

60 Years of Firsts!

Founded on July 15, 1949, Olmsted Medical Center was among the first in the nation to:

- become an incorporated group medical practice
- offer a retirement plan and other benefits to employees
- computerize its business systems
- develop clinics in nearby communities, beginning with Hayfield in 1972
- have a medical director and receive AAAHC accreditation
- organize a quality assurance program and build a patient education department
- create the first tobacco-free campus in the state of Minnesota.



Health e-Living
is just a click
away!
See page 2



Olmsted Medical Center founder Harold Wentz, MD, and his wife Elaine were guests of honor at the unveiling of the organization's new logo and motto.

New Look— Same Promise

Olmsted Medical Center has a new image!

Unveiled as we kicked off our 60th year in July, our logo and motto are new, but our mission is the same. We remain committed to delivering exceptional healthcare focusing on caring, quality, safety, and service.

Our new look is the result of years of conversations with patients and employees. We know we provide personal, expert, and friendly care. Our new logo and motto were preferred by our patients, partners, and staff as the best way to express our identity.

You might interpret the logo's design as showing two abstract human figures reaching out to each other. Or you could see the symbol as Olmsted Medical Center (OMC) reaching out to southeastern Minnesota's many communities.

However you choose to interpret it, we feel the design and colors also represent the spirit in which we care for our patients, and in which our caregivers relate to each other.

As with the logo, our motto was carefully researched and tested to make sure it represented our work accurately and well. We believe, and our patients tell us, that good health starts with great care, whether it's in the form of emergency treatment or preventive education.

Both OMC's logo and motto are registered trademarks in Minnesota. While this helps protect our new look, it also shows how committed we are to our promise of compassionate, expert care. That promise isn't going to change anytime soon.

And we're creating more and better ways to deliver on that promise as we celebrate six decades of service to southeastern Minnesota. These will include:

- expanded building space to make your visits more convenient
- additional providers to meet more of your healthcare needs
- investments in programs, organizations, and activities that build our communities' health.

While we've changed our look, our appreciation of and connections with our patients remain. Thank you for continuing to trust OMC with your most valuable asset—your health. 🌐

Take a look at our newly redesigned website, www.olmstedmedicalcenter.org. We've made it even easier for you to contact us and find the services you need!



Take High Blood Pressure Seriously

Hypertension—or high blood pressure—can lead to life-threatening illnesses, and researchers are now learning that it also may cause mental and physical disability as a person ages.

Nearly one-third of American adults have hypertension, which usually lasts for a lifetime once it develops. Medications, along with exercise and proper diet, can control the condition, but about 30% of people with high blood pressure don't know they have it. Plus, blood pressure remains high in as many as half of those being treated.

A Silent Killer

Hypertension generally has no symptoms, so the only way to know your blood pressure is high is to get it checked. Experts recommend blood pressure testing at least once every two years beginning at age 18 to 20. You may need more frequent screening, depending on results.

Uncontrolled hypertension can cause:

- stroke
- heart attack
- heart failure
- kidney failure.

It also can lead to blindness or result in leg amputation due to changes in blood vessels.



Normal blood pressure is lower than 120/80 mmHg. Between 120 and 139 or 80 to 89 is considered prehypertension—which can lead to hypertension. Anything above these levels is classified as high blood pressure.

Lowering Blood Pressure Saves Lives

New research is adding to the list. People with uncontrolled hypertension may be more likely to have problems with memory and thinking as they grow older. They also seem to be especially prone to developing dementia, according to recent studies.

People whose blood pressure is high and uncontrolled may eventually have difficulty carrying out normal daily

tasks as they grow older. But successful treatment can help. 🔄

Controlling high blood pressure can cut the risk for heart failure in half, reduce stroke incidence by 40%, and lower heart attack risk by 20 to 25%. Talk with your primary healthcare provider about steps you can take to manage your blood pressure.



HEALTH E-LIVING: Free Quarterly Health Information E-Mailed Directly to You

Olmsted Medical Center (OMC) now offers a free quarterly e-mail newsletter as a supplement to *HealthNotes*. *Health e-Living* covers topics important to your health and features 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.

Helping Patients Leave Pain Behind: A Physical Therapy Success Story

When her eager puppy pulled her down several stairs nine years ago, Kasson resident Cindy Luepke sprained her ankle. The ankle healed. But over time, both of her legs swelled.

“I was told by a doctor before I came here that I just needed to lose weight,” says Luepke, now 49. What she wasn’t told was that she had a potentially debilitating, progressive condition known as lymphedema.

Fortunately, Olmsted Medical Center (OMC) healthcare providers quickly recognized Luepke’s condition and found the right treatment for her.

What Is Lymphedema?

