

My St. Francis

Here for you

Baby London comes to town

ADVANCED IMAGING TECHNOLOGY AT ST. FRANCIS MAKES RARE DIAGNOSIS POSSIBLE

TRISHA AND BRIAN Nordick arrived at the doctor's office last December, eagerly anticipating the ultrasound test that would give them a glimpse of their baby, due in May.

"My first pregnancy and delivery were very normal," says Trisha, a registered health information technician at St. Francis Healthcare Campus. Their son, Landen, is now 7. "We had no reason to believe that my second pregnancy would be any different."

But Nordick's physician noticed something unusual. He recommended another ultrasound, performed with more advanced equipment at St. Francis Healthcare Campus.

At St. Francis, Merlin Granfor did his best to make the Nordicks comfortable during their appointment. As director of radiology & imaging, he strives to provide high-quality images so that physicians can properly diagnose their patients.

A STARTLING DISCOVERY

Just days later, the Nordicks were told that their baby likely had a

sacroccygeal teratoma—a mass of cells that typically forms outside of the fetus's body near the bottom of the spine.

Also known as teratomas, or SCTs, the growths are not typically cancerous and can often be surgically removed after birth. Some may grow rapidly or grow internally inside the baby's abdomen. Occasionally a teratoma can place increased demands on the baby's heart and can lead to fetal heart failure or death.

"We were heartbroken," Trisha says.

THE BEST-LAID PLANS...

Since the condition is rare, occurring in roughly one out of every 40,000 births, the baby would be delivered at Abbott Northwestern Hospital in Minneapolis and taken to nearby Children's Hospital for surgery.

The next few months were filled with doctor appointments, ultrasounds and other tests—many of them 200 miles away in Minneapolis.

In the midst of it all, the Nordicks
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ONE SCAN MAKES A DIFFERENCE:
Trisha Nordick's prenatal ultrasound at St. Francis uncovered a rare condition in her daughter, London, who is now a healthy 4-month-old.



The inside story: CT scans give doctors a high-tech, detailed view of the body

Medical x-rays are nothing new, but today's computer technology has made x-ray an even more valuable tool. One example of this is CT scans, just one of the imaging services provided at St. Francis Healthcare Campus.

CT stands for computed tomography. It involves the use of special x-ray equipment and a computer to create cross-sectional images of organs, bones and other tissues. These scans are more detailed than regular x-rays and provide clear pictures of even small bones, muscles and blood vessels.

CT scans are commonly used to diagnose heart, brain, liver, kidney, bone and other internal problems. CT scanning can find tumors and show their size and location.

What to expect. During a CT scan, you will be asked to lie still on a table. The table will then slowly move through an x-ray machine with a hole in the center. CT scanning is a painless procedure that takes anywhere from five to 30 minutes—depending on the size of the area being scanned. ❖

Source: Radiological Society of North America

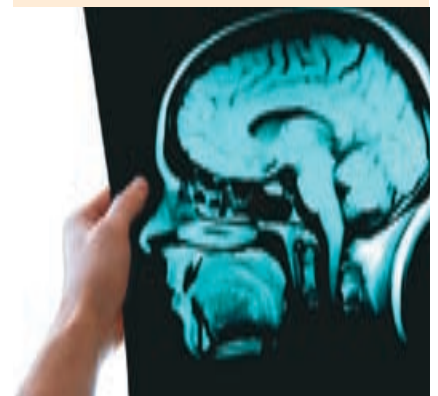
Imaging that's easy for you

When your doctor says, "I think we need to take some tests and look at some images of the problem," where you have those tests is important.

Here at St. Francis Healthcare Campus, we can take care of your tests right here, close to home. Choose St. Francis when you need:

- An MRI
- X-rays
- An ultrasound
- A CT scan
- A mammogram
- A bone density scan

The next time you need more tests, ask your doctor about having them done at St. Francis, where it's easier for you. Or call us directly at **218-643-0238**. ❖



Lawrence Licht, M.D., radiology & imaging department, reviews film at St. Francis Healthcare Campus.

MRI offers a clear view of you

When doctors need a view of what's going on in the body, they can turn to an array of imaging devices. And when they want detailed pictures of internal workings, they may choose what's known as MRI (magnetic resonance imaging).

Doctors often rely on MRI to diagnose cancer, stroke, heart and vascular disease, and disorders involving muscle, joints or bones. It is also commonly used to detect sports-related injuries and to help determine the source of back pain.

HOW IT WORKS

MRI is distinguished from other imaging methods by the fact that it involves no radiation. Instead, it uses

radio waves and a strong magnetic field.

