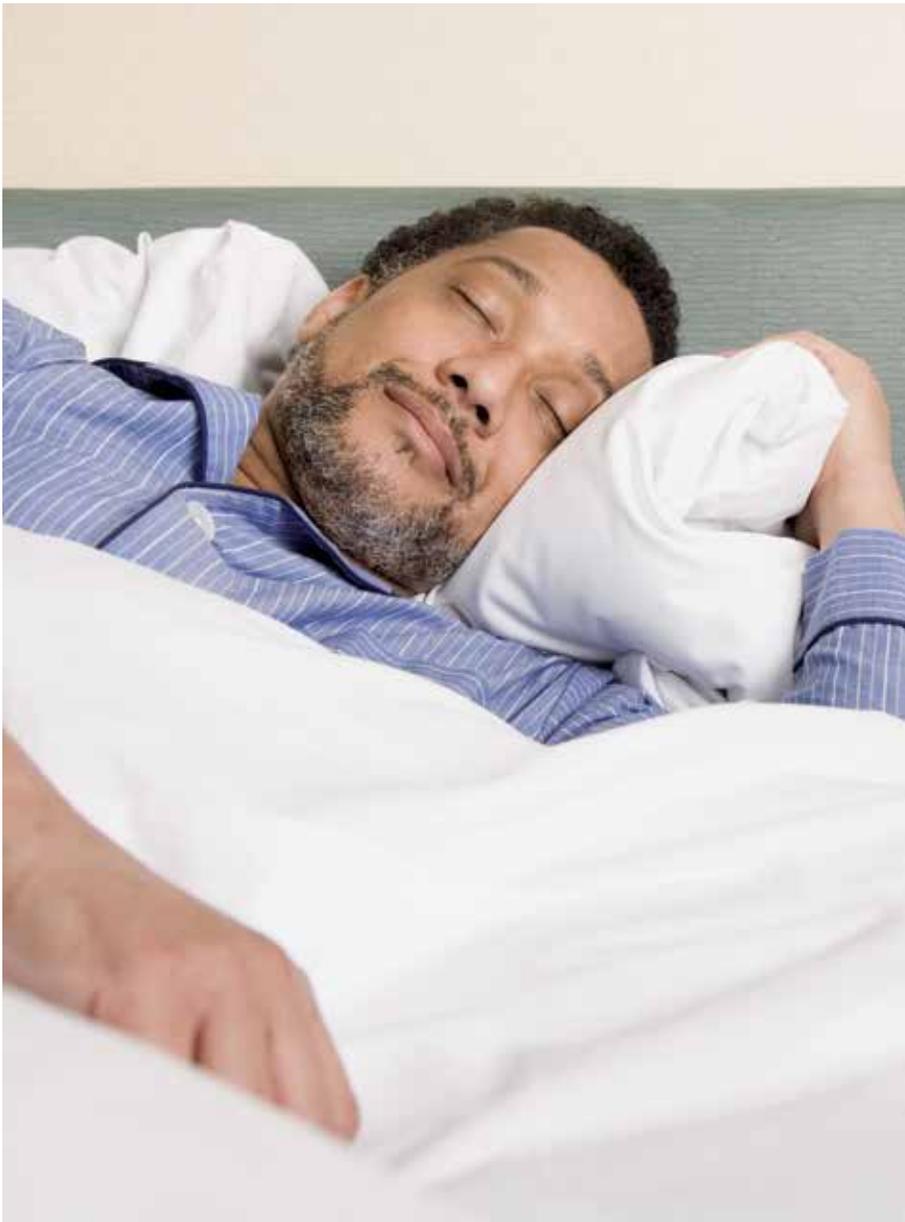


HealthNotes

A HEALTH AND WELLNESS PUBLICATION *from* OLMSTED MEDICAL CENTER | SPRING 2017

Good Sleep is No Longer Just a Dream

The OMC Sleep Medicine Program Can Help



When we think about good health, eating right and exercising come to mind. But too often we forget about the importance of sleep. If you're one of the millions of Americans who don't get quality sleep, Olmsted Medical Center's Sleep Medicine program may be able to help.

"As a culture founded on a strong work ethic, sleep is not a priority in our country," explains Michel Cramer Bornemann, MD, who has completed fellowships at the University of Minnesota in pulmonary medicine, critical care medicine, and sleep medicine but now solely focuses his clinical attention on sleep medicine. "Over time, sleep deprivation will significantly impact health. Lack of sleep lowers energy levels and immune system function. It increases the risk for depression, anxiety, and work-related problems. It is also linked to an increase in obesity, diabetes, and other health issues."

OMC's Sleep Medicine program helps patients optimize sleep health. It diagnoses and treats sleep disorders, as well as offers testing for the Department of Transportation and other organizations to ensure workers are getting adequate sleep for safety.

Assessing Sleep Problems

When a patient first comes to the Sleep Medicine program, he or she meets with a sleep specialist for a comprehensive assessment. If necessary, the specialist works with other care providers to treat any

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underlying causes of sleep problems. The sleep specialist counsels patients on how to implement healthy sleep strategies with the use of sleep diaries and other techniques.

If the specialist suspects a sleep disorder, the patient may undergo a sleep study or other tests. Sleep studies may be conducted at the hospital or self-administered at home.

"A home sleep study is very simple and allows patients the comfort and privacy of their own home," explains Dr. Bornemann. "The study provides a tremendous amount of information to help diagnose a disorder."

OMC's Sleep Medicine program diagnoses and treats all types of sleep disorders, including sleep apnea, restless legs syndrome, insomnia,



parasomnias, circadian rhythm disorders, narcolepsy, and more.

