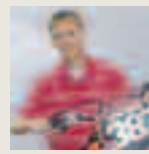


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FAMILY HEALTH[®]

Northfield

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Summer 2005

HOSPITAL

Women's Health Center moves to hospital

The Women's Health Center of Northfield Hospital is now settled in its new location on the hospital campus. The center moved earlier in August from 710 Division in Northfield to newly-finished space in the hospital's northwest corner.

The new location allows for a convenient, integrated healthcare service that better meets the needs of both patients and healthcare providers. All of the critical services – physicians, diagnostics, surgery and birth center, are assembled in one location. Patients will now be able to see their physician and have their mammograms, laboratory procedures, surgeries and births all done in the same facility.

Obstetricians - gynecologists Deborah Suppes, MD; Ann Friedmann, MD; and Melanie Dixon, MD, provided by Cannon Valley Clinic - Mayo Health System, now have the full menu of hospital services within arm's reach. The center is located just a few feet away from the hospital's state-of-the-art Medical Imaging department and laboratory. Surgical Services and the First Touch Birth Center are just down the hall.

"We are delighted to be located at the hospital," says Dr. Suppes. "It is much more convenient for patients and our clinicians. We will be more accessible to our in-patients and for deliveries, and we will have all of the hospital resources close at hand."

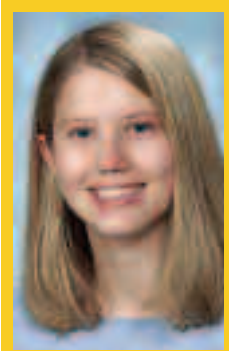
Physicians will soon be able to take full advantage of the hospital's commitment to advanced technology. David Oliver, vice presi-



Dr. Friedmann



Dr. Suppes



Dr. Dixon

dent of Clinic Operations, says the Women's Health Center should be converted to the electronic medical record by the middle of next year. This will not only improve the ease and convenience of using Women's Health Center, but it will improve the safety and efficiency of care delivery.

Obstetricians and gynecologists provide comprehensive care for women, including preventive healthcare, well-woman checkups, prenatal care, cancer screening, sexual and contraceptive guidance, routine and high-risk obstetrics, infertility counseling, urinary incontinence and gynecological surgeries. To make an appointment, call 507-646-1478.

When you come to the new clinic...

- Arrive at least 10 minutes before your appointment to allow time for check-in.
- Park in the west parking lot near the clock tower.
- Check in with the receptionist at the main desk.
- You will be seated in the scenic, hearth waiting area.
- You will be escorted to the exam room for your appointment.

Look for an announcement in the near future about an open house. 507-646-1478

Programs ease student transition to high school

The transition from middle school to high school can be a hard one. There are few times in life when kids feel quite so insecure, quite so vulnerable and quite so un-cool.

Administrators at Northfield High School recognize this and have taken steps to support kids through this critical time.

Jeff Eckhoff is an assistant principal at Northfield High School. He said it is important to pay close attention to how kids, who were top dogs in the middle school, adjust to their rookie status in a more sophisticated, more academically demanding setting.

“Kids should be anxious about this new chapter,” Eckhoff says, “but they shouldn’t be paralyzed by it.”

The high school program begins in the spring with an orientation. It is purposely scheduled for the week after graduation and before finals. Sophomores and juniors tour eighth graders around the school during class time, avoiding “passing time,” which can be overwhelming. The students also have a chance to meet with the principals and the activity director and ask any questions they may have. School counselors fill them in on credits, courses and student support services.

In early August, incoming ninth graders are invited back for a more specific orientation, a dry run of sorts on their typical school day. They get their class schedules and locker numbers. Members of one of the school’s leadership groups, wearing T-shirts that read “I love freshmen,” walk the new students through their school day. Teachers are available and the lunch line is open. Parents are invited to come for lunch and listen to parents of older students offer advice.

New students also hear Principal Bruce Santerre talk about his “3Rs,” rigor, respect and responsibility.

