

# HealthNotes

YOUR HEALTHCARE PARTNER



## FASTCARE CLINICS: AN EXTENSION OF OMC'S SERVICES

**W**hen you have a basic healthcare concern, like a cold or an earache, a visit to one of Olmsted Medical Center's (OMC) FastCare clinics might be just what the doctor ordered. Staffed by OMC nurse practitioners and physician assistants, these clinics provide a convenient treatment alternative for several nonurgent, nonemergency conditions.

"Patients benefit from the walk-in, no-appointment-needed service with shorter wait times and exceptional care," says

Randy Hemann, MD, who along with Michael Blue, DO, serves as medical director for the FastCare clinics. "The FastCare option has proven extremely popular in Rochester."

So popular, in fact, that OMC celebrated the grand opening of its second location in December 2007. The first location opened in July 2007.

### WORKING TOGETHER TO HELP YOU

The relationship between FastCare clinics and OMC's more than 20 specialty concentrations is a strong one. FastCare staff are part of the OMC organization and undergo the same credentialing process as do providers at other OMC healthcare facilities.

"They are well-trained to respond to the conditions they treat," explains David Westgard, MD, OMC's chief medical officer. "At the same time, if there's a situation in which they want to call on the expertise of our other clinical staff, they can. They have relationships with our family medicine doctors, our specialists, our emergency department, and so on."

Of course, OMC family medicine clinicians are available to tend to a wide range of healthcare needs, as well. And, for urgent or emergency healthcare concerns, the emergency room at OMC Hospital is always open.

Anyone older than 18 months of age can be treated at a FastCare clinic—you do not have to be an OMC patient. Call 507.292.7009 or visit [www.olmstedmedicalcenter.org](http://www.olmstedmedicalcenter.org) for hours, fees, and more information. ■

## When to Visit

Come to FastCare to receive help for many health conditions:

- Acne
- Allergies
- Bladder or urinary tract infections (females, 12+ years)
- Bruises
- Colds, coughs, and runny noses
- Cold sores
- Earaches and ear infections
- Flu symptoms (10+ years)
- Insect bites or stings
- Minor burns, including sunburns, and rashes
- Mononucleosis, or "mono"
- Pregnancy tests (18+ years)
- Skin infections
- Sinus infections (5+ years)
- Sore throats
- Suture removal

## Get the Care You Need

■ **FastCare.** To learn more about OMC FastCare clinics, call 507.292.7009 or visit either Rochester location.

**Location 1: Shopko South,**  
2820 South Broadway

**Location 2: Shopko North,**  
3708 Highway 63 North

■ **Family medicine.** To make an appointment with a family medicine provider, call 507.292.7183.

■ **Urgent or emergency care.** To receive urgent or emergency care, visit OMC Hospital at 1650 Fourth St. SE, Rochester. The OMC emergency room is open 24 hours a day, seven days a week.

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# PROMOTING HEALTHY HABITS IN YOUR CHILD



Learning how to be healthy from a young age will help your children get the most out of their school years and set them up for success in the future. Read on for tips on four key ways to help your child stay healthy.

## CHILDREN + EXERCISE = ALERT, CONFIDENT STUDENTS

Of course, regular physical activity helps kids build healthy bones and muscles and maintain a healthy weight. But, exercise also promotes self-esteem, lessens depression and anxiety, and helps kids stay alert in school.

How much does a kid need? At least 60 minutes a day, experts say. There are simple ways to sneak in this time. Take a longer walking route to the school bus in

the morning. After school, visit the park and shoot some hoops. Or, go for a family bike ride after dinner.

## ELECTRONIC AMUSEMENTS, UNPLUGGED

Most pediatricians believe that too much screen time—time spent watching TV and playing video and computer games—can harm a child’s academic performance. School-age kids shouldn’t get more than one to two hours of screen time a day.

To help pull your child away from the screen, offer some options. Crafts, hobbies, and books are all worthy distractions. Another hint: Keep TVs out of your kids’ bedrooms, and keep the tube off during homework time.

