

RiverView Health

Dr. Kanten is named Minnesota Family Physician of the Year

From family medicine to specialized services,

RiverView's "top docs" shine

in many areas, providing

compassionate patient care

and innovative approaches

and technologies.

The Minnesota Family Physician of the Year — Dr. Erik Kanten — has been caring for families in the Crookston area for 20 years. In recognizing Dr. Kanten with this award, the Minnesota Academy of Family Physicians affirmed what Dr. Kanten's patients have known all along — that he represents the highest ideals of family medicine in his roles as a caregiver, as a medical advocate and as a community volunteer.

A RiverView employee since 2006, Dr. Kanten has served on RiverView's board of directors for the last eight years. A board certified family medicine physician, Dr. Kanten has cared for families and delivered babies since arriving in Crookston in 1988.

Patients, professional associates, community members and friends wrote glowing nominations citing Dr. Kanten's numerous contributions in the field of medicine and as a community volunteer. All the nominations had a common thread: this RiverView physician is compassionate and committed to providing expert, personalized care.

"I once observed him examining a newborn in the nursery and watched him, ...stroking the baby with such a loving, caring touch that it brought tears to my eyes," wrote a hospital employee. "In that moment, I realized this was more than a clinical task to him. It was a calling he considered an honor. His obvious compassion and love for people that he treats is demonstrated in the long hours he commits to his practice and his dedication to individual patients."

Patients wrote about Dr. Kanten detecting rare health problems and managing chronic conditions so well that specialists they later saw praised the skills of their primary care physician. In addition to providing direct patient care, Dr. Kanten serves as medical director for RiverView Care Center, The Villa, Red Lake Falls EMS Advanced Life Support and the University of Minnesota at Crookston. "Our patients know they will get his undivided attention," says Judy Hulst, Villa administrator.

"It is said that no one knows doctors like nurses who work with them," wrote Stacey Grunewald, UMC-Crookston student health services coordinator.



RiverView family medicine physician, Dr. Erik Kanten, was honored as the Minnesota Family Physician of the Year at a banquet recently in St. Paul. A host of family members, friends and professional colleagues attended, including his wife, Judie, and his parents, Anne and Chuck Kanten.

"I can say without reservation I have never worked with a better family physician."

In the community, Dr. Kanten is a regular at high school and college sports events where he provides uncompensated medical support to injured athletes. In his church, he volunteers as director of technology services. He is also a longtime Polk County Fair Board member.

Dr. Kanten and his wife, Judie, frequently help plan and chaperone school activities and were 4-H leaders for years. Dr. Kanten is vice president of the Crookston Music Trip Parent Organization and a leader in FCA Plus Fellowship of Christian Athletes.

"Dr. Kanten is the Poster Child of what a physician of the year should be," asserts Frank Fee, Crookston KROX radio station owner.

A graduate of Augsburg College and the University of Minnesota Medical School in Minneapolis, Dr. Kanten completed his residency in family practice at the University of North Dakota, Grand Forks. He and Judie have four daughters ages 10 to 18. They are Emily, Sarah, Mollie and Rachel.

"Family medicine has given me a rewarding career that no other specialty could provide," Dr. Kanten said. "My current practice is possible because of the wonderful people I work with and the wonderful community where I live."

Dr. Kanten was selected from a field of 27 Minnesota physicians nominated for the honor.



Dr. Erik Kanten is a familiar figure at area sports events where he donates his time to treat injured athletes.

Celiac group receives state award

The Minnesota Hospital Association has selected RiverView Celiac Support Group as one of its annual award winners. The formation of a support group and that group's efforts to assist newly diagnosed patients were recognized by MHA at an awards ceremony.

"It's a huge honor for us," said Mary Bratrud, the nurse who worked with Dr. Mirza Baig to begin the support group.

Support group members give newly diagnosed patients Celiac Starter Gift Baskets containing a bag of "approved" groceries and written materials about foods they can eat, celiac-friendly restaurants and other resources. The RiverView Foundation provided funding for the gift baskets.