“We try to be intentional about articulating our expectations for them while they are students at Northfield High School,” Eckhoff says. “We want them to know up front that they are now on a path

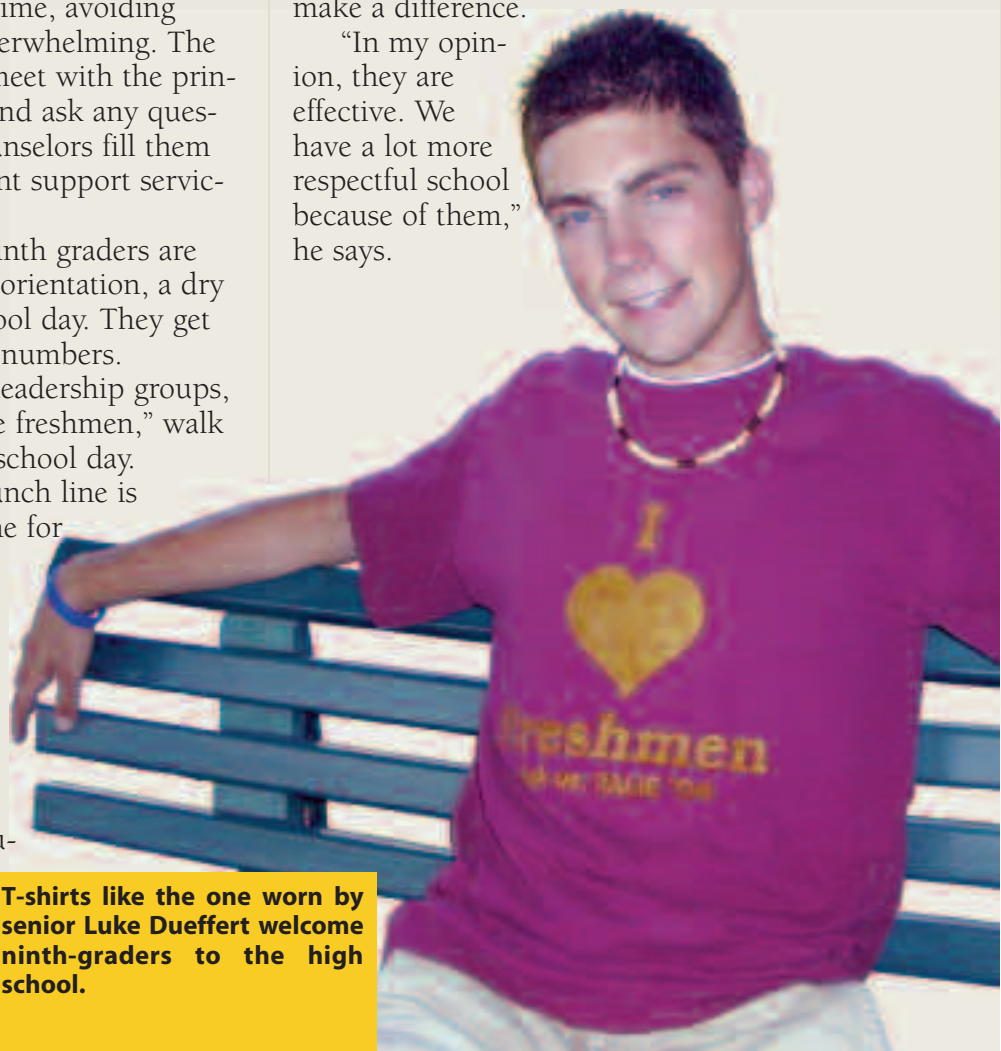
to adulthood, and they will leave this school with a package of grades and attendance that will matter for their future. Now they are playing for keeps.”

For the past two years, the administration has followed up mid-year with an all-day freshmen retreat organized around the ideas of self-respect and mutual respect. The idea is to help kids understand how their individual habits and behavior either promote or detract from a positive school climate.

