

HealthNotes

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Too Embarrassed to Talk with Your Provider?



Research shows that about half of patients have felt ashamed during a visit with a healthcare provider.

As a result, many patients avoid going back or lie about their health.

But hiding health issues can keep helpful treatment out of reach. On the flip side, honesty and open communication help you get the best possible care. In one study, even embarrassing encounters with a healthcare provider had positive outcomes for patients: It motivated them to make a change to improve their health.

Keep in mind that most health issues, even ones that feel embarrassing to you, often are routine to your care team. Your caregivers are here to help, and remember that strong patient-confidentiality laws protect all your talks.

Discussing the following health topics can make many people—not just patients—nervous and bashful. But if any of them is

a concern for you, please don't hesitate to say so at your next appointment:

Anxiety or Depression

Everyone experiences ups and downs. But if you feel sad much of the time, for more than a few weeks, or if you experience ongoing anxiety, talk with your healthcare provider. You may have depression or an anxiety disorder, medical conditions just as real as any physical ailment. And there are effective treatment options.

Weight

It is no secret that roughly one third of US adults, and nearly 20% of American minors, is obese (the category beyond "overweight"). Your provider can advise you on a healthy weight for your body type and can provide safe, practical strategies for shedding pounds.

Sex

Sexual dysfunction, both in men and women, often has a medical reason. Sometimes, changes in your sex life are warning signs of heart disease, diabetes, or other conditions. Don't keep your concerns between the sheets—there are methods to restore both desire and function.

Incontinence and Digestive Issues

If incontinence is a problem, medications, exercises, and surgery can help. In some cases, lifestyle changes can relieve stomach troubles such as constipation and gas. But sometimes common stomach symptoms signal a more serious health problem, so don't hold back.

Memory Loss

Aging, medication side effects, vitamin deficiencies, and some thyroid, kidney, or liver diseases can cause memory problems. Often, the sooner you pinpoint the cause, the better the chance of reversing or managing memory loss. 🔄



Your **MyOMC** patient portal account's "Ask a Question About My Health" secure-messaging feature is another way you can approach your healthcare provider about sensitive health topics. Activate your **MyOMC** account by calling **507.287.2780** or submitting a short "Portal Signup" form at www.olmstedmedicalcenter.org.

In Memoriam – Dr. Harold (Hal) A. Wente

On February 21, 2015, current OMC employees joined retired clinicians, administrators, support staff, and community members in remembering the life and legacy of OMC founding physician Harold (Hal) Wente, MD, after he died peacefully of natural causes at 92 years of age.

Dr. Wente was born August 29, 1922, in Moose Lake, Minnesota. The first of three children in his family, Hal announced shortly before his graduation from high school that he wanted to become a doctor. After study at St. Thomas University and the University of Minnesota's medical school, an internship in Milwaukee, Wisconsin, and two years of active duty service as a US Army transport surgeon, his clinical career path

seemed relatively clear: medical residency followed by practice in a small Midwestern city with a community hospital.

In 1949, Hal and his wife of four years at that time, Elaine, and their two daughters returned to Minnesota to find a place to live and work. Fortuitous meetings in Rochester with Mayo Clinic administrators and the city's only other full-time general practitioner at the time convinced Dr. Wente that Rochester was a great place to establish and grow his medical practice.

That practice began on July 15, 1949. Dr. Wente opened his first medical office in downtown Rochester's Lawler building, formerly located where the parking ramp now stands on the southwest corner of Broadway Avenue and Center Street. He saw

