OLMSTED MEDICAL CENTER
GOOD HEALTH STARTS WITH GREAT CARE.®

HealthNotes

A Health and Wellness Publication from Olmsted Medical Center • www.olmstedmedicalcenter.org

Your Healthcare on Your Time

Olmsted Medical Center unveils new online interactive tools

While winding down for bed at 10:02 PM, you realize you again forgot to call to schedule an important appointment with your healthcare provider. What do you do?

Thanks to new Web tools now available at **www.olmstedmedicalcenter.org,** you can log on to your own personal Olmsted Medical Center (OMC) profile and request that appointment from anywhere you access the Internet.

The new secure website also includes financial account management and online bill-pay capabilities. It's part of OMC's ongoing commitment to providing both exceptional patient care and excellent customer service.

"That includes allowing patients to manage their healthcare on their own time, instead of having to do it on our schedule," says OMC Chief Medical Information Officer Linda Williams, MD.

In addition to appointment requests and financial account management, future additions include:

- the ability to receive medical test results
- prescription renewal requests
- office visit summaries
- online access to your medical history.

Also planned for the future is your own secure online health diary, a virtual space where you can make your own notes about health information that's important to you. Eventually, OMC will offer online appointments for patients with certain medical conditions.

The ultimate goal is increased, secure access to your medical information—and even direct online communication with your healthcare providers. "The trend is toward increasing interactivity, while always keeping patient privacy a priority," says Jeremy Salucka, OMC communication and Web services coordinator.

OMC is working with its healthcare technology partners to document best practices in this type of online patient interface. The hope is to generate standards that other healthcare organizations can use when adopting their own Web-based patient interfaces.

"The easier and more secure healthcare organizations can make it for patients to access their medical information, the more active role patients can take in their healthcare," Salucka concludes. "And that can greatly benefit all of us."

Visit **www.olmstedmedicalcenter.org** today to learn more about creating your free bill-pay and patient portal accounts—and start experiencing your healthcare on your time. Or, simply scan this icon with your smartphone to access the Web site right now! Download the free mobile scanning app at **www.gettag.mobi.**

See inside for news on our new clinic!

A Tour of Our New Web Tools!

Visit **www.olmstedmedicalcenter.org,** which now features secure access to two sets of online services.

Online financial services, including bill-pay, are available to anyone financially responsible for an OMC patient account.

Online healthcare services, including appointment requests, are available to all adult OMC patients.

New Hope for Preventing and Managing Alzheimer's Disease

No magic spell can prevent the devastating effects of Alzheimer's disease on thinking and memory. And scientists have yet to find a pill that can cure it. But research is shedding light on ways to cut risk, and treatments can make life easier after a diagnosis.

Preventing Dementia

Some risk factors for Alzheimer's disease can't be controlled, such as age. However, the latest findings show you can reduce your risk by:

- Not smoking. People who light up in midlife have more than double the chances of developing dementia, including Alzheimer's disease, later.
- Controlling your cholesterol. High levels of LDL, or "bad," cholesterol may harm your brain and your heart. And an HDL, or "good," cholesterol of 55 mg/dl or higher might protect you.
- Drinking in moderation. About 10% of all cases of dementia are alcohol-related.
- Exercising. In one study, participants who walked regularly increased the size of a part of the brain called the hippocampus, which usually shrinks with age, helping boost memories and ward off dementia.

Delaying Its Progress

As Alzheimer's disease progresses, permanent changes to the brain cause symptoms such as memory loss, changes in mood, and trouble sleeping. But the newest therapies for Alzheimer's disease help by:

- Slowing the disease's progress. Five drugs reduce or stabilize symptoms such as memory loss, confusion, and problems with reasoning to a limited degree. Each has different benefits and risks. Your healthcare provider will usually suggest trying low doses and assessing their effects, potentially adding higher doses or other drugs later on.
- Managing behavior. Sometimes, changing the environment can help ease symptoms like irritability and anger. Other times, medications to treat anxiety, stress, or depression can help, but these too can have risks, such as sedation or falls.
- Improving sleep. Better sleep habits, such as maintaining a regular schedule and cutting back on TV, usually help, as does regular exercise. If not, sleep-inducing medications may help.

OMC's Internal Medicine and Neurology departments can help address the symptoms and management of age-related dementia, including Alzheimer's disease. Call **507.292.7185** to learn more.