Sometimes trauma can disrupt the lymphatic system, which carries circulatory waste fluid through the body and to the kidneys, explains Kim Mullenbach, MPT, OMC’s director of rehabilitation services.

When that happens, fluid can’t flow out of the legs and arms, and

the limbs swell. Soon wearing clothes, shoes, and jewelry can become difficult. “Lymphedema is often confused with weight gain, but it needs medical attention,” Mullenbach says.

Finding Comfort in Physical Therapy

While there is no cure, specialized light-touch massage performed by a certified therapist like Mullenbach was a big help for Luepke. Lymph nodes in the torso are unblocked using gentle, painless stretching motions. Then similar motions are used on swollen extremities to open lymph vessels so trapped fluid can begin to circulate again.

Luepke can’t say enough about her experience at OMC. “Kim would even come in early so I wouldn’t miss work,” she says. “I hope more people learn about this so they don’t have to suffer like I did.”

She’s now finished with treatment except for special socks that keep fluid from returning. “I lost 20 pounds of fluid. My legs look like they belong to a different person!” she says. 🔄

Is PT Right for Me?

Physical therapy can help many chronic conditions. Check with your specialist or primary healthcare provider to see whether OMC’s experienced therapists can help you.

SAVE THE DATE!

Olmsted Medical Center (OMC) Plastic Surgery department presents the annual

Fall Solutions Event:

Tuesday, October 21, 6:00 PM

Somerby Golf Club, Byron, MN

Join OMC plastic surgeon Srdan Babovic, MD, and the OMC Plastic Surgery department at Fall Solutions, a free seminar on protecting and rejuvenating your skin. The event will showcase the latest on noninvasive skin technology.

Reserve your seat by

October 10. Call 507.529.6740

for more details!

Don’t Avoid a Flu Shot

A flu shot offers critical protection against illness, even when it’s not a perfect match for the year’s viruses.

It is particularly important for people at high risk for flu-related complications, which can be serious and even fatal. Adults ages 50 and older and people with chronic health conditions—such as asthma and diabetes—should receive a vaccine.

The CDC also recommends vaccinations for children, who are very susceptible. The vaccine guidelines were recently expanded to include children ages 6 months through 18 years. The previous recommendations spanned from 6 months to just 59 months.

To schedule your flu vaccination, contact Olmsted Medical Center’s Pediatrics department at 507.292.7188 or Family Medicine department at 507.292.7183. Or visit OMC’s walk-in public flu shot clinic on Thursday, Oct. 23, at the Rochester Southeast (main clinic) location.



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www.olmstedmedicalcenter.org

Recipe:

BBQ LENTILS

Preparation Time: seven hours

Serves eight

Ingredients

12 oz. barbecue sauce
3½ cups water
1 lb. dry lentils
2 green peppers, diced
2 red peppers, diced
2 small onions, diced
2 cloves garlic, minced

Directions

Combine all ingredients in slow cooker.
Cover and cook on LOW for six to eight hours.

Per Serving

Calories	240
Total fat	2g
Saturated fat	0g
Cholesterol	0mg
Sodium	350mg
Total carbohydrate	43g
Dietary fiber	14g
Sugars	8g
Protein	16g

Source: Centers for Disease Control and Prevention,
"Fruits and Veggies: More Matters"

When Pain Takes Over OMC's Pain Management Services May Help

Constant pain can rule your life. Everything else—work, friendships, even family—may seem to fall away. If this sounds familiar, you're not alone. Many suffer silently with chronic pain, while many others endure side effects of some forms of pain medication.

The good news is that effective alternatives exist, says Susanne Pfeffer-Kleeman, MD, anesthesiologist and interventional pain management provider at Olmsted Medical Center (OMC). And OMC is expanding its pain management services to help even more patients live healthier, more productive lives.


OMC's pain management services combine the best of medical interventions, provided by Dr. Pfeffer-Kleeman, with proven alternative practices, such as acupuncture, offered by integrative pain management provider Michael Mesick, MD.

Pain management tools currently available at OMC include:

- injection therapies, to diagnose and ease pain
- nerve blocks, to stop pain signals to the brain
- medical acupuncture, for healing and pain relief
- meditation, to cope with stress
- physical therapy, to reduce pain.



"This range of treatments really lets us focus on areas a patient is ready to work on," says Dr. Mesick, who was an OMC family practitioner before becoming trained in acupuncture and stress reduction. "We can treat more patients within the OMC care continuum. This enhances communication among doctors and improves the overall care experience."

"We're also able to offer patients shorter wait times than they find at other centers," adds Dr. Pfeffer-Kleeman. "Our future move to specially designed clinic space will further enhance our ability to serve patient needs." 

Is pain taking over your life? Ask your specialist or primary healthcare provider whether a pain management consultation is right for you.