"The only treatment for this disease is a gluten-free diet," Dr. Baig explained.

"Adhering to the diet leads to improvement but if they ingest small amounts of gluten, it can take six weeks or longer for the intestine to heal again."

Celiac disease, a genetic disorder, affects 1 of every 133 people. Common symptoms include diarrhea, bloating, abdominal pain and anemia. Symptoms vary and may not occur simultaneously. The offending glutes are found in proteins very common in daily diets, primarily wheat, barley, rye, and oats.

Once celiac disease activates in a person's body, the ingestion of glutes sets off an auto-immune response that damages the small intestine. The intestine loses the ability to absorb nutrients in food, leading to malnourishment. Gastroenterologist/hepatologist Dr. Baig has performed hundreds of scope exams to determine various gastric disorders. Because celiac disease symptoms mimic so many



RiverView nurse Mary Bratrud displays the award given to the Celiac Support Group by the Minnesota Hospital Association. With Bratrud are celiac patient Joyce Christensen and Dr. Mirza Baig, RiverView gastroenterologist/hepatologist.

other disorders, endoscopy provides the only certain diagnosis.

"When they have celiac disease, the inside lining of the intestine is raw and inflamed," Dr. Baig said. "Because the intestine isn't absorbing food as it should, these people are malnourished - even though some of them may be overweight. Unchecked, celiac disease can lead to other problems such as osteoporosis and infertility."

Living with celiac disease is very challenging, Bratrud said. The support group has helped people with the disease manage their lives better. Dr. Baig, along with RiverView nurses and dietitians, provide professional education. Group members share knowledge of their own experiences, exchange recipes and help one another. About 40 area people are members of the Celiac Support Group.

General surgeon specializes in minimal techniques



Alex Wong, M.D.

Dr. Alex Wong, a general surgeon, will join RiverView's medical staff this fall. Dr. Wong is currently completing a fellowship in minimally invasive surgical procedures at Alta Bates Medical Center in Oakland, CA.

"We've been looking for the right surgeon to fit our needs and we feel confident that we've found that in Dr. Wong," said RiverView CEO Deb Boardman. "With his skills in minimally invasive surgery, Dr. Wong will bring new dimensions to RiverView's surgical capabilities in the area of general surgery. We are fortunate at RiverView to have surgeons providing cutting edge technology. For instance, Dr. Colin Fennell has introduced new orthopaedic surgical techniques here that weren't even being done yet in larger areas. When you have progressive physicians on your medical staff, it helps attract new surgeons too."

Dr. Wong will perform numerous procedures using minimally invasive techniques, and he anticipates that colon cancer will be an area of high demand. "Colon resections used to be open surgeries, but now they can be

done laparoscopically with just as good, if not superior, results," he said.

Dr. Wong received his degree in medicine from Jefferson Medical College of Thomas Jefferson University at Philadelphia, and completed an internship and residency in general surgery at Graduate Hospital, Drexel University in Philadelphia. He has participated in research related to breast cancer and complications of laparoscopic cholecystectomies. He recently returned from Philadelphia where he was a presenter on laparoscopic gastrectomies at the SAGES (Society of American Gastrointestinal and Endoscopic Surgeons) meeting.

Dr. Wong said he was very favorably impressed with RiverView's progressiveness, technology and ancillary staff when he visited Crookston. He will work closely with General Surgeon Dr. Idatonya Afonya. Boardman said having two general surgeons will improve 24-hour coverage for emergency situations and Cesarean sections.

Digital mammograms: advanced technology

Sheila Bodell-Hoerner discovered RiverView's new digital mammography service by accident. She was very favorably impressed. So is Radiologist Dr. Hilton Bakker. He appreciates having better tools to help him diagnose certain breast cancers in earlier stages.

After having rotator cuff surgery at RiverView Hospital, Bodell-Hoerner said she was so impressed with the hospital and care she receive that when it came time for her annual mammogram, she decided to drive to Crookston from her home in Warren. "I am so impressed with the entire RiverView facility, how clean it is, how friendly they are and how they took such good care of me," Bodell-Hoerner said. "Then when I got there this time, I was so impressed with the mammography suite. It's warm and cozy, yet they have this digital technology that is so high tech. I could actually see the image on the screen in front of me."

