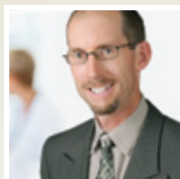


Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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Fall 2011



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MEN'S HEALTH

Prostate cancer detection and treatment

Prostate cancer is one of the most common cancers in American men. One out of every 10 men will develop the disease at some time in his life.

Prostate cancer occurs when cells in the prostate gland grow out of control. There are often no early prostate cancer symptoms, but some men have urinary symptoms and discomfort.

This type of cancer usually grows slowly and initially remains confined to the prostate gland, where it may not cause serious harm. While some types of prostate cancer grow slowly and may need minimal or no treatment, other types are aggressive and can spread quickly. That's why early detection is important.

"In general, prostate cancer becomes very common the older a man is," says **Dr. Lori Pinke**, a urologist at Adult & Pediatric Urology who sees patients at Riverwood's specialty clinic in Aitkin. "Most patients we see with this disease are ages 60 to 80."

"Prostate cancer treatment options include surgery, chemotherapy, cryotherapy, hormonal therapy, and/or radiation," Dr. Pinke adds. "Today's treatments are markedly improved, and less likely to cause major side effects. So the benefits of treatment usually outweigh the risks. The good news is living with prostate cancer is getting easier with new treatments for incontinence and erectile dysfunction." To learn more, see men's health seminar information on Wellness Calendar.

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WELLNESS CALENDAR

EVENTS

Men's Health Seminar

Prostate cancer treatment

Aitkin: 40 Club Convention Center
October 11, 6:30 PM

McGregor: Community Center
November 10, 11:30 AM

Garrison: Light of the Cross Lutheran Church
November 10, 5:45 PM

No cost. Registration requested.
Riverwood Education: (218) 927-5552

Diabetes Expo

Minneapolis Convention Center
October 15, 9 AM to 3 PM

Free bus with pickups in Aitkin, Crosby, Garrison
Riverwood Diabetes Education: (218) 927-8281

Women's Wellness program

January 2012

More information to come

Education & Support

Diabetes Support Group

Aitkin: Riverwood Outpatient Services
Second Thursday, 5:00 to 6:00 PM

McGregor: McGregor Clinic
Third Wednesday, 10:00 to 11:00 AM
Riverwood Diabetes Center: (218) 927-8281

Grief Support Group

Aitkin: Riverwood Healthcare
Thursdays, 4:30 to 6:00 PM
October 6-November 10
Riverwood Social Services: (218) 927-5524

Joint Replacement (Pre-surgery class)

Aitkin: Riverwood Healthcare Center
Second Friday, 10:00 AM to 12:00 PM
Riverwood Surgical Services: (218) 927-5549

Prenatal Education Classes

Aitkin: Riverwood Healthcare Center
Tuesdays, 7:00 to 9:00 PM
Riverwood Education: (218) 927-5318

Breast Cancer Support Groups

Men's: Partners of breast cancer patients
Fourth Monday, 6:30 to 8:00 PM
Sister-to-Sister: Breast cancer patients
Fourth Monday, 6:30 to 8:00 PM
Aitkin: Riverwood Healthcare Center
Riverwood Breast Health: (218) 429-3975



FOOT HEALTH TIPS

Find out what you can do to keep your feet healthy. Here are some tips from Dr. Bradley McCusker, podiatrist.



KEEP YOUR FEET IN GOOD HANDS

Every time you take a step, it takes a lot of teamwork. That's because 26 bones, 33 joints and more than 100 muscles and ligaments have to work together.

You rely on your feet to get you where you want to go—and they need to last a lifetime. So keeping them fit should be a top health priority.

“Don't ignore stiffness, sores or pain,” says **Dr. Tom Lawson**, family practice physician at Riverwood Healthcare Center who treats a lot of patients with foot problems. “If you notice any physical changes or pain in your feet, seek medical care immediately. We now have an experienced podiatrist on staff who can treat common foot problems as well as perform surgical procedures to correct bunions and hammertoes.”

Dr. Bradley McCusker, a podiatrist with 19 years of experience began seeing patients locally in September.

Q: What can you do to prevent your feet from injuries or infection?

A: Avoid walking barefoot, especially outdoors when you can step on sharp objects that can cut or pierce your foot.

Q: What fitness activity is an excellent conditioner for the feet?

A: Walking to keep fit is good for your feet because it helps strengthen the foot and leg muscles. It also helps to improve your overall cardiovascular health.

Q: What activity is key to good foot hygiene?

A: Wash and dry between your toes to prevent an overgrowth of bacteria and fungus.

Q: What can you do to prevent a toenail edge from growing down and into the skin of the toe to form an ingrown toenail?

