequate breaks and use proper technique, even doing an activity daily shouldn't be a problem. But if you do experience pain, the best course of action is probably to stop. For most people, problems never develop to the extent that it's necessary to seek medical help.

You may, however, want to see your doctor if . . .

- You experience persistent pain (that is, the activity hurts on consecutive days)
- Your hand feels numb, tingles, or "falls asleep," either at night or during the activity.

New privacy rules now in place in all U.S. clinics and hospitals

NEXT TIME YOU, A FAMILY MEMBER, OR A FRIEND visit a clinic or have a hospital stay, you may notice some changes. If you want cards or flowers during your stay, you will have to first agree to be listed in directories available to visitors and clergy. If you call to check on a hospitalized friend or relative, you won't get any information unless you've made prior arrangements.

"Patients using our Medical Center now receive a written 'notice of privacy practices' explaining who will have access to their medical records and for what purpose. They will also be asked to sign a consent form acknowledging that they received it," explained Cathy Hansen, St. Croix Regional Medical Center's Privacy Officer. Consumers are also entitled to a listing of everyone who sees their files and to make copies of their records. If they disagree with something their doctor entered in their file, they have the right to add their own comments challenging that information.

These are just some of the changes consumers may notice under a sweeping and complicated set of federal guidelines—commonly known as HIPAA (Health Insurance Portability and Accountability Act) regulations—that went into effect nationwide in April of this year. These rules are designed to give patients more control over how their medical information is used.

What patients won't notice is the tremendous amount of time and money hospitals have had to spend to implement these new rules. The Minnesota Hospital Association estimated that the training and paperwork required under the 600-page HIPAA regulations will cost Minnesota's 140 hospitals between \$120 million and \$160 million a year from 2001 through 2005. Hospitals and clinics do, however, support these changes, despite the challenges.

If you have questions related to your privacy rights, you may call Cathy Hansen, the Medical Center's Privacy Officer, at 715-483-0409. *



