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May 9
You're
invited!



3D printing guides joint replacement

When millimeters matter, it helps to have a guide.

Orthopedic surgeon Hans Bengtson, MD uses 3D printing to get an exact model of his patient's joint to guide accurate placement of implants during joint replacement surgery.

The metal 3D replica lets Dr. Bengtson see the precise location and angle of the initial pin that guides the rest of the surgery. The result: More accurate implant fit, shorter surgical time, less anesthesia, more predictable recovery and function, and longer implant life for the new joint.



Hans Bengtson, MD

The process starts with a CT scan of the patient's actual joint; those digital images are used to create a digital model of the actual joint surface. Then a 3D printer uses that model to produce a custom metal guide – a jig – that specifically matches the bumps and angles of that patient's unique joint surface.

“Getting perfect placement of the implant improves its longevity and helps maximize proper function. It works more smoothly, and is less likely to wear out over time.”

Extensions on the jig help show the precise position and angle needed for the critical first pin placement to attach the implant to the bone. The jig and joint surface fit as snugly as, well, a jigsaw puzzle.

During surgery, Dr. Bengtson lines up the jig with the patient's bone itself, practically snapping the jig's extensions into place.

“Getting perfect placement of the implant improves its longevity and helps maximize proper function. It works more smoothly, and is less likely to wear out over time,” Dr. Bengtson says.

“When people have arthritis, especially in the shoulder, the joint can develop significant wear and deformity, and the normal anatomy is lost,” Dr. Bengtson explains. “That makes it challenging during surgery to get the best positioning of the instruments and the implant. The jig helps with the planning process – it's much more precise than squinting to ‘eyeball’ the alignment.”

Using the jig during surgery can shorten the time needed for surgery, minimizing anesthesia time and associated risks, Dr. Bengtson adds: “It's a great

example of interweaving technology with surgical intervention for improved patient outcome.”

3D printing adds a small cost that “in the long run, is extremely valuable: It improves accuracy during surgery, so the new joint has every possible chance to last longer,” Dr. Bengtson says.

After surgery? Each patient gets their one-of-a-kind model to keep. “Patients love having a souvenir from surgery,” Dr. Bengtson smiles. “They love being able to dabble with the implant and say, ‘So *that's* how it fits... *this* is how it works.’”

Precisely.



Learn more at northfieldhospital.org/orthopedics



JOINT REPLACEMENT ARE YOU A CANDIDATE?

You might consider it if you have:

- Pain that hasn't responded to medication or physical therapy
- Pain at night
- Pain that limits your level of activity
- Increasingly sedentary lifestyle

Our orthopedics team has extensive experience helping patients with joint pain. They listen to your concerns, provide a thorough examination, and create a treatment plan that's unique to your condition, age, lifestyle and objectives. Every treatment plan relies on advanced approaches aimed at achieving optimal results.

Make an appointment in Northfield, Lakeville or Farmington: (507) 646-8900

Make an appointment in Faribault: (507) 334-1601



Ezri Stime takes charge of migraines

Ezri Stime likes colors around her head, not in them.

Ezri began having migraines when she was nine.

Her vision would fill with different colors and shapes – pink rectangles in top left corner, red or green ovals in the center. Then the headache set in, with nausea and stomach pain, sensitivity to light and sound, fatigue. “All I wanted to do was sleep,” Ezri says.

“A red or green oval means my migraine will go away soon,” she explains. “With a pink rectangle it usually lasts a day.” Some headaches lasted two days.

Her mom Katie brought Ezri to pediatrician Ben Flannery, MD. “I had no idea migraines were even a thing in kids at all, and he knew all about them,” Katie says. “He knew the symptoms, had seen it before, and gave us medicine to treat the migraines when they happen.”



Ben Flannery, MD

Dr. Flannery referred Ezri to a pediatric neurologist to consider additional medication to prevent migraines. The neurologist

“echoed all the same things Dr. Flannery had recommended,” Katie says. “That was reassuring.”

Ezri is also adapting her habits – diet, exercise, sleep, stress – to help manage her headaches without more medication. This full range of treatment has helped make Ezri’s headaches less frequent and less severe.

Ezri feels more in control, too. “I have a little basket next to my bed with my medicine, water and food, because I have to take it with food. If I wake up in the night and feel it coming on, I can take my medicine myself without having to wake up my mom.”

Katie is an oncology nurse, “so I always think the worst,” she says. “Dr. Flannery was very respectful of my perspective as a parent and as a nurse. I try very hard not to take over an appointment [with nursing questions], and to act like a patient.”

Ezri likes that Dr. Flannery “never pays any attention to the parents” during clinic visits. “Other doctors ask you the same questions over and over and just talk to the parents,” she says. “Dr. Flannery is super interactive and super nice, and he asks *me* the questions.”

