



Warm Water Therapy Featured at New Physical and Aquatic Therapy Center

The region's only warm water therapy pool can be found at Avera St. Luke's new Physical & Aquatic Therapy Center. And there's plenty of space and equipment for outpatient physical therapy, all in one convenient location.

"This facility will allow us to provide rehabilitation care that is unparalleled in the region," says **Leonard Suel, Physical Therapy Director** at Avera St. Luke's. "This therapy center will accommodate the rehabilitation needs of a wide variety of individuals." The 7,100-square-foot center is attached to the east side of the new Northeast Regional Health and Fitness Center in Aberdeen, but operates as a separate facility.

"The warm water therapy pool opens many new avenues previously not available to patients," Suel says. Warm water has the ability

to relax muscles and decrease pain, important during rehabilitation. The freedom of movement available in the warm water environment can help patients progress and accomplish more than they often can in land-based therapy.

According to **Sherry McNulty, Physical Therapy Coordinator** at Avera St. Luke's, people with the following conditions can benefit from physical therapy in a warm water pool:

- Low back and neck pain
- Postsurgical back, shoulder, knee, and ankle problems
- Chronic pain
- Long-term neuromuscular diseases
- Recovery from multiple trauma
- Developmental delays in pediatric cases
- Balance problems

Individualized programs are designed to meet each patient's needs, then adjusted throughout rehabilitation to meet each of his or her unique challenges. Rehabilitation patients also will have access to cooler pools at the new health and fitness center. Patients use the cooler pools for rehabilitation at a lower water temperature. ■

LETTER FROM THE CEO



Ron L. Jacobson
President and CEO

Projects Completed and Beginning

This newsletter is filled with exciting news about completed projects, enhanced facilities, and new services at Avera St. Luke's.

The new southeast addition offers beautiful, new surroundings for patients and families in our OB and ICU units. Convenient and spacious new facilities for two physician clinics are on the second floor. The first floor has additional space for future uses.

Our new Physical & Aquatic Therapy Center at 721 First Avenue also is in full swing, offering warm water pool therapy, a first for this region.

As we get comfortable in our new facilities, we are excited about another project now underway—a new outpatient imaging center to be located on First Avenue across from Dakota Medical Square. This facility will offer the ultimate in convenience for patients needing X-rays, CT scans, mammography exams, and other diagnostic imaging. Our goal is to continue to meet and exceed the needs and expectations of the people of our region.

Visit our website at www.averastlukes.org.

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Living Well

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LivingWell

We're Caring for Life



The rainbow window gives a special view into the nursery in the BirthPlace, as workmen get the fourth-floor space ready for the new "small miracles" that are delivered there.

(Both photos taken before construction completed)



Linda Erlenbusch (left) and Reenie Malsom are ready to welcome new arrivals and their families into the BirthPlace, Avera St. Luke's new maternity unit. The rooms are designed with slanted headwalls that offer maximum privacy and space efficiency and include a sleeper sofa for Dad.

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Amazing Experience Awaits Families at New BirthPlace

Avera St. Luke's new, state-of-the-art maternity unit, the BirthPlace, is designed to portray feelings of security, comfort, privacy, and serenity as the backdrop for life's most amazing miracle—birth.

Administrators and staff did research to discover just the right design and amenities for the BirthPlace. The concept of "Single Room Maternity Care" emerged as the patient-preferred model, with families and their newborn in one room from labor to delivery. "Single Room Maternity Care promotes family-centered care, a team approach to decision making, respect for privacy, and individual choice," says **Linda Erlenbusch, clinical nurse specialist** at Avera St. Luke's.

All 12 patient rooms in the BirthPlace, located on the fourth floor of Avera St. Luke's new southeast addition, are approximately the same size and configuration for maximum flexibility. Eight have delivery lights and are designated for vaginal birthing. The other four rooms are for moms having scheduled C-sections or hospitalized for high-risk pregnancies. An innovative design, with the head of the bed located on a slanted wall, offers privacy and space, with zones for family, infant, nursing, and physician. The rooms feature whirlpool tubs, a sleeper sofa for fathers, recessed lighting and large windows, plus emergency care items for Mom and baby. Special insulation minimizes noise.

