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HealthNotes

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Treating the Whole Family at the Spring Valley Clinic

New years are about new beginnings. This January, Olmsted Medical Center opened the doors to its brand-new Spring Valley branch clinic. The new clinic serves the community of Spring Valley and surrounding areas, including Grand Meadow, Wykoff, Cherry Grove, and Racine. "The clinic employs family practice caregivers who see patients of all ages from newborns to the elderly," says Steven Harder, DO, a family medicine provider at the clinic and OMC's southern branch clinic department chair.

While the clinic is brand-new, OMC has been caring for patients in the Spring Valley area since 1987 when it purchased Dr. Roland Matson's practice. The modern facility replaces the old clinic built in 1962, in order to serve more patients and provide state-of-the-art care. "It's a larger building that's more accessible, more convenient, with larger waiting rooms, wider hallways, more natural light, and updated equipment including new X-ray machines," Dr. Harder says.

Comprehensive Medical Care

Clinic caregivers provide family and general medicine services, including:

- Newborn and well baby care
- Pediatric care
- Pregnancy care up to 36 weeks
- Acute care
- Simple fracture care
- Laceration (cuts) repair
- Dermatologic procedures such as lesion removal
- Chronic disease management
- Preoperative exams
- Department of Transportation exams
- Workman's Comp exams

Cardiology outreach services, including echocardiograms, are also available thanks to cardiologist visits to the Spring Valley clinic. The clinic also offers telehealth services. "With telehealth, patients can consult with a clinician who's located in Rochester or one of our other offices," Dr. Harder says. At present, patients can interact in real time with a dietitian, diabetic nurse or diabetes educator, smoking cessation counselor, endocrinolgist, or psychiatrist via a flatscreen television monitor.

Where the Care Comes Home

The new Spring Valley clinic is also unique because it's located in the same building as Spring Valley Senior Living. "It's such a benefit to have the clinicians and all of these medical services onsite right here where our residents live and need it most," says Penny Solberg, director of Spring Valley Senior Living.

OMC's Spring Valley clinic invites you to stop by, meet the caregivers, and check out the new building. Call **507.346.7373** or stop by during clinic hours (Monday, Wednesday, Thursday, and Friday 8:00 AM – 5:00 PM; Tuesday 8:00 AM – 7:00 PM) at 802 Memorial Drive in Spring Valley.

Have You Been Screened for a Common Cancer?

Many people don't delay scheduling their health checks for breast cancer, cervical cancer, or other diseases. But when it comes to screenings for cancer of the colon and rectum, a lot of us procrastinate.

Why You Shouldn't Wait

The fact is, this screening isn't as bad as you think. It's not painful, and it's fast. Even invasive testing like colonoscopy may take only 15 to 20 minutes. And that's time well spent, because screening can detect cancer in its early stages. Tests also can locate abnormal growths—called polyps—years before cancer develops.

How effective is screening? Healthcare providers say three out of five deaths from colorectal cancer could be prevented with regular screening. Tests help find growths before they get too large or before the cancer spreads to other areas of the body.

Who Needs Screening

If you're age 50 or older, the Centers for Disease Control and Prevention recommends regular checks for colorectal cancer. However, you may need to get tested at an earlier age if you have:

- a personal history of polyps or colorectal cancer
- a family history of polyps or colorectal cancer
- inflammatory bowel disease.

Multiple Choice

You have several choices when it comes to screening:

- A test for hidden blood in the stool, called a fecal occult blood test (FOBT), every year.
- A flexible sigmoidoscopy, a procedure that checks the lower colon and rectum using a tiny "camera," every five years, paired with an FOBT every three years.
- A colonoscopy, a procedure that checks the entire colon and rectum with a camera, every 10 years.

You may need more frequent testing depending on your health history.

If you're due for a screening, ask your primary healthcare provider which test—or combination of tests—he or she recommends and why. Ask about the risks and benefits of each method. Your provider can explain what's involved so that you can choose based on your personal preference and health history.

Calling All Sports Enthusiasts!

