

HealthNotes

A HEALTH AND WELLNESS PUBLICATION *from* OLMSTED MEDICAL CENTER | FALL 2017

Expert Care for Your Ears, Nose, and Throat

Ear, nose, and throat (ENT) conditions can affect your hearing, balance, breathing, voice, swallowing, and sleep. Fortunately, the ENT specialists at Olmsted Medical Center are here to help. In 2017, two new specialists joined our team at the Rochester Southeast Clinic.

Meet Chris Frisch, MD

Dr. Frisch treats a wide range of ENT problems in children and adults. He has a special interest in ear treatments. Soon he will bring cochlear implant

surgery to Olmsted Medical Center. In this procedure, a small but complex electronic device is implanted in a patient's inner ear. The surgery can restore partial hearing to some people with severe to profound hearing loss.

Dr. Frisch also recently implanted Olmsted Medical Center's first bone-anchored hearing aid. In this procedure, a small hearing aid is placed in a patient's skull behind the ear. It can help people with certain types of mild to moderate hearing loss.

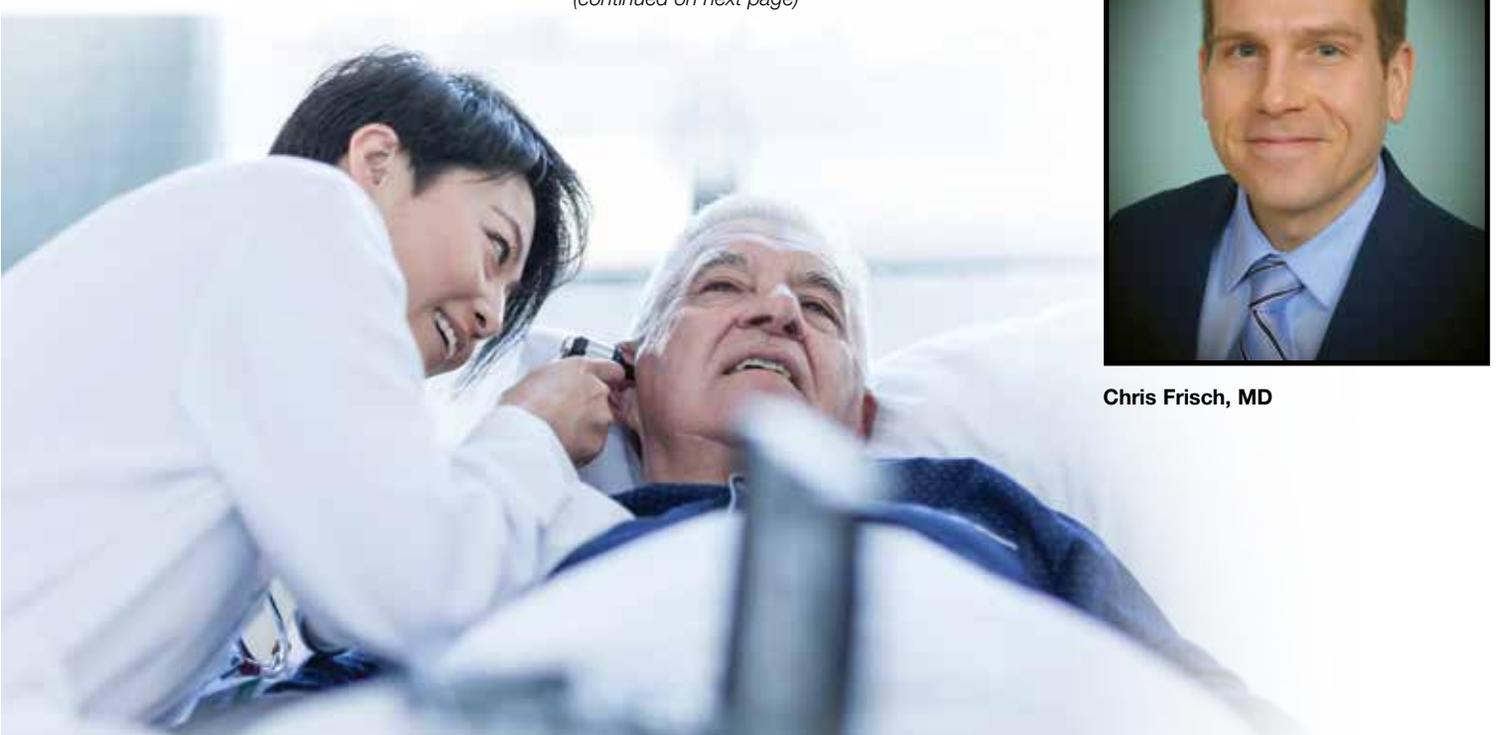
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Carol Reid, MD



Chris Frisch, MD



Scheduling a Mammogram at OMC

Last year, OMC's Women's Health Pavilion went pink for breast cancer awareness. Because mammogram screenings are a very important preventive service, Olmsted Medical Center has made scheduling them easier. Previously you had to see a provider to get referred for a mammogram. Now anyone who meets certain guidelines and has been seen by a provider at OMC in the past two years can call and schedule a screening mammogram. This way anyone, including those who do not have a primary care provider, can still receive this important care.



