

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

In this Issue Summer 2011



Vitamin D - A Powerful Tool to Support Wellness

According to Dr. Tim Arnold, family physician at Riverwood Healthcare Center, it's good to get 10 minutes of sun exposure

Page 2



Better Together

The Capital Campaign for Riverwood Healthcare Center

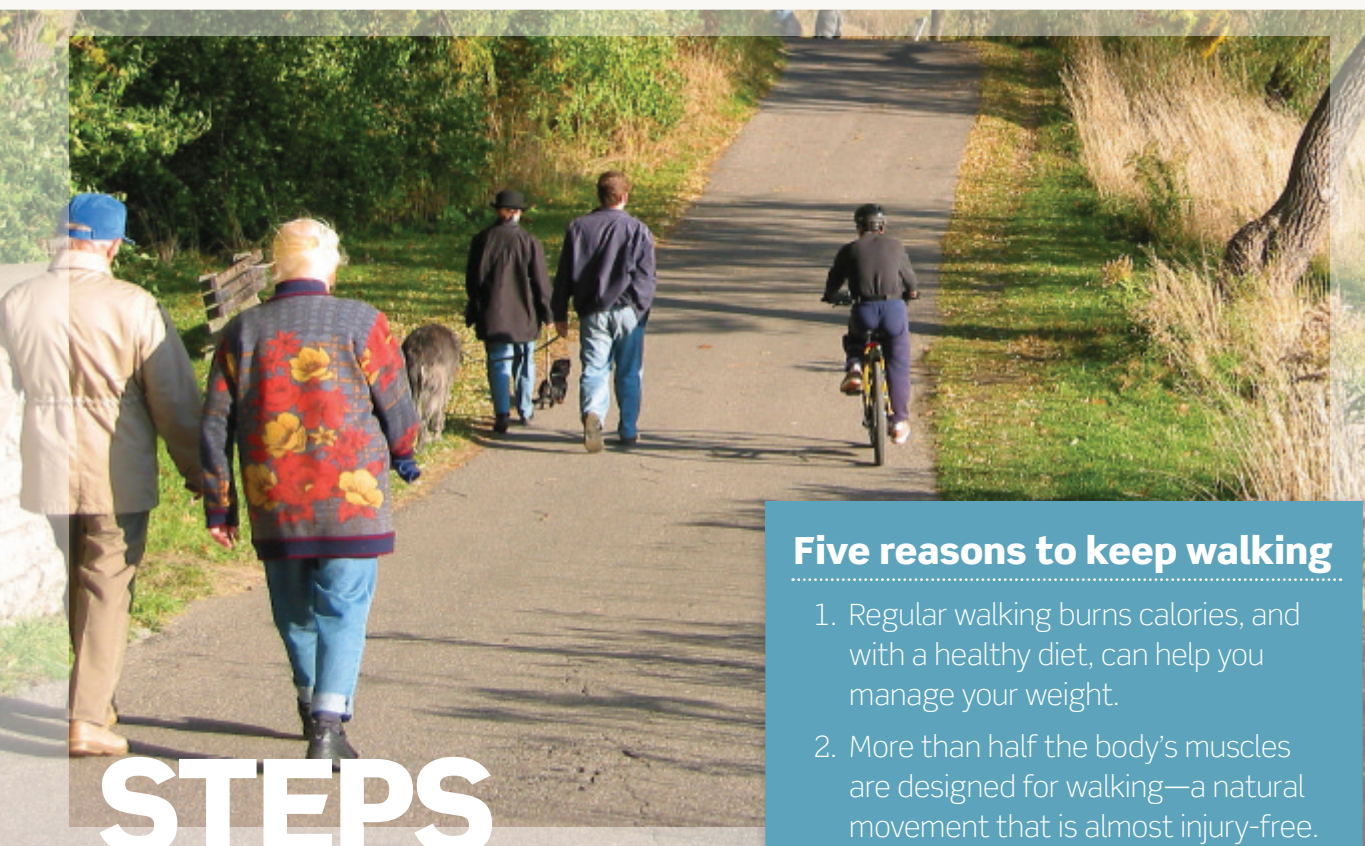
Page 3



Lyme Disease Awareness & Prevention

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Page 4



STEPS

To Optimum Joint Health

Lifestyle choices can help you maintain optimal joint health. One step you can take is to stay as active as you can. Walk or exercise at least 30 minutes a day whenever possible. Walking is a great way to be more physically active. It's free, fun and you can do it almost anywhere.

Protect your joint health

Prevention is your best line of defense for joint injuries. Warm up before you engage in vigorous physical activity or

Five reasons to keep walking

1. Regular walking burns calories, and with a healthy diet, can help you manage your weight.
2. More than half the body's muscles are designed for walking—a natural movement that is almost injury-free.
3. Brisk walking is an aerobic activity that makes your heart, lungs, and muscles stronger.
4. Walking refreshes the mind, reduces fatigue, increases energy and improves sleep.
5. Walking can be a great time for sharing and socializing with friends and family.

play sports. Be careful when walking, running or working on uneven ground. Wear shoes that fit well and are made for your activity. Maintain good muscle strength and flexibility year round.