Olmsted Medical Center's Sports Medicine and Athletic Performance facility, located just west of our Rochester Northwest clinic at 5155 55th Street NW, is open and ready to help athletes of all ages and sports prepare for a successful and injury-free summer season. Visit OMC's website to browse available conditioning/training sessions and register online, call **507.535.1977**, or e-mail us at **omcsmap@olmmed.org** to take your athletic performance to the next level!

Can Facebook Make You Unhappy?

Consider this status update: About 700 million people log on to Facebook each day, but not all may "like" the latest news about the effects of social networking. A recent study shows that Facebook can make people feel worse about themselves.

A Dark Side?

For the new study, scientists recruited 82 people with Facebook accounts and smartphones. Researchers texted participants five times a day for two weeks asking about their feelings and their Facebook use.

The results suggest connecting online has a downside. The more often people logged on, the more likely they reported feeling unhappy in any given moment. Over the course of the two-week study, frequent Facebook users also felt increasingly dissatisfied with their lives.

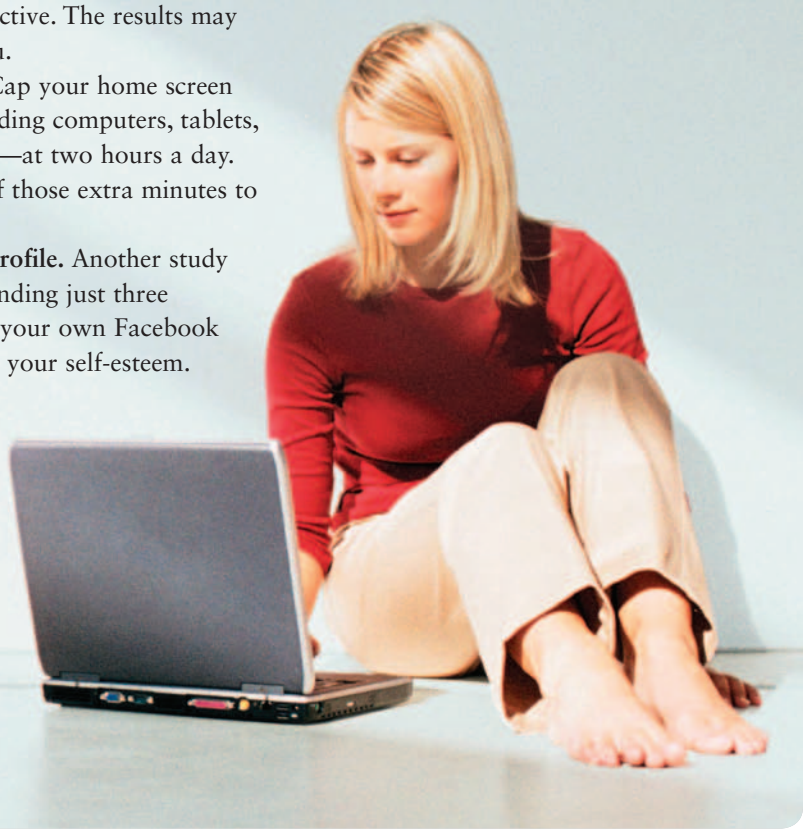
Why? For one thing, the hours spent online leave less time for exercise. Since physical activity boosts your mood and improves your outlook, staying sedentary may spark sadness. What's more, Facebook profiles present a carefully crafted image of a person's life.

Comparing yourself to your friends' seemingly blissful relationships or beautiful vacations can easily leave you feeling that you fall short.

Click Your Way to Contentment

Try these methods for keeping a Facebook habit in check:

- **Log use.** Track how much time you spend online each day. Compare it to how much time you spend being physically active. The results may surprise you.
- **Set limits.** Cap your home screen time—including computers, tablets, and phones—at two hours a day. Use some of those extra minutes to exercise.
- **Visit your profile.** Another study showed spending just three minutes on your own Facebook page boosts your self-esteem. Reviewing your own favorite photos and witty comments can remind you of happy times.
- **And most importantly, take some interactions offline.** Facebook can enrich your social life by increasing your empathy and maintaining distant connections. But don't use it to replace real-life interactions. Make sure you spend quality time in person with nearby friends and family.



