Providers often prescribe pills when patients get sick. Oral medications work well for a lot of diseases and conditions. But sometimes an illness can’t be treated with a pill—it requires something called infusion therapy.

This treatment typically involves giving medicines, nutrition or fluids intravenously—through a needle or catheter inserted into a vein. Some medicines may also be injected into a muscle or into membranes around the spine.

Infusion therapy is used for most chemotherapy drugs. It’s also a common method for delivering:
- Antibiotics
- Antiviral and antifungal medicines
- Pain medications
- Fluids (to combat dehydration)
- Parenteral nutrition—a special liquid food mixture given to people who can’t eat because of an illness or surgery.

Getting infusion therapy at Heart of America Medical Center (HAMC) means you won’t be confined to a hospital or have to travel great distances over the course of your treatment.

Between appointments, you’ll be able to return home and, as your health allows, carry on with your daily activities, work or school.

DEDICATED TO YOU
Our new infusion therapy suite at HAMC is dedicated to bringing the latest treatments to you, whether you have cancer, a chronic infection, an immune disorder or some other condition that requires intravenous therapy.

Our infusion suite is staffed by pharmacists and nurses who are highly skilled and certified to administer infusion medicines. They also keep a watchful eye on you during treatment.

Because infusion therapy can sometimes take several hours, the clinic is equipped with features to help make you as comfortable as possible, such as big chairs, soft lighting, televisions, tablets and Wi-Fi.

Need infusion therapy? Come to HAMC
Talk to your provider about receiving your infusion therapy closer to home. For more information about our infusion therapy suite and how we can serve your needs, please call 701-776-5235. Or go online to our new website, hamc.com.
As part of a collaborative effort with our oncologists, Heart of America Medical Center (HAMC) now provides an intravenous chemotherapy delivery model for people with cancer. We recognized the need to provide superior infusion services in our rural area. Our patients now have the opportunity to receive treatment much closer to home. Built in 2017, our infusion suite is situated in the acute care hospital on the ground floor.

Our professional medical staff takes pride in creating a healing environment for patients and their families. People diagnosed with cancer can receive treatment, care and support from their primary care provider while under the supervision of their oncologist. We encourage our patients to speak to their oncology team about the possibility of receiving chemotherapy at HAMC.

The thought of having chemo often scares people. Learning more about it, however, can help calm those fears. You may have a general understanding of what the treatment involves. But there may be a lot you don't know—including how far it's advanced over the years and what you might expect if chemo is recommended for you or a loved one.

Here are five key facts to keep in mind:

1. **Questions are a good thing.** And you may have plenty. What will chemotherapy do? How will it be given—and when? Will it cause side effects? Is it possible to work during treatment? Is there a way to know if the therapy is doing its job? There are no silly questions, and you should feel free to ask your health care team about anything. You might want to keep a running list of questions to take to your appointment so you don’t forget anything important.

2. **One treatment doesn’t fix it all.** We may think of cancer as a single disease. But actually, there are more than 100 types of the illness. Although they all involve cells growing out of control, they behave differently and may respond to different treatments. This means the chemotherapy you or your loved one gets may be different than the chemo someone else you know received.

   According to the American Cancer Society (ACS), more than 100 drugs are used to treat cancer. Doctors consider the type of cancer a person has, his or her age and overall health, tumor size and whether it has spread, and other factors when deciding which treatment is best.

   Often, several chemo drugs are used—one specific order or in combination. Because they attack cancer in different ways, multiple medications may be more effective than a single one.

   In most cases, chemotherapy is given intravenously and in cycles. You receive treatment followed by a recovery period. Frequently, this involves inserting a port into a large vein. It remains in place over the course of treatment, providing an easy way to administer the drugs.

   Chemotherapy may also be given by injection, as a pill or liquid that you swallow, or in a cream that is rubbed on your skin. Again, each person’s unique situation influences treatment decisions.

3. **Targeted therapies take precise aim.** One exciting advance in chemotherapy in recent years has been the development of targeted medications. These drugs are different from standard...
chemotherapy medications because they’re tailored to the person receiving them.

Targeted therapies don’t indiscriminately attack all rapidly growing cells in the body—including healthy ones—like other chemotherapy medications. Instead, they zero in on specific molecular differences in cancerous cells.

Side effects can be managed. As with any type of medication, chemo drugs can cause side effects. That’s largely because as the drugs travel through the body, they attack fast-growing healthy cells and fast-growing cancer cells at the same time.

Healthy cells most likely to be affected include those in the mouth, digestive tract and reproductive system; hair follicles; and cells in the bone marrow that form blood.

It’s important to keep in mind that side effects can vary from person to person. Some people get few, if any. What’s more, many side effects can be prevented or effectively managed with medications or simple lifestyle changes.

For example, medicines may help prevent nausea. But it may also be helpful to avoid sweet, fried or fatty foods and to eat cold foods—the strong smells from hot foods may make you queasy. Eating small amounts of food several times a day rather than three large meals may be better too.

