

HealthNotes

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Expert and Compassionate Heart Care at OMC



John Daley, MD



Benjamin Wong, MD

The cardiologists at Olmsted Medical Center (OMC) know that having a heart issue can be frightening. So they do more than provide patients with expert cardiology services.

"We have a patient-focused environment where we treat patients like members of our own family," says Benjamin Wong, MD, who along with John Daley, MD, provide cardiology services at OMC.

"We give patients a thorough and comprehensive workup, take the time to explain what the tests show, and discuss state-of-the-art, guideline-directed treatment options. Then we continue to see them for their follow-up care. Throughout the process, we address their worries and concerns to help them feel more comfortable."

Diagnosis and Treatment Services

OMC cardiologists perform stress tests,

electrocardiograms, echocardiograms, and other noninvasive tests to diagnose a broad range of heart symptoms and conditions, including: angina, heart palpitations, shortness of breath, chest discomfort, coronary artery disease, heart failure, abnormal heart rhythms, valve disease, and structural problems.

"I like to get to know patients and their health history," Dr. Wong says. "I spend time talking with them about what is going on with their heart and then together we make some informed decisions about the best way to proceed."

"We are not so subspecialized that we only see patients with one type of heart condition, such as heart failure, and have to refer them for valve disease or rhythm issues – we can take care of all of their clinical heart issues that do not require

(continued on page 2)



Know Your Numbers

Knowing your key numbers—your blood pressure, cholesterol, blood sugar, and body mass index (BMI)—gives you an idea of your risk for heart failure, and helps you manage that risk.

The numbers experts recommend for most adults are:

Blood pressure: 120/80 or lower

BMI: 18.6–24.9

Fasting blood sugar: 100

Total blood cholesterol: lower than 200

Lower your risk

You can't reduce some heart disease risk factors, like age and family history. But there are some steps you can take to lower your risk. For example:

- Quit smoking.
- Live an active lifestyle.
- Lose excess weight.
- Work with your doctor to control conditions, like diabetes, high blood pressure, and high cholesterol, that increase your risk for heart disease.
- Learn to manage stress.
- Drink alcohol in moderation, if you drink.

Summer Sun Safety

In addition to increasing the risk for skin cancer, excess sun exposure can damage eyesight, cause sunburn, and contribute to signs of aging. Protecting skin from the sun can reduce the risk for skin cancer along with these other adverse effects. Here are ways to keep skin safe:

Use the Right Sunscreen

Sunscreen brands labeled as “broad-spectrum” can protect against ultraviolet A (UVA) and ultraviolet B (UVB) rays. UVB rays contribute to sunburn, while UVA rays contribute to skin cancer and signs of aging. Sunscreens without “broad-spectrum” on their labels won’t protect against sunburn, skin cancer, or premature aging.

Sunscreens with a sun protection factor (SPF) of 30 or higher have the ability to filter about 97% of UVB rays, while those with a lower SPF won’t offer the same protection. Reapply at least every two hours.



Reduce Time Spent in the Sun

Limiting sun exposure is the best way to prevent skin cancer and avoid signs of aging. Try staying in the shade and out of direct sunlight. The sun’s rays are often at their strongest between 10 AM and 4 PM, so avoiding direct sunlight during these hours can help protect skin.

Wear Protective Clothing

Sunglasses, wide-brimmed hats, and tightly woven clothing can all help block out the sun’s harmful UV rays. The best sunglasses have UV-absorbent shades that block at least 99% of UVA

and UVB radiation. Wide-brimmed hats can protect the ears, nose, forehead, and neck and are far more effective than baseball caps at blocking the sun. Pants, shirts, and other types of clothing should not be see-through since these garments offer very little protection against the sun.



Get Checked

If you are experiencing skin problems or have concerns about your skin, contact your primary care provider or OMC’s Dermatology department at **507.292.7182**.

Expert and Compassionate Heart Care at OMC *(continued from page 1)*

surgery,” Dr. Wong says. We can take care of patients with multiple heart issues and make sure all their treatments work together. That saves patients from having to see different cardiac specialists for each heart issue. In our practice, one cardiologist can usually do it all.”

Surgical Referrals

For cardiac interventions or surgery not available at OMC, patients are referred to another medical center to the specialist who can best help them.

“When a patient is referred to a specialist at another medical center, we advocate for our patients and confer with the physician,” Dr. Wong says. “Then our

patients come back to OMC and we continue their care.”

Patients often find it’s easier to navigate OMC and their cardiology treatment when compared with larger institutions. At the same time, they receive high-quality, personalized care.

