

HealthNotes

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

OMC's Neurology Department Expands Services to Meet Patients' Needs



The Neurology department at Olmsted Medical Center has been treating patients for more than 20 years. Physicians with the Neurology department treat a wide range of conditions including:

- Alzheimer's disease
- Amyotrophic Lateral Sclerosis (Lou Gehrig's disease)
- Concussions
- Dementia
- Migraines and other headache disorders
- Multiple Sclerosis (MS)
- Neuropathy (nerve damage) and neuralgia (nerve pain)
- Parkinson's disease and other

movement disorders

- Spinal cord disorders
- Stroke
- Torticollis (twisted neck)

Recently, the Neurology department added several new services to provide more efficient and accessible care to patients.

Providing Access Through Telehealth

Earlier this year, Angala Borders-Robinson, DO, a neurologist at OMC, started providing patient consultations through the use of Telehealth. "Telehealth is a type of video conferencing that allows me to provide consultations here at the Rochester

Southeast clinic while patients are at any of our 10 branch clinics," she says. "For many neurological conditions, I can perform an assessment and make recommendations for treatments and management by seeing and talking to the patient through the screen." As a result, patients have easier access to the neurological care they need. For some, this can even mean receiving that care sooner since they don't have to travel to Rochester.

Helping Neurology Patients

Dr. Borders-Robinson recently launched a new clinic for patients with MS and

(continued on next page)



ENT at Olmsted Medical Center

OMC's ear, nose, and throat (ENT) specialists provide medical and surgical treatment of the head and neck. The team treats adults and pediatric patients for both acute and chronic conditions.

Our ENT diagnostic equipment includes an oral pharyngeal pH probe and video scope for nasopharyngeal exams. If necessary, ENT partners with OMC's Plastic Surgery department when septorhinoplasty (nasal repair) is needed as part of treatment.

While referrals to ENT often come from primary care physicians or acute care providers, patients are able to schedule their own appointments if they have concerns affecting the ears, nose, or throat.

 Interested in learning more about ENT services offered by Olmsted Medical Center? Visit the Ear, Nose & Throat (ENT) page on our website at www.olmstedmedicalcenter.org.

OMC's Neurology Department Expands Services to Meet Patients' Needs

(continued)

Parkinson's disease. Once a month, the Neurology Specialty Clinic enables patients to meet with Dr. Borders-Robinson, as well as other care providers, such as a physical therapist, occupational therapist, or a social worker, during a single visit. This enables patients to receive more efficient, comprehensive care.

More Than Just Support

Several years ago, Dr. Borders-Robinson saw a need in the community for providing additional education to people with MS. As a result, Dr. Borders-Robinson created the MS Support Group. The group meets once a month and discusses different topics each time.

"The more educated and informed patients are, the better able they are to manage their symptoms," she says. "Patients often tell me how grateful they are to have this support group. Not only do they learn about their condition, but they also have the opportunity to network with other people who are going through similar experiences," she says. The MS Support Group meets the first Wednesday of every month from 5:30 to 6:30 PM at the Northwest Clinic. Patients can sign up for the support group by calling **507-292-7090**. "My goal is to continue developing the Neurology department in whatever ways help meet our patients' needs," Dr. Borders-Robinson says. 

 Contact your primary care physician with questions or to receive a referral to OMC's Neurology department.



How to Refill Your Medicine

Do you need a refill or are you out of refills?

- If you are out of refills, call your pharmacy first. They will fax a request for more refills to your healthcare provider.
- Refills may take up to seven business days (three days for chronic narcotic medicine*). *Chronic narcotic medicines have a risk of dependence and abuse:
 - Chronic narcotic refills will be completed Monday through Thursday from 8:00 AM to 5:00 PM.
 - There will be no refills for lost or damaged chronic narcotic medicine. Keep your medicine safe.
- If you have been waiting longer than seven days, please call your pharmacy first.
- If the pharmacy has questions, they will call your healthcare provider.

Other Tips

- Order a refill 7-10 days before you are out of your medicine.



- Have your medicine label with you when you call to verify you are taking the correct doses.
- If you want to use a different pharmacy, talk with your new pharmacy about moving your prescription refills.
- To avoid multiple trips to the pharmacy, try to get your prescriptions refilled at the same time. Ask your pharmacist how he/she can help. 📞



OMC's licensed pharmacists and technicians provide prescription and over-the-counter medication to the general public, as well as medication counseling and prescription management. You do NOT need to be an OMC patient to use one of our two outpatient pharmacies.



Congratulations to the OMC Caring Partners Volunteer Program

We are pleased to announce that the OMC Caring Partners Volunteer Program has just been Service Enterprise Certified. Service Enterprise is an organization that fundamentally leverages volunteers and their skills throughout their organization to successfully deliver on its social mission and to address community needs. For more information contact Kelly Owens (kowens@olmmed.org or 507.292.7210).

HealthNotes

www.olmstedmedicalcenter.org

Kathryn Lombardo, MD President
Stacey M. Vanden Heuvel Vice President, Marketing & Philanthropy
Tim W. Weir, FACHE Chief Executive Officer

HealthNotes is published three times a year by Olmsted Medical Center and OMC Regional Foundation. *HealthNotes* is a service to educate people about subjects pertinent to their health, not a substitute for consultation with a healthcare provider. Please contact OMC Regional Foundation at 507.292.7202 or foundation@olmmed.org with questions, comments, or requests to be removed from the *HealthNotes* mailing list.

OMC Regional Foundation
210 Ninth Street SE
Rochester, MN 55904
Postmaster: Please deliver between June 12 and 16

NONPROFIT ORG
U.S. POSTAGE
PAID
OMC REGIONAL
FOUNDATION

 Printed on Recyclable Paper 739M Developed by StayWell



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.



Click your Way to Care.

 OLMSTED
MEDICAL
CENTER | eCare

www.omcecare.org

OMC complies with healthcare-related Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak a language other than English, assistance services, free of charge, are available to you. Call **507.288.3443 (TTY: 507.287.2799)**.

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

FIIRO GAAR AH: Haddii aad ku hadasho Soomaali, adeegyada ka caawinta luqadda ayaad adigu lacag la'aan ku heli kartaa. Soo wac **507.288.3443 (TTY: 507.287.2799)**.