To learn more about scheduling a mammogram, visit www.olmmed.org/mammography.



Expert Care for Your Ears, Nose, and Throat *(continued)*

Dr. Frisch's commitment to helping others shapes not only his professional life, but also his personal life. In November, he will join a group of physicians traveling to Kenya to treat patients with chronic ear disease. "I'm also an avid distance runner," he says. "So, this year, I decided to run the Chicago Marathon as part of a fundraiser for the American Cancer Society."

Meet Carol Reid, MD

Dr. Reid provides a full array of ENT treatments for patients of all ages. She has a special interest in nose and sinus procedures. For example, she performs procedures to unblock nasal obstructions and repair nasal septal perforations (holes in the structures separating the nasal passages).

Dr. Reid often uses rigid nasal endoscopy for diagnosis and treatment. A slender, lighted tube with a tiny video camera attached is passed through the nostril to view the inside of the nose and sinuses.

When patients come to her office, Dr. Reid prides herself on being a compassionate listener. "I want to understand how their ENT problems are

affecting their daily lives," she says. "My patients trust me because I take the time to really understand whatever they're going through."

ENT Care for the Whole Family

Among the conditions diagnosed and treated by our ENT specialists are:

- sinus problems
- nasal obstruction
- tonsillitis
- ear infections
- hearing loss
- balance issues
- snoring
- voice problems
- swallowing difficulty
- early-stage head and neck cancer.

The health of your ears, nose, sinuses, and throat has a major effect on how well you're able to function. Our ENT specialists can help you take excellent care of the vital head and neck structures you rely on every day. 🌐



Want to learn more about ENT services at Olmsted Medical Center? Call **507.292.7146** or visit www.olmmed.org/ent.

Healing and Training Athletes of All Ages

Olmsted Medical Center's Sports Medicine & Athletic Performance center continues to thrive, serving athletes of all ages. The state-of-the-art building opened in January 2013, and we haven't looked back.

On the clinical side, Matt Thompson, MD, sees patients who have athletic and orthopedic injuries. On the sports performance side, he trains athletes in various programs.

Adding Staff and Equipment

Since the sports performance services began, the staff has grown from two certified strength and conditioning coaches to a group of eight coaches. This

past summer, a six-station "rig" was added to the weight room, which allows staff to double the number of athletes they can train at one time.

Playing It Cool with Hockey

As we move further into fall, Sports Medicine & Athletic Performance will keep right on rocking along by providing programs to prepare athletes for the upcoming winter season. Area hockey players benefit from training in the hockey room by improving their skating, puck handling, and shooting skills.

Helping Local Sports Teams

During the past year, the staff at Sports Medicine & Athletic Performance has

worked with a variety of teams, including:

- Rochester Figure Skating Club
- Med City Mafia Roller Derby Team
- SkiDox Water Ski Team
- Rochester Rowing Club
- Euro Soccer. 



Whether you're recovering from a sports injury or want to improve your athletic skills, we can provide the support you need. For more information on the services offered at OMC Sports Medicine & Athletic Performance, call 507.535.1977.

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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.

Olive the Goose Had Her Babies!

We had an exciting birth this spring at OMC's BirthCenter. On May 2, Olmsted Medical Center's BirthCenter reported that our beloved friend Olive the Goose welcomed her babies, who finally hatched. Olive the Goose joined us when she decided to take residence near our Women's Health Pavilion earlier in the year. Olive the Goose spent many weeks outside of OMC's BirthCenter as she prepared a nest and took care of the eggs while patiently awaiting her new family's arrival. The names of our new friends are Ryan Gosling, Geese Witherspoon,

Feather Locklear, Goose Newton, Ducky Dale, and Quail Black.

As her family grew, Olive the Goose and her goslings moved to an undisclosed location so they may enjoy their time growing up in an open and safe environment. Olive the Goose and her family were a fun addition to the Women's Health Pavilion for our patients and staff who had the opportunity to meet them. We agree with Olive the Goose—there's no better place to begin your family than here at Olmsted Medical Center's BirthCenter in Rochester. 🐾



Expecting a baby? Take a free tour of our BirthCenter and learn about our maternity and birthing services. Register online at www.olmmed.org/birthcenter or call **507.529.6605**.

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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