Migraines can be hereditary. After Ezri’s diagnosis, “we found out that my husband’s dad, his aunt, and



“Other doctors ask you the same questions over and over and just talk to the parents. Dr. Flannery is super interactive and he asks *me* the questions.”

Ezri Stime

cousins all got migraines starting in puberty,” Katie says. “It started to make sense.”

Ezri’s advice to other kids coping with pain? “Ask your parents if you can stay home, drink lots of water, and take medicine every chance you have.” Her favorite: Grape ibuprofen. The worst? “Yucky bubble gum Tylenol.”

Not all colors are equal, after all.

MIGRAINES IN CHILDREN AND TEENS

Hormone changes at puberty can trigger migraines: 53% of adolescent girls report headaches when they first begin menstruating, according to research published by the International Headache Society.

Girls and boys get migraines:

- About 10% of school-age children suffer from migraine.
- Half of all migraine sufferers have their first attack before age 12.
- By the time they turn 17, as many as 8% of boys and 23% of girls have experienced a migraine.
- A child who has one parent with migraine has a 50% chance of inheriting it, and if both parents have migraine, the chances rise to 75%.
- More than half of migraine sufferers have a close relative with the disease.

Source: Migraine Research Foundation

Common triggers for kids and teens:

- Emotional stress
- Ovulation or menstruation
- Changes in normal eating patterns
- Caffeine
- Weather changes
- Medication, including asthma treatment
- Some chemicals and preservatives in foods (nitrates in meats, MSG, phenylethylamine in chocolate)
- Changes to regular routine (sleep, travel, illness)

Prevent triggers through regular exercise, adequate rest, and healthy diet.

Source: Cleveland Clinic



Managing pain if you're worried about opioids

The growing problem – and national conversation – of opioid addiction may be affecting the way you think about your own health care.

Like many people, you may feel nervous about taking pain medication when you need it.

As doctors and leaders in healthcare and government work together to address the crisis, it may help you to know how doctors and pharmacists address opioid prescriptions, and some other alternatives to managing your pain.

Acute moderate to severe pain, especially after surgery or a severe injury, may require a short course

of immediate-acting opioids for pain management, such as oxycodone, hydrocodone, and morphine. To help prevent misuse, it's important to limit how long the drug is used and to use the lowest possible dose that will treat the pain. Opioids also may be necessary when a person has cancer-related pain, is receiving palliative care, or has pain at the end of life.

For chronic pain – back pain, osteoarthritis, neuropathic pain – recommended treatment is non-opioid medications. Depending on the type

of pain, non-opioid medications that can help include acetaminophen; NSAIDs (naproxen, ibuprofen, celecoxib); gabapentin or pregabalin; certain antidepressants; injectable steroids; and topical medications (lidocaine, capsaicin, diclofenac).

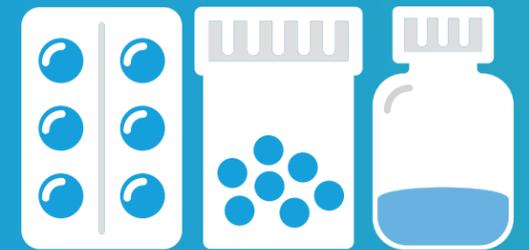
Non-drug treatments can help, too: physical therapy, cognitive behavioral therapy, massage, acupuncture, exercise, even weight loss. Your provider can work with you to set a treatment plan that works best for you.

To help prevent opioid misuse and addiction, doctors and pharmacists monitor opioid prescriptions through the state-regulated Prescription Drug Monitoring Program, an electronic database that tracks controlled substance prescriptions across the state. Doctors and pharmacists can review each patient's previous opioid prescriptions and look for overlapping prescriptions, multiple prescribers, and dangerous combinations.

Meanwhile, pharmacies, states, and Medicare have begun limiting how much opioid is dispensed per prescription. Fifteen states and Medicare now limit prescriptions to seven days or less; six states allow five days or less. Minnesota limits opioid prescriptions to four days. (A health care provider can request more if needed.)

Whenever an opioid is prescribed for you, it is important to understand how to take it and discuss the side effects and risks with your doctor and your pharmacist.

If you have concerns about opioids as part of pain management for you or a loved one, talk to your provider.



MEDICATION TO DISPOSE? TAKE IT TO THE BOX

Rice County's "Take it to the Box" program has secure disposal boxes for prescription drugs, over-the-counter medications, even animal medications at Northfield and Faribault police stations, available 24/7.

- Leave the medicine in its original container.
- Cross off your name or other personal information.
- Don't cross off the name of the medication.