Radio waves are directed at protons in the body. These protons give off radio signals that can be processed by a computer to form an image.

MRI creates remarkably clear views of tissues and organs. For example, scans can give doctors detailed images showing damage caused by a heart attack, the characteristics of a tumor and the soft tissue of the spine.

"Physicians have increasingly come to rely on MRI technology to diagnose their patients," says Merlin Granfor, director of radiology & imaging.

For more information about MRI, talk to your health care provider or call St. Francis at **218-643-0238**. ❖

Your next mammogram: A date to keep

Thanksgiving. Valentine's Day. The Fourth of July.

You'll find these dates marked on virtually any calendar. And every year we acknowledge them, no matter how many times we've done so in the past.

If you're a woman 40 or older, there's another date that you should mark. It's the date for your next mammogram. No matter how old you are or how long you've been having mammograms, that's not a date to disregard.

That's a message reinforced by a study in the *Journal of the National Cancer Institute*. The study found that more than half of all late-stage breast cancers—cancers that are generally more difficult to treat than those found earlier—occurred in women who had not had a mammogram within one to three years of their diagnosis.

The researchers found that older women were less likely to have an annual mammogram than women younger than 75.

The American Cancer Society recommends that all women have a yearly mammogram beginning at age 40. At St. Francis Healthcare Campus, we can schedule your mammogram quickly and provide prompt results. To make your appointment, call **218-643-0238**. ❖



Leaving cigarettes behind on the road to better health

Smokers understand how powerful nicotine addiction can be—quitting can be one of the hardest things you ever do.

But definitely one of the most important. Smoking is the leading preventable cause of death in the United States.

Many Americans want to quit—www.smokefree.gov may be the help they need.

The Web site, developed by the National Cancer Institute (NCI), offers help with every part of the process, from step-by-step planning to fighting the urge to smoke after you've quit. You can even chat live online with an expert from the NCI.

You can also read about research on smoking cessation and find out whether you qualify to participate in a study.

St. Francis is a smoke-free campus. ❖

Testing bones for strength: Is it for you?

Even the healthiest, strongest bones can break. But something that can make bones especially vulnerable to a fracture is osteoporosis, a condition in which bones have weakened.

Osteoporosis mostly affects women as they age, but men can have it too. Often, the first sign of this condition is a broken bone, which can happen with even a relatively minor fall.

That's why screening for the condition is so important. The screening—a simple, painless test—is called a bone density test.

A bone density test measures the strength of bones in different areas of the body, which can help diagnose osteoporosis and determine your chances of breaking a bone. It's similar to an x-ray

but with much less radiation, notes the American College of Rheumatology.

If needed, treatment can help prevent further loss of bone density and reduce the risk of a fracture later on.

Your doctor can help determine if bone density testing is right for you. Screening is generally recommended for women 65 and older, but others at risk for bone loss may also need testing.

St. Francis Healthcare Campus performs bone density scans with state-of-the-art equipment. If you're interested in getting a scan to see how your bones are doing, call the radiology & imaging department at **218-643-0238** to make an appointment. ❖

Are you a woman 65 or older? You may be at risk for bone loss. Call today to find out.



HOW DENSE ARE YOUR BONES?

Call radiology & imaging at **218-643-0238** to make an appointment for a bone density scan.

You can make a lasting tribute

For two years now, the Healthcare & Wellness Foundation has had a vision of a beautiful courtyard for guests and families to enjoy. With limited furnishings, few guests have been able to experience the healing effects of this beautiful area. We would like to purchase outdoor furniture to make the courtyard a more welcoming and usable area.

As a nonprofit organization, St. Francis relies on the Foundation and appreciates the generosity of our donors for projects such as these.

For high-quality and durable furniture, we estimate that the cost will be between \$300 and \$600 for each piece. We also hope to install a screened, three-season gazebo with an opportunity for you to honor someone you care about. If you would like to memorialize or honor a loved one, while supporting nursing home residents at the same time, here is your opportunity to do so.

Donations of \$100 or more will be recognized on the donor wall on the St. Francis Healthcare Campus. However, donations of any size are greatly appreciated. To contribute, please mail your donation to the Healthcare & Wellness Foundation at 2400 St. Francis Drive, Breckenridge, MN 56520. The Healthcare & Wellness Foundation of St. Francis appreciates your support! ❖



REACHING OUT TO AFRICA: Volunteers package donations from St. Francis Healthcare Campus for Outreach Africa, which will outfit operating rooms with surgery tables and lights.

Serving others: A way of life

Nicole Keller can speak firsthand about how St. Francis Healthcare Campus has positively affected her life.

