



**Chemotherapy collaboration**

Fighting together.  
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**Check out our new website!**

Now you can do more online, like pay your bill. Page 3

**YOUR**  
*health*

**YOUR GUIDE TO WELLNESS AND GOOD HEALTH CARE**

SUMMER 2017



When you need **infusion therapy**—HAMC is here for you

**P**roviders 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.

**Life after cancer includes ongoing medical care**

Cancer care doesn't end when your treatment stops. You still need regular medical checkups to help detect any changes in your health and to make sure your cancer hasn't come back.

This care is also a chance for your doctor to check for problems that might develop because of your cancer or treatment.

That's why your doctor will make a detailed follow-up care plan for you. Chances are you'll see your doctor every three to four months for the first two to three years after your last treatment—and then once or twice a year after that.

At these checkups, your doctor may give you a physical exam, along with ordering blood and other lab tests. Your doctor may also arrange for imaging tests.

**SPEAK UP**

You have a crucial role to play, too, in your follow-up care. Be sure to tell your doctor about any:

- Symptoms you think might be a sign that your cancer has returned.
- Pain that bothers you.
- Physical problems you're having, such as fatigue, incontinence, trouble concentrating or sleeping, or weight gain or weight loss.
- Emotional problems you're experiencing, such as anxiety or depression.

Don't hesitate to ask your doctor any questions you have about your health or follow-up care. Your doctor is there to listen, explain and help.

Sources: American Society of Clinical Oncology; National Cancer Institute



**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**.

# Chemotherapy collaboration

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.

Health care providers understand that cancer patients and their families have a lot on their minds. Providers welcome your questions and are willing to address anything that concerns you.

It may be helpful to take notes during your conversation or to bring a friend or family member along as a second set of ears.

If you don't want to know a lot of details about your disease or treatment—and some people don't—that's OK too. Everyone is different, and for some people the details can be overwhelming. Don't hesitate to tell your health care team how much or how little information you want.

**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—either in a 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

We hope you never need cancer care. But if you do, HAMC has infusion therapy close to home and near your primary care provider. For more information, visit our website at [hamc.com/cancercare](http://hamc.com/cancercare) or talk to your provider in Rugby at 701-776-5235, in Maddock at 701-438-2555 or in Dunseith at 701-244-5694.



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.

**4 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.

**5 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.

### 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

## 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?"



Pat Branco, CEO

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!



## Check out our new website!

[hamc.com](http://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](http://hamc.com) has the health information you need at your fingertips.

# Calendar of events

Summer 2017

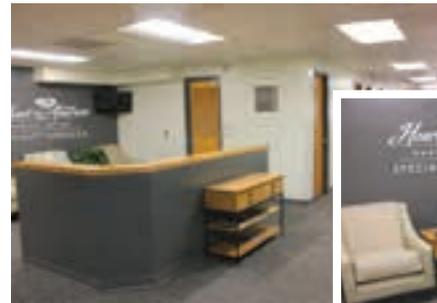
**Clinic closures:**  
Monday, Sept. 4—Happy Labor Day!

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.



### Visiting specialists

**Professional Hearing Services** • Every third Friday

**Pacemaker Clinic** • Every third Monday

**Elena Raducu, 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

## Need a health partner?

*Good Samaritan Hospital Association is your health partner*

#### 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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**Dani Schell** Marketing Coordinator

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