Matthew Rockensock
July 1, 2002
North Branch, MN



Carlie Rae Soltau
August 23, 2002
Luck, WI



Isaiah Christopher Fultz
August 26, 2002
Dresser, WI



Katherine Peterson
August 26, 2002
Lindstrom, MN



Kailie Kristine Loyas
August 28, 2002
Taylors Falls, MN



Karissa Lynn Strohschein
August 28, 2002
St. Croix Falls, WI



Sophia Joy Darwin
August 29, 2002
Frederic, WI



Nakodah Sheyanne Tschida
August 29, 2002
Centuria, WI



Kelsey Jean Kidder
August 31, 2002
Grantsburg, WI



Kathryn Marie Marquardt
September 1, 2002
Lindstrom, MN



Riehle Jo Kulzer
September 3, 2002
Amery, WI



Jadon Lee Peterson
September 3, 2002
Amery, WI



Katelyn Marie Lorraine Marks
September 5, 2002
Lindstrom, MN



Seth Robert Songas
September 6, 2002
Danbury, WI



Tapanga Jean Isenhardt
September 8, 2002
Grantsburg, WI



Alexis Lauren Dargiewicz
September 9, 2002
Centuria, WI



Babies Babies Babies



Karter Laine Richison
September 11, 2002
Siren, WI



Allison Mary Peterson
September 13, 2002
Grantsburg, WI



Sean William Greer
September 16, 2002
Frederic, WI



McKenzie Lynn Spafford
September 20, 2002
Webster, WI



Britta Ann Hibbs
September 22, 2002
Luck, WI



Anthony Aaron Simmons
September 22, 2002
Grantsburg, WI



Jaslin Marie Kegel
September 25, 2002
Siren, WI



Andrew Graeme Jury
September 26, 2002
North Branch, MN



Sophie Grace Tucker
September 26, 2002
North Branch, MN



Brach Stone Christianson
September 28, 2002
Siren, WI



Mathea Elaine Leiskau
September 30, 2002
Amery, WI



Madisen Taylor Peterson
September 30, 2002
Luck, WI



Lucas Michael Belland
October 1, 2002
Webster, WI



Kristopher Edwin Koran
October 1, 2002
Taylors Falls, MN



Abigail Elizabeth Hayman
October 2, 2002
Frederic, WI



Corbin Douglas Wright
October 2, 2002
Amery, WI



Marcus Eugene Maxwell
October 12, 2002
Siren, WI



Nicholas James Viellieux
October 12, 2002
Centuria, WI



Madilyn Rae Campbell
October 18, 2002
Shafer, MN



Andrew Braiden Chafer
October 20, 2002
Baldwin, WI



Elizabeth Sarah Schaar
October 22, 2002
Frederic, WI



Molly Ann Eley
October 23, 2002
St. Croix Falls, WI



Laine David Mickelson
October 23, 2002
Lindstrom, MN



Samuel Michael Wilson
October 23, 2002
St. Croix Falls, WI



Joshua Allen Davis
October 24, 2002
Centuria, WI



Riley Sullivan Falls
October 24, 2002
Grantsburg, WI



Nolan Johnson
October 25, 2002
Frederic, WI



Hailey Maree Peterson
October 25, 2002
Centuria, WI



Jordyn Victoria Wright
October 25, 2002
Osceola, WI



Clarissa Danielle Nygren
October 27, 2002
St. Croix Falls, WI



Jaeven Layne Duke
October 28, 2002
Luck, WI



Ann Ruby LaPierre
October 30, 2002
Grantsburg, WI



Karigan Taylor Root
October 31, 2002
Indian Creek, WI



Layton Alexander Borst
November 1, 2002
St. Croix Falls, WI



Katie Elizabeth Wurst
November 1, 2002
Osceola, WI



Cole David Duffee
November 2, 2002
Centuria, WI



Ellinora Grace Wondra
November 2, 2002
St. Croix Falls, WI



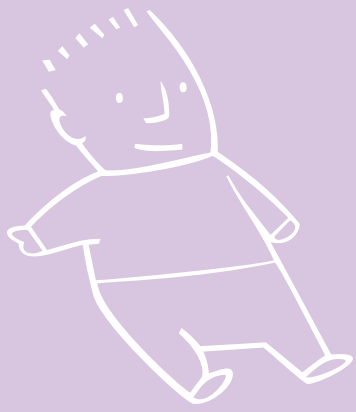
Elysha Bryan Qualley
November 5, 2002
Harris, MN



Rylyn William Thornton
November 6, 2002
Woodbury, MN



Dane Aaron Petersen
November 7, 2002
Scandia, WI



WEBNURSERY program provides newborn photos on Internet

GRANDPARENTS, AUNTS, UNCLES, DISTANT RELATIVES, and friends are no longer far away when it comes to seeing the newest member of the family. St. Croix Regional Medical Center and Growing Family, an in-hospital photographer of newborns, now offer new parents the advantages of the Internet to share their exciting news with the world.

The service gives new parents the option to safely post photos on the internet of their new arrivals—meaning that family and friends can now quickly share in the joy of a new baby even if they are miles apart. Parents can even personalize their baby's first web page by customizing the background and adding their own welcome message. For privacy, each site contains only the baby's first name, last initial, and standard birth announcement information.

In addition, the site is interactive! When visitors come to the site, they can, for example, add a message of congratulations that will appear next to baby's picture. Parents can print out their baby's page with all the messages for a lifelong keepsake.

To access the WebNursery, go to the SCRMC website (www.scrmc.org), and click on "WebNursery."



Lance Isaac Wallis
November 7, 2002
Dresser, WI



Aalyah Mae Bowers
November 9, 2002
Centuria, WI



Holden Froemke
November 9, 2002
Lindstrom, MN



Samuel David Heath
November 9, 2002
Frederic, WI



Aurora Jean Long
November 9, 2002
Osceola, WI



Lukas Erik Mortensen
November 10, 2002
Amery, WI



Zachary Steven Zelinski
November 10, 2002
Webster, WI



Olivia Bystrom
November 11, 2002
Cushing, WI



Brett Adam Erickson
November 11, 2002
Frederic, WI



Trent Alexandar Zenzen
November 11, 2002
Milltown, WI



Jady Marie Watt
November 15, 2002
Frederic, WI



Karley Marie Mether
November 17, 2002
Lindstrom, MN



August Leslie Brown
November 18, 2002
Taylors Falls, MN



Madison Marie Kramer
November 18, 2002
Somerset, WI



Dalton Gene Formati
November 18, 2002
Milltown, WI



Bruce Joseph Lindau
November 18, 2002
Grantsburg, WI



Kiara Lysdahl
November 20, 2002
St. Croix Falls, WI



Strom Wilson Norcross
November 22, 2002
St. Croix Falls, WI



Emma Alexia Mandera
November 26, 2002
Milltown, WI



Talen Ein Hess-Hollon
November 27, 2002
Grantsburg, WI



Karlie Jane Nelson
November 27, 2002
Osceola, WI



Brady Thomas Barr
November 29, 2002
St. Croix Falls, WI



Jared Scott Lessman
November 29, 2002
Dresser, WI



Nathan Robert Drohman
November 30, 2002
Grantsburg, WI



Aidden Michael
Boettcher
November 30, 2002
Milltown, WI



Isaac Roy Lee
December 2, 2002
Frederic, WI



Tyler James Abbott
December 4, 2002
North Branch, MN



Randy Lee Seline Jr.
December 5, 2002
Balsam Lake, WI



Hailey Anne Clemans-Williams
December 5, 2002
St. Croix Falls, WI



Tyler Loren Sanford-
Bjornstad
December 6, 2002
Balsam Lake, WI



Preston Michael Glenna
December 6, 2002
Milltown, WI



Heath Thomas Foeller
December 6, 2002
Milltown, WI

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Lenny Libis
President & CEO
Suzanne Constantini
VP, Patient Care Services
Mark Stannard, MD
Phys. Coordinator, Patient Care Serv.
Patricia Widboom
VP, Finance
Thomas Hinck, MD
Phys. Coordinator, Finance
Cindy Lundmark
VP, Clinic and Ancillary Services
Mark Boyken, MD
Phys. Coordinator, Clinic and Ancillary Services
William Beyer, MD
Chief Medical Officer
Jim Kravig, MD
Quality Management
Sandy Williams
Director of Development and Marketing
Writer/editor: Joseph Mortarity
Art director/designer: Theresa C. Gedig
Mail comments and questions to:
Healthbeat Editor, St. Croix Regional Medical Center
204 South Adams Street, St. Croix Falls, WI 54024

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