The retreat is run by Youth Frontiers, Inc. of Minneapolis. Leaders use comedy, music and storytelling to deliver messages about respect. Eckhoff says it is a powerful and in some cases transforming experience for the kids. It has earned parent praise and given students tools to reach out to one another in new and positive ways.

It takes maintenance, year after year, but Eckhoff believes the orientations and the retreat all make a difference.

“In my opinion, they are effective. We have a lot more respectful school because of them,” he says.



T-shirts like the one worn by senior Luke Dueffert welcome ninth-graders to the high school.

Lonsdale clinic to open in October



Greig Glover, M.D.

Physicians at FamilyHealth Medical Clinic of Lonsdale will see their first patients on Monday, Oct. 3.

Patients can now call 507-744-3245 during regular business hours to make an appointment for October and beyond with family physicians Greig Glover, MD, and Griff Kelley, MD.

“We’re very excited about this new practice,” Dr. Glover says.

“This is a family physician’s dream, the opportunity to practice family medicine in a community context.”

Dr. Glover and Dr. Kelley will provide a full range of primary care. They will see patients of all ages. Their services include: senior care, annual physicals, well-child checks, immunizations and flu shots, obstetrics, fracture care and DOT physicals for professional drivers. When necessary, they will be admitting patients to Northfield Hospital.

The FamilyHealth clinic will consist of six exam rooms, a full laboratory with the ability to do testing for those on blood thinners, radiology (x-ray) services and a procedure room. The staff will

consist of the physicians, two receptionists, two nurses and a radiology technician. Office hours will be from 9 a.m. to 4:30 p.m. Monday through Friday.

FamilyHealth Medical Clinic will selectively use today’s technology to support a traditional family practice. Physicians will take full advantage of the clinic website

(www.lonsdaleclinic.org) to streamline the patient

experience. For instance, patients can complete their medical histories prior to their first visit by either downloading them from the website or submitting them electronically. Health and wellness information, including vaccinations schedules and important health screening schedules are available on the website.

River Valley Vision Centers will also have a presence in the 8,700 square foot clinic at 103 15th Ave. SE in Lonsdale. It will offer primary eye care services for the entire family, including optometric and consultative ophthalmic surgical care and retail eyewear services.



Griff Kelley, M.D.

Meet our physicians

Greig Glover, MD

Dr. Glover graduated from the U.S. Air Force Academy with a degree in Aeronautical Engineering and served on active duty as a pilot for 11 years before completing medical school and his family practice residency at the University of Nebraska. Dr. Glover is board certified in family practice and also continues to serve as a Lt. Colonel in the Air Force Reserve. He has practiced previously in Morris and Edina, Minnesota.

“In a rural family practice, where you do the full spectrum of family practice, a physician has the opportunity to be really involved in a personal way with people’s healthcare,” Dr. Glover says.

Griff Kelley, MD

Robert “Griff” Kelley, MD, graduated from the U.S. Naval Academy with a degree in physics and served on active duty for seven years as a submarine officer and nuclear engineer before completing medical

school at Yale University School of Medicine. He recently completed his Family Practice residency at the Washington (PA) Hospital Residency Program. He joined FamilyHealth in July.

Dr. Kelley says he is excited about the opportunity to help build a family practice from the ground up in Lonsdale.

“Here we will be able to know each patient individually,” he says, “and that will enable us to deliver personalized care.”

Surgery gives Parkinson's patient

Brad Bengston feels he's been given a reprieve – 15 years by his estimate.

The reprieve is from the progressive debilitating affects of Parkinson's, a chronic, progressive movement disorder caused by the reduced production of dopamine, an important brain chemical that aids in the transmission of messages to the muscles. It affects some 1.5 million Americans.

