

# LivingWell

## SAME DAY SURGERY Will Operate on Larger Scale



An artist's rendering of the waiting area and new entrance for Same Day Surgery.

**B**igger rooms, increased privacy, added convenience, and a lot more space will be available for Same Day Surgery patients at Avera St. Luke's when work is completed later this year.

Same Day Surgery and the surgery recovery area, known as the Post-Anesthesia Care Unit (PACU), will be moving into undeveloped space on the first floor of the new southeast addition. This 70,000-square-foot addition, completed about two years ago, already houses the BirthPlace on the fourth floor, a new Intensive Care Unit on the third floor, and physician clinics on the second floor.

include a larger waiting area, pediatric playroom, reception area, and four dual-purpose rooms that can be used for pre-op and post-op recovery. A new corridor along the south side of the hospital will feature the large windows that can now be seen from the outside.

"We're very excited to have such a beautiful new area," said **Nina Vilhauer**, nurse manager of Same Day Surgery and PACU. "One of the biggest advantages is the enhancement of privacy for each patient."

The 10,396 square feet of ground floor space is now being converted for Same Day Surgery and PACU, a \$2 million project. Patients will be able to park just outside the southeast entrance and walk through the foyer, right to where they need to go.

The Same Day Surgery Center at Avera St. Luke's, which serves more than 3,000 patients each year, will grow from 15 to 22 rooms. Other highlights

Patient rooms will have doors instead of curtains, and each room will have a new flat-screen TV. Cabinets in each room will allow for convenient storage of equipment and items needed for patient care. Every two rooms will share a bathroom.



According to Nina Vilhauer, nurse manager, when construction is completed later this year, Same Day Surgery patients will use Avera St. Luke's unique southeast clinic entrance and foyer.

"Our customer service will continue to focus on providing 'above and beyond' patient care," Vilhauer said. "Having this new, modern area will certainly add to patient satisfaction as we continue to provide quality service."

Avera St. Luke's Surgery area also will undergo significant remodeling and changes over the next 18 months, including a new minimally invasive surgery suite, call rooms, more storage, and a staff lounge. ■

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## Ways to Help Prevent Diabetes

One of the best ways to help prevent type 2 diabetes is to lose weight. Besides eating a healthy diet and getting plenty of exercise, what else can you do?

■ **Perk up.** Studies show that drinking coffee can significantly lower your chance of type 2 diabetes by 20 to 60 percent. Many researchers have found that four to seven cups a day provide the most benefits. You also can enjoy a cup—or more—of decaffeinated coffee. New findings show it may be as effective against diabetes as caffeinated brew.

■ **Get milk.** Research links high intakes of calcium and vitamin D with a reduced risk for type 2 diabetes. Findings show that 1,200 milligrams of calcium and 1,000 IU of vitamin D daily are optimal for prevention.

■ **Go nuts.** Add just 1 tablespoon of peanut butter to your diet five times a week or more. You may reduce your risk for type 2 diabetes by up to 21 percent. To avoid increased calories, substitute nuts for less healthy fare like chips.



# CARDIOVASCULAR

## Services Expand at Avera St. Luke's



Dr. Lou Kumar now offers specialized cardiology services at Avera St. Luke's, including balloon angioplasty and stent placement. He can be reached at Avera Cardiology Specialists, Suite 202 (on the east side of the hospital); **605-622-2573**.

### HEARTCARE SERVICES

Excellent care is available at Avera St. Luke's:

- Cardiac Catheterization Lab and Peripheral Vascular Lab
- Cardiac CT calcium scoring
- Coronary angioplasty and stenting
- Nuclear medicine, stress testing, EKG, echocardiography, and

Cardiac care in Aberdeen is getting “pumped up.” With the arrival of interventional cardiologist **Lou Kumar, MD**, Avera St. Luke's Hospital is offering more comprehensive cardiovascular services with a 24-hour, seven-day-a-week Aberdeen-based cardiology program.

### ANGIOPLASTY/STENTING PROCEDURES AVAILABLE

If angioplasty and stenting are necessary, Dr. Kumar now performs these coronary procedures at Avera St. Luke's.

■ **Balloon angioplasty.** A small balloon catheter is placed across or through a blockage in the coronary artery and inflates to open the narrowing, improving blood flow through the vessel.

■ **Stent placement.** A stent (tiny mesh tube) is placed within the narrowed area in the coronary artery and acts as a “scaffold” to keep the blockage open. Stent procedures are usually performed at the same time as balloon angioplasty.

Holter monitoring

- New Intensive Care Unit with Avera eICU CARE for additional 24-hour monitoring by specialists
- 24-hour emergency care and CareFlight emergency air transport
- Cardiology and Critical Care specialists
- Cardiac Rehabilitation program
- Congestive heart failure program that won the Avera Quality Award
- Cardiac education and preventive screenings—for more information, go to [www.AveraStLukes.org](http://www.AveraStLukes.org) and check out “Classes and Events”
- Links to cardiac care technology and specialists via mobile services and telehealth
- Partnership with the top-rated Avera Heart Hospital of South Dakota ■

Take a free online heart-health assessment at [www.AveraStLukes.org](http://www.AveraStLukes.org). Under “Our Services,” click on “Heart Health.”





# CANCER:

## What You Think You Know Can Hurt You

**Myth:** Getting a mammogram, or breast X-ray, can cause breast cancer.

**Fact:** Mammography can reduce deaths from breast cancer 20 to 35 percent, and radiation risk from the test is very low.

