OLMSTED MEDICAL CENTER

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HealthNotes

A HEALTH AND WELLNESS PUBLICATION *from* OLMSTED MEDICAL CENTER | SUMMER 2014

Click Here: Introducing OMC's New Websites

If you recently have visited Olmsted Medical Center's (OMC) website, **olmstedmedicalcenter.org**, or OMC Regional Foundation's website, **omcregionalfoundation.org**, you have noticed a whole new look. Both websites recently received major research-based upgrades to create a more attractive, user-friendly, and streamlined experience.

"Our goal was to make each site much more intuitive so it's easier to take advantage of all the tools we have available online," says Jeremy Salucka, communications and web services coordinator at OMC.

Stay Connected

Here's a look at some of the additional features you'll find online:

- Responsive design. Website content automatically resizes depending on what type of device you're using, such as a mobile phone, tablet, or computer.
- A robust, keyword-searchable provider directory, including the locations where each provider practices, clinical specialties, and personal interests. "These features help you make a connection with providers before you even walk in our doors," Salucka says.
- Access to **MyOMC** patient portal. Once you create an account (see the sidebar at right "Start Using **MyOMC** in Five Steps") and log in, you can view your lab results and visit summaries, request appointments, and securely send OMC health-related questions.
- Events and calendar section. View upcoming education courses and special events. Register and pay online in advance.
- Send messages, called Cheer Cards, to patients staying in the hospital. The cards are printed and hand-delivered to patients' rooms each day.
- Estimated wait times are now posted online for each of OMC's FastCare and Skyway clinics.

Giving Online

The OMC Regional Foundation is the philanthropic organization that supports OMC and the care it provides to patients. "With our new website, giving online is easier than ever before," says Stacey Vanden Heuvel, vice president of marketing and philanthropy with OMC and OMC Regional Foundation.

"At OMC, we've always been committed to providing personal, warm, friendly, and exceptional patient care," Vanden Heuvel says. "The new websites are another way we're able to improve patients' experiences and engage them even more in their own care."

Start Using MyOMC in Five Steps

1) Call OMC at **507.287.2780** to create your account.
2) OMC will send an invitation e-mail from **MyOMC@olmmed.org** to your preferred inbox.
3) Accept the invitation by clicking on the link provided in the e-mail.
4) Follow the on-screen instructions.
5) Begin using **MyOMC!** (Don't forget to ask your provider to begin sending your care documents to your account.)

When Should You Go to the Emergency Room?

Emergency care can save your life if you're critically sick or injured. But for less severe complaints, you may get faster and less expensive treatment somewhere else.

Schedule an appointment for non-emergency healthcare needs, including:

- chronic disease management
- pre-employment exams and tests
- preventive medicine
- patient education
- surgical procedures
- physical rehabilitation and therapy.

And at your next appointment, ask your healthcare provider what to do if you need help outside of office hours.

Visit a walk-in clinic (like OMC's FastCare, Skyway, or Rochester Northwest clinics) when you or a loved one at least 18 months old has non-life-threatening conditions that usually require only one office visit and maybe a lab test, such as:

- acne
- allergies
- bladder infections (females age 12 and older)
- bruises
- cold sores
- colds, coughs, and runny noses
- ear aches and infections
- flu symptoms
- insect bites and stings
- minor burns and rashes (eczema, poison ivy/oak)
- minor sunburn
- mononucleosis (mono)
- pregnancy tests (age 18 and older)
- skin infections, including impetigo and ringworm
- sinus infections
- sore throat
- stitch removal
- tests for strep, influenza, and mono
- any other issue that requires fast treatment but isn't life- or limb-threatening.

Many of these clinics are open extended hours and you don't need an appointment to visit them. But you may want to call ahead to ensure they're prepared to handle your condition.

Head to the emergency room when you or a loved one are suffering from a life-threatening medical condition such as:

- signs of a heart attack, such as chest pain or pressure
- fractures or broken bones
- signs of stroke, such as sudden numbness in arms or legs
- head injuries including concussions
- sudden blurred or lost vision
- severe shortness of breath
- severe abdominal pain
- bleeding, vomiting, or diarrhea that will not stop
- urges to hurt yourself or someone else
- suspected or confirmed poisoning
- when no other location is open or accessible.

To get more details on the healthcare services and providers available at each of OMC's locations, as well as estimated wait times for OMC's Skyway and FastCare clinics, visit **www.olmstedmedicalcenter.org** or call **507.288.3443.**

Heart-Healthy Habits

USE THE ACRONYM "SPRING" to help you remember six focus areas where your heart health is concerned:

Stress reduction: Focus on one stressor and reduce its effect on you.
Prioritize: Put yourself, your heart, and your health FIRST.
Rest/relaxation: Get the recommended eight hours of sleep each night.
Inspire: Share your heart-healthy habits with friends and family!
Nutrition: Limit saturated fat and sodium.
Get Active: Do at least 150 minutes of moderate exercise per week.

For more tips, talk with your primary healthcare provider or call **507.292.7222** to speak with a member of our cardiopulmonary rehabilitation team.

Plan for the Best When You're Expecting

When you're expecting, there's almost no end to the "helpful" advice you'll receive. But here's the most crucial tip: Proper prenatal care helps prevent and treat issues that may develop during pregnancy. In fact, it's the best thing you can do for your health—and your baby's.

