



## FALL 2019 EDITION

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### New Primary Care Clinic to Open at Miracle Mile!

Olmsted Medical Center (OMC) is pleased to announce that a brand new primary care clinic will be opening in the Miracle Mile shopping center in Rochester, MN. The Miracle Mile location will be open Monday through Friday and will provide both walk-in and scheduled appointments.



Services available at the new location will include:

- Family Medicine
- chronic disease management
- pediatric and adolescent care
- preventative healthcare
- immunizations
- on-site laboratory and x-ray services.

Construction is underway with the location scheduled to open early next year. Stay posted for more information and details to come.

### Together. We're all about you.

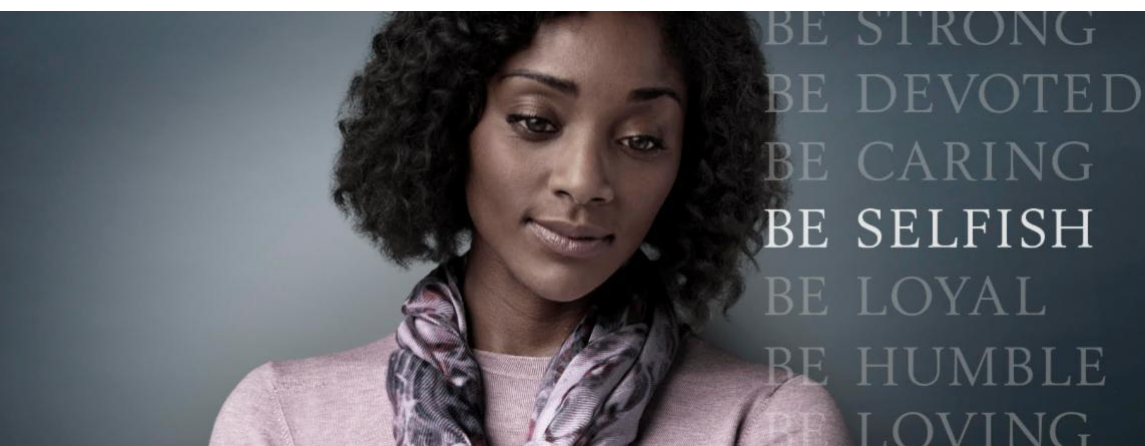
In 1949, Olmsted Medical Center's (OMC) journey to provide exceptional patient-centered care started when Dr. Hal Wenthe opened his solo practice in downtown Rochester. Since that time, OMC has been serving the residents of southeast Minnesota with an approach to healthcare that is personal, progressive, and that puts our patients first.

While taking time to acknowledge our rich history, we want to continue looking toward the future and connect with our patients on a caring, compassionate, empowering, and genuine level. We want to bring simplicity to the complexity of healthcare. Watch for new ads in the community that share a common theme about taking the time for your health and wellness.

We understand how important it is to be focused on doing everything you can for the people you love. We want you to know that it's okay to hit the pause button in your life and focus on your own health. It's okay to be selfish when it comes to taking care of your health and wellness. And when you walk through our doors we need you to be **all about you**. Taking time for yourself to make your health a priority is, ironically, one of the greatest gifts you can give to yourself and the people who depend on you to be in their lives.

We will continue our commitment to OMC's mission of delivering exceptional patient care that is focused on caring, quality, safety, and service. Thank you for allowing us to partner with you for your healthcare needs.

To learn more, visit [OlmstedMedicalCenter.org](http://OlmstedMedicalCenter.org).



### Foot Care and Diabetes

For patients with Type 1 or Type 2 diabetes, it is important to protect their feet and have their feet examined by a healthcare provider on a yearly basis. Olmsted Medical Center's (OMC) Podiatry department is here to help.

Patients with diabetes are at a greater risk for diabetic-related foot complications including skin problems, nail concerns, ulcerations, and deformities. Even something as small as a cut can have serious consequences, such as a foot



The OMC Podiatry department includes

- Vanessa L. Pfizenmaier, DPM, CWSP



infection that is difficult to heal. Podiatrists have been shown to significantly reduce the risk of diabetic-related foot and ankle-related complications including ulcerations and amputations.

OMC's podiatry team diagnoses and treats disorders of the foot, ankle, and lower leg. Working closely with the patient, the providers in the Podiatry department will work to find a solution that best fits their needs.



**Vanessa L. Pfizenmaier, DPM, CWSP**



**Emily A. Quinn, DPM**



**Erin Tiu Tong, CNP, ARNP**

- Emily A. Quinn, DPM
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**Dr. Pfizenmaier** completed Podiatric Medical School at Temple University School of Podiatric Medicine (formerly Pennsylvania College of Podiatric Medicine) in Philadelphia, Pennsylvania, and completed a Primary Podiatric Medicine Residency at Cooper Hospital University Medical Center in Camden, New Jersey. She was also just recently certified in wound care and became a Certified Wound Specialist Physician (CWSP).

**Dr. Quinn**, who recently joined OMC, completed medical school at Des Moines University and her surgical residency at Grant Medical Center in Columbus, Ohio.

**Erin**, who also recently joined OMC, comes with over 10 years of experience in emergency room medicine and family medicine.

In addition to helping patients with diabetes, the Podiatry department offers all patients the diagnosis and treatment of:

- bone spurs
- bunions
- diabetic neuropathy
- peripheral vascular disease of the lower extremities
- fallen arches
- flatfeet
- foot, ankle, and heel pain
- fractures and trauma (below ankle)
- Morton's neuroma
- pigeon toes and other pediatric podiatric concerns
- plantar fasciitis
- skin conditions such as rashes of the foot and leg, corns, calluses, warts, etc.
- tarsal tunnel syndrome
- toe deformities: hammertoes, curly toes
- toenail concerns such as fungus and ingrown nails
- ulcers, pressure sores, and wounds.

