



# St. Andrew's Health Center

*SMP Health System*

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## **Cardiac Rehab Thrives at St. Andrew's Health Center**

At St. Andrew's Health Center (SAHC) in Bottineau, they proudly recognize their Cardiac Rehab program during the month of February, American Heart Health Month. Local citizens continue to benefit from this important program.

For those adjusting to life after a heart attack or living with other diseases of the heart, exercising under the watchful eyes of a health care team through a Cardiac Rehabilitation program such as the one St. Andrew's Health Center offers, may be the ticket to survival and a better quality of life. Cardiac rehabilitation may help you feel better than you thought was possible.

Local citizen Kevin Milbrath knows this firsthand. Recently, he presented himself at the St. Andrew's Health Center Emergency Room with chest pain. Nurse Mary Tonneson met him at the door and immediately brought him up to the Critical Care Unit.

"I got up to the CCU," says Kevin, "and everybody was professional and reassuring, and I really felt I was getting the immediate care and treatment I needed to get. Everyone was right there ready to help, including Dr. Kulkarni, the x-ray department, and the lab."

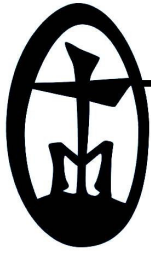
Kevin says he felt Dr. Kulkarni had complete control of the situation, and he seemed very calm and very knowledgeable. Kevin goes on to say the nurses at SAHC were excellent, and were especially good at explaining what they were doing. He says the entire staff was there for him right away, taking care of him immediately.

Being a prior member of the Bottineau Ambulance crew and a lifetime resident of the area, Kevin thought he generally knew what St. Andrew's Health Center had to offer. However, after he was transferred to Minot and the physicians there said he needed to go through cardiac rehabilitation, Kevin asked if he would have to drive to Minot every time for that. To his surprise, they informed him that Bottineau offered a Cardiac Rehab program right at St. Andrew's Health Center.

Cardiac Rehab is a customized program of exercise and education. The goals of cardiac rehab are to help regain strength, prevent the condition from worsening and reduce the risk of future heart problems. St. Andrew's Cardiac Rehab program has four components: Assessment, Physical Activity, Lifestyle Education, and Psychosocial Support. Cardiac Rehab helps rebuild your life, both physically and emotionally.

He states, "I was pleasantly surprised to find out our nursing staff at St. Andrew's directed the Cardiac Rehab program. That makes me feel secure, as I trust our nurses to safely monitor my heart and check if I'm working my heart too hard while exercising on their treadmill."

Kevin recommends that Bottineau residents ask physicians they see in Minot or elsewhere if the tests, services and procedures they need are available locally in Bottineau. A few years ago, he had gall bladder surgery himself, and had all the tests that went with the procedure done locally at SAHC, saving him much time and money. He believes St. Andrew's offers much more than most people realize.



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Kevin says, "The comment has been made to me about St. Andrew's just being a 'first aid station.' Well I got a heck of a lot more than 'first aid' at St. Andrew's, and I want people to know that. With my recent heart attack, I was completely stabilized in Bottineau, and had all sorts of tests done to see exactly what was wrong with me, before being transferred to Trinity in Minot. I'm not sure what would have happened to me if I had to travel all the way to Minot in the condition I was in."

The mission of St. Andrew's Health Center is to minister to one another and all who come to them for care, and the entire staff from nurses to physician showcased this important mission in Kevin Milbrath's case.