With digital mammography, exam times are shortened so the patient doesn't have to remain motionless as long. Because the images are digital, they display immediately on a system monitor.



Hilton Bakker, M.D.

Digital mammography is especially superior for younger women because they have denser breasts, Dr. Bakker said, adding that at least one area woman has benefited from digital mammography's improved images. "I probably would not have seen a cancer that small if she'd had a regular mammogram, but with this technolo-



Jennifer Bailey, a radiologic technologist registered in mammography, consults with a patient before proceeding with a mammogram. New digital mammography equipment has improved diagnostic capabilities.

gy, I saw it right away," he said.

"Some patients say they don't feel the discomfort they did with standard mammography," said Jennifer Bailey, radiology technologist. "The flex panels on this new equipment still get equally good positioning but it doesn't pull on the chest wall like the older ones. We can get so many different views with this equipment, and that's a real advantage too."

Physicians also appreciate digital mammography, Dr. Bakker said, because the films can be stored in multiple locations. Two physicians can look at the same mammogram and be able to confer with each other about it even though they are not in the same location. That, too, contributes to improved patient care.

Women's Fest: Kick off event for My New View - A Health Connection for Women

Monday, May 12, 3-7 p.m. at RiverView Health in Crookston

Free health screenings: blood pressure, blood sugar, cholesterol and others

Presenters and topics:

- Dr. Colin Fennell.....Osteoporosis: What You Should Know
- Dr. Jerald ReinhardtPre-pregnancy Planning
- Dr. Debra BellNutrition and Female Health
- Joan Morlan and Lori Steer.....Heart Healthy Living
- Janet BurgerDemonstration of Acupuncture

Tours of new Radiology services and a presentation by Dr. Hilton Bakker on Breast Health

RiverView Health



ALEXA MARIE
Date of Birth: 2/6/2008
Time of Birth: 12:31 p.m.
Parents: Britany & Garland
Delivered by: Dr. Hanson



CHLOE ELIZABETH
Date of Birth: 2/9/2008
Time of Birth: 1:20 p.m.
Parents: Melissa & Brian
Delivered by: Dr. Kanten



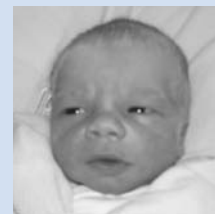
ASPEN JEWEL
Date of Birth: 2/10/2008
Time of Birth: 7:27 p.m.
Parents: Carmen & Shane
Delivered by: Dr. Shamsi



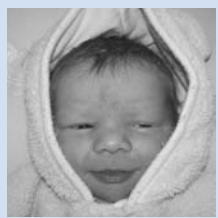
WYATT ALAN
Date of Birth: 2/12/2008
Time of Birth: 8:04 a.m.
Parents: Britney & Trevor
Delivered by: Drs.
Afonya & Kanten



GIANNA MARIE
Date of Birth: 2/12/2008
Time of Birth: 6:40 p.m.
Parents: Tasha & Lucas
Delivered by: Dr. Bell



HUNTER DARRELL JAMES
Date of Birth: 2/18/2008
Time of Birth: 6:49 p.m.
Parents: Michelle & Tyler
Delivered by: Drs.
Shamsi & Afonya



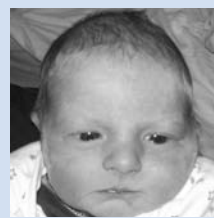
TAYLOR CORA
Date of Birth: 2/19/2008
Time of Birth: 2:50 p.m.
Parents: Jill & Brett
Delivered by: Drs.
Shamsi & Afonya



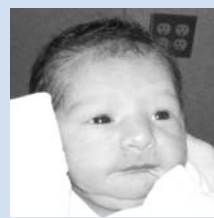
DAVID ALLEN
Date of Birth: 2/25/2008
Time of Birth: 6:45 P.M.
Parents: Tara & Joe
Delivered by: Dr. Hanson