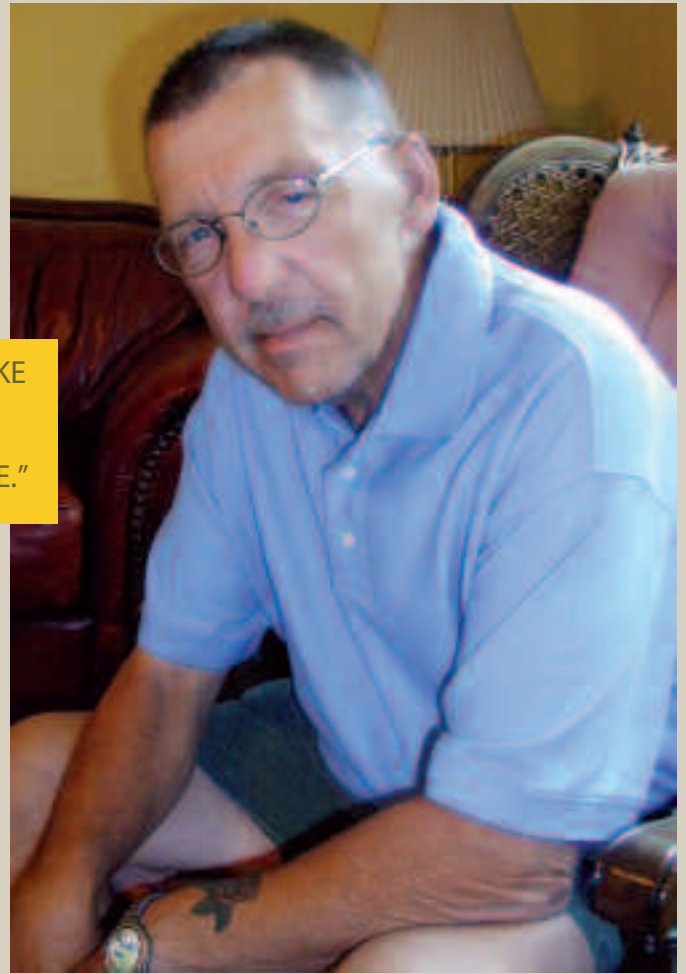
Symptoms of Parkinson's include tremors, stiffness, slowness of movement and problems with balance.

Deep brain stimulation, a complex surgical procedure, changed this 55-year-old's time horizon.

"My choice was to take the gamble with the surgery rather than atrophy and die on the vine," he said recently, during an interview at his rural Lakeville home.

It wasn't an easy choice to make. Brad, a career sales representative and a man of many hobbies, admits he was scared to death by the thought of a 10-hour surgery that placed electrodes eight inches deep in both hemispheres of the brain and buried in his chest a three-ounce, battery-operated neurotransmitter the size of deck of playing cards. And he needed to be awake for large portions of the surgery.

"MY CHOICE WAS TO TAKE THE GAMBLE WITH THE SURGERY RATHER THAN...DIE ON THE VINE."



The mechanical neurotransmitter, a Medtronic product, constantly sends electrical impulses through small cables that travel just beneath the skin up the left side of his neck to the electrodes. The steady-frequency electrical pulse corrects the excessive and abnormal activity in portions of the brain that control movement when there is not enough dopamine available.

The surgery, performed at the Veteran's Administration Hospital in San Francisco as part of a government study, went well, and now, almost four months later, Brad is declaring it a success.

"It's a complete change from the way I was before," he says.

The tremors, muscle aches, the joint pain are all markedly reduced. The cane he had used for the last several years is no longer his constant companion, and he has reduced his daily medicine regimen by almost two thirds. He now takes 28

Local and National Resources

Northfield Hospital Parkinson's Support Group

Meets the fourth Wednesday of the month from 2 to 3:30 p.m. at Northfield Hospital.
Rafi Dworksy, facilitator, 507-645-4359

Struthers Parkinson's Center Methodist Hospital

6701 Country Club Drive
Golden Valley, Minn.
952-993-5495 or 1-888-993-5495

National Parkinson Foundation

www.parkinson.org

Michael J. Fox Foundation for Parkinson's Research

www.michaeljfox.org

The American Parkinson Disease Association

www.apdaparkinson.org

new lease on life

pills a day instead of 78.

He's coped with his Parkinson's diagnosis for 17 years. His first symptom was a trembling thumb. His family physician picked up on that and an assessment at Methodist Hospital in St. Louis Park confirmed it.

