

HealthNotes

A HEALTH AND WELLNESS PUBLICATION *from* OLMSTED MEDICAL CENTER | FALL 2015

OMC Hospital Campus Expansion is Complete

After years of planning and construction, Olmsted Medical Center (OMC)'s hospital expansion and renovation are finally complete. The first part of the expansion—the brand-new 80,000-square foot Women's Health Pavilion—opened in November 2014. The space, which doubled the size of the hospital's campus, contains dedicated areas for services including:

- obstetrics and gynecology
- BirthCenter
- family medicine
- psychiatry/psychology
- comprehensive breast care, including mammography
- social services
- prenatal, family, and lactation education.

The second phase of the project involved moving the entire orthopedics department, formerly located at OMC's Rochester Southeast Clinic, into the renovated hospital space formerly occupied by OMC's obstetrics/gynecology and plastic surgery departments. That space has been outfitted with some of the most advanced technology available today, including two brand-new high-resolution digital X-ray machines. "The new machines are very convenient for our patients. We also have a small fluoroscopy X-ray that allows us to perform procedures, such as removing pins or reducing fractures, right in the office," said Robert Kurland, MD, chair of OMC's musculoskeletal department.

"These devices mean that our patients can have one-stop care." Orthopedics caregivers began seeing patients in the new space in late July.

Other amenities that have been welcomed into the new space are:

- The Gift Box, an expanded Auxiliary gift shop
- Café 49, a gourmet coffee shop serving Caribou coffee and light snacks
- information desk staffed by a greeter
- upgraded waiting areas with flat-screen TVs.

The hospital also has new streamlined patient drop-off/pick-up driveways with permanent canopies located in front of the Women's Health Pavilion and in front of the hospital's new main entrance. Free on-site parking is just steps away from any of the building's entrances (see campus map to the left).

"The renovated hospital is a reflection of what our patients mean to us and the years of planning that have gone into being able to provide this for them," said James Hoffmann, DO, OMC's vice president for hospital and surgical services. "It also gives us room to grow over time so we can continue meeting patients' needs for the foreseeable future."



Hospital Patients and Visitors

Entrance Locations and Hours

- 1 Main entrance**
Monday – Friday 5:30 AM – 9:00 PM; Saturday – Sunday 7:00 AM – 9:00 PM
- 2 Women's Health Pavilion entrance**
Monday 6:30 AM – 7:00 PM; Tuesday – Friday 6:30 AM – 5:00 PM
Closed weekends & holidays
- BirthCenter visiting hours**
1:00 – 9:00 PM daily
- 3 Emergency Department entrance**
Always open for emergencies
- 4 Plastic Surgery entrance**
Monday – Friday 8:00 AM – 5:00 PM
Closed weekends & holidays
- 5 Employee entrance**
Name badge access only



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Learn more about the services offered at our expanded hospital campus by visiting www.olmstedmedicalcenter.org.

Or, follow us on Facebook, Twitter, or LinkedIn.

Keeping Scheduled Appointments

During 2015, OMC removed phrases like “please arrive 15 minutes early” from most appointment confirmations and reminders. This made most actual appointment start times much clearer for patients and simplified appointment scheduling for OMC’s healthcare providers. But what happens if you or your OMC provider can’t keep a scheduled appointment?

- In unplanned or emergency provider absences, we work hard and quickly to contact patients for rescheduling. In the rare case that we can’t contact you before your appointment, we’ll do our best to assist you when you arrive.
- In order to encourage the same courtesy among patients, some OMC departments may charge a small fee to patients who miss (without canceling or rescheduling) an appointment.
- While OMC’s online forms and MyOMC patient portal are ways to let us know you’re not able to keep a scheduled appointment, a phone call often is the best choice—especially if it’s a last-minute cancellation. You’ll find phone numbers for all OMC departments and locations at www.olmstedmedicalcenter.org.



5 Dangerous Diseases That Could Return—and How to Avoid Them

Several families who traveled to Disneyland last winter came back with an unwanted souvenir: measles, a disease that hadn’t struck the United States since 2000.

Health experts believe low rates of vaccination have allowed measles to return—and spread. If current anti-vaccine trends continue, they warn, more dreaded diseases could make a comeback. Here are some of the biggest threats:

- **Chickenpox.** Vaccines prevent more than 3.5 million cases and 100 deaths each year, but outbreaks still do occur.
- **Mumps.** Vaccination decreased cases of the mumps from 200,000 to about 1,150 per year, but occasional outbreaks still occur.
- **Polio.** The United States hasn’t had a case of polio in 30 years, but it affects children in some countries.
- **Pertussis.** In the late 1970s, a major decline in Japan’s whooping cough vaccination rates saw pertussis cases soar from 393 to 13,000.
- **Rubella.** Also called German measles, this disease can be mild in children

and adults; it also can cause severe birth defects in pregnant women’s babies.

How to Beat These Bugs

The best way to protect against these diseases? Good personal hygiene and vaccines. But media have spread questionable information about the safety, side effects, and efficacy of vaccines. As a result, some parents are hesitant or unwilling to immunize their children.

However, evidence shows vaccines are safe and save lives, preventing hundreds of thousands of cases of disease each year. Meanwhile, reports from organizations like the Centers for Disease Control and Prevention and the Institute of Medicine officially have cleared vaccines of causing autism and many other adverse effects.

Getting vaccinated also protects others. This concept is called “herd immunity.”

If you have questions or concerns about vaccines, talk with your primary healthcare provider. S/he can point you toward reliable sources of information so that you can make the best decision for your family’s, and your community’s, health. 🌐

The New Family Norm: Fathers Feel the Pressure

According to a recent survey, family men have caught up to women in the stress department. About half of fathers with outside jobs say they find it somewhat or very difficult to balance work and family roles. That's compared with 56% of working moms.

