



Providing the Seeds to Cure

Prostate cancer transforms the life of one in eight men as well as the lives of those who love them. This year, over 300,000 men will be diagnosed. Once thought of as an old man's disease, prostate cancer is now striking more and more men in their 40's, 50's and 60's. If detected early, prostate cancer can be cured. In June, St Alexis Medical Center will take another step to help cure this deadly disease. North Dakota currently ranks 17th in the United States for patients diagnosed with Prostate Cancer.



Chris Adducci, MD

Through a grant from the St. Alexis Foundation, St. Alexis Medical Center's Urology Department will start offering Prostate Seed Therapy as a choice for treatment for those afflicted with Prostate Cancer. Currently, there are four options available:

- *Watch and wait*
- *Radiation*
- *Removal*
- *Hormone Replacement*



Leslie Rainwater, MD

Prostate Seed Therapy is the fastest growing method of treating prostate cancer in the United States. By providing Prostate Seed Therapy, patients can begin treatment through outpatient surgery. "Patients who are treated with Radiation need to receive radiation for nine weeks," explains Dr. Leslie Rainwater, an Urologist at St. Alexis Medical Center, "By utilizing this option as an outpatient procedure, they can return home on the same day."

The outpatient procedure takes about one hour, and then the patient can return home. Treatment is generally painless, as the patient is given a mild anesthetic. Most patients are back to a normal routine within a day or two. Recovery for Prostate Seed Therapy is much quicker and has fewer complications because it does not require major surgery.

Prostate Seed Therapy has proven to be an excellent option for treating prostate cancer. In numerous medical studies, seed implantation equals or exceeds the cure rate of surgery to remove the prostate.

Both Dr. Rainwater and Dr. Chris Adducci will perform this treatment. For more information regarding Prostate Seed Therapy, please contact St. Alexis Medical Center Specialty Clinics at (701) 530-6500.



Greetings from the President & CEO



*Andrew L. Wilson
President & CEO*

At St. Alexius Medical Center, our focus has always been on ensuring our patients and families can rely on exceptional care.

Recently, this care was recognized with the 2009 HealthGrades® Patient Safety Excellence Award. This award is given to the top 15% of hospitals across the nation that are recognized for exceptional patient care. Through recognitions such as this, you can be assured St. Alexius continues to work very hard to achieve this focus.

At the same time, we face many challenges and feel the stinging effects of this current recession. However, our commitment to you and your care remains strong. In March, a 64-slice CT scanner, being the first in the Bismarck area, was stalled at St. Alexius Medical Center. This new scanner takes images at a higher resolution, resulting in a better quality image at a faster rate than other scanners. In today's tough operating climate for healthcare providers, philanthropic giving is absolutely essential to the ability to grow and improve. I would like to take a moment to sincerely thank all of you who have embraced our vision of comprehensive, quality health care, and continue to support the medical center. As you contemplate your charitable giving, please join me in supporting exceptional care through the St. Alexius Foundation. *~Your gifts will enrich the lives of others for generations to come.*



Forefront in Healthcare- Sharing the Vision in Healthcare Excellence



Brent Herbel, MD

On February 25, 2009 the St. Alexius Foundation introduced its first *Forefront in Healthcare* Luncheon. Dr. Brent Herbel, an Interventional Radiologist at St. Alexius, provided insight into the MERCI Retrieval System. This method involves a tiny micro catheter that is inserted through the leg and into the brain of a stroke victim, removing the clot entirely.

On June 4, the next *Forefront in Healthcare* Luncheon will highlight Deep Brain Stimulation. Deep Brain Stimulation is a surgical procedure used to treat a variety of neurological symptoms - most commonly the debilitating symptoms of Parkinson's disease. Dr. Steven Kraljic, a Neurosurgeon and Dr. Salima Brillman, a Neurologist, both of St. Alexius will provide insight and education into this treatment. A special guest will be Sandy Gonzales. Sandy was the first patient to receive this implant. She will share her experiences.

For more information about *Forefront in Healthcare*, please contact the St. Alexius Foundation at (701) 530-7065.



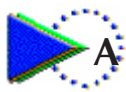
St. Alexius Joins Fort Lincoln at Fest at the Fort

Join St. Alexius Medical Center and the Fort Abraham Lincoln Foundation as we recreate the past during "*Fest at the Fort*." This community festival takes place at Fort Abraham Lincoln State Park on June 20 and 21.

Events include:

- Ft. Lincoln Road Race
- Stars of the Medora Musical perform at 1:00 pm
- Artillery Demonstration
- Mysteria Garden opens at 4:30 pm
- Soldier for a Day
- St. Alexius Community Barbeque at 5:00 pm
- Medicine on the Post and in the Village
- Nightlife performs at 5:30 pm
- Free Tours of Custer House & On a Slant Village
- *And much more!*

By coordinating our efforts with area sponsors, St. Alexius and Fort Lincoln are able to provide a fun filled weekend at a great price - \$5.00 per person. Tickets will be available at the St. Alexius Foundation, Mysteria Theatre, Fort Abraham Lincoln Foundation and other area sponsors. Tickets can also be purchased online at www.fortlincoln.com. See the enclosed flier for more details or contact (701) 530-7394 or (701) 667-4751 for additional information.