Your health care team can tell you what side effects you might expect and other tips for coping with them. While dealing with side effects might be challenging at times, try to remember that the medication is attacking your cancer. That’s the goal. And be aware that many side effects go away when treatment ends. Some disappear quickly; others may take a while.

Caution is king. Chemotherapy drugs are powerful medications that, in addition to killing cancer, can cause unintended consequences even beyond side effects. So you—and the people around you—must take steps to stay safe.

A big concern is fighting off infections, which is harder to do during chemo. You should be especially careful to avoid people who are sick and to wash your hands often. Friends and family members should do the same.

Check out our new website!

hamc.com

Here’s your 24/7 source for the latest in health care information.

Now you can:
1. Pay your bill online.
2. Find a provider.
3. See upcoming classes and events.
4. Apply online for current job openings.

Anywhere you are, hamc.com has the health information you need at your fingertips.

OUR GOAL: CANCER CARE CLOSE TO HOME
by Pat Branco, CEO

One of the most difficult phrases to hear from your doctor is, “I’m sorry, but you have cancer.” The immediate feelings include fear, stunned bewilderment and sorrow. The next thought is, “What can we do about this?” Then the series of questions begins to form: “What do I do now? Is there treatment?”

At Heart of America Medical Center, we begin to answer these questions. One of the answers is to be wrapped in the caring embrace of someone who tells you that we are here for you. I think of it as a form of a hug. Our infusion suite is intended to be just that experience for you: loving care provided by a staff that genuinely cares about you. But we intend to go far beyond the “hug.”

Our state-of-the-art facility is only matched in large urban settings and yet is delivered to you here, close to home. From the moment you arrive, you are greeted by our deeply passionate and professional staff, who are dedicated to helping you during this time of treatment. Cancer care close to home is our goal. Together we will fight this disease with everything we have in a setting centered on you. Take my hand and we will start the journey of healing right here in Rugby. We believe the fight can be won!

AN UNLIKELY ‘PEARING’ TO COMBAT CANCER

Who knew pears and chicken would taste so good together? They also come with the added benefit of fighting cancer.

Pears are packed full of nutrients. With just 100 calories, a medium pear delivers nearly 6 grams of dietary fiber, which is key in protecting against colorectal cancer.

To lower cancer risk, the American Institute for Cancer Research suggests limiting red meat. Chicken is a good substitute—it’s low in fat and high in protein.

Together, pears and chicken are a tasty one-two punch to your cancer risk.

Sources: Academy of Nutrition and Dietetics; American Institute for Cancer Research
Calendar of events
Summer 2017

Clinic closures:
Monday, Sept. 4—Happy Labor Day!

Don’t worry: If your family missed the Sports Physical Clinics, you can still schedule an appointment! Sports physicals are offered year-round and at all three service locations.

Our nurses station gets a fresh, new upgrade

The Specialty Services Department, once referred to as the 1B Nurses Station, has a fresh, new update! All specialty services are now located on the first floor at Heart of America Medical Center. Access is available via the admissions elevator, the cafeteria elevator or the stairs near radiology.

Need a health partner?
Good Samaritan Hospital Association is your health partner

Visiting specialists
Professional Hearing Services • Every third Friday
Pacemaker Clinic • Every third Monday
Elena Reducu, MD, ophthalmologist • Every third Monday morning or more frequently as needed
Alisha Johnston, DP, podiatrist • Every second and fourth Wednesday
Samir Turk, MD, cardiologist • Every first Wednesday

Rugby Clinic
800 Main Ave. S.
Rugby, ND 58368
Hours . . . 8 a.m. to 5 p.m.
Days . . . Monday through Friday
Phone . . . 701-776-5235
Fax . . . . 701-776-5297

HAMC Clinic Pharmacy
Phone . . . 701-776-2531

Surgical Clinic
Phone . . . 701-776-7000

Maddock Clinic
301 Roosevelt Ave.,
Maddock, ND 58348
Hours . . . 8:30 a.m. to 5 p.m.
Days . . . Monday through Friday
Phone . . . 701-438-2555
Fax . . . . 701-438-2551

Dunseith Clinic
215 Main St. SE,
Dunseith, ND 58329
Hours . . . 8:30 a.m. to 5 p.m.
Days . . . Monday through Friday
Phone . . . 701-244-5694
Fax . . . . 701-244-5329

Haaland Estates Assisted Living and Basic Care
1025 Third Ave. SE
Rugby, ND 58368
Phone . . . 701-776-5203
Fax . . . . 701-776-6688

Wellness Center
24-hour access to members
Open Monday through Friday . . . 7 a.m. to 8 p.m.
Saturday . . . 8 a.m. to noon
Phone . . . 701-776-5455, ext. 2209

We are on Facebook:
• Heart of America Medical Center
• Heart of America Care Center
• Haaland Estates
• Heart to Heart Gift Shop

Access your medical records 24/7 with the MyHealth secure online patient portal at hamc.com.

How you can contact us
701-776-5455
hamc.com

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Patrick J. Branco CEO
Dani Schell Marketing Coordinator

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