Finding a Solution

Once a sleep problem or disorder has been diagnosed, OMC sleep specialists create a

detailed treatment plan, using a number of therapies to get patients sleeping soundly. These may include cognitive behavioral therapy, medications (when necessary), and medical devices. If a device is needed, OMC will provide the patient with an order and recommendations on where they can get the device.

"Some people are hesitant to get sleep issues diagnosed because they fear treatment. However, treatment options have progressed significantly over the years," explains Dr. Bornemann. "If you suffer from sleep problems, seek help. There are solutions that can work for you." 🔄



If you think you have a sleep disorder, contact your primary care physician and get a referral to a sleep medicine specialist.

3D Mammography Now Available at OMC



At Olmsted Medical Center, we understand that getting a mammogram can be stressful. Our goal is to help you understand your risks for breast cancer as well as to help you be as comfortable as possible when you have your mammogram.



You can find more information and videos on our Breast Health web page: www.olmstedmedicalcenter.org.

Mammograms are the best test available for detecting early breast cancer. At the Women's Health Pavilion, we now offer breast imaging with state-of-the-art equipment, including 3D mammography, or True Breast Tomosynthesis.

Unlike a regular mammogram, which takes a single image of the breast, a 3D mammogram takes multiple images, from angles not available in traditional 2D mammography. This results in a clearer image which enables the radiologist to look inside the breast, layer by

layer, to find tumors better than standard 2D mammography, resulting in fewer recalls. With a 3D mammogram, the process takes only a second or two longer than the traditional mammogram.

We invite you to talk with your primary care provider about which breast health services might be right for you.



Meet the Plastic Surgery Providers



Meet OMC plastic surgeons Srđan Babović, MD, (left) and Ghassan Mehio, MD (right).

OMC's Plastic Surgery Department team of surgeons and caregivers has built a strong reputation of exceptional customer service and proficiency with the latest cosmetic and reconstructive technology, as well as a shared passion for helping people look and feel their very best. Due to increasing demand, the department recently added a new surgeon. Welcome to Ghassan Mehio, MD, who joins Srđan Babović, MD, as a member of the surgical team.

We invite you to "meet" Dr. Babović and Dr. Mehio. Want to read more? You can find an extended article on OMC's Plastic Surgery web page.

 To begin learning if plastic surgery is right for you, visit our website at www.olmstedmedicalcenter.org.

What do you like best about being a plastic surgeon?

Dr. Babović: Plastic surgery is an ever-changing and evolving surgical discipline. In my mind this is the last "general" surgery, since it can involve the whole body as well as a variety of procedures. In addition, every problem requires an individualized solution and very often an element of artistry. Understanding and helping patients to achieve their goals is a two-way street and, for me, very interactive and rewarding.

Dr. Mehio: A patient who is satisfied and happy with their result is what I like best about being a plastic surgeon. I decided to become a plastic surgeon because this is probably the only surgical specialty where we try to give back to the patient something they have lost, such as a rejuvenated, fresher face,

or a reconstructed breast, among many other procedures.

What do you want your patients to know about their appointment or when they come to see you?

Dr. Babović: Our patients need to understand that their appointment in OMC Plastic Surgery is a complex, carefully orchestrated and structured event that involves a team approach. The team includes at least four members of the Plastic Surgery department: surgeon, secretary, nurse, and business office manager. This helps ensure the patient's experience is immaculate and they have a smooth walk through the whole process. After the examination by the surgeon, the patient will be presented with options for treatment and will have time to have all their questions and concerns addressed.

Dr. Mehio: As the patient's surgeon, their best interests will always come first. I, along with others on the Plastic Surgery team, will go above and beyond to ensure the best possible outcome and experience. 

Plastic Surgery to Host Information Session

You are invited to join the Plastic Surgery Department for an informational dialogue. It will be held in the private setting of their department in the Women's Health Pavilion.

Day: Tuesday, April 4, 2017
Time: 5:30 PM

This will be a time to learn about the new things that are happening. There will be door prizes and much more!

Seating is limited. For more information or to reserve your spot, call **507.529.6740**.

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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.

Health Questions? Visit OMC's Online Health Library

Are you looking for health-related information about diseases, conditions, treatments, procedures, or tests? Check out OMC's new Health Library.

The Health Library offers patient education information, health and nutrition resources, recipes, videos, podcasts, quizzes, and prevention guidelines, among other resources. In addition, the website offers a Symptom Checker for both adults and children. Content on the site is continuously updated with the latest information and

based on clinical guidelines and medical research by skilled medical editors.

While this information is not meant to replace care with your healthcare provider, it may help you find answers to questions and learn more about medical topics of interest to you.

To access the library, visit <http://healthlibrary.olmmed.org>. Or, if you are on our website, visit the "Healthy Living" page, which can be accessed from the navigation menu at the top of the website. Then click on "OMC Health Library" in the middle column of the page. 🌐

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **507.288.3443 (TTY: 507.287.2799)**.

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Mother's Milk Depot Opens at Women's Health Pavilion

Olmsted Medical Center (OMC), in an agreement with the Mother's Milk Bank of Iowa, has become a Mother's Milk Depot. Area mothers who have completed a screening process through the Mother's Milk Bank of Iowa are now able to donate their milk to benefit other infants.

After a mother has been approved to donate, she should call OMC Lactation Services at the Women's Health Pavilion (**507.529.6758**) to schedule a time to drop off the milk. The collected milk is then placed in a freezer and sent to the Mother's Milk Bank of Iowa for pasteurizing and distribution throughout Iowa and Minnesota, including to individual mothers in the community.

Know of a mother who would like to donate to OMC's Milk Depot? She should visit the Mother's Milk Bank of Iowa's website (www.uichildrens.org/milk-donor-information) to learn about the screening requirements.