Support for People Living with MS

If you or a loved one is living with multiple sclerosis (MS), OMC neurologist Angala Borders-Robinson, DO, can help. In addition to her daily work with MS patients, her recent creation of a MS clinic at OMC, and periodic regional presentations on the disease, Dr. Borders-Robinson organizes a monthly discussion group for people whose lives are affected by MS. Each one-hour session includes a presentation and question/answer period focused on strategies for managing, treating, and living with MS. Sessions are held at OMC's Rochester Northwest Clinic and are free/open to the public—call **507.292.7185** for more information and to register.

Annual Founders Lecture Series to Welcome Speaker

Stay tuned for more information on this year's annual Dr. Noel R. Peterson Founders Lecture Series, which later this year will welcome its ninth speaker on current issues in the healthcare sector.

The Dr. Noel R. Peterson Founders Lecture Series is a local forum for healthcare providers and other community members to discuss issues including healthcare reform, bioethics, the impact of philanthropy, and other important issues in healthcare. Prior years' guests include Michael T. Osterholm, PhD, MPH; and Val Ulstad, MD. The Founders Lecture Series was established in 2006 through an endowment gift from Dr. Noel and Ann Peterson and is supported by annual gifts from many OMC clinicians, employees, and community supporters.

This event is free and open to the public. Light refreshments will be served. Watch **www.omcregionalfoundation.org** for full event information or contact Michelle Maeder-Hickey at **507.292.7202.**

HealthNotes

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Recipe:

ROASTED ASPARAGUS AND MUSHROOMS WITH ROSEMARY

Ingredients

1 lb. trimmed fresh asparagus
8 oz. shiitake or button mushrooms, cleaned and trimmed
2 tsp. olive, canola, or corn oil
1 tsp. chopped fresh rosemary or ½ tsp. dried rosemary, crushed
Freshly ground black pepper to taste
Garlic powder (optional)

Directions

1. Preheat oven to 500 degrees.
2. Place asparagus spears and mushrooms in a large plastic bag with a tight-fitting seal. Drizzle oil over asparagus mixture in bag. Add rosemary. Seal bag tightly and shake gently.
3. Arrange asparagus and mushrooms in a single layer on a large baking sheet. Season with pepper and, if desired, garlic powder.
4. Bake about 10 minutes, or until asparagus is tender-crisp.

Serves four; serving size is ¾ cup.

Per Serving: Calories 61, Total fat 2.5 g, Cholesterol 0 mg, Sodium 5 mg, Total carbohydrate 6 g, Dietary fiber 3 g, Sugars 3 g, Protein 4 g

Heart-Healthy Diets Also Keep Kidney Disease at Bay

Diabetes causes more cases of serious kidney disease than any other factor. Currently, 180,000 Americans live with both diabetes and kidney failure. They require either dialysis—a treatment that uses a machine to filter blood—or a kidney transplant.

When people start having kidney problems, healthcare providers often advise cutting back on sodium and protein. These changes may reduce the workload on weakened kidneys.

A recent study found participants with a healthier overall diet also had healthier kidneys. They ate more fruits and vegetables, less fried foods, and drank a moderate amount of alcohol.

This way of eating also protects you from high blood pressure and hardening of the arteries. Talk with your healthcare provider or dietitian to see if this diet is right for you:

- **Aim for three to five servings of vegetables per day.** Choose those with bright colors.
- **Swap out some of your starches and grains for fruit.** People in the study who ate more than three servings of fruit per week had the lowest risk of kidney disease. But fruit also contains carbohydrates, so ask your provider or dietitian for help fitting it into your meal plan.
- **Choose whole grains over products made with refined white flour.** Healthy examples include 100% whole-wheat crackers and bread, and brown rice.
- **Cut back on saturated fats.** Limit fatty cuts of meat, and choose loin or round cuts (sirloin, tenderloin).
- **Choose nonfat dairy products such as skim or 1% milk and low-fat yogurt.** Eat fewer fried foods and limit foods with hydrogenated oils such as donuts, pastries, and stick margarine.

Olmsted Medical Center's caregivers, especially our diabetes and nutrition educators, are dedicated to helping you live a healthier life. Call **507.288.3443**, ext. **2593** to learn more.