JOSHUA NOAH
Date of Birth: 2/27/2008
Time of Birth: 8:18 a.m.
Parents: Melissa & Matthew
Delivered by: Drs.
Afonya & Kanten



COOPER JAMES
Date of Birth: 2/27/2008
Time of Birth: 4:04 p.m.
Parents: Mindy & Tim
Delivered by: Dr. Hanson



DIAMOND ROSE
Date of Birth: 2/28/2008
Time of Birth: 3:03 p.m.
Parents: Tara & Michael
Delivered by: Dr. Shamsi



SHANTI ANN
Date of Birth: 3/9/2008
Time of Birth: 12:50 p.m.
Parents: Pricilla & Chris
Delivered by: Dr. Kanten



BRILEY PATRICK
Date of Birth: 3/10/2008
Time of Birth: 17:43
Parents: Elissa & Dustin
Delivered by: Dr. Hanson



PETER
Date of Birth: 3/11/2008
Time of Birth: 11:10 a.m.
Parents: Jacoba & Jochum
Delivered by: Dr. Kanten



HAYDEN WINSTON
Date of Birth: 3/11/2008
Time of Birth: 7:35 a.m.
Parents: Laura & Chad
Delivered by: Drs.
Afonya & Kanten



MALEIGHA RAKALYN
Date of Birth: 3/14/2008
Time of Birth: 2:31 p.m.
Parents: Joy & Scott
Delivered by: Drs.
Afonya & Hanson



JAY OWEN
Date of Birth: 3/14/2008
Time of Birth: 2:21p.m.
Parents: Jeanne & Joe
Delivered by: Dr. Kazmouz



PARKER JAMES
Date of Birth: 3/15/2008
Time of Birth: 6:11 p.m.
Parents: Laura & Raymond
Delivered by: Drs.
Hanson & Shamsi



ALEX LEE
Date of Birth: 3/18/2008
Time of Birth: 2:52 a.m.
Parents: Joey & Terry
Delivered by: Dr. Bell



COOPER JADAN
Date of Birth: 3/19/2008
Time of Birth: 03:19 a.m.
Parents: Jennifer & Mike
Delivered by: Dr. Shamsi



GEZELLE ESTRELLA
Date of Birth: 3/23/2008
Time of Birth: 8:44 a.m.
Parents: Vanessa & Sergio
Delivered by: Dr. Afonya & Dr. Kanten



ERIK PAUL
Date of Birth: 3/24/2008
Time of Birth: 4:39 p.m.
Parents: Danell & Paul
Delivered by: Dr. Hanson



MAXAMUS DANIEL
Date of Birth: 3/25/2008
Time of Birth: 12:45 a.m.
Parents: Lacey & Daniel
Delivered by: Dr. Shamsi



HALLE LYNN
Date of Birth: 3/25/2008
Time of Birth: 6:55 p.m.
Parents: Jamie & Travis
Delivered by: Dr. Kanten



GAVIN ANDREW
Date of Birth: 3/27/2008
Time of Birth: 2:59 a.m.
Parents: Sasha
Delivered by: Dr. Kazmouz



THAODEN ORION
Date of Birth: 4/11/2008
Time of Birth: 4:00 A.M.
Parents: Aria & Trent
Delivered by: Dr. Bell



KENDRICK ANTHONY
Date of Birth: 4/18/2008
Time of Birth: 9:34 a.m.
Parents: Rosalinda & Antonio
Delivered by: Dr. Hanson



ALISSA RAE
Date of Birth: 4/19/2008
Time of Birth: 14:48 p.m.
Parents: Ashley & Rey
Delivered by:
Dr. Afonya/Dr. Shamsi

Meet our
RiverView
babies

Visit our web site:

www.riverviewhealth.org

RiverView Health
323 South Minnesota
Crookston, MN 56716-1600
218-281-9200
1-800-743-6551
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RiverView Health
encompasses:
Glenmore Recovery Center
RiverView Hospital
RiverView Care Center
RiverView Home Care
RiverView Rehab
RiverView Clinics