

Katie Johnson: Good morning and welcome to Apple A Day, Lake Region Healthcare's health and wellness segment where we feature news and information that you can use to live a healthier. This is Katie Johnson and my guest this morning is Dr. Diane Treat-Jacobson. She is a professor at the University of Minnesota School of Nursing. She has been our guest before and I'm pleased to welcome you back this morning.

Dr. Jacobson: Thanks. It's a pleasure to be here.

Katie Johnson: You are the project director for the PAD Prairie Initiative and we have talked about this on our program before, but I think it would be beneficial to give our listeners a little refresher on exactly what this initiative is all about.

Dr. Jacobson: PAD Prairie Initiative is designed to raise awareness and improve treatment for patients who have a condition called peripheral artery disease which is what PAD stands for. This is a condition that clogs the arteries of the legs similar to the same process that can clog the arteries of the heart leading to heart attack. The same thing can cause clogging of the arteries of the legs and so then when you're using the muscles of your legs to walk, you need more blood and more oxygen. Because those arteries are blocked, that can't get there to the muscles, and so people will experience pain when they're walking that keeps getting worse when they're walking and then goes away when they rest. That symptom is called claudication.

Katie Johnson: This initiative is designed to raise awareness about that I think specifically in out-state Minnesota. Can you tell me a little bit about how you ended up in this role and partnering with Lake Region Healthcare and some other community partners.

Dr. Jacobson: That's a great question. This is funded by a grant from the Margaret A Cargill Foundation and the focus is really to help bring services and initiatives out to rural Minnesota. We were able to partner with Lake Region partly through our connection with Larissa Stigen who is from Fergus Falls and is working for the school of nursing but also on this project. Lake Region has been our lead community from time we submitted this grant and has agreed to partner with us. Dr. Bruce Money is our physician champion and he's been instrumental in helping move things forward. We've been fortunate enough to work with a number of people from the healthcare team here in cardiac rehab, in the nurses in the clinics, throughout administration. It's been a wonderful experience for the last 14 months.

Katie Johnson: Tell me a little bit about what you've done over the past 14 months. It's included some training I think of professionals to help the screen and identify this condition more, but also some events in the public.

Dr. Jacobson: That's right. We've been educating nurses and providers about PAD, about the best ways to do a good history to learn what the symptoms are, how you can detect it, what the risk factors are, and also what's the best way to manage this disease. Then also we've been training nurses on how to perform a test that's a simple

diagnostic test. It's called an ABI or ankle brachial index. It's a very long word for just comparing the blood pressure in your ankles to the blood pressure in your arms because if you have normal healthy vessels in your legs, your blood pressure in your legs should be the same or a little bit higher than the blood pressure in your arms. This test allows us to compare those pressures and to find out if there's a blockage somewhere between your heart and your ankles. We've been training nurses on how to do that test and we've been doing screenings in the public to find out if people have an abnormal ABI which means that they had PAD. Then we've been encouraging them to take those results to their provider so that they can get follow-up care.

Then in addition, we've been subsidizing exercise training for patients with peripheral artery disease through the cardiac rehab center here at Lake Region. We've taught the therapist how to do PAD specific exercise training and we've had patients being referred for this particular specific kind of therapy. We've also been really heartened by seeing some very nice results where patients are saying that they are able to walk farther than they were when they started. They're feeling less discomfort and are able to live their lives a little bit easier.

Katie Johnson: That's exactly the question I was just going to ask is why is this important? How does this make a difference in the lives of the people who live here, who maybe didn't know this is why they had the pain they had?

Dr. Jacobson: That's right. People think that leg pain is a normal sign of aging and it's not. They often will not complain of the pain especially because it only comes when they're walking. When they're sitting in a doctor's office, they're not thinking about their leg pain necessarily because they're not having it. Having this pain every day and having it make you stop after a block or half a block and then rest and then go again, that can really interfere with your daily life. Being able to do this exercise intervention, we find that patients can walk longer before they have to stop and they can walk longer before the pain even begins. That influences their ability to do regular activities of daily living.

