OLMSTED MEDICAL CENTER
GOOD HEALTH STARTS WITH GREAT CARE.

HealthNotes

A Health and Wellness Publication from Olmsted Medical Center • www.olmstedmedicalcenter.org

Follow the Diabetes Prevention Diet

There's no one superfood that can prevent diabetes. In fact, some researchers believe it's mostly eating too much—and being overweight—that increases your risk, rather than what you eat.

However, some studies have linked certain foods to the development or prevention of Type 2 diabetes. Here are some ideas to help reduce your risk:

- Limit the amount of soft drinks and sugary fruit beverages you drink. One study found regular sodas, drinks like Kool-Aid and fruit drinks, including fruit juices—other than orange or grapefruit juice—increased the risk for Type 2 diabetes in African-American women.
- Fresh fruits and veggies help keep your weight down by making you feel fuller on fewer calories. They contain healthy nutrients like vitamin C and magnesium that may ward off diabetes. Eat a variety for the biggest benefits.
- Avoid simple sugars and starches, like cookies, cakes, and white rice. Choose brown rice, whole wheat bread, and whole-grain pasta at least half the time.

There Are Ways to Save Money on Healthcare

The more costly medical care becomes, the less likely people may be to carry health insurance or seek care when they need it. According to the Centers for Disease Control and Prevention, during the first nine months of 2007, nearly 6% of the U.S. population was unable to get needed medical care due to cost at some point during the previous 12 months.

While there doesn't seem to be any relief in sight for healthcare costs, there are things you can do to ease the burden on your wallet.

- **Wash your hands.** Most colds and flu are spread in droplets from coughs and sneezes. Washing your hands—with soap and warm water for 15 to 20 seconds—can help stop the spread and keep you healthy.
- **Adopt healthy habits.** Exercise at least 30 minutes most days; eat low-fat foods and a variety of fruits and vegetables each day; keep your weight in a healthy range; don't use tobacco; and drink alcohol only in moderation.
- **Seek preventive care.** Preventive services such as annual exams, flu shots, mammographies, and blood pressure checks can help prevent disease or lead to early detection. Talk with your healthcare provider about your risks for conditions such as heart disease and cancer. Then follow his or her advice for preventive screenings. The Agency for Healthcare Research and Quality offers information about preventive services at **www.ahrq.gov/clinic/prevenix.htm.**
- **Ask for less expensive medications.** Share your drug formulary with your provider. A formulary is a list of medications your insurance company will help you pay for. In addition, ask for generic drugs, which are less expensive than brand-name drugs.
- **Call a nurse.** Olmsted Medical Center offers a 24-hour nurse line for patients with nonurgent medical concerns. Call **507.529.6600** to speak with a nurse. This call may save you a trip to the clinic—along with the fee.

Use a Walk-In Clinic

Consider using OMC's FastCare clinics at Shopko North or Shopko South for minor health conditions. Fees are less than an emergency room visit, and no appointment is needed. To learn more, visit **www.olmstedmedicalcenter.org** or call **507.292.7009.**

Worn Out? Low on Energy? Women Want to Learn Why

Women have lots of reasons to be tired. Most common? Lack of sleep. But other conditions—some serious—can be to blame for unrelenting fatigue.

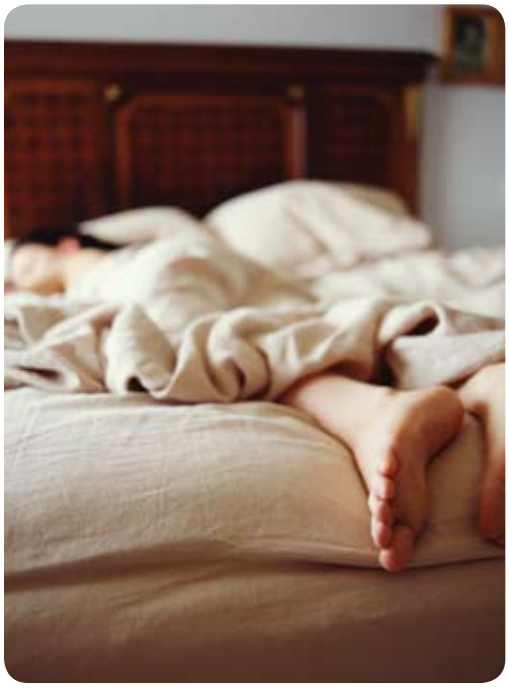
For optimal health, most women need seven to eight hours of nightly sleep. Almost 60% routinely fail to get that much. Why aren't women sleeping? There's not enough time in the day, it seems. Most commonly, we trade sleep for other activities.

