

Healthy Times

Monticello-Big Lake Hospital

July 2008

Caring for the heart

Local heart care wins national recognition

Focus on Quality

Monticello-Big Lake Hospital was nationally recognized for providing quality care to patients diagnosed with heart failure.

Measuring quality

The hospital was awarded the 2008 Get With The Guidelines Heart Failure Silver Performance Achievement Award from the American Heart Association. This recognition signifies that the hospital has reached an aggressive goal of treating heart failure patients with 85 percent or higher compliance with the American Heart Association's heart failure performance measures for a one-year period.

"We participate in the Get With The Guidelines program to ensure that our patients get the best care with the

highest standards," says Reed Pritchard, CCRN, director of medical/surgical/ICU/pediatric care at Monticello-Big Lake Hospital.

Get With The Guidelines is a quality improvement initiative that provides hospital staff with evidence-based guidelines and procedures to care for heart failure patients in order to prevent future hospitalizations.

"We were very proud when we heard we had won the award - proud for our hospital, our staff and our physicians," says Pritchard. "They've all done a great job."

The highest standard of care

Get With The Guidelines standards for heart failure patients outline specific medications to administer, tests to measure heart function, patient education and discharge instructions.

The goal of the program is to implement appropriate protocols to save lives and reduce the recurrence of heart attacks.

"Our patients benefit because they receive the nation's highest care standards in their own home-town hospital," says Pritchard.

Expanding cardiac services

Monticello-Big Lake Hospital offers a wide range of diagnostic and follow-up cardiac care services. Cardiologists from the Minneapolis Heart Institute at Abbott Northwestern see patients locally and provide state-of-the-art cardiac care.

Monticello-Big Lake Hospital's cardiac care program is expanding to bring patients added services including additional clinic hours and pacemaker follow-up care.

Pacemaker follow-up care

Pacemaker follow-up care is provided by Minneapolis Heart Institute experts who evaluate and optimize pacemaker function to meet each patient's individual needs. "It's another area of disease management that we are able to provide locally," says Dr. Kevin Graham, cardiologist and director of preventative cardiology at Minneapolis Heart Institute.

"Many people live with heart disease, but it needs to be managed," says Dr. Graham. "Cardiac services at Monticello-Big Lake Hospital allow patients to receive state-of-the-art cardiac care without leaving town."



2008

SILVER
HEART FAILURE



American Heart Association | American Stroke Association



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A healthy foundation

Treatment options to correct painful bunions

Healthy feet are the foundation of a healthy body. They carry you from place to place and play an important role in your general mobility. So, when your feet begin to hurt, it can affect your overall health and well-being.

Foot pain is not normal

“Foot pain is not normal and it can be treated,” says Brian Greteman, DPM. Dr. Greteman is a board certified podiatrist and cares for patients at his Monticello office.

Podiatrists provide a wide range of medical, surgical and orthopedic foot care including diabetic foot care, sports medicine, skin and nail care, arthritic care and care for foot deformities. One of the common foot problems a podiatrist treats is bunions.

What is a bunion?

“A bunion is a malalignment of a joint where the great toe attaches to the foot and causes a prominence, or bump, on the inside of the foot that

can be painful,” says Dr. Greteman.

Bunions are a progressive disorder and tend to slowly worsen. As the big toe leans into the second toe, the bones come out of alignment and a bump begins to form.

“Bunions generally form because of hereditary factors,” says Dr. Greteman.

Causes of bunions

Wearing the wrong pair of ill-fitting shoes may contribute to the development of bunions in an individual who is genetically predisposed to them.

Bunions can be aggravated
--Bunions continued on page 3

Bunions can be aggravated by the wrong pair of shoes, by standing for long periods of time or by certain activities.



Dr. Brian Greteman, pictured with Audrey Van Den Boom of Big Lake, provides a wide range of foot care for pediatric and adult patients.

Monticello Cancer Center

The Monticello Cancer Center will be opening this fall to bring expert cancer care to our community. A partnership of Monticello-Big Lake Hospital, North Memorial and CentraCare Health System, the Monticello Cancer Center unites the expertise and strength of all three partners.

Medical oncology, chemotherapy and radiation oncology services will be available in our community five days a week.

The new cancer center will feature state-of-the-art technology in a healing

environment. Each of the cancer center's chemotherapy suites overlooks

Medical oncology, chemotherapy and radiation oncology services will be available in our community five days a week.

the Mississippi River where patients can watch resident geese, swans and ducks. “Our goal was to create an atmosphere that has a calming and

relaxing affect on our patients,” says Peg Beuning, certified oncology nurse and director of the Monticello Cancer Center.

“Being able to provide radiation and medical oncology in one location is so important,” says Beuning. “Patients won't have to travel from one location to the next to receive their care; it will all be available in our community.”



Community education for healthy living

Childbirth, Parenting & Safety

Childbirth Preparation: Monday or Tuesday evenings beginning Aug. 5, Sept. 2, Oct. 7 or Nov. 3: 7 - 9 p.m.

