

\*\*\*ECRWSS EDDM\*\*\*  
Postal Customer

## SANE program begins at CMH Emergency Services

**T**he Emergency Services Department at CMH now has specially trained SANE (Sexual Assault Nurse Examiner) nurses who will be available to conduct examinations and take histories when sexual assault patients arrive at the ER. Another component of the SANE program includes trained community members who volunteer to be on call in order to act as advocates for sexual assault victims when they arrive at the hospital. **CMH**



*Congratulations to our summer interns*

**Brock Wilton** (Brookston, MN) graduated from UMD with a degree in Exercise Science and interned in the Cardiac Rehab Department. *(Right photo, L to R)* **Emily Prazak** (Grantsburg, WI) is a student in the UMD School of Medicine. She rotated among various hospital departments and Sunnyside Health Care Center. **Amber Bloom** (Carlton) and **Jamie Gunnarson** (Hermantown) are students in the UMD School of Pharmacy and were both Pharmacy interns.

## Upcoming Health Fairs — FREE and open to the public!



**Senior Health Fair**  
**Saturday, Oct 4, 2014**  
**9am–12noon**

**ST. MATTHEWS LUTHERAN CHURCH**  
**4 ELIZABETH AVE, ESKO**

Meet CMH's Certified Diabetes Educator  
Mary Kay Marciniak, RN at our booth!

**DIABETES HEALTH FAIR**  
**WEDNESDAY, NOV 5, 2014**  
**1–5PM • GIVEAWAYS & DOOR PRIZES!**  
**CMH GROUND FLOOR CLASSROOM**  
**FREE AND OPEN TO THE PUBLIC**



### LEARN ABOUT:

- Latest technology and medications for diabetes
- Blood glucose meters
- Insulin pumps
- Pen devices
- Managing diabetes
- Healthy nutrition
- Treating hypoglycemia

### FREE HEALTH SCREENINGS

- Blood glucose
- Blood pressure
- Bone density
- Fat analysis

# HealthWire

CMH

Cardiac Rehab  
Program

The Cardiac Rehab Program at CMH offers a full range of support to help heart patients recover and improve their outcomes.

AZUR COLEMAN, EXERCISE PHYSIOLOGIST, AND KATHY BRACKETT, RN, NOW RUN THE CARDIAC REHAB PROGRAM FIVE DAYS A WEEK.

## Take good care of your heart

**H**AVE YOU OR A LOVED ONE recently experienced heart surgery or suffered a heart attack? Cardiac Rehabilitation can help to speed your recovery and reduce your chances for future heart problems.

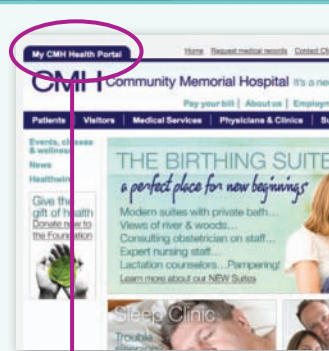
The program focuses on increasing an individual's ability to function, decreasing the risk of future heart problems, and helping each person develop a heart-healthy lifestyle. You'll receive an individualized exercise plan based on your medical status, and you'll be closely monitored by our professional staff.

The CMH Cardiac Rehab staff includes Kathy Brackett, RN; Azur Coleman, Exercise Physiologist; Jean Maslowski, Registered Dietitian and Certified Diabetes Educator; Megan Undeberg, Pharmacist and Mary Beck, Chaplain. The Cardiac Rehab program is offered every weekday. Participants may receive up to 36 treatments within 36 weeks.

Physician referral is required. For more information about the CMH Cardiac Rehab Program, call 218-878-7076. [CMH](#)

### CARDIAC REHAB IS FOR ANYONE WHO HAS HAD:

- Bypass surgery
- Stable angina
- Angioplasty/stenting
- CHF
- Heart valve replacement/repair
- Heart transplant
- Heart attack (myocardial infarction)



### Introducing MY CMH HEALTH—your convenient Patient Portal

[www.cloquethospital.com](http://www.cloquethospital.com)

Visit our website and click on the **My CMH Health Portal** tab at the top left for more information about your choices and how to set up your confidential account.



## Sweet Dreams: CMH Sleep Clinic can help you get your zzzzz's

**M**IKE SALZAR DIDN'T KNOW HOW BAD his sleep disturbances were until he had knee replacement surgery which required that he stay overnight at the hospital. His nurse told him that when she came into his room to administer medication during the night, she noticed that he frequently stopped breathing for as long as half a minute at a time.



**MIKE SALZAR** went from waking over a hundred times a night to getting a solid seven hours of restful sleep after being treated for sleep apnea at the CMH Sleep Clinic.

When Mike's orthopedic surgeon, Dr. Joseph Lemker, learned about Mike's sleep disturbances, he referred him to the CMH Sleep Clinic to undergo a sleep study.

A sleep study involves spending a night at the CMH Sleep Clinic, where the participant is monitored while they sleep. Mike's overnight session confirmed that he had a big problem. While he slept, he ceased breathing 112

times, up to 30 seconds at a time. The reason? While he slept, his airway was collapsing repeatedly, preventing air from getting through. These frequent interruptions of his sleep were also causing him to leave the REM (Rapid Eye Movement) stage of sleep, an important sleep stage for maintaining good health. Interruption of REM sleep has been linked to a number of long-term problems, including heart disease, diabetes, high cholesterol and depression. Basically, if a body doesn't get rest, it can't fight illness.