Continued onto page 3 >>

Wellness Calendar

Events

Hospice Charity Event

Golf tournament & dinner

DEERWOOD: Ruttger's Resort

Sunday, July 10

Riverwood Foundation: (218) 927-5158

MLEC Touchstone Energy Walking Trail Loop

Grand Opening

AITKIN: Rippleside School/Children's Center parking lot

June 23, 6:30 PM

Pedometers, walking trail information and a community walk

For information: (218) 927-7462

Education & Support

Diabetes Support Group

AITKIN: Riverwood Outpatient Services

Second Thursday, 5:00 to 6:00 PM

MCGREGOR: McGregor Clinic

Third Wednesday, 3:00 to 4:00 PM

Riverwood Diabetes Center: (218) 927-8281

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

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Vitamin D: A Powerful Tool to Support Wellness

It's summertime and spending time in the sun is one of life's pleasures. Your body can make up to 10,000 units of vitamin D in 10 minutes of sun exposure.

According to Dr. Tim Arnold, family physician at Riverwood Healthcare Center, it's good to get 5-10 minutes of sun exposure on bare arms and legs without sun protection products to get the vitamin D benefit. Then make sure to apply sunscreen to protect against sunburn and skin cancer.



"Without adequate sun exposure, children and adults require approximately 800 to 2000 IU per day," Dr. Arnold says.

Why do we need vitamin D?

Vitamin D helps the body absorb calcium, keeps our bones

healthy and promotes a healthy immune system for protection from many diseases.

Traditionally, vitamin D deficiency has been associated with rickets, a disease in which the bone tissue doesn't properly mineralize, leading to soft bones and skeletal deformities. But increasingly, research is revealing the importance of vitamin D in protecting against a host of health problems.

New research suggests that women who take high doses of vitamin D during pregnancy have a greatly reduced risk of complications, including gestational diabetes, preterm birth and infection.

"I routinely recommend to my pregnant patients that they take a vitamin D supplement to help boost their immune system and support a healthy full-term birth," explains Dr. Arnold, who is the lead practitioner for obstetric and pediatric care at Riverwood's McGregor clinic.

Vitamin D levels

The most accurate way to measure how much vitamin D is in your body is the 25-hydroxy vitamin D blood test. After this test, you and your physician can discuss what combination of diet, smart sun exposure and supplements is best to get you to an optimal level.

To learn more about vitamin D, go to www.vitamindcouncil.org

Joint Replacement Excellence

For the third year in a row, Riverwood Healthcare Center has been recognized for outstanding quality and outcomes for hip and knee replacements. According to a study by HealthGrades®, the leading independent health ratings organization in the United States, **Riverwood ranks No. 2** among hospitals in Minnesota, and among the **top 10 percent of hospitals** in the United States, for total joint replacements.



"What this distinction means is that patients were 80 percent less likely to experience a major complication, such as an infection than at a 1-star rated hospital," said Healthgrades rep Meghan Hardin at an April award ceremony at Riverwood. ***"Riverwood, and other hospitals that are 5-star rated, dramatically out-perform the national average."***

New Newsletter Name, Wellness Focus

We're proud to introduce Healthy Living (formerly Healthcare Topics)—Riverwood Healthcare Center's newsletter focusing on the health issues that matter to you. This name change reflects our renewed focus on the healthcare needs of the community.

Several times a year, we will share information to help support your wellness journey. You'll find information on nutrition, fitness, disease prevention and resources available at Riverwood - all designed to support your own personal wellness goals.

Better Together

The capital campaign for Riverwood Healthcare Center

On May 11, 200 people helped Riverwood celebrate the start of construction on a \$21 million expansion and renovation for its hospital in Aitkin with a Groundbreaking ceremony.

What does this mean for local residents?

- More comfort and privacy for patients with 25 single hospital patient rooms.
- Newly designed inpatient area with nurses working closer to the patient's bedside.
- Better accommodations for patients' family members.
- More private labor and delivery area with an added birthing suite.
- Larger chemotherapy area with five infusion bays, windows and a private entrance.
- Enhanced surgery facilities with more space for patients' family members.
- All patient services in one Aitkin location.

Riverwood Foundation has launched a capital campaign called "Better Together" with the goal of raising \$2.2 million. To date, individuals, businesses and organizations have contributed or pledged over \$1.3 million.

Community support for the hospital expansion and renovation is vital. For more information on giving opportunities, contact John Slettom, executive director, Riverwood Foundation, at JSlettom@RiverwoodHealthcare.org, (218) 927-5554.



To learn more about the hospital expansion and renovation, visit www.riverwoodhealthcare.org/bettertogether



Steps to Optimum Joint Health Expert orthopaedic care

Continued from page 1 >>

If you have any concerns about chronic or sudden onset of joint pain, seek medical care. The **Minnesota Center for Orthopaedics** (MCO) is a great local resource. Located at Riverwood Healthcare Center in Aitkin and the Cuyuna Regional Medical Center in Crosby, MCO is a partnership program. These two health systems have pooled their respective talents, technologies and resources to offer a higher level of orthopaedic care for the entire region.