## FUEL EFFICIENCY

Breakfast is the “most important meal of the day” for good reason. Eating a good breakfast can sharpen a child’s memory and improve school test scores.

Children also need help making healthy food choices beyond breakfast. Try these tactics at home:

- Avoid junk food in the house and skip the soda. Also, limit juice intake!
- Practice healthy snacking. Good snacks include low-fat yogurt, veggies with low-fat dip, and dried or fresh fruit.
- Keep offering finicky eaters nutritious items. Children may need to be exposed to a new food up to 10 times or more before they accept it.

## ROLE MODELS

Most important, remember that setting a good example by eating healthy and getting plenty of exercise is key to getting your kids to adopt healthy lifestyles. ■

## FREE Activity Book/Parents’ Guide

Looking for tools to help your child eat, play,



and stay healthy? Call **507.292.7188** for your FREE copy of **TV Zombies and Soda Monsters**, a full-color interactive activity book you can share with your kids. Supplies are limited!

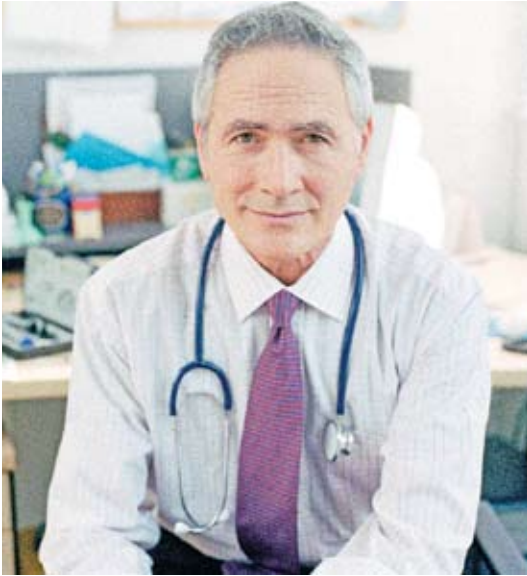
## Portion Sizes: What’s Right for Your Child?

In this age of supersized meals, it’s important to know what portion size is appropriate for young children. Not sure? Research suggests that you may want to let your children choose for themselves.

A study of preschool children showed that when they were served a double portion of macaroni and cheese, the children took larger bites and ate more food. But, when the double-sized portion was placed in a serving bowl and the children were allowed to serve themselves, they chose the right amount of food for their ages.

And, how much macaroni and cheese is that exactly? For a 3-year-old, about half a cup; for 4- or 5-year-olds, about three-quarters of a cup.

Source: *American Journal of Clinical Nutrition*



## CANCER: WHAT YOU THINK YOU KNOW CAN HURT YOU

**A** new American Cancer Society survey shows confusion about cancer may keep people from taking steps to prevent the disease. Here are the facts behind some common myths about cancer:

*Myth: Breathing polluted air is a greater risk for lung cancer than smoking a pack of cigarettes a day.* Smoking causes about 30% of all U.S. cancer deaths. Avoiding tobacco use is the single most important step Americans can take against cancer, according to the National Cancer Institute.

*Myth: Getting a mammogram, or breast X-ray, can cause breast cancer.*

Mammography can reduce deaths from breast cancer 20 to 35%, and radiation risk from the test is very low.

*Myth: Getting a base tan at a tanning salon will protect you*

*from skin cancer when you go out in the sun.*

Skin cancer is the most common type of cancer in the United States. Exposure to ultraviolet rays, whether from the sun or from a tanning lamp, increases your risk for skin cancer.

*Myth: There's not much you can do to lower your chances of getting cancer.*

Research shows you can reduce your cancer risk by taking these steps:

- Do not smoke.
- Eat lots of fruits, vegetables, and whole grains.
- Exercise regularly. Experts recommend at least 30 minutes of moderate activity on most days of the week.

Also key is maintaining a healthy weight. Up to 20% of cancer deaths in this country are linked to being overweight or obese. ■

## Save the Date!

Spring Solutions 2008  
Annual Skin-Rejuvenation Seminar  
Tuesday, April 22—6 p.m.  
Somerset Golf Club, Byron, MN

Join Olmsted Medical Center plastic surgeon Srdan Babovic, MD, and the OMC Plastic Surgery Department for Spring Solutions 2008, a free skin-rejuvenation seminar.

