

HealthNotes

A HEALTH AND WELLNESS PUBLICATION *from* OLMSTED MEDICAL CENTER | FALL 2018

Weight-Loss Surgery: Helping Patients Every Step of the Way



For many people, being obese affects almost every aspect of life—from energy level, self-confidence, and lifestyle to health issues and well-being. It can impact people physically and mentally, but there is help.

Health experts at the Olmsted Medical Center (OMC) weight-loss surgery (bariatric) program help patients by using a tailored, compassionate approach.

“Weight-loss surgery is one of many tools we use to help patients reach their health goals,” explains Jacob Juta, MD, bariatric surgeon for OMC. “It requires commitment

and effort from the patient, but it provides consistent results.”

In addition to surgery, the program includes visits with a dietitian, endocrinologist, psychologist, and other healthcare providers as needed, with the goal of achieving healthy and lasting weight loss.

Comprehensive Care

OMC’s bariatric program, which has been providing weight-loss surgery for almost a decade, uses a team strategy for patient care. Patients first undergo in-depth screening to ensure they are good candidates. They work with the program’s dietitian to learn and

commit to important lifestyle changes, such as eating small portions and focusing on nutrient-rich foods. Patients see an endocrinologist for help with any underlying health issues that may prevent weight loss, meet with a psychologist to mentally prepare for a new and different life, and meet with a sleep medicine provider to address any sleep problems.

Patients also discuss surgery options and goals with a weight-loss surgeon. Roux-en-Y gastric bypass surgery involves stapling the stomach to create a small pouch. With the sleeve gastrectomy, a portion of the stomach is removed, resulting in a tube-like sleeve. With both procedures, the smaller stomach size helps patients feel full faster and consume fewer calories.

“OMC’s bariatric program staff treats patients like family,” explains Cindy Vavra, RN, a bariatric nurse with the program. “We listen to patients’ individual needs and help them every step of the way.”

Lasting Benefits

In addition to helping patients lose a significant amount of weight, bariatric surgery can also dramatically improve health and prolong life. The surgery has

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'Tis Almost the Season for Year-End Giving

OMC Regional Foundation would like to remind you that the end of the year is fast approaching, which means that year-end giving is as well. Olmsted Medical Center (OMC), as a nonprofit, is able to help support as many patients as we do because of the amazing people who give. Your gift has a direct impact in helping people and increasing awareness about important issues facing healthcare.

Check with Your Accountant

As you consider making a gift to the OMC Regional Foundation, we encourage you to consult with your accountant or other financial professional. Tax laws and benefits may continue to change. We greatly appreciate your generosity in support of the mission of OMC and the quality healthcare we provide our patients in Rochester and all our Branch Clinic communities.

Believe in OMC

"People will always look for tax breaks or deductions," says David Herder, development officer, OMC Regional Foundation, "but I believe the real reason people give to OMC through the OMC Regional Foundation is because they believe in the medical center and appreciate the quality healthcare they receive from us, and that will never change."

+ Interested in learning more about the OMC Regional Foundation? Visit us at www.omcregionalfoundation.org.

Weight-Loss Surgery *(continued)*

been shown to lower high blood pressure and high cholesterol and to improve symptoms of type 2 diabetes, reflux disease, depression, infertility, circulatory issues, joint problems, and more.

"Although bariatric surgery is one of the most effective treatments for obesity, diabetes, and underlying health issues, only about 2% of those who are eligible take advantage of this treatment," explains Dr. Juta. "We are helping make weight-loss surgery more accessible to patients."

Vavra adds, "It's not just about the size of the clothes you wear or the number on the scale. By overcoming obesity, you're taking control of your life."



+ Think you could benefit from weight-loss surgery? Visit www.olmmed.org/weightloss or call **507.529.6733** to learn more.



OMC PHARMACY

NORTHWEST

507.535.1974

5067 55 Street NW
Rochester, MN 55901

Hours: Monday – Friday
8:00 AM – 6:00 PM

Closed weekends and holidays

SOUTHEAST

507.292.7255

210 Ninth Street SE
Rochester, MN 55904

Hours: Monday – Friday
7:30 AM – 5:30 PM

Closed weekends and holidays

www.olmstedmedicalcenter.org

Have You Had a Mammogram This Year?