This stress has ripple effects throughout the whole family. Over time, it can increase the risk for depression. Dads who feel strained or sad may act differently toward their kids and partners. Some evidence suggests stressed-out or depressed parents even can adversely affect children's development.

Pressure Piles on Dads

What's producing this pressure? Experts point to a few trends:

- **Changing social norms.** Now, most men aim to be loving, supportive partners and parents instead of merely distant breadwinners. This may be more fair and fulfilling, but it's also more challenging.
- **Blending families.** Some men have several parental roles—one recent study suggests these dads feel the most stress of all.

- **Career challenges.** Money problems often add to family tensions.
- **Gender differences.** Men tend to express stress and depression differently than women.

Getting the Help Men Need

Cultural ideas sometimes prevent men from addressing these concerns. But to cope with life's challenges, busy fathers (and mothers) can:

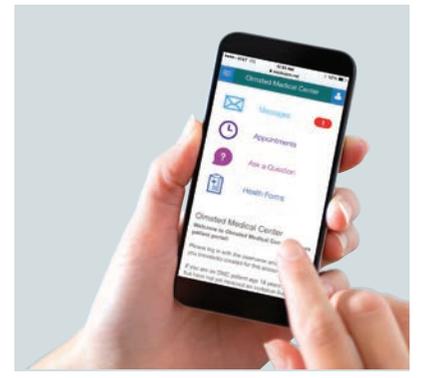
- **Use emergency stress stoppers.** Keep a list of quick fixes to defuse moments of anger or frustration. Count to 10, go for a walk, or take a few deep breaths.
- **Work it out.** Aim for about two and a half hours of exercise weekly.
- **Plan ahead.** Use to-do lists and prioritize your time. Prepare yourself for difficult conversations and have a back-up plan if things don't go as expected.

If you—or the man in your life—feel overwhelmed by pressure, talk with a healthcare provider. These experts can recommend other ways of coping. In some cases, medications or therapy can help fathers ease the strain. 🗨️



Introducing MyOMC Patient Portal 2.0

The **MyOMC** Patient Portal recently was upgraded to a cleaner, smoother design. The software offers the same functions you may have used in the past, but now is screen-responsive and more easily used whether on a desktop, tablet, or mobile device. **MyOMC** Patient Portal 2.0 also replaces the **MyOMC** mobile apps, which are no longer available via Google Play and iTunes. If you do not yet have a portal account, you can request one by visiting our website, calling OMC at **507.287.2780**, or speaking to any OMC caregiver.



BirthCenter Virtual Tour

In November 2014, we opened our expanded and vastly upgraded BirthCenter. Now, you can preview most facility features by watching a two-minute virtual tour online. To view it, visit our website, YouTube channel, Twitter feed, or Facebook profile.

Once you've watched the virtual tour, visit our website's "Classes & Events" section to sign up for a free, 30-minute in-person walking tour. Go to www.olmstedmedicalcenter.org/classes-events.



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.

Get Your Protein from Plants



Protein is a constant and essential staple of the human diet. And, while animal products often are touted for their protein content, almost everything we eat contains protein of some kind. This means vegetarians, vegans, or anyone looking to reduce their intake of meat doesn't need to worry about getting enough protein.

Olmsted Medical Center's registered dietitian Sue Lofgren recently shared some tips and ideas in response to frequent questions on this topic. She also put together this page's sidebar sample menu, which shows one way to get more than 60 grams of protein per day on a vegetarian diet.

How much protein should we consume daily?

The recommended daily allowance for protein is 56 grams per day for

adult men and 46 grams per day for adult women. Athletes tend to need more protein, but usually they can get enough through their diet and won't need supplements.

What are some sources of protein not derived from animals?

Soy products (tempeh and tofu), beans (such as lima, kidney, baked, garbanzo, white, navy, great northern, soybeans), peas, lentils, peanuts, grains, nuts and nut butters (such as cashews, walnuts, pistachios, almonds), seeds and seed butters, and vegetables all contain protein.

What should you look for when deciding what types of protein to use?

Plant-based proteins except soybeans and some grains are "incomplete proteins" because they lack one or more of the nine essential amino acids that make up complete protein. Eating a variety of protein sources throughout the day will ensure you get all nine essential amino acids.

How effective/safe are protein powders as a dietary supplement?

A balanced diet is the best way to get the nutrients and energy your body needs. If you're thinking about using a protein supplement, talk with your healthcare provider first.

– Adapted with permission from Allison Roe's original June 2015 *Radish Magazine* article at bit.ly/proteinsource.

>> SAMPLE MENU

One way to get 60 grams of protein in one day from non-animal-derived products.

Breakfast

Fresh fruit (**0g** protein)
Steel cut oats with walnuts, honey, and cinnamon (**7g** protein)
8 ounces soy milk (**6g** protein)

Snack

23 (1 ounce) almonds (**6g** protein)
1 slice soy cheese (**3g** protein)
16 Wheat Thins crackers (**2g** protein)

Lunch

2 slices whole wheat bread with 2 Tbsp peanut butter and filling of choice (banana, honey, raspberry preserves, etc.) (**14g** protein)
Vegetarian baked beans ½ cup (**6g** protein) or a vegetarian bean soup (approximately **6-12g** protein)
Tossed salad (**0g** protein)

Evening meal

Veggie stir-fry with soy-based stir fry sauce with 2 ounces tofu, 1+ cup veggies, and 1 cup brown rice (**19g** protein)
Fresh fruit (**0g** protein)

Snack

1 ounce blue corn tortilla chips (**2g** protein)
2 Tbsp black bean/corn salsa (**2g** protein)
2 ounces avocado (**1g** protein)