OMC Physicians Christiana, Miller, and Olson Retire

This year, pediatrician Neal Olson, MD; family medicine physician Tom Miller, MD; and occupational medicine physician Richard Christiana, MD, are retiring from their careers as Olmsted Medical Center (OMC) healthcare providers.

In all, these three providers have given 105 years of service to OMC patients: Dr. Olson, who worked at the Rochester Southeast clinic, has the longest continuous tenure (more than 42 years) of any OMC physician. Dr. Christiana, also based at the Rochester Southeast clinic, finished his medical career at a close second (41 years). Rochester Northwest's Dr. Miller had been working with OMC patients for 21 years.

During their time practicing medicine at OMC, each of these providers cared for thousands of Southeastern Minnesota's residents, often working with several generations of the same families.

If you have positive memories you'd like to share with us about Dr. Olson, Dr. Miller, or Dr. Christiana, e-mail them to **foundation@olmmed.org** or mail them to:

Patient Memories, c/o OMC Regional Foundation
210 Ninth Street SE
Rochester, MN, 55904



From left: Dr. Christiana, Dr. Miller, and Dr. Olson

Conquer Cold Season:
Tips that Are Nothing to Sneeze At

Another cold season is here, and if you're like most adults, you'll get one to three bugs this year. But what about ways to avoid them in the first place? Here's what the science says:

Zinc. This mighty mineral makes your cold shorter, finds a recent research review published in *The Cochrane Library*. For best results, suck on a zinc lozenge at the first sign of a sniffle. But beware: Zinc supplements can reduce the effectiveness of some antibiotics and arthritis medications. And doses of more than 40 milligrams per day for adults and 34 milligrams for teens may cause stomach troubles. Children have lower limits, so ask a pediatrician what's best for your child.

Vitamin C. Regularly getting about 1,000 milligrams of vitamin C daily can reduce your cold symptoms by a day or two. Real foods are the best sources. Choose citrus fruits, broccoli, potatoes, and tomatoes. Avoid supplements if you have kidney disease or are being treated for cancer. And keep your intake to 2,000 milligrams or less for adults and 1,800 milligrams for teens. Ask your healthcare provider what amount is safe for younger kids.

Sleep. In one study, people who got less than seven hours of shut-eye were almost three times as likely to catch a cold as those who got eight hours or more.

Exercise. People who get moving five or more days a week are about half as likely to catch colds. And when they do start sneezing, their illnesses are shorter and less severe. If you're already sick, postpone intense workouts until several days after your symptoms have gone away.

Hand-washing. The simplest, most effective way to ward off a cold is to wash your hands frequently with soap and water.

Olmsted Medical Center's FastCare clinics can help treat seasonal illnesses like colds, flu, sinus infections, and strep throat. Visit either Rochester Shopko store for walk-in service or call **507.292.7009** for more information.

OMC Starts POLST Initiative

Recently, OMC began an initiative for Provider Orders for Life-Sustaining Treatment (POLST). This approach gives patients diagnosed with serious and/or chronic illness the option to discuss end-of-life treatment options with their healthcare providers in an outpatient care setting or in an inpatient hospital setting.

The results of the discussion are recorded on a POLST form, which becomes a medical order and travels with the patient between care settings (e.g., long-term care facilities) and home. It is designed to give emergency responders and other clinicians clear guidance as to a patient's wishes for end-of-life treatment options. For more information about POLST, please call OMC's social worker, Tricia Schilling, LICSW, at **507.529.6744.**

Save the Date! Fall Solutions Seminar

Tuesday, October 18
Somerby Golf Club, Byron, MN

Join Srdan Babovic, MD, and his staff from Olmsted Medical Center's Plastic Surgery department for an evening dedicated to exploring the latest in skin-rejuvenation and cosmetic solutions. Fall Solutions will focus on VISIA, a unique complexion analysis and the first step to optimum facial skin health and vitality. RSVP by calling **507.529.6740** by October 7.

HealthNotes

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Recipe:

GO NUTS: FRUITY NUTTY SPINACH

If you've got a passion for the taste of nuts, you may not need a good reason to eat them on a daily basis. Even so, it's nice to know that including nuts in your diet can provide a host of health benefits. The list includes lower cholesterol levels, reduced risk for heart disease and stroke, better weight control, and lower insulin needs for people with diabetes. This recipe is easy and quick to make.