A: Clipping toenails straight across instead of curving down into the corner of the nail can help prevent ingrown toenails.

Q: What should you do to monitor the health of your feet?

A: Inspect your feet regularly and report changes in skin color, texture or appearance to your doctor.

“By preventing major complications and managing minor ones effectively, you can maintain healthy feet,” Dr. McCusker says. “Some of the most common foot problems I treat are bunions, hammertoes, ingrown toenails, heel pain and Plantar warts.”

For an appointment with Dr. McCusker, call (218) 927-2157. He sees patients at Riverwood's specialty clinic in Aitkin on Tuesdays and Thursdays, and will soon be seeing patients at Riverwood's clinics in Garrison and McGregor one day each month.

Free Prostate Cancer Screening at Riverwood Clinics

Prostate cancer that is detected early — when it's still confined to the prostate gland — has a better chance of successful treatment. A painless blood test called prostate-specific antigen (PSA) is a screening test that helps detect prostate cancer or other treatable prostate conditions.

This fall, Riverwood will offer free PSA exams for those with no health insurance or high deductible plans according to this schedule:

Aitkin Hospital: Nov. 15, 2:00 to 7:00 PM

McGregor Clinic: Nov. 17, 2:00 to 5:00 PM

Garrison Clinic: Nov. 22, 2:00 to 4:00 PM

This program is geared toward men 40 and older and some restrictions may apply. A limited number of 10-minute appointments will be available.

For an appointment, call Riverwood at (218) 927-2157.

BEATING BREAST CANCER

EARLY DETECTION IS THE BEST PROTECTION

Free breast cancer screenings



In November, Riverwood Healthcare will offer free breast health exams and mammogram screenings for those with no health insurance or high deductible plans. This program is geared toward women 40 or older who have not had a mammogram in the last 12 months and some restrictions may apply.

The screening includes a clinical breast exam and mammogram and a limited number of 30-minute appointments will be available at these times and locations:

Aitkin Hospital: Nov. 15, 2:00 to 7:00 PM

Garrison Clinic: Nov. 16, 1:00 to 4:00 PM

McGregor Clinic: Nov. 17, 2:00 to 5:00 PM

For an appointment, call Riverwood at (218) 429-3975.

Cuyuna Riverwood
Breast Health Alliance
Aitkin/Crosby

susan g.
komen
FOR THE
cure®

Have you had your annual breast cancer screening exam and mammogram this year? Don't let cost be an obstacle. If you don't have health insurance or have a high deductible health plan, there are several options open to you.

Earlier this year, the Cuyuna Riverwood Breast Health Alliance received a grant from Susan G. Komen for the Cure® to create the Courage Cabinet to help women who meet certain criteria get screened for breast cancer. Formed in 2010 by Riverwood Healthcare Center and Cuyuna Regional Medical Center, the Breast Health Alliance offers convenient local access to sophisticated breast cancer diagnostic technologies such as digital mammography, breast MRI and stereotactic breast biopsy. For more information on the alliance, go to www.breasthealthalliance.org

Funded by the Minnesota Department of Health, the Sage Breast and Cervical Cancer

Screening program offers free mammograms and pap tests for women 40 to 64 years old who either have no health insurance or high deductible plans and meet designated household gross income guidelines, which range from \$27,225 for a one-person household to \$74,975 for a family of six. For more information, go to www.health.state.mn.us/divs/hpcd/ccs/mbcccp.htm

"We're advising women age 40 or older to see if they qualify for SAGE first," explains

Amy Renner, breast health care coordinator with the Breast Health Alliance who offers support to patients with breast abnormalities or cancer at Riverwood Healthcare Center.

"Those who don't qualify for SAGE may use the Courage Cabinet, which has funds for clinical breast exams and mammograms."

Through the Courage Cabinet program, the Breast Health Alliance also offers breast cancer educational materials, comfort packs, and gas

cards for those who must travel a distance for breast cancer treatment.

"Many more women are surviving breast cancer today because their breast cancer has been detected in early stages when it can be treated effectively before it spreads," says Rebecca May, Riverwood nurse practitioner with a professional emphasis in women's health. "I encourage anyone who has been postponing getting screened for breast cancer due to cost to act now and take advantage of the free screenings being offered locally."

For free breast cancer screenings, see the schedule listed above.



Need weekend medical care?