Katie Johnson: We are talking about this again today because we have another screening event coming up right here in Fergus Falls that we want to talk about. Tell me a little bit about the event that's coming up?

Dr. Jacobson: This event is on Saturday, September 17th. We're calling it a PAD Walk and Talk Event. The reason for that is that we're doing more than just the screenings that which we've done at other events. We will also be having some professionals, myself, and providers from Lake Region giving talks to different times during the day. Then we're going to have a couple of walks. This isn't your typical walk like a 3K or a 5K that you would see in the community. What we really want to encourage is for people who are more limited or have pain in their legs to come and walk just as far as they can, as far as their legs will let them, and then rest when they need to. There's no minimum amount that people need to walk. We're going to have plenty of benches and places for sitting if people need to rest and then get up and

go again.

It's to encourage people who would be intimidated by one of the more typical kinds of walks or runs that we have for the public to come out and say, "I can't do what my 30 year old or grandson can do, but I can do some. With practice, I can do a little bit more." It's the real encouragement to do what you can and anything is better than nothing.

Katie Johnson: That's a fantastic idea. Tell me who should attend?

Dr. Jacobson: Anybody who wished to understand more about peripheral artery disease whether you have this condition or you know someone with this condition. If you want to find out more, if you want to find out what it feels like to have this condition, we're going to be providing both experience and education to help you understand. If you want to get tested, we're going to be doing screenings complete the day whole day, 4 hours. You can come in and sign up right on the spot, or we have ways for you to register ahead of time if you're interested in doing that.

Katie Johnson: Tell us how someone would do that if they wanted to register prior to?

Dr. Jacobson: We have 3 ways. The first is you can call us and that number is 844-236-6211. You can email us at PADUMN@umn.edu. Then we have a website which is z.umn.edu/padprairie and we welcome any advance registration, but believe me, you can just come right in and you don't have to register in advance. We're happy to accommodate as many as we can.

Katie Johnson: We'll definitely post those phone numbers and email addresses and websites on our website too, LRHC.org. If people are wanting to find that information, just look on our education and events link.

Dr. Jacobson: I also want to say that we will have refreshments including coffee and juice and water. Some light snacks that are healthy so that people can feel that they're getting adequate nourishment during this event. The other thing that we're going to have is we're going to have some of the nurses from the college come and take blood pressures. That's another service that we will offer. We're really looking forward to seeing the public there. Again, it's been such a privilege to be in the community for the last little more than a year and we're looking forward to the next couple of years going forward.

Katie Johnson: This does sound like a fantastic opportunity. Let's remind folks again exactly the date, time, and place that they should reserve on their calendar.

Dr. Jacobson: This is Saturday, September 17th, from 10 AM to 2 PM at the Westridge Mall on Lincoln Avenue.

Katie Johnson: Perfect. We do want to give a shout out to the event partners too. You have some great sponsors who are helping to make this event possible that we should

mention.

Dr. Jacobson: Right. In addition to Lake Region Healthcare, our sponsors are the Otter Tail County Public Health, Fergus Falls Senior Center where we've done some education and some screening events, the YMCA is a partner. In fact, they've donated a 3 month membership and we're going to be doing some giveaways of that plus some addition things. Leighton Broadcasting and Minnesota State College and Denim Sports are all of our sponsors. We're really thankful for them for contributing to this event.

Katie Johnson: Absolutely. Diane Treat-Jacobson, professor at the University of Minnesota School of Nursing, my guest today on Apple A Day talking about this PAD Walk and Talk coming up on Saturday, September 17th at the Westridge Mall. Thank you so much for the work that you're doing in our community on this initiative and for being my guest today.

Dr. Jacobson: It's my pleasure. Thank you for having me.

Katie Johnson: Dr. Diane Treat-Jacobson and Katie Johnson here on Apple A Day this morning reminding you that there is so much to do here. Stay healthy for it. Have a great day.