A large family lounge with a sibling play area and family kitchenette provides comfort and space for waiting loved ones.

The central nursery's celestial theme includes star shapes in the tile floor, stars and moons in the lighting fixtures, and fabrics and fiber-optic twinkling stars in the ceiling. The theme continues with a beautiful rainbow window, low enough for even little children to see the babies easily.

"The goal of the new space is to provide a safe, restful, healing environment that supports the new family as they welcome and begin adjusting to their new addition," Erlenbusch says. ■

An amazing experience awaits you at the BirthPlace—and a wonderful experience awaits you at Avera St. Luke's Childbirth classes as well! Visit www.averastlukes.org for class dates and times.



Monica Eske, nursing coordinator of the Intensive Care Unit, shows how all the equipment for monitoring patients is in a convenient central location that will be at the head of the bed in each room. Large windows help provide plenty of light for rooms in the ICU, as the finishing touches are put on the new addition.

New ICU Pairs Technology with Convenience

New in-room carts in Avera St. Luke's ICU will contain all patient care items. The goal is to allow nurses to spend more time at the patient's bedside.

Avera St. Luke's new Intensive Care Unit offers a quieter, more healing environment, featuring 10 private rooms and nurses stationed close to each patient.

"Our staff is so excited about this new unit! The most dramatic difference is the nurses' station," says **Monica Eske, Nursing Coordinator** of the ICU. Avera St. Luke's ICU nurses helped design this new unit with the patient in mind. "The nurses wanted to be closer to the patients and have gone to a totally new

concept: a decentralized nurses' station. This means there is a nurses' station between every two patient rooms, which puts the nurses closer to the patient at all times," she says.

The new ICU features 24-hour monitoring of telemetries, which contain patient data such as heart rhythm and rate, and are transmitted electronically to a centralized monitoring desk. This information is observed by teletechs, healthcare professionals trained in reading a patient's heart rhythms and monitoring a patient's condition. "These teletechs are busy," according to Eske, "as they also help the nurses do orders and help with some patient care."

"Our extra level of critical care expertise, Avera St. Luke's eICU Care, continues in our new ICU," Eske adds. This unique networking technology is used to electronically send video and patient data to ICU specialists in Sioux Falls. "The off-site team monitors each patient in our ICU and works with our physicians and nurses to determine the best treatment options for each patient."

The large waiting room for ICU visitors features a kitchen area and bathroom/shower. A volunteer greets families and assists with visits. "Family members are under a lot of stress when their loved one is in the ICU, and the volunteer will help to ease their concerns. The ICU volunteers can offer coffee or a blanket, or be the key to communicating with the nurse or teletech," Eske says. "Above all, our focus is on the patient, and this new ICU is just what the doctor ordered." ■

Pregnancy and Parenting

- Seventy-five percent of first-time parents attend childbirth preparation and parenting classes at Avera St. Luke's.
- Initiation of breast-feeding at Avera St. Luke's is near 75%, which meets the Healthy People 2010 goal.
- Approximately one-third of new families return for the "Nurturing New Families" postpartum follow-up visit.
- Find photos and information on our "Small Miracles" at www.averastlukes.org.

Does Your Child Get Enough Vitamin D?

A recent study found that 24% of children in the U.S. don't. And that can lead to big health problems. Vitamin D helps prevent bone-weakening diseases, such as rickets and osteoporosis. Plus, it may help protect against cancer, multiple sclerosis, and other conditions.

Everyone gets vitamin D from sunlight. But many factors, such as sunscreen use and darker skin color, affect how much your body makes. African-Americans are especially at risk for a vitamin D deficiency.

Fortunately, vitamin D also can be found in foods such as fortified milk and cereals. Salmon, canned tuna, and egg yolks are other great sources.

The National Institutes of Health recommends 200 international units (IUs) of vitamin D each day for children birth to age 18. This equals the amount in 2 cups of milk or one-half can of tuna.