Northfield Safety Center: 1615 Riverview Drive
Faribault Police Department: 25 Fourth St. NW

Dakota County's drop-off box locations include police departments in:

- Apple Valley: 7100 147th St. W
- Farmington: 19500 Municipal Drive
- Lakeville: 9237 183rd St. W
- Rosemount: 2875 145th St. W

Available weekdays 8 am – 4:30 pm





Maxine and Mary have a soft antidote for chemotherapy

Mary McGoldrick and Maxine Dohmen each make hats for women who lose their hair to chemotherapy ...starting with themselves.

Now, Maxine and Mary both donate handmade hats to the Cancer Care & Infusion Center to give other patients practical, personal comfort.

Mary was diagnosed in October 2017 and began chemotherapy just before Christmas. "Winter is no time to be bald in Minnesota," she says, so Mary made about 30 fleece hats and donated all but one: "The first one I made was for me, and I lived in it all winter."

Mary stayed positive through a year of treatment. "I'm getting to the age that you wonder what is going to kill you – and all I know is, this isn't it," she told her doctors. Mary compared notes with a friend who describes her own chemotherapy at a large hospital "like a football field with women lining both sides of the room," Mary says. "And here I am in a little private room overlooking the prairie, with wonderful staff and personal care."

Her advice to others in treatment? "I was never sick from chemo, but I was tired. My advice is, Let it take you. Let the sleep happen; it's your

body trying to fix itself."

When Maxine was first treated for cancer in 1992, "I couldn't find anything I liked to put on my bald head. I'm vain; I couldn't stand to be bald," she laughs. Maxine designed five styles of turbans and hats, using soft stretchy knits that soothe painful scalps. She tucks soft shoulder pads into the crown to give each turban extra height and warm cushioning.

Maxine got cancer again in 2008; early diagnosis and surgery meant no chemotherapy. (Her husband Ron,



"At the Cancer Care & Infusion Center, here I am in a little private room overlooking the prairie, with wonderful staff and personal care."

Mary McGoldrick, Lakeville

now in cancer treatment for the third time, prefers to wear his farmer seed cap.) Maxine makes hats for friends of friends, and even strangers: "My hats are all across the United States now," worn by women of all ages.

She sees one thing these women have in common: "They're all scared. Well, I was scared too."

Her advice? "Pray, and call a friend. We all have good friends, and they don't mind listening. That's what friendship is about: Holding each other up when we need it."



CANCER CARE CLOSE TO HOME

Northfield Hospital + Clinics provides advanced cancer care services in a comfortable, soothing setting. Receive care close to home, saving driving time, energy and travel expense for you, family, and friends.

Medical oncologists from Mayo Clinic and Allina work with nurse practitioners, certified oncology nurses, Cancer Care Navigators, social services and nutritionists for your care.

The Cancer Care & Infusion Center treatment rooms have big, bright windows that let in natural light and offer a restful, scenic view of the natural prairie.

Services offered:

- Advanced diagnostic imaging (body and breast MRI, PET, CT, Ultrasound)
- Cancer Care Navigator – a guide to help you understand your cancer
- On-site cancer clinic - medical oncologists from Mayo Clinic and Allina
- Full-service chemotherapy and infusions
- On-site lab services
- Surgical services, including tumor sampling (biopsy), removal of the tumor and reconstruction
- Breast Care Center
- Mayo Clinic Radiation Therapy
- Cancer Support Groups
- Cancer Rehabilitation

 Learn more:
northfieldhospital.org/cancercare



Spring Forward at the Women's Health Fair

Busy women – especially those who care for kids and perhaps aging parents – tend to put their own health last.

We invite you to put yourself first for an evening.

Our first-ever Women's Health Fair is an evening of health information for women at every age and stage. We invite you to celebrate your best health . . . your best self.

Staff and providers from 14 departments across NH+C welcome you with exhibits and activities, seminars, tours, refreshments – and a prize drawing for some pretty delightful gift baskets.

Ask questions, make appointments, learn about the full range of services we offer. And while you're with us, have fun.

You'll discover that we put your health first, too.

Women's Health Fair

Thursday - May 9, 2019 • 5-8 pm

Northfield Hospital + Clinics
2000 North Ave. in Northfield

FREE! Bring a friend!