Mike was diagnosed with "obstructive sleep apnea," which is treated through the use of a CPAP (continuous positive airway pressure) machine. Mike began wearing a CPAP mask each night, connected to a machine that generates a stream of mild air pressure. The air keeps his airway open, allowing him to sleep uninterrupted. (CPAP machines and supplies are available at CMH.)

Mike says CPAP treatment has made all the difference in the world; he now sleeps a full seven hours without interruption. In fact, he is so enthusiastic about his results that he's encouraging his wife to undergo a sleep study.

If you're having difficulty sleeping, waking up tired and napping during the day, talk to your physician about getting a referral to the CMH Sleep Clinic. Take the first step to once again enjoying peaceful nights of sleep that leave you feeling rested and energized for the new day.

For more information about the Sleep Clinic, call 218-878-7043. **CMH**

YOU'RE INVITED TO THE CCMH FOUNDATION

## Autumn Elegance FALL GALA

FRIDAY, OCTOBER 17

BLACK BEAR CASINO RESORT

5:30 pm — Reception and silent auction

6:30 pm — Dessert auction

7:00 pm — Dinner (*Chicken Piccata, Prime Rib, Walleye Almandine, Vegan or Vegetarian*)

7:30 pm — Tim Gabrielson's comedy & music  
"Have a Good Day"

8:15 pm — Live Auction

9:00 pm — New this year! Fund the Need  
Help us to purchase birthing beds for  
Birthing Suites at CMH

This is a smoke-free, suit-to-formal event.  
Gala proceeds will fund healthcare priorities at  
CMH and Sunnyside Health Care Center.

**RSVP TODAY!**

Contact Judy Poss at 218-878-7652

jposs@cloquethospital.com

Tickets \$50 per person (\$25 is tax deductible)  
\$60 after Friday, October 10, 2014

## ■ THE BIRTHING SUITES

**UPCOMING CMH  
CHILDBIRTH  
EDUCATION  
CLASSES**  
→ SAT, OCT 4, 2014  
MONDAYS, JAN  
5 & 12, 2015  
(2-DAY SESSION)

## Learn the A-B-C's of SAT, OCT 4, 2014 ■

Prepare for a safe, healthy and successful birth with education specifically designed for you. Includes labor coach, two pillows, and additional resources for new parents. Snacks. This is a class you won't want to miss.  
**\$30/couple. Call Stef at 218-3**



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### LIVE AUCTION ITEMS INCLUDE:

- Flight for up to 5 people on the DeHavilland Beaver from Sky Harbor Airport in Duluth OR Mt. Dora Florida—you choose!
- 1 week in Port St. Lucie, Florida Timeshare
- (4) Wild Hockey tickets—Club Level
- (6) Sessions with personal trainer
- (2) One-year membership at Park Avenue Therapies
- New auction items being added every day!

## Have you been diagnosed with pre-diabetes?

Take steps to prevent or delay type 2 diabetes in your future



### LIVING ON THE BORDER WITH PRE-DIABETES

Before someone develops type 2 diabetes, it almost always begins with a diagnosis of “pre-diabetes”—a condition where blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. Diabetes doesn’t have to be inevitable and can be delayed, if you learn how to take charge of your pre-diabetes now.

Each workshop is designed for individuals diagnosed with pre-diabetes, as well as anyone who would like to learn more about pre-diabetes and diabetes.

#### YOU’LL LEARN:

- What pre-diabetes means for your health
- Risk factors
- Diet, exercise and other lifestyle changes

#### YOU’LL RECEIVE:

- A helpful book about pre-diabetes
- Informational handouts
- Pedometer
- Blood glucose meter

Taught by certified diabetes instructors (Registered Nurse and Registered Dietitian).

#### NEXT UPCOMING WORKSHOP DATE:

→ **TUESDAY  
NOV 18, 2014  
3:00pm to 6:00pm**

To register for a session, please call  
**218-878-7661**

**\$20 registration fee**

**Workshop held in  
CMH ground floor  
Birch Room**

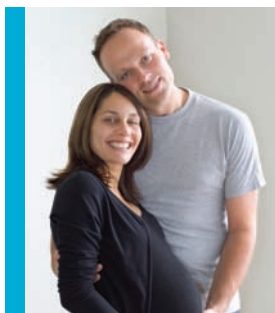
#### MARK YOUR CALENDAR FOR WINTER DATE:

**MONDAY  
JAN 12, 2015  
1:00pm–4:00pm**

## of childbirth and newborn care 9am–5pm CMH Oak Room

and joyous childbirth experience. We offer childbirth education for moms-to-be and their coaches. Bring your partner or wear comfortable clothes. You’ll receive a handbook, admissions, a tour of the new CMH Birthing Suites, lunch and don’t want to miss!

**218-843-6077 for information or 218-879-4641 to register.**



**CMH Auxiliary Scholarship winners (l-r)**  
Claire Rosen, Haley Bassett, Carly Ritchie, Carol Anderson (Auxiliary President) and Tori Zime.