Do Polyps Mean Colon Cancer?

Colon polyps usually are harmless. However, when colon cancer does occur, it most often starts as a polyp that becomes malignant over time. So, polyps sometimes are cause for concern.

How Can You Tell if You Have a Polyp?

A polyp is extra tissue that grows on the lining of the large intestine, or colon. Most polyps don't cause any symptoms. Occasionally, though, they may lead to bleeding, constipation, and diarrhea. Sometimes polyps grow larger, and—infrequently—they develop into cancer.

Who's at Risk?

Those older than age 50 face a much higher risk of developing polyps than younger individuals. And having a polyp ups your odds of having others. You also may face an increased risk for polyps if you have a family history of

polyps or colon cancer. Other factors that might raise your risk include eating a lot of fatty foods, smoking, drinking alcohol, being overweight, and not exercising enough. Doctors remove all polyps and test them for cancer. Experts advise everyone age 50 and older to be tested regularly for colon cancer and polyps. If you have a family history of polyps or colon cancer, your doctor may recommend earlier screening.

Protect Yourself from Colon Cancer

Research suggests that 90% of colon cancers can be prevented. In addition to having screenings and getting any polyps tested, these healthy habits may help protect you:

- Eat five or more servings of fruits and vegetables a day.
- If you eat red meat, limit yourself to 3 ounces daily.
- Exercise every day.



- Maintain a healthy weight.
- If you smoke, kick the habit.
- Avoid or limit your consumption of alcohol. ■

Oncology is just one of the many medical specialties and advanced services available at Avera St. Luke's. Go to www.averastlukes.org and click on "Find a Doctor."

RECIPE FOR HEALTH

Whipped Sweet Potatoes with Apples

INGREDIENTS

- 3½ lbs (about 6 medium-sized) sweet potatoes
- 1 T canola oil
- 2 T (or to taste) pure, dark maple syrup
- Salt and freshly ground pepper
- 2 t unsalted butter or margarine
- 1 Golden Delicious apple
- Nonstick cooking spray
- Nutmeg for garnish

Peel and cut the sweet potatoes into 2-inch cubes. Steam them in a steamer basket, in a pot with ¼ cup of water, or in a microwave. Cover and steam for 10 to 15 minutes or until the cubes are tender.

Place the sweet potatoes in a large bowl. Add the canola oil and maple syrup to the hot sweet potatoes and mash with a fork or a masher until smooth. Season to taste with salt and pepper. Spray a 9-inch

square baking pan with cooking spray. Spread the sweet potatoes into the prepared dish, making an even layer.

Melt the 2 teaspoons of butter in the microwave. Peel, halve, and core the apple. Place each half, cut-side down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes. Brush the apples lightly with the melted butter.

Bake uncovered until the sweet potatoes are heated through and the apple slices have softened, about 25 to 30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.

Yield: 12 servings

Serving Size: ½ cup

Each serving provides: **Calories:** 110, **total fat:** 2 g (less than 1 g of saturated fat), **carbohydrates:** 22 g, **protein:** 1 g, **dietary fiber:** 3 g, **sodium:** 28 mg.

Deciding About Exercise

PROTECT YOURSELF FROM PROSTATE CANCER

Men age 65 and older who got at least three hours a week of vigorous exercise reduced their risk of being diagnosed with advanced or fatal prostate cancer by nearly 70%. What activities count as vigorous exercise? Weight training, swimming, bicycling, and playing tennis, to name a few. *Archives of Internal Medicine*

NEED HELP TRACKING DOWN THE PERFECT RUNNING SHOE?

Whether you're an amateur or a pro, choosing the right running shoe helps you avoid injuries.

Here are some tips:

- Try on shoes in the evening, when your feet are at their largest. And bring along a pair of socks.
- Make sure there's a half inch between the longest toe and the end of the toe box.
- Take a "test run" in the store to make sure they're comfortable.
- Replace shoes every six months or 600 miles.

Physician and Sportsmedicine