

Do You Need to Shoo the Flu?

Experts advise getting a flu vaccination as soon as it becomes available, which may be as early as September this year. But, do you really need a shot or FluMist®? Health experts say yes if you:

- are age 50 or older
- have a weakened immune system from a disease, such as cancer
- are pregnant or will be pregnant during flu season
- have diabetes or chronic heart, kidney, or lung disease
- parent a child younger than 6 months (children ages 6 months through 18 years should get annual flu vaccinations).

Flu vaccines are made to combat the most common strains from the year prior. Pharmaceutical companies began producing this year's seasonal vaccine before H1N1 appeared. This means that the H1N1 vaccine will be administered separately from your regular seasonal flu vaccine.

Olmsted Medical Center FastCare Clinics now offer flu shots for those ages 9 and older. You can also make an appointment with your primary healthcare provider by calling 507.288.3443.



Women: Physical Therapy Can Help Improve Your Symptoms of Incontinence

If you suffer from urinary incontinence, you're not alone. It's a condition that millions of women face. But at Olmsted Medical Center (OMC), patients learn simple exercises in physical therapy sessions that can help them find relief.

Gretchen Young, a physical therapist at OMC's Rehabilitation Services, guides the sessions. During a session, the patient performs Kegel exercises—conscious contractions of the pelvic floor muscles—under Young's supervision. These exercises can improve urinary incontinence, vaginal health, and bowel control.

A biofeedback meter is used during the exercises to electronically read the muscles' response to signals the brain is sending. The meter helps this patient learn what it feels like to perform Kegel exercises correctly so she can do them on her own at home.

Young says many physicians recommend these exercises. "But without the biofeedback, you don't always know if you're isolating the right muscles," she says.

Discreet Care

Tanya,* age 40, suffered from urinary stress incontinence, which occurs during activities such as sneezing, coughing, laughing, or exercising. "I first noticed dampness and smell, which was embarrassing at work," she says. "I started wearing panty liners and using the bathroom more often."

When she told her physician, he recommended physical therapy. That led her to Young. "Everything about my experience was positive," she says. "Everyone was discreet. Gretchen gave clear directions and was very encouraging."



'Such an Easy Fix!'

Typically, clients receive treatment for two or three sessions over a period of six to eight weeks. Results can be seen as early as the first two weeks. And for women who stick with their exercises after therapy is finished, the benefits can be dramatic.

"I noticed a change within a week," Tanya says. "I was not leaking as much—some days, not at all! Now, I don't even use the bathroom as often, which has led to better work productivity and sleep. It's been such an easy fix!"

Troubled by Urinary Incontinence?

Specialized physical therapy can help. Talk with your primary healthcare provider about a referral to OMC's Rehabilitation Services. For more information, call Rehabilitation Services at 507.282.8000.



** Name has been changed to maintain patient confidentiality.*

Breast Cancer: What Hispanic Women Need to Know

Breast cancer is the most common type of cancer among Hispanic women, yet it's often not diagnosed until it has reached an advanced stage—when it can be harder to treat. That's why it's important for all women to undergo regular breast cancer screenings.

Know Your Risk Factors

In a study reported in the journal *Cancer*, researchers compared Hispanic women with breast cancer and non-Hispanic white women with breast cancer. Even when the women had equal access to healthcare, the study found that Hispanic women were diagnosed at a younger age, at a later stage of disease, and with larger, more serious tumors.

Knowing your risk factors is key.

These include:

- being older than age 50
- having a sister or mother who had breast cancer
- being overweight or obese
- drinking alcohol and using tobacco
- not exercising
- starting your period before age 12, or going through menopause after age 55
- not having children, or having children later in life
- not breastfeeding a baby
- having a family history of breast cancer.