Come to learn about techniques for preserving your skin's health and youthful appearance and the latest skin-rejuvenation practices.

To join us, please reserve your seat by Friday, April 11. Call **507.529.6740** for more details.

## Save the Date!

OMC Regional Foundation  
Dr. Noel R. Peterson  
Founders Lecture Series  
Wednesday, May 14  
Dessert 6:30 p.m., Lecture 7 p.m.  
Rochester International Event Center

The 2008 installment of the Dr. Noel R. Peterson Founders Lecture Series will feature Michael T. Osterholm, PhD, MPH, director of the University of Minnesota's Center for Infectious Disease Research and Policy (CIDRAP).

Join us for a light dessert and an informative presentation on coordinating community response to health-related crises.

Seating is limited! E-mail **foundation@olmmed.org** to reserve your spot today.

### HEALTH E-LIVING: FREE QUARTERLY HEALTH INFORMATION E-MAILED DIRECTLY TO YOU

Olmsted Medical Center soon will offer a free, quarterly e-mail newsletter as a supplement to *HealthNotes*. *Health e-Living* will cover topics important to your health and will feature take-charge tips on maintaining a healthy lifestyle. You'll also learn how you and your family can benefit from OMC's specialties, services, and technology. *Health e-Living's* convenient format lets you quickly click on and read about the topics important to you. Sign up today at [www.olmstedmedicalcenter.org](http://www.olmstedmedicalcenter.org).



# GO GREEN FOR HEALTH

**Are you living “green”? Taking steps to protect the environment from abuse is not only the right thing to do—it also can boost your health.**

## Around the Yard

- Grow a green thumb. Whether inside or outside, plants clean the air.
- Pull weeds by hand instead of using pesticides and keep pesticides to a minimum. Runoff of pesticides can harm waterways.
- Set mower blades high. Shorter grass is prone to weeds and disease and demands more intervention.
- Plant native plants, which don't need as much water as introduced species.

## In the Car

- Try to drive less, especially on hot days or during heavy traffic.
- Accelerate slowly.
- Get regular vehicle tune-ups.
- Resist “topping off” your gas tank and avoid spilling gasoline. ■



Avoid the hazards of toxic chemicals by cleaning your home with “green” products such as baking soda, white vinegar, lemon juice, and Murphy's liquid soap.

According to the U.S. Environmental Protection Agency, when it comes to air pollution, the greater the level of pollutants in the air, the more there's a chance for asthma flare-ups and irritation to the eyes, nose, and throat, as well as more serious problems such as chest pain.

You can help improve the environment for everyone. Below are a few tips to get started:

## When Home, at Work, and Outside

- Buy local products whenever possible. It reduces energy burned to transport goods.
- Avoid waste by reusing items such as mugs, lunch containers, and grocery bags.
- Try using nontoxic products to clean your home.
- Use compact fluorescent light bulbs.
- Invest in rechargeable batteries.

## Recipe: SUNSHINE RICE

This citrusy rice dish contains almonds, celery, and onions—but no added salt—for a flavorful, low-sodium side dish.

- 1 1/2 tbsp. canola oil
- 1 1/4 c. finely chopped celery with leaves
- 1 1/2 c. finely chopped onion
- 1 c. water
- 1/2 c. 100% orange juice
- 2 tbsp. lemon juice
- 1 dash hot sauce
- 1 c. long grain brown or wild rice, uncooked
- 1/4 c. slivered almonds

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Reduce heat, cover, and simmer for 20 minutes, or until rice is tender and liquid has been absorbed.
3. Stir in almonds. Serve immediately as a side dish for an entrée.

**Yield:** 4 servings

**Serving size:** 1/3 cup

**Each serving provides:**

Calories: 182

Total fat: 7 g

Cholesterol: 0 mg

Sodium: 21 mg

Saturated fat: less than 1 g



Source: National Heart, Lung, and Blood Institute/ National Institutes of Health

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