Two highly skilled, fellowship-trained orthopaedic surgeons, Dr. Leo Chough and Dr. Erik Severson, offer not only routine orthopaedic care but the latest advanced procedures for joint replacements and sports-related injuries. Plus a full range of rehabilitation therapies to support your joint health.

For more information on MCO, go to www.MinnOrtho.org or call for an appointment at (866) 362-1229.

“Walking is a great way to keep your knee and hip joints healthy because it stimulates synovial fluid to move through the joints. This fluid not only lubricates the joint it also promotes healing of minor injuries. When you go for a brisk walk, you are building muscle tissue, which will protect your joints.”

- Dr. Erik Severson

HealthyLiving
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If there are wellness topics you'd like to learn more about, please contact us at healthyliving@riverwoodhealthcare.org, post comments on our Facebook page, or mail your requests to Riverwood Healthcare Center, Attn: Healthy Living, 200 Bunker Hill Drive, Aitkin, MN 56431.

Lyme Disease Awareness & Prevention

Lyme disease is a bacterial infection that may develop after a bite from a Lyme-infected deer tick. Many areas of Minnesota are at high risk for Lyme disease, especially heavily wooded or forested areas.

Prevention of tick bites

The best way to prevent Lyme disease is to avoid being bitten by a deer tick. One strategy is to stay out of tick habitat, but for those who live or work close to wooded areas that may not be an option. So make smart clothing choices when you venture into the woods. Wear light colors and long sleeves. Tuck pants into socks, and long hair into a hat. After your outdoor activity, put your clothes in the dryer for an hour on high heat to kill any ticks you may have picked up.

Another way to protect yourself is to use insecticides and repellents such as permethrin, DEET or picardin. Insecticides work by encouraging ticks to leave before biting. For safety information on repellents, go to www.cdc.gov or www.epa.gov

What you can do

Tick checks are vital. While in a tick habitat, check frequently for ticks and remove them right away. To remove a tick, follow these steps: **1) Grasp tick close to the skin; 2) Avoid squeezing its body; and 3) Pull tick straight out. Disinfect the bite area and wash your hands.**

Seek immediate medical attention if a tick bite occurs. The longer ticks are attached, the greater the risk of acquiring Lyme or other tick-borne diseases.

Lyme disease can be a tricky diagnosis for physicians to make because it can imitate other diseases, and lab testing is not 100% reliable. Avoiding tick bites and treating them when they occur will not only prevent a misdiagnosis but also Lyme disease itself.

For more information on Lyme disease, go to www.mnlyme.com

INFORMATION SOURCE: Dr. Elizabeth Maloney, a family physician from Wyoming, Minnesota, writes and presents educational seminars on Lyme disease for the public, physicians and other healthcare professionals.



Lyme Disease Stages

Lyme disease has several stages and causes a wide variety of symptoms that differ among patients, come and go, vary in intensity and change over time. Not all people go through each stage.

1 EARLY LYME

EARLY LYME disease develops within two to 20 days of the bite. A rash may occur at the site of the tick bite, but only 70% of cases reported to the Centers of Disease Control included a rash. The most common Lyme rash, called an erythema migrans (EM), is a solid, colored oval lesion. The bull's-eye rash is seen in less than 20% of all rashes. Many patients also experience flu symptoms, including fever, chills, muscle and joint pains, neck stiffness, headaches, fatigue and sore throat. With patients who don't have a rash, these symptoms may be the only clue of the infection. Some patients have NO symptoms.

2 EARLY DISSEMINATED LYME

EARLY DISSEMINATED LYME disease means the bacteria has moved beyond the skin to other body sites. This usually occurs weeks to months after the tick bite. Individuals may notice multiple EM rashes, severe headaches and stiff neck (indicating meningitis), irritation of nerves that serve the head and face, fatigue, generalized pain, difficulty concentrating and sleeping. Less frequently, Bell's palsy and problems with the electrical pathways in the heart may also develop.

3 LATE LYME

LATE LYME disease develops months to years after the tick bite. Patients may develop arthritis of a single joint, most commonly the knee; nervous system problems; or non-specific complaints of fatigue, headaches, generalized pain or muscle pain, recurrent fevers, difficulty thinking and changes in mood.



Need weekend clinic care for a tick bite or fish hook injury?

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.



Together we will.

*Riverwood Healthcare Center
200 Bunker Hill Drive
Aitkin, MN 56431*

www.RiverwoodHealthcare.org

Contact any Riverwood Healthcare Center facility toll-free at (888) 270-1882

Hospital - ER- Urgent Care 218-927-2121

Aitkin Clinic 218-927-2157

McGregor Clinic 218-768-4011

Garrison Clinic 320-525-3400

Specialty Clinic 218-927-5566