A Parkinson's diagnosis is based on a set of symptoms. There are no blood tests or CT scans that can make a definitive diagnosis. But if you have it, you know that something is not working right.

At age 38, Brad was not about to submit to a physical ailment, but eventually Parkinson's got the upper hand.

"You're still living the life of an immortal and nothing can take you down," he says as an

Symptoms of Parkinson's Disease

- ▮ Tremor at rest
- ▮ Slow movements
- ▮ Rigidity (stiffness)
- ▮ Difficulty with balance
- ▮ Small, cramped handwriting
- ▮ Stiff facial expression
- ▮ Shuffling walk
- ▮ Stooped posture
- ▮ Muffled speech
- ▮ Monotone voice
- ▮ Depression

explanation for his attitude back then. "It wasn't too many years and it started to take me down."

His robust life style was pared down considerably. Four years ago, he was forced to retire and enroll in Social Security's

disability program. Now he is considering starting a new business.

"I've been retired for four years, and it's not all it's cracked up to be if you are not ready for it," says Brad.

The surgery is FDA approved, but it is not for everyone. And it is not a cure. It simply slows the progression of the disease.

But Brad Bengston will settle for that. He's got renewed energy and now, for the first time in a long time, he has plans. The risks were worth it.

"As you can see," he says, pointing to his 10-acres with his three horses and an assortment of old wagon wheels he collects and sells, "I have too much to do."



Brad Bengston now has more energy to enjoy his many hobbies, including his horses.

A life goes on

Members of Northfield Hospital Emergency Medical Services do outstanding work week in and week out, but occasionally more is asked of them. There are times when their expertise and quick action is the difference between life and death. Here is one of those stories from this past year.

Tyler Peterson knew dirt bike racing could be dangerous. He'd heard the stories. But when you're 17 and passionate about a sport, you never believe that, one day, people will be talking about you.

It was a Sunday in April at Elko Speedway. After four years of training, Tyler was ready for his first competitive race. On the first lap of a four-lap event, disaster struck. Coming off of a jump, Tyler and another biker collided in mid-air, 20 feet above the ground. Tyler's Honda CRF250 went flying, and Tyler landed hard on his head.

Fortunately, Northfield Hospital Emergency Medical Service (EMS) paramedics were standing by. They reached Tyler within seconds and found him in the middle of a seizure and not breathing. They quickly helped restore his breathing and ordered air transport to Hennepin County Medical Center.

Tyler ended up with a severe concussion and bleeding on the brain, two broken bones in his right arm, requiring four screws, seven pins and a plate, and ligament damage. By mid-summer, Tyler was almost as good as new. His parents, Marcia and Chris Peterson of rural Northfield, are amazed and grateful.

"We really doubt he'd be here with us, if it weren't for the EMS staff being there," Marcia



Peterson says. "It was divine intervention and the paramedics' expertise."

Tyler remembers everything leading up to the accident and then being loaded on to the helicopter for transport. His worst hours were the 36 he spent in a neck brace, flat on his back until they cleared him for spinal injuries. He was released four days after the accident. The cast came off his arm in late June.

Tyler is also grateful to have survived a crash as serious as his. Now he must cope with the loss of a sport he dearly loves. No more racing. Doctor's orders. But he says he can live with that. He now understands the risks, and, given he's had one brain injury, he is not willing to tempt fate again.

EMS staff contributing to this save are: Chad Stencel, Lynette Estrem and Derrick Bunde

**The fastest way
to Emergency Services
is to dial 9-1-1.**

Dietitian says blueberries have benefit

Kristi Von Ruden, RD, LD, a dietitian at Northfield Hospital, thinks blueberries have potential – antioxidant potential.

And that's good because antioxidant vitamins combat the unstable molecules in our bodies called "free radicals." Over time, free radicals contribute to cell dysfunction, tissue damage and the onset of disease.