A Memorial Opportunity – The St. Alexis Memorial Chapel Fund

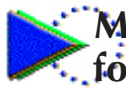
The Chapel at St. Alexis Medical Center plays an important role in the life of the medical center. It provides a place of prayer and solace for those seeking spiritual strength in times of need, celebration as well as daily mass services. In keeping with the Benedictine values, the chapel stands as a testament to the care and compassion received by our patients, friends and family at St. Alexis Medical Center.

The St. Alexis Memorial Chapel Fund was established to carry forth the mission and offer a Christian presence, “*Welcoming all as Christ.*” As a Catholic Healthcare facility, we strive to provide the healing presence needed as you seek medical care. By memorializing a loved one through a gift to the St. Alexis Memorial Chapel Fund, you help preserve the chapel and continue to bring our patients spiritual nourishment into the future.

Consider memorializing a loved one through the St. Alexis Memorial Chapel Fund. Gifts of \$100 or more will also be acknowledged on a special memorial display located in the entrance hallway of the chapel. For more information, please contact the St. Alexis Medical Center Foundation at (701) 530-7065 or the Pastoral Care Department at (701)530-7661.



The Chapel is available 24 hours a day for all who seek spiritual comfort.



Make every Month a Time for Giving

A number of people do a majority of their giving in a few frenzied days toward the end of December.

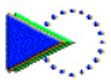
Some may need a friendly reminder.

An idea for incorporating charitable giving into the other 11 months of the year: Mark a Birthday, it is an easy way to spread giving days across the year. Each year, as part of an annual birthday celebration, consider making a gift to the St. Alexis Medical Center Foundation? You can make an unrestricted gift, going to the area of greatest need, or the gift can be designated to a specific program or service that is near and dear to your heart. Either way, you can honor or memorialize those who you care about at the same time.

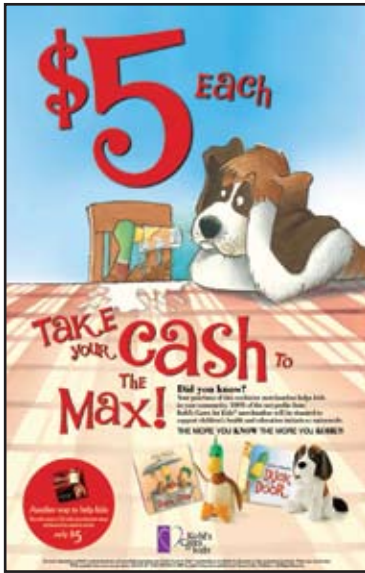
Giving on your birthday, or the birthday of loved ones to the Grateful Patient and Families program is a small way of saying thank you to the many highly trained professionals, nurses and physicians that care for you when you visit St. Alexis Medical Center. For more information, please contact the Foundation at (701) 530-7065.

In Memory...

Brenda Lenertz Mr. and Mrs. Roger Fredrickson
Corrine Fruhwirth Corrine Fruhwirth Family
David Kromarek Mr. and Mrs. Virgil Hendrickson
Fred Doll Mr. and Mrs. Mike Doll
George Marback..... St. Alexis Nursing Management Team
Ms. Linda Knodel
Imogene Bennett Anonymous
Mr. Merle Bennett
Ms. Molly Hefner
Mr. Rick Warhurst
Ms. Shirley Weddel
Karen Dralle Mr. Monte Dralle
Ms. Connie Roe
Karin Entringer..... American Automobile Association
Ms. Joyce Fulford
Ms. Mary Beth Huber
Telecom Pioneers
Kristin Helbling Ms. Jean Barr
Margaret Scheck Ms. Sonja Rue
Matthew William Leidenix..... Dr. and Mrs. Monte Leidenix
Michael Duchscherer Mr. Leonard Duchscherer
Sarah Ann Haugen..... Dr. and Mrs. Benedict Roller



St. Alexius - Kohl's Back to School Extravaganza



Mark your calendars to join us for the 2nd Annual St. Alexius – Kohl's Back to School Extravaganza, Friday, August 7, 2009 from 1:00 pm to 7:00 pm at the St. Alexius Center for Family Medicine in Mandan.

St. Alexius Medical Center is teaming up with Kohl's Cares for Kids® to invite children entering Kindergarten through 6th grade in Bismarck-Mandan and throughout the region to spend the afternoon having fun while learning about health safety and education. Topics will include exercise health, food allergies, back pack safety, hearing safety and many more. The Sugar Sheriff and Alex the Cat will make special appearances! The Mandan Fire Department, Police Department and Metro Area Ambulance will also be showcased during the event.

To learn more about the St. Alexius – Kohl's Back to School Extravaganza, please call (701) 530-7065.

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**St. Alexius
Foundation**

www.st.alexius.org/about/foundation