Keller, who grew up in Wahpeton, participated in the student intern program at St. Francis for two summers while she was in pharmacy school. She then was hired as a full-time pharmacist when she graduated.

passion to everyone who walks through our doors. We also extend our healing ministry beyond our facilities, helping to improve the quality of life for whom-ever needs it. This reaching out is what we call community benefit.

ASK US YOUR QUESTIONS

If you would like to learn more about our community benefit activities or have any suggestions for us, call **218-643-0405** or e-mail maryjackklitch@catholicealth.net.

Your comments provide physicians and staff with information that helps us meet the needs of the communities we serve. ❖

REACHING OUT

Providing a means for students to gain real-life experience for careers in health care is just one of the ways St. Francis benefits our community.

Every day all of us at St. Francis strive to provide quality care and com-



The Healthcare & Wellness Foundation appreciates your support in helping to make our courtyard a more welcoming place for patients, residents and guests alike.

2006 Community Benefit Report		Number of contacts	Value
Services to people			
<i>Benefits for low-income</i>			
Cost of charity care provided	498	\$99,222	
Unpaid cost of Medicaid	2,217	\$567,629	
Other public programs	0	\$305,540	
Community health services for low-income	12	\$4,050	
Total quantifiable benefits for low-income	2,727	\$976,441	
<i>Benefits for the broader community</i>			
Unpaid costs of Medicare and other senior programs	4,940	\$437,928	
Community health services	78,273	\$51,041	
Education and research provided to the community	328	\$109,434	
Cash and in-kind donations	11,728	\$225,697	
Total quantifiable benefits for the broader community	95,269	\$824,100	
Total quantifiable community benefits	97,996	\$1,800,541	

A great reason to move

HOW REGULAR WORKOUTS MAY LOWER YOUR RISK OF CANCER

WHEN YOU think cancer prevention, remember to think exercise.

An active life may help prevent some types of cancer, such as cancers of the breast, prostate, colon and endometrium. And that makes it a wise thing to do—right along with not smoking, watching your weight, and eating more fruits and vegetables.

Exercising even a little beats doing none at all, but moving more may be better. At a minimum, aim for 30 minutes of moderate to vigorous exercise five or more days a week. Research suggests this amount can help reduce your overall cancer risk, says the American Cancer Society (ACS).

But perhaps an even better exercise goal is 45 to 60 minutes at least five days a week. Evidence suggests

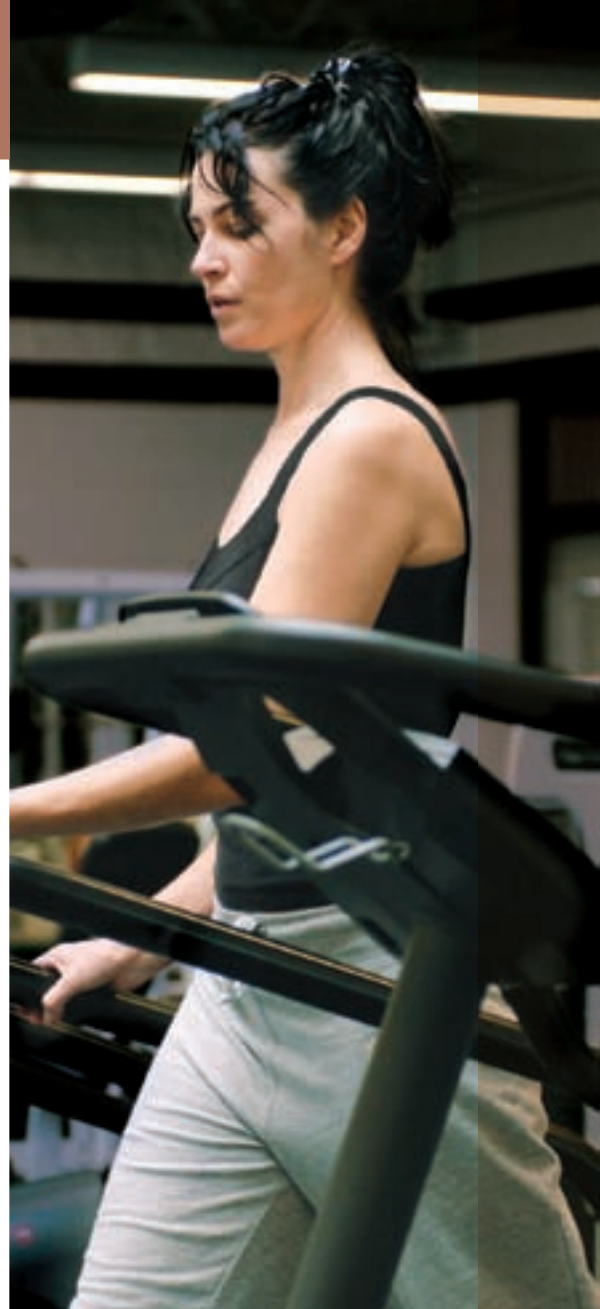
that this higher amount specifically helps protect against breast and colon cancers, notes the ACS.