Health Problems Can Steal Sleep

Other factors that can cause sleep loss include:

- sleep disorders, such as insomnia, sleep apnea, and restless legs syndrome
- chronic pain
- allergies or asthma
- hormonal changes from menopause or pregnancy
- depression, anxiety, or other psychological problems.

If your sleep is consistently interrupted or cut short by problems like these, get a medical evaluation.



Getting Enough Rest? Look for Another Cause

Feeling tired also can be a normal response to physical activity, stress, or boredom. But when adequate sleep, good nutrition, and reduced stress don't help, it's time to see a doctor.

Here are some common causes of fatigue in women:

- **Thyroid disease.** Pervasive fatigue is the most common symptom of underactive thyroid. This condition may affect up to 10% of women.
- **Anemia.** Women are particularly vulnerable to iron-deficiency anemia.
- **Infections.** This includes especially those with long recovery periods, such as mononucleosis.
- **Chronic fatigue syndrome.** Marked by fatigue that lasts at least six months, this condition is most common in middle-aged women.
- **Medications.** Sleeping pills, antihistamines, some blood pressure drugs, steroids, and diuretics all may cause fatigue.
- **Vitamin deficiency.** If low, some vitamin levels may cause fatigue.
- **Heart disease.** Feeling exhausted can be a sign of heart disease or an early sign of heart attack—especially in women. Women may experience unusual fatigue up to a month before the attack.

Share Your Memories of Olmsted Medical Center!

In celebration of our 60th anniversary, we're collecting patients' memories of their positive experiences at Olmsted Medical Center.

Have a good memory you'd like to share?

- Send us your recollections by e-mail to: **foundation@olmmed.org.**
- Or you may send us your stories by post to:

OMC 60th Anniversary Memories
c/o OMC Regional Foundation
210 Ninth Street SE
Rochester, MN 55904-6425

What We'll Do with Your Stories

Your submissions will become the property of Olmsted Medical Center and will be safely archived.

In the future, we may feature parts or all of your story in Olmsted Medical Center's print/electronic communications, but will never publish, distribute, or otherwise share any information that would specifically identify you. If you choose to send us personally identifying information about yourself, you may contact OMC at any time to withdraw or restrict that information.

To register such a request with Olmsted Medical Center, please contact Privacy Officer Lisa Wobbema at **507.287.2720** or **lwobbema@olmmed.org.**

Finding Reliable Sources

of Health Information on the Internet

More and more people turn to the Internet for health information, says a national study recently released by the Center for Studying Health System Change. The study found that in 2007, 56% of American adults sought information related to a personal health concern from a source other than their doctor. And 32% of Americans used the Internet to find health information. More than half of those who sought health information from any source said what they found changed their approach to maintaining their health.

With people making health decisions based on information found on the Internet, it's crucial that they know how to evaluate that information. After all, anyone with a bit of cash can put up a website.

According to the National Institutes of Health, there are questions you should ask as you peruse websites. Here are a few:

- **Who runs the site?** Look for sites sponsored by groups you recognize—the Centers for Disease Control and Prevention, for example. Look for an "about us" page to find out who's behind the site and who writes or reviews the information.
- **Who pays for the site?** This can affect what and how information is presented. The information is more likely to be reliable if the site is supported by public funds.
- **How current is the information?** Health information changes often. Websites should be consistently reviewed and updated, and this information should be easy to find. Look for dates on documents.

