



Dear Subscriber,

Welcome to the first issue of Luther Midelfort's new e-newsletter, HealthMatters. In this monthly e-newsletter, you'll receive updates on what's new at Luther Midelfort and in the world of healthcare. Topics may include health information, Q & As about health topics, updates from Mayo Clinic and information about upcoming events at Luther Midelfort.

If you see something that you want more information about, simply e-mail us or check out www.luthermidelfort.org or the Luther Midelfort page on Facebook.

April is Cancer Awareness Month. Check out the articles below about nutrition and chemotherapy, and ways to get that sun-kissed look without the damaging effects.

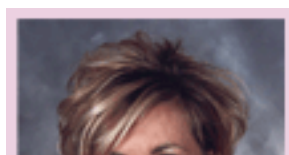
Forward this link to your friends and encourage them to sign up for HealthMatter online! Subscribe to "Health Matters" today by going to news.luthermidelfort.org and clicking on the "Health Matters e-Newsletter" link or tab! Once you have sent the e-mail subscribing to the newsletter, you will receive a confirmation e-mail in the inbox used to sign up. You do not need to do anything with the e-mail, but you can keep it for your records. Please let us know if you have any questions through the feedback form below.

Hint: Don't forget to hit "send" on the automatic e-mail to actually subscribe.

Sincerely,
The Luther Midelfort Team

Nutrition Management throughout Chemotherapy

As you move beyond the initial shock of learning you have cancer to begin the



Luther Midelfort

Mayo Health System

Hot topics:

[Sunless tanning: A safe alternative to sunbathing](#)

[Tanning: Does a 'base tan' prevent sunburn?](#)

[Tanning beds: Safer than the sun?](#)

Healthy Recipes:

[Morning glory muffins](#)

[Beef stew with fennel and shallots](#)

[Irish brown bread](#)

[Baked apples with cherries and almonds](#)

Upcoming Events

**Luther Midelfort at
Oakwood Mall**

journey of surviving cancer, you have many good reasons to be optimistic. Science and medicine have made tremendous progress in treating cancer and in making treatments more manageable, both physically and emotionally.



Chemotherapy is one of the most significant advances in the history of medicine. For millions of people, it helps treat their cancer effectively and helps them enjoy full, productive lives. However, chemotherapy is not without side effects and risks. In general, appetite loss is one of the most common side effects associated with chemotherapy. Poor appetite may extend beyond the period of treatment and result in changes such as unintentional weight loss, decreased muscle mass and difficulties with eating or digestion. The severity of side effects is often compounded by poor nutrition practices.

[Click to read more...](#)

Nurse Cares For Hurricane Victims in Haiti

“It was an extremely rewarding trip.”

So says Wayne Street, R.N., Trauma Center director, who recently returned from a week in earthquake-devastated Haiti.

Wayne joined a group of Chippewa Valley residents on the mission trip to an orphanage. They flew into Dominican Republic and then drove into Haiti over washed out roads strewn with boulders and no guardrails.

They arrived at night and were awakened soon after by a 4.9-magnitude aftershock.

The first morning they were greeted by nearly 100 people waiting in line to be seen. Over the week, they treated hundreds of adults and children with all types of injuries and illness — infections festering with maggots, pneumonia, E coli, dehydration. They treated a man who had an open tibia fracture that was casted from toe to hip. They tracked down a cast saw a mile away and cut open the cast so they could clean the wound and dress it correctly.

The group took with them 26 large suitcases full of supplies — from antibiotics to soap — and all so desperately needed.

“The people were so grateful and polite. Even if they were very sick, they would say thank you,” Wayne said.

Wayne’s group also had people able to do construction to attend to the orphanage’s physical damage.

CARE Fair (Cancer Awareness, Resources and Education)

Luther Midelfort invites you to stop by our displays, and visit with our healthcare professionals to learn more about cancer prevention, resources and education:

- FREE computerized breast cancer risk assessment
- FREE blood pressure checks
- Cancer facts for men and women
- Guidelines for breast and testicular self-examinations
- Sun and skin safety
- Tobacco cessation
- Nutrition tips and recipes
- Head scarves and wigs and hats on display
- Assortment of mastectomy and lymphedema products and information
- American Cancer Society and other community resources information on programs and services
- Fun for kids!

Saturday, April 17
10 a.m. to 2 p.m.

Luther Midelfort Kiosk
(near "Oakwood Forest"
play area)

What Matters to
You?

Returning home (after needing IV fluids himself on the return trip), Wayne said he is very grateful for the USA, his wife and family. He plans to return to Haiti, where he previously has offered aid. He encouraged others to continue to support qualified organizations in Haiti. "Six months from now, years from now, Haiti will still need help," Wayne said.

Check out a feature story by Kevin Keen of WQOW-TV 18 on Wayne's trip ([click here to view the video if the embedded player does not appear below](#)):



Building Tomorrow Today

The excitement continues to build as the building project takes shape. The five-story, 358,000-square-foot addition will replace aging Luther Midelfort facilities. The current buildings will remain in use.



Highlights include:

- The new medical and radiation oncology Cancer Center on the first floor will have a separate entrance and parking lot.
- New larger labor and delivery rooms will have whirlpool tubs. There will also be a larger special care nursery.
- Four additional procedure rooms in the ambulatory surgery area will help accommodate demand.

Let us know. You can connect with us on [Facebook](#), [YouTube](#), [Twitter](#), or just send us an [e-mail](#).

Good or bad, it doesn't matter--we'd love to hear from you!

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News

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- The third floor will house the Medical Telemetry & Intermediate Care Department.
- The fourth floor will be occupied by medical/surgical inpatient beds.
- The lower level will house an auditorium. The fifth floor will be shelled for future expansion.

Open houses will be held at the end of October with building occupancy beginning soon after. Watch for more information, including dates and times!

For the latest maps and information - including a live webcam - visit www.luthermidelfort.org.

Did You Know? Your Providers are on YouTube!

If you are interested in learning more about a Luther Midelfort provider before your appointment, go to www.luthermidelfort.org, click on “Medical Staff” and the name of the provider. Here you will see the providers’ photos and learn their educational background. Some even have videos — click on “Meet _____” to view the video!

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Questions or Comments? Email us at [Luther Midelfort Info](#) or call 715-838-3181