Start early. If you can, see your healthcare provider before trying to conceive. You can plan ways to prepare; for example, you may want to stop taking some medications and add others, including folic acid supplements.

Share your good news. Call for your first prenatal visit as soon as you have a positive pregnancy test. During this appointment, your healthcare provider will perform a physical exam, ask about your personal and family health history, obtain blood and urine samples, and answer any questions you have. Your healthcare provider will also review optional tests that screen for chromosome problems or genetic disease like cystic fibrosis.

Don't skip scheduled visits. Typically, you'll go once a month for the first 28 weeks, every two weeks from 28 to 36 weeks, and weekly from week 36 on.

Get tested. At each visit, your healthcare provider will weigh you, check your blood pressure, listen for your baby's heartbeat, review educational materials, and answer any questions that you have. At your 26-28 week visit, your provider will take more blood and urine samples. Blood tests check for viruses, high blood glucose, and anemia. Urine tests spot kidney problems and/or urinary tract infections. At 36 weeks, your healthcare provider may test you for a bacteria called Group B Streptococcus. If your test is positive, you will receive antibiotics during your labor.

Stay healthy between visits. Every day, eat a variety of healthy foods, including fruits, vegetables, and whole grains. Avoid raw fish, deli meats, and non-pasteurized cheeses. Talk with your healthcare provider about exercise. In most cases, regular physical activity helps you feel better, improves your sleep, and prepares your body for birth.

+ Did you know that OMC's Ob/Gyn department offers early-morning and noon appointment times?
Call **507.529.6605** or log in to your **MyOMC** portal account to request an appointment.

+In Brief

Meet Our Certified Nurse Midwives

Anne Schwanke (left) and Pat Hinck currently are seeing patients as OMC's certified nurse midwives (CNMs). OMC plans to add a third CNM in 2014.

LAST YEAR, OMC's Ob/Gyn department again began offering women the option of seeing certified nurse midwives (CNMs) for prenatal, perinatal, and routine health and wellness care. Many people think of midwives only in connection with childbirth, but they provide a full range of primary healthcare services for women from adolescence to beyond menopause. OMC currently has two full-time CNMs on staff and plans to add a third in 2014. Call **507.529.6605** or log in to your **MyOMC** portal account to request an appointment!

New Rochester Southeast Pharmacy Coming Soon

FOLLOWING OMC'S SUCCESSFUL LAUNCH of its first retail pharmacy last year at the Rochester Northwest Clinic, a second OMC retail pharmacy will open later this year at the Rochester Southeast Clinic. The new pharmacy will replace Weber and Judd's current space just inside the patient entrance to the Rochester Southeast Clinic's main lobby. The new, full-service pharmacy will offer prescription medicine, over-the-counter medicine, custom compounding of medications, and more. Call **507.535.1947** to learn more, or to request a prescription transfer or refill!

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210 Ninth Street SE
Rochester, MN 55904

Postmaster: Please deliver between June 16 and 20

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Printed on Recyclable Paper 739M

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Food Labels Are Getting a Makeover

If you've ever flipped over a box of cereal and examined the Nutrition Facts panel, you know the information isn't so easy to understand. That's why the Food and Drug Administration (FDA) is working to update nutrition labels on food packages. "The FDA wants to make the information on the label more useful and highlight the information people are really looking for," explains Carole Nistler, MD, clinical chair of the Family Medicine department at Olmsted Medical Center.

Here are some of the changes you can expect to see once the revised nutrition labels are approved:

- More realistic serving sizes. "They'll more closely reflect how much people actually eat in a serving," says Bridget Ideker, RD, LD, outpatient clinical dietitian at OMC.
- Displaying the number of calories in a larger, more eye-catching way.
- Including vitamin D content for foods. "Vitamin D is important for preventing diabetes, heart disease, and cancer," Dr. Nistler says. Having the information available can help you choose more vitamin D-rich foods.
- How much added sugar a food contains. Added sugars are linked with obesity, heart disease, and other health issues.

"When you're making health changes such as losing weight, lowering your blood pressure, or controlling diabetes, it's helpful to keep track of what you eat throughout the day," Ideker says. The FDA's new Nutrition Facts panel should help you do just that!

Look beyond the label with help from OMC's nutrition educators. They will dispel common misunderstandings about diet and nutrition, help you set realistic dietary goals, and support you on your way to better eating. To learn more, visit **www.olmstedmedicalcenter.org** or call **507.288.3443 ext. 2593.**

>> RECIPE

Ultimate Summer Fruit Salad

Ingredients

2 fresh or frozen peaches
2 fresh plums
2 fresh pears
1 cup fresh or frozen (without sugar) strawberries, hulled
½ cup fresh or frozen blueberries
½ cup fresh or frozen (without sugar) raspberries
½ cup green grapes
1 cup cherries (such as bing cherries), halved and pitted
2 kiwi, peeled

Directions

Wash fresh fruit under running water. Remove pits, stems, and seeds and cut peaches, plums, and pears into bite-size pieces. Toss with strawberries, blueberries, raspberries, grapes, and cherries. Slice kiwi for garnish. Top with yogurt if desired.

Divide this salad among six people and each of you will have the equivalent of about three servings of fruit.

Nutrition Information

Serves 6; serving size is 1½ cups fruit.
Not including yogurt, each serving provides: calories 117, protein 1.5 g, total fat 1 g, carbohydrates 28 g, fiber 5 g.