Award-Winning Care

OMC has received the American Heart Association’s Get with the Guidelines Gold Award for its treatment of heart failure. In addition, the OMC echocardiology laboratory and cardiac rehabilitation program are nationally accredited.



Specialized Heart Care

Turn to the experienced cardiologists at Olmsted Medical Center for prevention, diagnosis, and treatment. For more information, visit www.olmmed.org/clinical-services/cardiology-vascular.

Helping Patients Live Longer, Healthier Lives

With heart disease as the leading killer of men and women in the U.S., the Cardiology team at OMC thinks it’s vital to educate patients about wellness and lifestyle choices that can help them live a healthier life. For example, our cardiologists advise patients to know their numbers and monitor how they change over time (See “Know Your Numbers” on page 1).

“It’s important for people to realize that they may feel fine but their high blood pressure or high cholesterol could cause problems in the future,” Dr. Wong says. “The more people understand, the more likely they are to follow their treatment plan and make healthy lifestyle changes that can really improve their heart health.”

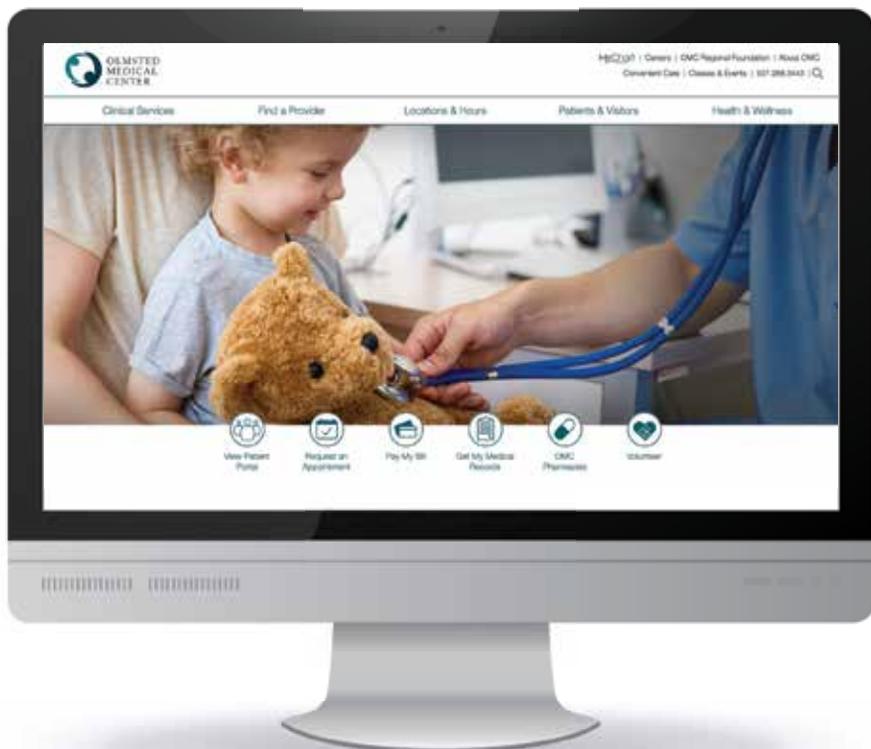


A New Look for OMC's Website!

If you have visited the OMC website recently you may have noticed a different look and feel! The fresh, new design was the result of, among others tasks, developing a strategic plan, conducting focus groups and surveys with stakeholders, and working closely with our web vendor to ensure the new website met the needs of our patients and visitors.

Why did we redesign our website? The previous website, although state-of-the-art nearly seven years ago, had become dated and difficult to navigate, especially if on a mobile device. Since our previous website redesigns in 2008 and 2012, a lot has changed related to requirements and capabilities for website design and content. And, a big change has been the shift from using desktop computers to using mobile devices to find information on the web.

In the coming months you may see additional changes as we continue updating and enhancing sections of the website.



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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.



Special Fall Event

On Tuesday, October 22, 2019, the Plastic Surgery department will host an informational event beginning at 5:30 PM, at the Somerby Golf Club in Byron, MN. Seating is limited. For more information and to reserve your spot, please call **507.529.6740**.

Save the date

for an informational event held by the
**OMC Medical Center Plastic
Surgery department.**

When: Tuesday, Oct. 22 at 5:30 PM

**Where: Somerby Golf Club
Byron, MN**

**RSVP: Seating is limited. Reserve
your spot by Friday, Oct. 11**

We look forward to seeing you!

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)**.

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