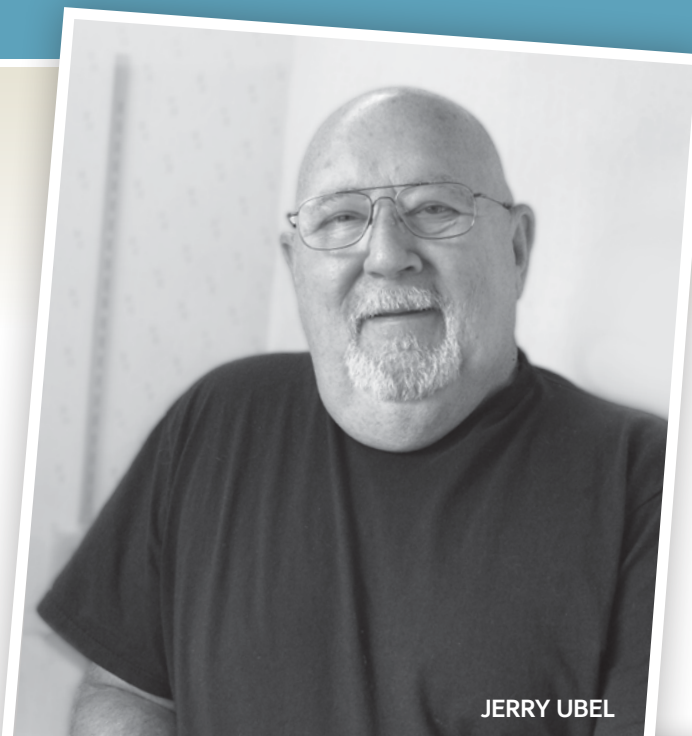
Riverwood Garrison Clinic and Pharmacy is open Saturdays, 8:30 a.m. to 2 p.m. Same-day appointments are also available all week long. For an appointment, call (320) 525-3400 or toll-free at (888) 270-1882.

Difficulty paying your Riverwood medical Bill?

Riverwood offers financial counseling to link patients who are uninsured or underinsured with financial assistance programs that can help. For more information, call Rae at (218) 927-8284. She's available to meet with patients at the hospital in Aitkin.



YOUR HEALTHY CHOICE STORIES



JERRY UBEL

smart eating + exercise = weight loss success

On October 15, Jerry Ubel and his wife, Marilyn, are going somewhere they would not have gone a year ago. They will take a bus to the Diabetes Expo in Minneapolis courtesy of Lions International District 5M-9 and Riverwood Healthcare Center.

Late last year, Jerry was diagnosed with diabetes during a pre-op exam for hip replacement surgery at Riverwood's family practice clinic in Aitkin. After recovering from a left hip replacement performed by **Dr. Leo Chough** at Riverwood in mid-December, his family practice doctor referred him to Riverwood's Diabetes Education program.

Jerry attended classes taught by **Melissa Magnuson**, registered nurse and certified diabetes educator, and **Lisa Kuklis**, registered dietitian, to learn how to manage his diabetes and make some healthier lifestyle choices.

"I took the information Lisa and Melissa shared with me to heart," Jerry explains. "My wife and I began to read food labels, avoiding foods with

high calories, sodium, fat and carbohydrates. We're eating a lot more fruit and vegetables and staying away from fast food and snacking between meals.

Jerry reports wonderful weight loss success. Over about eight months, he's lost 52 pounds with a goal of losing 40 more. With a 4 to 1 ratio of pressure for every pound, Jerry calculates that he's taken about 200 pounds off his hip and knee joints.

Besides eating healthier, he's exercising. For about one hour daily, he rides a recumbent stationary bike, logging 11 to 12 miles—and burning a lot of calories. He and Marilyn also enjoy going for walks near their home in the countryside near Swatara.

Other healthy lifestyle choices Jerry has made include quitting smoking 11 years ago and leaving a stressful job in the Twin Cities and moving up north. Today, he has a team of care providers at Riverwood Healthcare Center who work together to support him on his healthy living journey.

One more tip from Jerry: "Take care of yourself and have fun."

GOOD HABITS FOR DELICIOUS OUTCOMES

Dietary Guidelines for Americans is the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

The newest version of the guidelines includes these tips:

① Right-size your servings.

The amount of food on your plate is directly related to the amount of calories you consume.

② Switch out the saturated fat.

Replace sources of saturated fat with leaner meats like skinless poultry, wild game and seafood, as well as mono-unsaturated oils like olive oil. Read labels to avoid foods with trans-fat.

③ Make good habits more delicious at home.

Cook at home rather than dining out to control the nutritional value of your meals.

④ Fit fruits and vegetables into your diet.

Include some at every meal. Substitute salty or fatty snacks with fruits and vegetables. Make them easy to grab and go.

⑤ Make half of your grains whole.

Whole grains are higher in fiber as well as many vitamins and minerals. Read food labels and choose foods with more fiber per serving more often.

"As a dietitian, my job is to help patients develop healthier habits that fit their lifestyle and fitness goals," says **Lisa Kuklis**, registered dietitian at Riverwood, who is certified in weight management counseling. "Consider adding a new habit each week. Why not start today."