Interested in learning more about podiatry services offered by Olmsted Medical Center? Patients should call the Podiatry department at **507.292.7186**; appointments are typically available within a few days.

## OMC Regional Foundation's FORE! Golf Classic Follow-up

It started out as a cold and rainy day for the annual FORE! Golf Classic on Monday, Sept. 9, 2019. Yet not even the rain could stop OMC Regional Foundation from hosting the 16th anniversary of this Best Shot Scramble Tournament! The event is a great way for many businesses and individuals to come together for a fun game of golf at Somerby Golf Club in Byron, MN, an 18-hole championship course.

There was some disappointment that the weather was not cooperating, however, golfers were prepared to play. This was the first year the golf tournament was delayed, due to the inclement weather. Golfers shared that, despite the weather, they still had a good time. The rainy weather eventually subsided and golfers were able to play between 13 and 15 holes during the afternoon. Still, no tournament records were broken this year, and there were no hole-in-ones.

While the success of this event includes playing golf, sponsors and golfers realize the success of the event is the money raised which supports Olmsted Medical Center patients. This year, OMC Regional Foundation raised about \$75,000 in proceeds.



This achievement could not have been accomplished alone. Once again, OMC Regional Foundation extends a heart-felt thank you to their volunteers and over 65 sponsors for their generous sponsorships and commitment to making this event so successful. Most of the 140 golfers that attended were guests from the businesses that sponsored the FORE! Golf Classic or were OMC employees.

OMC Regional Foundation also thanks the Somerby staff for hosting a great event and for being so accommodating.

Next year, the FORE! Golf Classic will be held on Monday, Sept. 14, 2020, at

Somerby Golf Club. We hope to see you there!

Learn more about FORE! Golf Classic on our website, <https://www.olmmed.org/fore/>.



# NOW OPEN!

## OMC's FastCare South and FastCare North Locations

OMC's FastCare® North and FastCare® South are now open in their new locations!

### FastCare® Clinic – North

507.280.1824  
102 Elton Hills Drive NW, Suite 200  
Rochester, MN 55901

### FastCare® Clinic – South

507.280.1824  
90 14th Street SW, Suite 200 Crossroads Plaza  
Rochester, MN 55902

Visit OMC FastCare® and receive fast, high-quality, non-emergency medical care. You don't even have to be an OMC patient to access care!

### Conditions We Treat

You and your family, including children 18 months and older, can get quick care at our FastCare® clinics for common illnesses and injuries, such as:

- Acne
- Allergies
- Allergic reactions (minor)
- Bladder/urinary tract infections (UTI) for females ages 12-65
- Bruises
- Colds/flu symptoms including fever, cough, sore throat, and earache
- Cold sores
- Insect bites/stings
- Minor burns and rashes (eczema, poison ivy/oak, athlete's foot, and sunburn)
- Minor sunburn
- Mononucleosis (mono)
- Sinus infections
- Skin infections, including impetigo and ringworm
- Sore throat
- Vaccinations including flu shot, tetanus and meningitis (extra charges apply)

### Additional Services We Offer

Choose an OMC FastCare® clinic when you need one of these medical services:

- Pregnancy tests (18 years and older, extra charges apply)
- Smoking cessation
- Sports physicals (not billable to insurance)
- Testing for strep, influenza and mono (extra charges apply)

### Cost of FastCare

Your FastCare® visit will cost \$55. And we can bill your insurance. Extra charges apply for vaccinations and lab services.

### Hours

FastCare® is open Monday through Friday, 8:30 AM – 8:00 PM and Saturday/Sunday, 9:00 AM – 5:00 PM. FastCare® is closed on holidays.

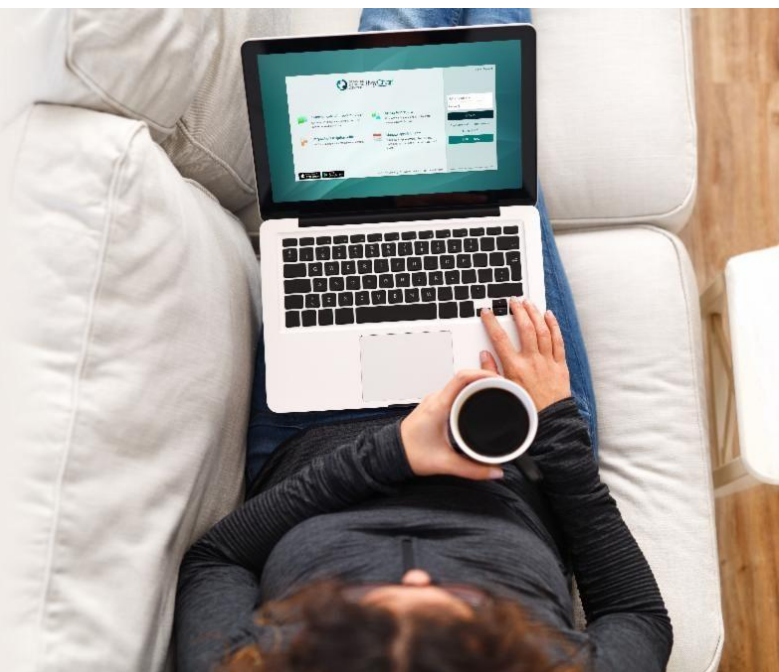
**For more information on FastCare® Services, call 507.292.7009.**

Get connected to your healthcare.



MyChart

Sign up today at [mychart.olmmed.org](http://mychart.olmmed.org)



OMC Regional Foundation | 507.292.7202 | [foundation@olmmed.org](mailto:foundation@olmmed.org) | [omcrf.org](http://omcrf.org)

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