Keep in mind this level of exercise should be on top of those activities you usually do throughout your day—like walking from your parking spot to your work or doing daily chores.

Kick it up!
Choose moderate to vigorous activities.

All kinds of activities can count as workouts. Take a brisk walk, go for a bike ride with friends or take the kids in-line skating—all moderate forms of exercise. Vigorous activities include running, swimming or playing soccer.

If you're not active now, start slowly and add minutes as you improve your fitness. Men older than 40, women older than 50 and people with health conditions should check with their doctors before starting a vigorous exercise program, advises the ACS. ♦



Hunting for whole grains

HEALTHY, HEARTY whole grains are a must-have, indeed.

Whole-grain foods contain the entire grain kernel, which is loaded with fiber and other nutrients. When you make whole grains part of your diet, you may be helping to prevent heart disease and diabetes while reaping other health benefits.

But how can you know if you are actually getting whole grains? Color isn't a reliable clue, since brown wheat bread isn't necessarily whole wheat. And the phrases

multigrain or *wheat flour* are no guarantee either.

However, there is a simple strategy you can use: Check the label for the word *whole* listed first in the ingredients, as in *whole-wheat flour* or *whole cornmeal*. The first ingredient is in the greatest amount.

According to the U.S. Department of Agriculture, at least half of your daily grain servings should come from whole grains, such as popcorn and whole-grain breads, cereals and pastas.

So grab your grains and enjoy them every day! ♦



Baby London

—Continued from front page

learned that they were expecting a daughter—a baby sister for Landen.

A cesarean delivery was scheduled for April 19, allowing the baby to be near full-term and strong enough for surgery. But on April 6, Trisha went into labor, and Brian quickly drove the 200 miles to Abbott Northwestern Hospital. London Victoria Nordick was born at 9:32 p.m. and was immediately taken to Children's Hospital.

Months of Internet research and questioning their doctors led the Nordicks to believe they were prepared for London's birth.

"But when it comes right down to it, you are never prepared for something like this," Trisha says.

Baby London had her surgery on April 11. Doctors were able to remove all of the teratoma surrounding the bottom of her spinal cord, and they deemed the surgery a success.

Having a baby? A good doctor can help you and your baby stay healthy. To find a physician near you, visit www.sfcare.org.

On April 23 the Nordicks brought their daughter home.

A BRIGHT FUTURE

Today, London looks like any other 4-month-old. However, she will need to have periodic CT scans for the next five years to watch for any unusual growth in her cells.

Although teratomas are usually benign, the cells can develop into cancer later on. Fortunately, in

London's case, a pathologist determined that chemotherapy may not be necessary.

The Nordicks are grateful to the radiology department at St. Francis—not only for catching the condition early on, but also for the support they gave.

"They were absolutely wonderful during my entire pregnancy," Trisha says. "Not a day went by that someone didn't ask me how I was doing or if there was anything they could do for me. We are very fortunate and grateful for all the support from the entire community." ❖

"They were absolutely wonderful during my entire pregnancy."

—Trisha Nordick



Keeping your cool in the heat

DON'T LET SUMMER heat get the best of you.

In high heat or humidity, your body can have trouble cooling itself, leading to heat-related illness. The Centers for Disease Control and Prevention recommends the following steps to avoid heat-related problems:

- Drink more fluids. Don't wait until you feel thirsty.
- Stay indoors, preferably somewhere with air conditioning.
- Wear lightweight, light-colored, loose-fitting clothing.
- Try to limit outdoor activity to the cooler morning and evening hours.

Symptoms of heat illness can include headache, dizziness, nausea or weakness.

If you have signs of heat illness, get into the shade or indoors and have a cool nonalcoholic beverage. Get help if symptoms worsen or last longer than one hour. ❖

MY ST. FRANCIS is published as a community service for the friends and patrons of ST. FRANCIS HEALTHCARE CAMPUS, 2400 St. Francis Drive, Breckenridge, MN 56520, telephone 218-643-3000, www.sfcare.org.

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Information in MY ST. FRANCIS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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