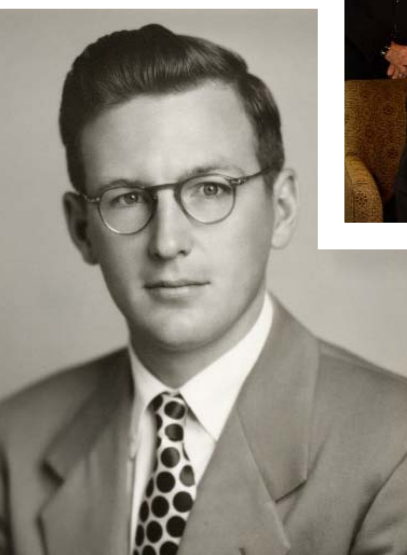
his first day's patients, a man requesting a prescription renewal and a woman with a cold, in one of the clinic's two 12-foot-by-12-foot exam rooms. Because both patients paid cash at the time of service, Dr. Wente happily ended his first clinic day with \$4 more than he started it—a good omen of things to come.

And so began, as a result of these and many other historical happenings far too lengthy to catalog here, a 66-year journey of growth leading to the integrated regional healthcare provider now known as Olmsted Medical Center. Dr. Wente played a foundational role in OMC's current status as one of Rochester's largest employers, one that currently dedicates nearly 30% of its annual operating expenses to community benefit activities. 🌍

Olmsted Medical Center's current president Kathryn D. Lombardo, MD (seated left) with former organizational leaders Hal Wente, MD (seated right) and (standing, from left) Roy A. Yawn, MD; Noel R. Peterson, MD; G. Richard Geier, Jr., MD; and John Brodhun, MD.



A young Dr. Wente vaccinates a Rochester student against polio in 1955.



Dr. Wente early in his career.



Dr. Wente at OMC's Rochester Northwest clinic, which displays his first examination table and some of his medical armamentarium.



Dr. Wente (fifth from right) helps break ground for OMC's current Rochester Southeast Clinic in 1969.

Five Reasons to Take Sleep Seriously

Lack of sleep contributes to 100,000 car accidents, \$16 billion in healthcare expenses, and \$50 billion in lost productivity each year. In fact, the Centers for Disease Control and Prevention has named insufficient sleep a public health epidemic.

For instance, sleep deprivation:

1. Messes with your memory

While we slumber, our brains work hard to form new memories. Skimping on sleep breaks the chain. You'll find it harder to learn new skills or recall past events. And a study in *Psychological Science* found sleep-deprived people are prone to creating false memories—recalling events that never happened.

2. Tinkers with your DNA

In as little as one week, lack of sleep produces changes at the genetic level. Genes linked to your immune system, your stress response, and your metabolism are among the more than 850 affected.

3. Makes you anxious

Sleep deprivation causes our bodies' natural systems for anticipation to remain activated for no reason. This causes us unneeded anticipation and worry. Sleepless nights amplify this arousal,

worsening anxiety disorders, researchers found.

4. Wrecks your diet

Sleep balances out your hunger hormones. If you're not well rested, your levels of the hunger hormone ghrelin rise and the fullness hormone leptin fall. This increases your chances of overeating. Scanning studies also show your brain responds differently to unhealthy foods when you're sleep-deprived, making them harder to resist.

5. Leads to microsleep

Ever driven somewhere and forgotten part of the journey? Finished reading a page of your book but can't recall what it said? You may have fallen asleep for just a few moments without realizing it. These unplanned naps are out of your control and can lead to accidents or other dangerous consequences.

Experts recommend most adults log seven to eight hours per day. But individual sleep needs vary by person. If you depend on an alarm clock to wake up, find yourself cranky or forgetful, or rely on caffeine to make it through the day, you're probably sleep-deprived. ☹️



Welcome to Café 49!

Throughout OMC's years of growth, our dedication to personal, exceptional patient care has been matched only by our respect for our organization's history. Increasingly, the chronicles of how OMC earned its reputation as southeast Minnesota's hometown healthcare provider are reflected in how we decorate our facilities. It was in this spirit that we chose Café 49 as the name for the new gourmet coffee shop now serving visitors to our Rochester Northwest clinic. A second Café 49 will open later this year inside our hospital's remodeled north entrance. Both spaces combine the products and service of a modern coffeehouse with the friendly, welcoming ambiance that we've been known for since Dr. Wenthe opened his very first office in 1949.