According to the United States Department of Agriculture, among raw fruits, only dried plums, have more oxygen radical absorbency capacity than blueberries. Scientists say the greater the oxygen radical absorbency capacity, the greater the antioxidant potential.

Blueberries are also a good source of anthocyanin, a subgroup of bioactive compounds called phytonutrients, which are thought to slow the aging process and reduce the risk of many diseases, such as cancer and urinary tract infections.



Kristi Von Ruden, RD/LD



Research has not yet discovered just how these antioxidants work and what benefits supplemental antioxidants might have over long periods of time. But it is clear that adding blueberries to your diet is a nutritional plus and a step towards good health.

Joint replacement?

You'll know when the time is right for surgery

When is enough, enough? How do you know when the pain of a deteriorating joint has reached the point of no return? How do you know when you are ready for surgery?

Clinton A. Muench, MD, an orthopedic surgeon, says you will know when the time is right. Your body will do the talking.

"Typically people wake up one morning and say: 'I've had enough.' They are tired of the pain and the misery and are ready to do something about it," says Dr. Muench, who practices at Orthopaedic and Fracture Clinic of Northfield, a service of Northfield Hospital.

For weight-bearing joints such as knees and hips, the tell-tale signs are:

- Giving up activities that you enjoy;
- Having your sleep interrupted at night by a relentless,



aching pain;

- Being able to walk only a block or two at a time.

Difficulty putting on your shoes and socks or getting out or in to a car might be a marker for those with deteriorating hip joints. Difficulty navigating stairs might signal it is time to think more seriously about a knee replacement.

Physicians employ a number of therapeutic strategies before considering surgery. They include activity modification, anti-inflammatory drugs and supplements, physical therapy, the use of canes or knee braces, and injections to calm down joint inflammation or to lubricate joints.

New materials and new techniques used in joint replacement surgeries have improved outcomes. Dr. Muench says some of the greatest improvements have come in the area of post-operative pain management, which has made it easier for people to begin their rehab and get back on the road to recovery.

For more information, contact the Orthopaedic and Fracture Clinic of Northfield at 507-645-7352.

Advance directive – a gift to your family

If you want the last word on your own medical care at the end of life, be sure you have an advance directive.

Sometimes called a living will, an advance directive is a legal document which spells out your preferences for medical treatment and end-of-life care should you become incapacitated. It permits you to name a health care agent, someone who will act in your behalf if you are unable to decide or to speak for yourself. It also asks you to enumerate your beliefs and values surrounding your health care. You have the opportunity to instruct providers and a

named health care agent on your feelings about pain medication, heroic life-extending measures and care if you have a chronic, progressive illness.

Kathie Harrington, MSW, director of Social Services at Northfield Hospital, says an advance directive is a gift you give to your family.

“We’ve seen it here and in the media,” she says. “There is nothing more sad than watching a family disagreeing around a dying loved one.”

She and her staff do 10 or more advance directives a week. She says it is not just for those in

the final stages of life. The law makes it available to anyone 18 years or older.

“People in their 20s and 30s often think this doesn’t apply, but national cases are all with people who are in their 20s and 30s,” she says.

Forms are available at Northfield Hospital and can be downloaded from the hospital website. Hospital social workers are available to help you fill them out, get them notarized and filed with the hospital and your physician. Harrington only asks that people call (507-646-1147) to make an appointment.

2005 Prepared Childbirth Classes

Northfield Hospital is now taking reservations for childbirth education classes in 2005. The six-session program meets on Tuesday evenings at the new Northfield Hospital from 7 to 9:30 p.m. Upcoming dates are:

September 13 - October 18

November 1 - December 6

A compressed, two-session weekend class will be offered on Saturdays, Sept. 24 and Oct. 1 and Nov. 12 and 19. Northfield Hospital also offers childbirth refresher, sibling preparation and breastfeeding courses.

To register for any of these classes or for more information, call Nancy at 507-646-1035 or e-mail her at moen@northfieldhospital.org.

FAMILYHEALTH is published as a community service for households served by Northfield Hospital. Additional copies are available by calling Community Relations, 507-646-1034.

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