Olmsted Medical Center (OMC) aligns itself with the Society for Breast Imaging and the American College of Radiology in recommending annual screening mammograms beginning at age 40. If there is a history of breast cancer in your family, it is vital to talk with your primary care provider about when you should start having mammograms. The most important reason to have an annual mammogram is to catch any cancers growing in the breast at the earliest stage.

Take a Virtual Tour

OMC's mammography area is different from others because of its calming spa-like atmosphere and the personal attention each patient receives. To learn more about the experience, watch our virtual tour at <https://youtu.be/wwt8MrQ5dsY>.

Opt for 3D Mammograms

When you are thinking about whether you should have a 2D or 3D mammogram, know that a 3D mammogram is your best option.

"In general, Olmsted Medical Center's Women's Imaging department recommends 3D mammography screening for all of their patients," says Sarah Kohn, breast care coordinator. The 3D mammogram, or True Breast Tomosynthesis, is just like the 2D experience. The difference is that the 3D mammogram takes X-ray pictures of each breast from angles not available in traditional 2D mammography. This results in a clearer image, which helps the radiologist look inside the breast, layer by layer, to find tumors better than

with standard 2D mammography, with fewer recalls.

See Whether You're Covered

We encourage you to contact your insurance company with questions regarding your coverage for 3D mammograms. If you do not have insurance, there may be options such as the Sage Program, which covers mammograms free of charge for those who qualify.

+ Want to learn more? Visit www.olmmed.org/breast-health.

Be an Organ Donor and Give the Gift of Life

The Donate Life stained glass artwork at the hospital is a reminder to many about the importance of giving the gift of life through organ donation. This beautiful piece of art was created by Stephanie Podulke, a local artist from Rochester, Minnesota, and given



Donate Life stained glass artwork

to Olmsted Medical Center (OMC). The significance of the stained glass, according to Erica Hansen, a medical social worker at OMC, is to honor those who have donated. It was also created as a reminder that all people of all ages and backgrounds can donate and share the gift of life.

"A donor's decision to give the gift of life can save lives, restore sight, and improve the quality of life,"


says Hansen. One organ, tissue, and eye donor can help more than 75 people, giving them a second chance at life.

How to Sign Up

There are many ways to sign up to become an organ donor, but make sure your family and close friends know about your wishes. In Minnesota, you can sign up by putting it on your driver's license or your fishing and hunting license, or you can register online at registerme.org/olmstedmedicalcenter.

+ Want to learn more about organ donation? Call OMC's Medical and Clinical Social Services department at **507.529.6806** or visit www.olmmed.org/donate.

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At OMC, every employee is a caregiver. Want to join us? Follow us on LinkedIn and visit our Career Opportunities section at www.olmstedmedicalcenter.org.

OMC MyChart Is Here!

At OMC, our mission is to deliver exceptional patient care, focusing on caring, quality, safety, and service. This includes giving our patients tools to help them be active partners in their healthcare. To help achieve this, we now have a new patient portal: OMC MyChart. This interactive health management tool gives you 24/7 access to your electronic medical record.

With OMC MyChart, you will be able to:

- ask your care team questions from the comfort of your own home
- schedule an appointment, view past and upcoming appointments, start an E-Visit, and more
- access test results within days
- request prescription refills
- ask a nonurgent medical question, such as:

- Do I need an appointment?
- Can I take a different medicine instead?
- Do you have flu shots available?
- What immunizations do I need for travel?
- request treatment for common medical problems through OMC eCare by answering a few questions
- contact Business Services to request your medical records, ask questions about your bill, make a referral request, and report technical issues.



OLMSTED
MEDICAL
CENTER

MyChart



If you haven't received information about how to sign up for OMC MyChart, please call us at **507.287.2780**.

OMC complies with healthcare-related Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak a language other than English, assistance services, free of charge, are available to you. Call **507.288.3443 (TTY: 507.287.2799)**.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **507.288.3443 (TTY: 507.287.2799)**.

FIIRO GAAR AH: Haddii aad ku hadasho Soomaali, adeegyada ka caawinta luqadda ayaad adigu lacag la'aan ku heli kartaa. Soo wac **507.288.3443 (TTY: 507.287.2799)**.