Cost: \$90

Fast Track Birthing: Aug. 16:

9 a.m. - 4 p.m. Cost: \$90

Breastfeeding for the New Parent:

Aug. 4, Sept. 2, Sept. 29 or Nov. 4: 7 - 9 p.m. Cost: \$10 (free to birthing class participants)

Daddy 101: Aug. 4, Sept. 2, Sept. 29 or Nov. 4: 7 - 9 p.m. Cost: \$10

(free to birthing class participants)

Infant Massage: Four-week series beginning Aug. 6 or Sept. 3:

6 - 7 p.m. Cost: \$70

Child Passenger Safety Seat Clinic:

July 15, Aug. 19 or Sept. 16:

Call 763-271-2388 to schedule an appointment.

CPR & First Aid

Pediatric First Aid/CPR/AED:

July 12, Aug. 9, Sept. 13 or Oct. 11: 8 a.m. - 2 p.m. Cost: \$65

Healthcare Provider CPR: July 26, Aug. 23, Sept. 27 or Oct. 25:

9 a.m. - 3 p.m. Cost: \$60

Healthcare Provider CPR Refresher:

Aug. 28 or Oct. 23: 8 - 11:30 a.m. or 12 - 3:30 p.m. Cost: \$50

Heartsaver First Aid/CPR/AED:

Aug. 2: 8 a.m. - 3 p.m. Cost: \$65

Reduced-Cost Friends/Family CPR:

Oct. 22: 6 - 9 p.m. Cost \$20

General Wellness

Breast Cancer Support Group: Third Tuesday of each month: 7 - 8:30 p.m. (No meetings Jan., July, Aug. or Dec.)

Diabetes Community Education Class:

Oct. 7: 7 - 8:30 p.m.

Diabetes Health Fair: Nov. 11:

5 - 8 p.m.

Visit www.mblch.com to register for a class, or call 763-271-2388 for more information.

--*Bunions continued from page 2*
by the wrong pair of shoes, by standing for long periods of time or by certain activities. Symptoms may include pain, inflammation or numbness.

“A bunion can also cause other deformities such as hammer toe, corns, and calluses - or even skin ulcers in severe cases,” says Dr. Greteman.

Treatment options for bunions

“Bunions may be treated conservatively, surgically or mechanically,” says Dr. Greteman. “If a bunion is not painful, generally surgery is not indicated - provided that the patient can fit into shoes. If the bunion is

painful, we’ll try accommodating the deformity with proper shoes, bunion pads or orthotics.”

If conservative treatments are ineffective, bunions can be corrected surgically. “There are dozens of different surgical procedures based on the extent of the deformity,” says Dr. Greteman, “but almost all of them involve realigning the joint.”

Bunion surgery

Bunion surgery is typically performed as a same-day procedure. Most patients are able to walk immediately after surgery but may need to wear a surgical shoe for about a month. Full

healing of the bone may take about eight weeks. According to Dr. Greteman, patients may be able to return to work in as little as one to two weeks if they are employed in a sitting occupation or in approximately eight weeks if they are on their feet and active all day.

“Bunion surgery is an elective procedure,” says Dr. Greteman, “depending on how symptomatic the bunion is and if the patient desires to correct it.

“Our surgical goal is a life-long cure of the problem.”

Don't let a knee injury keep you on the sidelines



Orthopedic knee repair can get you back in the game

If knee pain, swelling, limited movement or joint instability have you sidelined, the orthopedic specialists at Monticello-Big Lake Hospital can help get you back in the game.

“Knee injuries can happen in any sport,” says Dr. Harvey Bishow, orthopedic surgeon with Monticello Clinic. “Common sports knee injuries include injuries to the ligaments or knee cap, and meniscus tears.”

ACL injuries

The anterior cruciate ligament, or ACL, can be injured if the knee is bent backward, twisted or bent from side to side. An athlete may injure the ACL while running, jumping, decelerating, changing direction or during contact.

The ACL is located in the center of the knee. It connects the upper

and lower leg bones and controls the



Dr. Harvey Bishow,
Orthopedic Surgeon

rotation and forward movement of the shin bone. Symptoms of an ACL injury may include popping, pain, swelling, limited movement or instability of the joint.

Diagnosing a knee injury

“Most knee injuries can be diagnosed from a patient’s history, a physical exam and sometimes an X-ray or MRI,” says Dr. Bishow.

Once a knee injury is diagnosed, Dr. Bishow says that possible treatment options include medication, exercise,

physical therapy, braces or surgery. The goal of treatment is to stabilize and strengthen the knee so the patient can return to normal activities and reduce the chance of further injury.

Surgical treatment

“Surgery may be required if all the conservative treatments fail,” says Dr. Bishow, “or if there is a specific injury that warrants surgery without conservative treatment.”

Following surgery, patients work with a physical therapist to exercise and strengthen the knee. With proper treatment and follow-up care, most patients will be able to fully recover from an athletic knee injury and return to their normal activities.

Preventing knee injuries

Many athletic knee injuries can be prevented by exercising the leg muscles that help keep the knee joint stable. “If you’re going to play a sport with bending and twisting, make sure your knees are fit and strong,” advises Dr. Bishow.

If you’ve been sidelined by an athletic knee injury, visit www.mblch.com to find an orthopedic specialist who can help you get back in the game.

Contact Information

Monticello-Big Lake Hospital
763-295-2945

Monticello-Big Lake Nursing Home
763-271-2333

information@mbllch.com

The information in Healthy Times is not intended to replace the advice of a doctor.

 **Monticello-Big Lake
Community**
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