2 tbsp. chopped walnuts
1 tsp. olive oil
1 9-oz. bag of fresh spinach (about 4 cups raw)
2 tbsp. golden raisins

Directions

1. Heat a frying pan and add chopped walnuts. Shake the pan to turn the nuts. When you begin to smell them toasting, turn off the heat.
2. Transfer toasted nuts to a bowl.
3. Remove stems from spinach. Rinse and drain in a colander and pat with a paper towel. Heat oil in the frying pan and sauté spinach until soft and bright green. Add raisins and nuts and stir until hot. Serve immediately.

Yield: 2 servings

Each serving provides:
Calories 110, Total fat 7 g, Cholesterol 0 mg, Sodium 49 mg, Carbohydrates 10 g

Controlling Diabetes: A Heart-Healthy Choice

About 24 million people (8%) in the United States have Type 1 or Type 2 diabetes, which means their blood sugar is high. Diabetes is a lifelong disorder that can have serious effects on many parts of the body, including the heart. In fact, heart disease death rates are two to four times higher in adults with diabetes than in those without the condition.

Why is heart disease so high in people with diabetes? Research shows that high blood glucose spurs the development of plaque in the lining of the arteries. Plus, many people with diabetes have other conditions that increase their risk for heart disease, including high blood pressure and high cholesterol.

If you have diabetes, staying healthy—and preventing heart disease—starts with testing your blood glucose every day to make sure it is within your target range (70–99) and taking your diabetes medicine when instructed to do so.

In addition, it is recommended that you do the following:

- Follow the diet your healthcare provider recommends.
- Maintain a healthy weight.
- Exercise on a regular basis. Talk with your healthcare provider to set healthy targets, like the 150 minutes per week recommended by the Diabetes Prevention Group.
- Follow your provider's recommendations for managing high blood pressure and high cholesterol.
- Try to reduce stress in your life.
- Consult with your healthcare provider about drinking alcohol in moderation.

Visit **www.olmstedmedicalcenter.org** and click on "Patient education and outreach" under "Live a healthy life" to download a PDF chart including information about OMC patient education classes that can help you manage diabetes. Or, simply scan this icon with your smartphone to access the Web site right now! Download the free mobile scanning app at **www.gettag.mobi.**

OLMSTED MEDICAL CENTER
ROCHESTER NORTHWEST

The new Olmsted Medical Center — Rochester Northwest, 5067 55th St. NW

Introducing Our New Northwest Clinic!

Extended Hours, Expanded Services

When you schedule your next appointment at Olmsted Medical Center's (OMC's) northwest clinic, be sure to note its new address. Starting October 4, a brand new northwest clinic will be open for business.

"We built the new location to keep pace with the rapidly growing population of Rochester's northwest corridor," says Tim Weir, chief executive officer of OMC. "Above all, we needed to continually improve patient access so patients can get the medical care they need when they need it."

Designed with Patients in Mind

The beautiful new clinic, which is decorated with art from local and regional artists, is approximately 64,000 square feet in size. And there is the ability to add two additional floors in the future. It houses 26 exam rooms—more than double the number in the current northwest clinic—and contains additional space for future services, such as pain medicine and sports medicine. Also, Olmsted Medical Center owns land immediately west of the new campus, so there's plenty of room to expand the facility in the future to continue meeting the local population's medical needs.

The new facility also has three treatment rooms where physicians can perform procedures such as lesion removal, vasectomy, and IV infusion, says Gwen Mock, RN, Rochester Northwest's nurse supervisor.

To improve access even more, the clinic will soon offer extended weekday hours: 7:00 AM to 7:00 PM, Monday through Friday.

"The future extended hours will make getting an appointment even easier and more convenient for patients," Mock says. "Medical issues are often unpredictable. You could wake up sick or pick up your child from day care and find that he or she is not feeling well. With our extended new hours, you'll be able to get an appointment early in the morning or after work when you need it."

Cutting-Edge Care Starts Here

The state-of-the-art clinic will expand the primary care services that are offered at the current northwest clinic location. There will be more family medicine practitioners and pediatricians on staff, as well as an internist, says Randy Hemann, MD, chair of OMC's family medicine department.

Rehabilitation services are also being expanded to include cardiac and pulmonary rehabilitation at the new facility. And there's a separate parking lot and entrance for the physical and occupational therapy services located at this site, as well as for cardiac and pulmonary rehabilitation patients.

The new clinic also boasts a nuclear medicine department, in addition to regular diagnostic imaging and laboratory services. "Nuclear medicine involves injecting through an IV line a tracer that's attracted to specific organs, bones, or tissues," Dr. Hemann says. "Then, an imaging device is used to examine the targeted area." This technology can be used for bone and thyroid scans, cardiac stress tests, and other procedures.