Early Detection Is Key

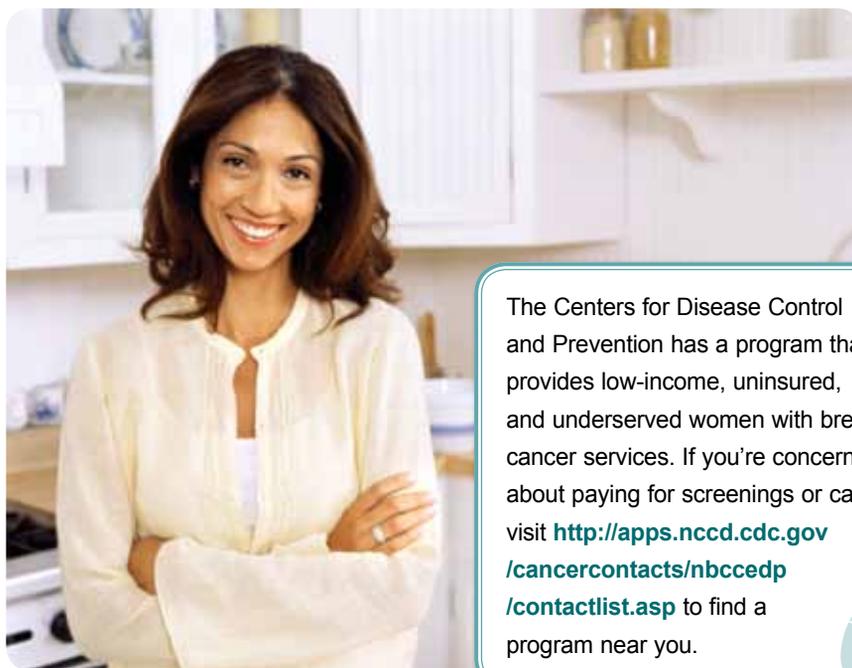
The best ways to find breast cancer early are to have regular clinical breast exams and to get regular mammograms.

Check your breasts each month for unusual lumps. Ask your healthcare provider to show you how. If you feel something new, see your healthcare provider right away.

The most reliable way to detect breast cancer is with a mammogram, which

can find tumors that are too small to be felt by hand. According to the National Cancer Institute, all women ages 40 and older should get a mammogram every one to two years. Depending on your risk factors, your healthcare provider may recommend more frequent screenings for you.

For more information about breast care at Olmsted Medical Center, consult with your primary healthcare provider. 



The Centers for Disease Control and Prevention has a program that provides low-income, uninsured, and underserved women with breast cancer services. If you're concerned about paying for screenings or care, visit <http://apps.nccd.cdc.gov/cancercontacts/nbccedp/contactlist.asp> to find a program near you. 

What Is a Physical?

You recently had a "routine physical." But, on the business side of medicine, your appointment actually may have been any combination of these four types of services:

Evaluation and Management: Your healthcare provider evaluates or treats your health concern, whether pre-existing or new.

Examples: monitoring and helping manage high blood pressure, high cholesterol, diabetes, chest pain

Preventive Services: You have no specific symptom or condition and receive a service that promotes health.

Examples: Pap test, mammogram, prostate exam, immunization

Procedure: You have something physically done to you.

Examples: joint injection, wart removal, biopsy, surgery

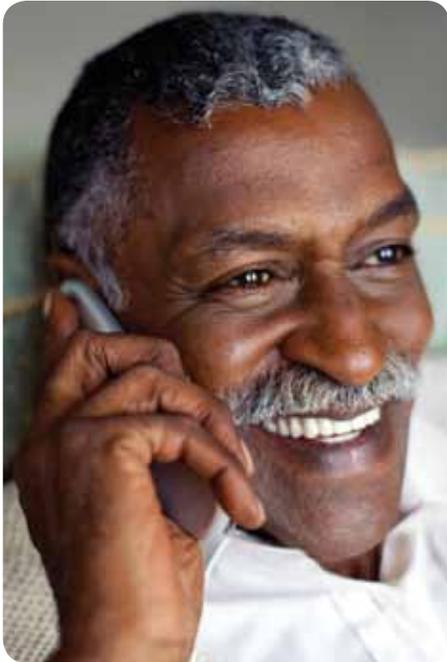
Counseling: You receive advice about any of the above services.

Examples: what tests are available, options for anesthesia, discussing treatment options/benefits/risks

Understanding these types of services can help you know what to expect during each visit and when you receive your billing/insurance statement. If you have questions, talk with your healthcare provider or contact a patient accounts representative at **507.287.2780**.

Social Services:

Part of OMC's Great Care



Health problems can cause increased stress, financial concerns, and the need for community assistance. To help you and your family manage in difficult times, Olmsted Medical Center's social services are available free of charge to patients, staff, and their families visiting any of our 16 locations.

Specific services we offer include the following:

- Supportive counseling for patients, employees, and their relatives,

- including grief counseling, chemical dependency information, and help with life-altering diagnoses
- Psychosocial assessments, including mental status exams and coordination with patient care teams
- Long- and short-term care planning, including home health guidance/assessments, needs assessments, and hospice options
- Elder/spousal/child/dependent abuse, including counseling, legal referral, and assistance finding safe housing and support
- Complex financial/benefit counseling, including Minnesota Care, Medicare, and pharmaceutical assistance
- Information on legal changes of status, including power of attorney, immigration, and healthcare directives 

Are you an Olmsted Medical Center patient, employee, or relative needing assistance with any of these issues? Social workers Tricia Schilling, LICSW, and Emily Lorenz, LSW, are typically available for consultation from 8:00 AM to 4:30 PM, Monday through Friday. Ask any OMC healthcare provider to help you connect. Or, call **507.529.6806**.