The Internet is a great tool for learning more about your health. But before you decide to change your approach to a health problem based on website information, check with your healthcare provider.

Click for Trustworthy Web Content

Looking for reliable health information? Start with these websites:

- MedlinePlus: www.MedlinePlus.gov
- Centers for Disease Control and Prevention: www.cdc.gov
- National Institutes of Health: www.nih.gov
- Healthfinder: www.healthfinder.gov

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. Sign up today at **www.olmstedmedicalcenter.org.**

SAVE THE DATE!

Spring Solutions 2009
Annual Skin-Rejuvenation Seminar
Tuesday, April 14, 6:00 PM
Somerby Golf Club, Byron, MN

Join Olmsted Medical Center plastic surgeon Srdan Babovic, MD, and the OMC Plastic Surgery department for Spring Solutions 2009, a free skin-rejuvenation seminar.

Spring Solutions will feature education on a minimally invasive skin-rejuvenation technique called percutaneous collagen induction therapy (PCIT). This form of treatment does not cause the skin damage that results from many current procedures, including laser resurfacing. PCIT is ideal for skin tightening, smoothing, and skin tone restoration. It promotes the production of collagen and elastin, two proteins that sustain the skin's elasticity and firmness.

To join us, please reserve your seat by Friday, April 3, by calling **507.529.6740.**

HealthNotes

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Recipe:

BAKED SALMON DIJON

This salmon entrée is easy to make and will be enjoyed by the whole family!

Ingredients

1 cup	fat-free sour cream
2 tsp.	dried dill
3 tbsp.	scallions, finely chopped
2 tbsp.	Dijon mustard
2 tbsp.	lemon juice
1½ lbs.	salmon fillet with skin, cut in center
½ tsp.	garlic powder
½ tsp.	black pepper

as needed: fat-free cooking spray

Directions

1. Whisk sour cream, dill, scallions, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400° F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper; then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

Yield: 6 servings

Each serving provides:

Calories:	196	Total fiber:	less than 1 g
Total fat:	7 g		
Saturated fat:	2 g	Protein:	27 g
Cholesterol:	76 mg	Carbohydrates:	5 g
Sodium:	229 mg	Potassium:	703 mg

Source: Keep the Beat: Heart-Healthy Recipes, NHLBI

OMC Orthopedic Services Expand to Meet Patient Demand

Orthopedics has long been a service mainstay at Olmsted Medical Center (OMC). Now OMC has added a second orthopedic surgeon to its staff. This means OMC is able to offer expert orthopedic services and surgeries to even more patients.

Our new physician is Rochester native Jeffrey Paul Beckenbaugh, DO. Much of his focus will be continuing to develop OMC as a regional leader in total joint replacement. Dr. Beckenbaugh joined OMC in July 2008. He is offering orthopedic services alongside Robert Kurland, MD.

OMC's aim is to help total joint replacement patients of all ages return to their daily activities in the shortest amount of time possible. This involves surgical skill. But it also relies on contemporary pre- and postoperative case management.

"Implant technology has advanced, so total joint replacement is becoming an option for younger people who don't want to be held back by joint pain," explains Dr. Beckenbaugh. "Encouraging quick recovery is particularly important for these patients. Many of them are concerned about getting back to work.

"Multimodal pain management and early recovery programs focusing on early mobilization, physical therapy, and newer pain management techniques often help.

Robert Kurland, MD, left, and Jeffrey Beckenbaugh, DO, right

Patients feel better, move more, and recover faster," he says.

This emphasis on total joint replacement expands OMC's menu of orthopedic services, says OMC President Roy Yawn, MD.

"With Dr. Beckenbaugh's arrival, we're looking at not only improving access, but also further enhancing patient comfort and satisfaction," Dr. Yawn says. "We'll build on OMC's tradition of patient-centered care and continue making sure patients are consistently offered excellent evaluation, treatment, and rehabilitation."

Contemplating Total Joint Replacement?
Call **507.292.7187** to schedule a time to talk with our orthopedic specialists.