

HealthWire



Dr. Sande Delivers Expert Cancer Care in Cloquet

Facing a cancer diagnosis can be an overwhelming experience for patients and families. But it doesn't have to be. Dr. Jonathan Sande and the dedicated team at the CMH Specialty Clinic are committed to guiding you through this journey with clarity, compassion, and confidence.

At CMH you can expect:

- **Expert Care:** Receive comprehensive treatment from a multidisciplinary team including an experienced oncologist, infusion center nurses, pharmacists, and lab staff.
- **Personalized Attention:** Benefit from unhurried appointments and compassionate communication to tailor your unique diagnosis and treatment options into a plan that honors your goals, wishes, and values.
- **Accessible Communication:** Have your questions and concerns addressed promptly, ensuring you feel supported by the entire team throughout your treatment.
- **Comfort and Convenience:** Enjoy free parking and an on-site infusion therapy center designed for ease and privacy, and to allow you to have care closer to home.

Dr. Sande is board certified in internal medicine, oncology, and hematology. He has over 25 years of experience treating patients in southeastern, central, and northern Minnesota, and most recently in Hawaii. He brings a wealth of knowledge and deep compassion to his practice and feels privileged to care for patients and families in the Northland community once again.

A healthcare provider's referral is not required to schedule an appointment.



Ready to schedule an appointment?
Please call 218-878-7626

Private, comfortable chemotherapy

Located just steps from the main parking lot, **CMH's Infusion Therapy Center** makes your chemotherapy experience comfortable with a quiet, private setting.



Now Offering Walk-in Care

Walk-in care at CMH Raiter Family Clinic is now available Monday-Friday, 8:30am-4pm

Walk-in care is available for minor health concerns, including:

- Allergies
- Animal scratches or bites
- Cold or flu symptoms
- Constipation
- Ear complaints
- Fever
- Gastrointestinal illness (nausea, vomiting, diarrhea)
- Headache or migraine
- Minor burns
- Pregnancy testing

Walk-in care is **not** available for follow-up appointments or medication checks. Please call (218) 879-1271 to schedule an appointment with your primary care provider.



How long are walk-in care wait times?

Wait times may vary. Your care is our priority, and our providers and staff work hard to ensure all patients are seen in a timely manner.

Do I need to be a CMH Raiter Family Clinic patient?

No, walk-in care is available to anyone. Infants must be 3 months or older.

How much does it cost?

The cost of your visit will vary depending on your insurance and services provided (including lab tests, x-rays, prescriptions). Compared to an emergency room or urgent care visit, walk-in care is generally less expensive.

Do you still offer Urgent Care?

Yes, Urgent Care is still offered across the street at CMH. Weekdays (M-F) 4-9pm and weekends (Saturday & Sunday) 9am-4pm. Closed on holidays.



On the Spot Flu Shots

Flu season is right around the corner. CMH Raiter Family Clinic makes it easy to protect yourself and your loved ones against the seasonal flu virus.

Every Wednesday in October from 11am-7pm

By walk-in only

Available to anyone age 6 months or older

Not available on Wednesdays? No problem.

Call 218-879-1271 to make a flu shot appointment.



Upcoming Diabetes Education Events

Diabetes Prevention Program

Starting Nov. 12, 2024 | Tuesdays 1-2pm

Community Memorial Hospital

512 Skyline Blvd., Cloquet, MN 55720



1 in 3 adults has pre-diabetes. Are you at risk?

If you have pre-diabetes or other risk factors for type 2 diabetes, you can take action now to improve your health.

Join CMH's yearlong Diabetes Prevention Program to reduce your risk of type 2 diabetes. This program helps with weight loss, healthy eating, increasing physical activity, managing stress, and staying motivated. It includes 24 sessions led by trained lifestyle coaches, with most insurance plans covering the cost.

Attend an informational session on Tues., Oct. 15 or Tues., Oct. 29 from 1-2pm.

To register or for more information, contact:

CMH Diabetes Education Department

218-878-7661 | mmarciniak@cmhmn.org



Diabetes Health Fair

Wednesday, Oct. 23, 2024 | 9am-1pm

Held in CMH ground floor classrooms:

512 Skyline Blvd., Cloquet MN 55720

**Giveaways
& Door Prizes!**

FREE and open to
the public

Health Screenings:

Blood pressure

Blood glucose

Body Mass Index (BMI)

Foot Exams

Topics Covered:

Healthy eating

Blood glucose meters

Diabetes medications

Insulin pumps

Continuous glucose monitors

Complications of diabetes

Diabetic foot care & shoes

Diabetes prevention

Community resources

Flu & Covid Vaccines Will Be Available

Insurance card and photo ID required for vaccines

Get the latest information about diabetes management, prevention, and resources; receive free screenings and hear from diabetes experts.



Now Accepting Children's Book Donations

Do you have unused children's books laying around at home? Give them a second life! **The Sharing Shelf** at CMH is now accepting donations of new and gently used children's books. Books are provided for free to pediatric patients at CMH to enjoy during their visit and take home with them.

Books can be dropped off in the donation basket at the front information desk (located inside the main hospital entrance).

Fall Vendor & Craft Fair

Sponsored by CMH's Volunteer Services

Organization, the 4th annual Fall Vendor & Craft

Fair will feature over 40 local vendors, including food trucks!

Friday, Oct. 18 | 9am-1pm

Saturday, Oct. 19 | 9am-1pm

Located on the ground floor at CMH: 512 Skyline Boulevard, Cloquet, MN 55720





The Augmedics xvision navigation system is a headset that allows surgeons to see the spine through skin and tissue, as if they have “x-ray vision.”

Dr. Davies Performs Minnesota’s 1st Augmented Reality Spine Surgery at CMH

Providing a new standard of care in surgery, Dr. Matthew Davies now offers spinal implant surgery using the Augmedics xvision spine navigation system at CMH. This augmented reality technology works like a real-time GPS to let a surgeon know exactly where to place a spinal implant in a patient’s unique anatomy.

In September, Dr. Davies became the first surgeon in the state of Minnesota to complete a case utilizing this cutting-edge navigation technology. As a rural healthcare provider, CMH is proud to bring the latest technological advancements in medicine to our community.

To learn more about spine surgery at CMH, please visit cloquethospital.com/specialty/spine-surgery/