Domestic Violence Hurts Everyone

October is Domestic Violence Awareness Month. Each year in Minnesota, domestic violence forces thousands of men, women, and children to rely on emergency shelters, the legal system, and community advocacy groups to keep them safe. Domestic violence takes several forms: physical, psychological, emotional, sexual, financial, and verbal.

If someone is a victim of domestic violence, he or she may:

- have repeated and/or unusual injuries
- seem depressed
- miss school or work for no apparent reason.

Do you or does someone you love need help? Contact Olmsted Medical Center's Social Service department at **507.529.6806**.

Celebrating Life

On May 20, Olmsted Medical Center's Still Missed Garden welcomed participants to its eighth annual honor planting service. Created in 2001, the garden provides support for families who have experienced loss (including perinatal loss) at Olmsted Medical Center. Many attendees brought plants to add to the garden as living tributes to their loved ones.



Triston and his father, Kurt, plant a flower at OMC's eighth annual Still Missed Garden service.

SAVE THE DATE!

The Olmsted Medical Center Plastic Surgery department presents the annual **Fall Solutions Event** **Tuesday, October 20, 6:00 PM** **Somerby Golf Club, Byron, MN** Join Olmsted Medical Center plastic surgeon Srdan Babovic, MD, and the OMC Plastic Surgery department at Fall Solutions, a free seminar on protecting and rejuvenating your skin. The event will showcase the latest in noninvasive skin technology.

Reserve your seat by **October 9**. Call **507.529.6740** for more details!

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Recipe:

DO-IT-YOURSELF MINISTRONE SOUP

Ingredients

- 1 tbsp. olive oil
- 1 small onion, about ½ cup chopped
- 2 medium carrots, sliced
- 1 stalk celery, sliced
- 1 clove garlic (or 1 tsp. garlic flakes)
- 1 tbsp. pot herbs (leaf vegetables, such as spinach or thyme)
- 1 14½-oz. can reduced-sodium chicken broth (about 2 cups)
- 1 14½-oz. can no-salt-added diced tomatoes, plus 1 can of water
- 1 19-oz. can cannellini (white kidney) or other beans, no salt added
- ½ cup frozen peas
- 1 cup cooked elbow macaroni

Directions

1. In a large pot, heat oil over medium-high heat. Add onion, carrots, celery, garlic, and pot herbs.
2. Cook, stirring, just until onions look slightly wilted. Add chicken broth, tomatoes, water, and beans.
3. Bring just to a boil, then turn heat to low, and simmer about 10 minutes or until carrots are done.
4. Add frozen peas and macaroni to hot soup and serve.

Yield: Serves four; about 2 cups per person

Each serving provides:

Calories	250
Total fat	4 g
Sodium	404 mg
Total carbohydrate	41 g
Dietary fiber	10 g
Protein	10 g

Smart Steps to Better Health: OMC's Nutrition Education Services



With healthy eating constantly in the news, separating fact from fiction can feel overwhelming. Most of us need help making healthy food choices, especially when facing a serious health concern.

Olmsted Medical Center (OMC) patients can find the support they need through OMC's Nutrition Education services. In individual and group sessions, registered dietitians provide medical nutrition therapy and exercise coaching.

"Our dietitians offer enthusiastic, high-quality patient services," says OMC Chief Medical Officer David Westgard, MD. "Whether working with a person with an adjustable gastric band or a heart patient's lipid disorder, they help change habits formed over a lifetime."

The dietitians help patients address issues including:

- diabetes and pre-diabetes
- high blood pressure/cholesterol

- eating disorders
- food allergies
- pediatric/adult weight control
- preconception/pregnancy.

Individual counseling requires a physician referral. And the registered dietitians know how important it is to make nutrition education accessible. Nutrition Education has open classes on topics from controlling blood sugar to creating healthy meals.

"Everyone is busy," adds Bridget Ideker, RD, LD, one of four registered dietitians in the Nutrition Education department. "We negotiate changes a person or family is willing to make and choose one or two per session that will get results."

The one thing OMC dietitians do not do, emphasizes Rynn Geier, RD, LD, nutrition and diabetes education supervisor, is restrict all favorite foods. "We aren't the food police!" she says. "We want you to live your best life. We'll meet you where you are and help set realistic goals." 

Want to learn more?

Call **507.288.3443, extension 2593**, to request a FREE catalog of Olmsted Medical Center's nutrition education classes and an individual appointment guide.