**Myth:** Getting a base tan at a tanning salon will protect you from skin cancer when you go out in the sun.

**Fact:** Skin cancer is the most common type of cancer in the United States. Exposure to ultraviolet rays—whether from the sun or a tanning bed—increases your risk for skin cancer.

**Myth:** There's not much you can do to lower your chance of getting cancer.

**Fact:** Research shows you can reduce your cancer risk by taking these steps:

- Do not smoke.
- Eat lots of fruits, vegetables, and whole grains.
- Exercise regularly. Experts recommend at least 30 minutes of moderate activity on most days of the week.
- Maintain a healthy weight. Up to 20 percent of cancer deaths in the U.S. are linked to being overweight or obese. ■

**A** new American Cancer Society survey shows that confusion about cancer may keep people from taking steps to prevent it. Here are the facts behind some common myths about cancer:

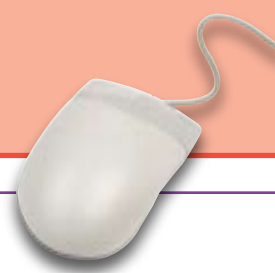
**Myth:** Breathing polluted air is a greater risk for lung cancer than smoking a pack of cigarettes a day.

**Fact:** Smoking causes about 30 percent of all U.S. cancer deaths. Avoiding tobacco use is the single most important step Americans can take against cancer, according to the National Cancer Institute.

Get Health Information at  
[www.AveraStLukes.org](http://www.AveraStLukes.org)

Find health information you can trust at [www.AveraStLukes.org](http://www.AveraStLukes.org). Check out our new look and new features! Answers to your health questions are at your fingertips in Avera St. Luke's online Health Library.

- Tools and calculators including baby and child growth charts, body mass index (BMI), estimated pregnancy weight gain and due date, and target heart rate
- Class and event listings
- Online gift shop
- National consumer health news and feature stories
- Illustrated health and drug encyclopedias
- Cancer and heart risk assessments
- Pregnancy Health Center
- Physician and facility directories
- Links to other Avera facilities and services
- Today's Scripture and Reflection written by an Avera colleague
- Recipe Center
- CaringBridge
- Avera-wide employment opportunities and online applications
- Avera pricing and quality



## Full-Field Direct Digital Mammography at Avera St. Luke's

Avera St. Luke's offers the latest and best technology available in the only full-field direct digital mammography in Aberdeen. When it's time for your annual mammogram, you won't need to navigate your way through our hospital. Avera St. Luke's Imaging Center, located just northeast of Avera St. Luke's in the new Healthcare Plaza,

offers the latest technology in a convenient location, with parking by the front door.

The Imaging Center also features 16-slice CT (computed tomography), direct radiology (general X-rays), bone densitometry, and the most advanced technology in ultrasound imaging.

**A doctor's order is needed before you schedule an appointment. For more information, call Avera St. Luke's Imaging Center at 605-622-2550.**

# High Cholesterol Carries HIGH COST FOR WOMEN

**T**oo much artery-clogging LDL cholesterol can keep the heart from getting the blood it needs—which can lead to a heart attack. And not enough artery-clearing HDL cholesterol can contribute to heart disease. Yet, recent studies show that women are less likely than men to have their cholesterol levels tested and less likely to have high cholesterol under control.

## MONITOR CHOLESTEROL REGULARLY

Health experts recommend women age 20 and older get their cholesterol checked at least once every five years. Some women may need more frequent screenings, including women who are older than 55 or have risk factors for heart disease.

The best test—a lipoprotein profile—checks LDL, HDL, and total cholesterol levels, as well as triglycerides (another fat in the blood linked to heart disease). You need to fast for nine to 12 hours before this blood test.



Ideally, total cholesterol should be lower than 200 mg/dl, with LDL levels lower than 100 mg/dl, HDL at 60 mg/dl or higher, and triglycerides below 150 mg/dl.

A simpler test doesn't require fasting, but it only provides limited information. With that test, if your total cholesterol is more than 200 mg/dl or your HDL is less than 40 mg/dl, get the lipoprotein profile test.

Maintaining a healthy weight, eating a low-fat diet, and exercising regularly can help lower LDL—and raise HDL—cholesterol. ■

## QUICK TIP

To help keep cholesterol at an optimum range, limit the amount of fat and cholesterol you eat; increase soluble fiber like oats, beans, and apples; and get at least five servings of fruits and vegetables daily. Recent research shows tomatoes and tomato-based products may be especially good at raising HDL cholesterol.

## LETTER FROM THE CEO



Ron L. Jacobson  
President and CEO

Medical technology has done more to change surgery than probably anything else. Some of you might remember a five-day hospital stay for a tonsillectomy, or maybe 10 days to remove a gallbladder. Those days are long gone. New surgical scopes and digital instruments have made these procedures a one-day event.

The term Same Day Surgery Center was created because of the radical change from inpatient to outpatient status for many common surgical procedures. Our Same Day Surgery Center has again outgrown its location, and we are constructing a new space on the first floor of our southeast addition. When finished, it will be even more convenient and comfortable for patients and their families.

The surgeons on our medical staff, as well as the nurses and surgical techs, look forward to the new facility because they want the best for their patients. As technology continues to move forward, we're excited to respond.

Visit our website at [www.AveraStLukes.org](http://www.AveraStLukes.org).

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and Presentation Sisters

## Living Well

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and Public Relations

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