Mystery Shoppers Wanted!

In 2012, OMC began a "mystery patient/shopper" program to gather feedback on the overall patient experience at OMC. Mystery shopper volunteers help us improve patients' experiences by honestly evaluating how they are treated, from a customer-service perspective, from the time they initiate contact with OMC through their discharge or exit. Mystery shoppers record their anonymous feedback on a paper survey and mail their responses to OMC in a postage-paid envelope (provided). **Mystery shoppers' identities are kept anonymous and are not shared with OMC caregivers.**

If you are interested in joining OMC's mystery shopper program, please call **507.292.7091** or e-mail **mysteryshopper@olmmed.org** to get started!



If you're suffering the symptoms of sleep deprivation but aren't sure why, talk with your primary healthcare provider to see if OMC's sleep-medicine services are an option for you.

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Right Food = Good Mood

Fruits and vegetables not only nourish your body—they also can make you happier, according to a recent study.

The research compiled 14,000 adults' responses to questions about what they ate and their mood. Those who reported feeling down in the dumps were found to eat less than three servings of produce per day. Meanwhile, those who consumed five servings or more of fruits and veggies had the brightest moods. In another study, adults who ate a fruit- and veggie-rich Mediterranean diet had more positive feelings and fewer negative emotions.

By now, almost everyone has heard that fruits and vegetables form the cornerstone of a nutritious diet. So you should rightfully feel proud of placing them on your plate. But the real health benefits begin when the healthy compounds in produce help your brain function properly.

Star nutrients include:

- **Complex carbohydrates.** Unlike simple sugars, which often cause you to quickly crash, complex carbs from starchy veggies and fruits keep your blood sugar and hormone levels steady.
- **B vitamins, including folate and vitamin B-6.** Your brain needs these nutrients to produce neurotransmitters. Fall short and your emotions can run off track.

Some evidence suggests that antioxidants in fruits and vegetables may help combat a process in your body that triggers cell damage. It's possible antioxidants in fruits and vegetables may help keep your mood intact and protect against depression.

Health experts recommend at least five to nine servings per day of fruits and veggies. Create your own mood-boosting shopping list with these easy-to-find, inexpensive, and versatile suggestions:

- **Peas (rich in complex carbohydrates).** Mix into pasta, stir into salads, or combine with onion, garlic, broth, and seasonings for a tasty soup.
- **Spinach (good source of the B vitamin folate).** Use as a pizza topping, heat up frozen greens as a side dish, or heat in a pan with chickpeas for a tasty beans-and-greens sauté.
- **Bananas (contain complex carbohydrates and vitamin B-6).** Try bananas blended into smoothies, sliced lengthwise and topped with frozen yogurt, or tossed with apples, lettuce, and peanuts for an unexpected salad. 🌱



>> RECIPE

Lemon-Walnut Green Beans

Ingredients

- 8 cups small fresh or frozen green beans
- cooking spray
- 2 cups sliced green onions
- 1/3 cup chopped walnuts
- 1 1/2 tbsp. chopped fresh or 3/4 tbsp. crushed dried rosemary
- 5 tbsp. fresh lemon juice
- 1 1/2 tbsp. grated lemon rind

1. Arrange green beans in a steamer basket over boiling water. Cover and steam 8-12 minutes or until crisp-tender.
2. Plunge beans into cold water to stop the cooking process; drain.
3. Spray a sauté pan with cooking spray. Over medium-high heat, add green onions and sauté until tender.
4. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind.

Yield: 8 servings, about 1 cup per person

Each serving provides: 80 calories, 4 g total fat, 0 g saturated fat, 0 mg cholesterol, 10 mg sodium, 11 g total carbohydrate, 5 g dietary fiber, 3 g sugar, and 3 g protein.