Adds Weir, "The new space is a significant part of Olmsted Medical Center's continued commitment to providing the highest level of care with the greatest access for patients in Rochester and the surrounding communities."

Read more about our new clinic on the next page! >>

Going Green for a Healthier Planet

New Clinic Includes LEED-Certified Features

Not only will the brand new northwest clinic help safeguard the health of its patients, it will also protect the environment.

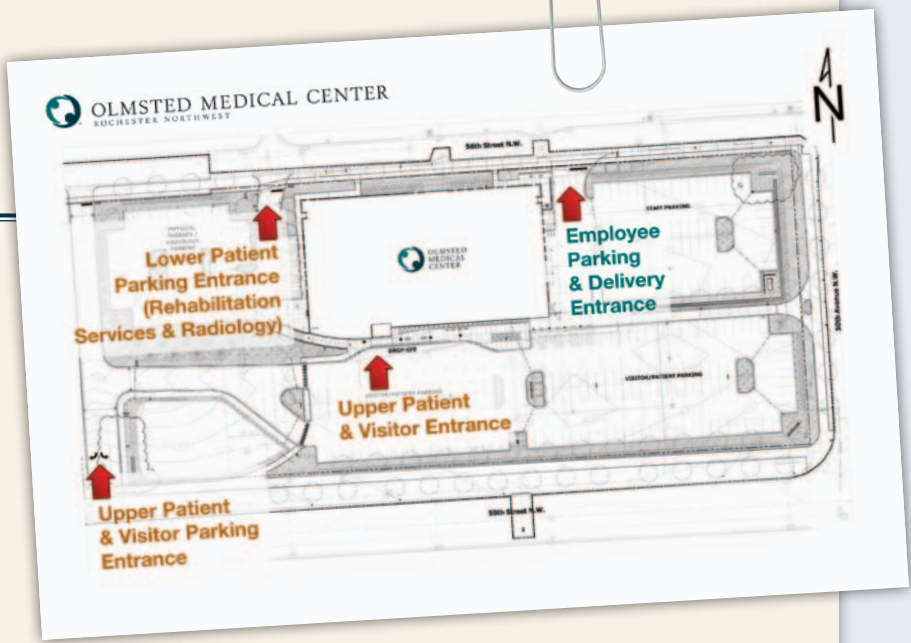
"From the very beginning, the building was designed and built to incorporate Leadership in Energy and Environmental Design (LEED)-certified features," says Joel Messmer, facilities operations manager at Olmsted Medical Center (OMC). "This means that it contains a wide range of eco-friendly and energy saving practices."

Why go green? "In constructing the new facility, we felt we had a responsibility to do what we could to create a contemporary building that would have minimal impact on the local environment," says Tim Weir, chief executive officer of OMC.

To this end, the clinic boasts several LEED-certified design features:

- The paints, carpet adhesives, caulks, and sealants used were all considered low-emitting materials. This means they are products that don't release harmful pollutants into the air.
- Geothermal heating and cooling was installed. This technology takes advantage of belowground temperatures to warm and cool the building. Also, in the winter, the system helps melt snow and ice on the entrance and sidewalk areas.
- Lighting controls, including timers, occupancy sensors, and lighting sensors, help reduce the light level needed according to outdoor conditions and natural sunlight.
- Water-saving plumbing fixtures were installed on all sinks, toilets, and showers to maximize water-usage efficiencies.

Olmsted Medical Center – Rochester Northwest Clinic at a Glance



Address: 5067 55th St. NW, Rochester, MN 55901
Phone: 507.292.7070
Web: www.olmstedmedicalcenter.org
Hours: 8:00 AM to 5:00 PM, Monday through Friday
Future extended hours from 7:00 AM to 7:00 PM

- Accessible by bike (located just west of Rochester's Douglas bike trail)
- Decorated with regional art
- 26 exam rooms
- Flexible appointment times
- More family medicine practitioners and pediatricians on staff
- Expanded rehabilitation services
- System that will help melt ice on the sidewalks in the winter
- **Opens Tuesday, October 4**

OPEN HOUSE FOR THE NEW CLINIC!

Join us from 5:00 to 7:00 PM on Monday, October 3, at the new clinic for a public open house. Enjoy light refreshments, tours of the $20 million facility, talks with Olmsted Medical Center's healthcare providers, and much more! No advance registration necessary. See you there!