- > **Sexual Health at Every Age**
Dr. Shannon Lau, OB/GYN
5:30 – 6:00 pm, Meeting Room A
- > **Mindful Eating**
Kristi Von Ruden, RDN, LD
5:30 – 6:00 pm, Surgery Center
- > **Family Planning: When You Do (or Don't) Want to Have a Baby**
Dr. Cristina Gonzalez-Mendez, OB/GYN
6:15 – 6:45 pm, Meeting Room A
- > **Shoulder Pain: Causes and Treatment Options**
Dr. Hans Bengtson and Dr. Clint Muench, orthopedic surgeons
6:15 – 6:45 pm, Surgery Center
- > **Pregnancy and the Birth Experience... all Four Trimesters**
Christie Brockman, RN
Women's Health Center
7:00 – 7:30 pm, Meeting Room A



Shannon Lau, MD



Kristi Von Ruden, RDN, LD



Cristina Gonzalez-Mendez, OB/GYN



Hans Bengtson, MD



Clint Muench, MD



Christie Brockman, RN

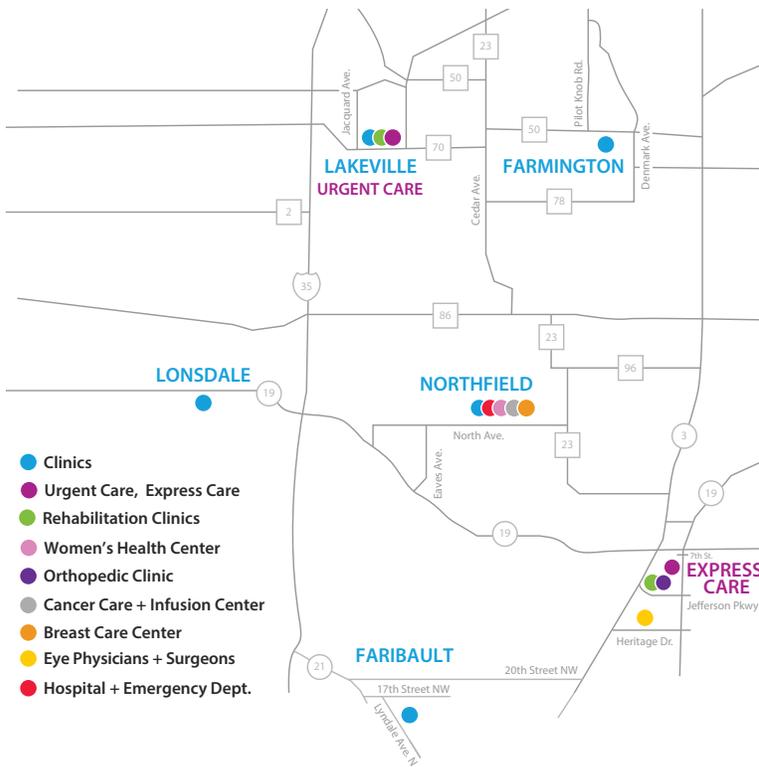


WOMEN'S HEALTH FAIR EXHIBITS

- Birth Center
- Breast Care Center
- Cancer Care & Infusion Center
- Dermatology
- Diagnostic Imaging
- Endoscopy
- Express Care Clinic
- MyHealth Info
- Orthopedics
- Nutrition & Dietetics
- Rehabilitation Services
- Sleep Center
- Surgical Services
- Women's Health Center

2000 North Avenue
Northfield, MN 55057

Clinics, Hospital + Specialty Care close to you



Hospital + Emergency

Northfield Hospital + Emergency
2000 North Avenue, Tel: 507-646-1000

Clinics + Urgent Care

Farmington Clinic
4645 Knutsen Drive, Tel: 651-460-2300

Lakeville Clinic + URGENT CARE
9974 – 214th Street W, Tel: 952-469-0500

Lonsdale Clinic
103 15th Avenue SE, Tel: 507-744-3245

Northfield Clinic
2000 North Avenue, Tel: 507-646-1494

Express Care Clinic – Northfield
706 Division Street, Tel: 507-646-6700

Specialty Care

Breast Care Center – Northfield
2000 North Avenue, Tel: 507-646-1143

Cancer Care & Infusion Center – Northfield
2000 North Avenue, Tel: 507-646-6979

Endoscopy – Northfield
2000 North Avenue, Tel: 507-646-1201

Faribault Clinic – ENT and Orthopedics
1645 Lyndale Ave N
Orthopedics: 507-334-1601
ENT: 952-469-0500

Northfield Eye Physicians + Surgeons
2019 Jefferson Road, Tel: 507-645-9202

Orthopedics Clinic – Northfield
1381 Jefferson Road, Tel: 507-646-8900

Rehabilitation Clinics
Northfield: 1381 Jefferson Road
Tel: 507-646-8800
Lakeville: 9913 – 214th Street West
Tel: 952-985-2020

Sleep Center – Northfield
2000 North Avenue, Tel: 507-646-1099

Women's Health Center – Northfield
2000 North Avenue, Tel: 507-646-1478



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WE'RE ONLINE

