

The Services You Need to Support Your Health

In addition to the excellent childbirth, emergency, and urgent care we're known for, Olmsted Medical Center offers a broad range of services to support your family's health and well-being. Our expertise includes:

Bariatrics: Surgically helping overweight patients shed pounds, improve health, and regain vitality.

Orthopedics: Getting patients with joint pain back to activities they enjoy.

Plastic surgery: Helping patients live their best lives through both reconstructive and cosmetic procedures.

Sleep services: Giving patients a better night's sleep through diagnosis of sleep-related disorders, including a recently expanded sleep lab to serve more patients.

Pain management: Providing relief to patients with chronic or acute pain through methods such as nerve blocks and acupuncture.

And we do much more. To learn more about these services or discover all the types of medical care we offer, visit www.olmstedmedicalcenter.org/services.



When You're Staying with Us, Hospitalists Care for You

Being hospitalized can be stressful. The hospitalists at Olmsted Medical Center (OMC) can help ease your mind. If you are in the hospital, you may receive care from a hospitalist. Hospitalists specialize in caring for acutely ill patients in hospitals. All OMC hospitalists are medical doctors who are board certified in internal medicine.

This is important, explains Claude Bridges, MD, one of OMC's five hospitalists, because at the hospital, patients require a higher level of acute care than when visiting a physician for a checkup. "Because we work in the hospital full time, we can coordinate care among various areas more easily," he says.

Total Care, Improved Continuity

Working closely with your personal physician, an OMC hospitalist will:

- examine you when you arrive
- explain what the medical issues are, and what will be done to help you get better
- monitor your condition during your stay
- explain and arrange the tests and treatments you need
- prescribe medications you need
- transition your care back to your physician or another care facility upon discharge.

Hospitalists are on call around the clock, ready to handle any urgent medical needs that may arise during your stay.

"Other hospital staff become more familiar with how our full-time hospitalists work than they would be with a doctor who is only here on occasion," adds OMC Chief Medical Officer David Westgard, MD. "This improves care continuity for our inpatients and their families."



Lee Arteaga, PA-C, and Paulo Guimaraes, MD, two of Olmsted Medical Center's hospitalists

Enhancing Service, Access to Care

Patients outside the hospital also benefit from hospitalist care, which frees up more appointment times at outpatient clinic locations. Plus, Dr. Westgard adds, "OMC's primary care physicians and specialists are able to focus on their clinic practices rather than spending time at the hospital.

"Whether a patient needs inpatient or outpatient services, OMC hospitalists and physicians are ready to provide the care they need to get—and stay—healthy," Dr. Westgard concludes. 🔄

At Olmsted Medical Center, we believe good health starts with great care. Visit www.olmstedmedicalcenter.org to learn more about the many ways we support the health of our community.

Obese Kids Face Adult Health Problems

By now you know about the growing problem of childhood obesity. According to the American Heart Association, nearly one out of every three children and adolescents is overweight or obese. In addition to causing increased rates of Type 2 diabetes, this epidemic is having dire health effects among our nation's children—problems that once affected only adults.

The Problems of Obesity

Obesity puts people at risk for multiple health problems. It was commonly thought those problems affected only adults. This is no longer the case, as more and more healthcare providers are seeing the following conditions in their young obese patients:

- **High blood pressure:** In a study of 5,000 children, 5% had high blood pressure—and the strongest risk factor was obesity. Uncontrolled high blood pressure can cause heart disease and stroke.
- **High cholesterol:** The study found that 10% of kids ages 2 to 19 have total blood cholesterol levels greater than 200 mg/dl, the upper limit of the recommended range. High cholesterol increases heart attack risk.
- **Metabolic syndrome:** This is a group of risk factors that increase the chances for several serious conditions, including heart disease,

diabetes, and stroke. Researchers found that as many as 50% of severely obese adolescents have metabolic syndrome.

- **Plaque buildup:** According to the American Heart Association, plaque buildup in the neck arteries of obese children is similar to levels found in middle-aged adults. Plaque is a substance that forms along the walls of arteries, increasing the risk for heart attack and stroke.
- **Psychosocial issues:** Obese children may face a greater risk of developing anxiety, depression, unhealthy peer relationships, and poor self-esteem by the time they reach middle school. Girls are at greater risk than boys. Obese children also may suffer from sleep apnea, fatty liver disease,

gallstones, and orthopedic diseases. They may be more likely to get migraine headaches.

Help Your Child Be a Kid

These trends are clear evidence that kids need to manage their weight. Ask your child's healthcare provider if your child's weight is in a healthy range. If it's not, these tips can help:

- Serve healthy foods and control portion size.
- Encourage eating breakfast and stress the importance of not skipping meals.
- Encourage physical activity.
- Limit time spent in front of the TV or computer.
- Set a good example by eating well and being active. 🔄



Sign Up Today!

Are you receiving our FREE e-newsletter, *Health e-Living*, yet? Sign up today at www.olmstedmedicalcenter.org and watch for more about childhood obesity in our next issue!



Finding the Facts

About Dietary Supplements

You know you don't eat as well as you should.

You've heard most women don't get enough calcium in their diet. Or you feel a cold coming on and simply can't afford to miss work. Could a supplement help? How do you know a supplement is safe?

The world of dietary supplements certainly can be confusing, but fortunately there are ways to get reliable information.

Several years ago, Congress established a legal definition for dietary supplements. A dietary supplement is a product (other than tobacco) that:

- is intended to supplement the diet
- contains one or more dietary ingredients, which include vitamins, minerals, amino acids, herbs or botanicals, or their constituents
- is intended to be taken by mouth
- is labeled on the front panel of its package as being a dietary supplement.

People take dietary supplements for many different reasons. Some use them to fill gaps in their diet. Others take them to boost their energy. Many postmenopausal women take supplements to ward off uncomfortable



symptoms. But almost daily there are news reports about the risks or benefits of a particular supplement.

The U.S. Food and Drug Administration advises people considering a dietary supplement to do their research. Fortunately, there are places where you can find reliable information.

Your healthcare provider is trained to understand research findings and health claims. What's more, he or she knows your medical history and can advise you on how certain supplements might react in your body. Tell your provider about any and all supplements you are taking. 🔄

Get the Facts

The National Institutes of Health's Office of Dietary Supplements offers fact sheets about supplements. If you have a question about a supplement, visit <http://ods.od.nih.gov>. Click on "Health Information" and then on "Full List of Dietary Supplement Fact Sheets." Find the supplement to get more information. Then, talk again with your healthcare provider to see if it is appropriate and/or safe for you to use.



Is Weight-Loss Surgery an Option for You?

The number of Americans having bariatric, or weight-loss, surgery has been increasing steadily. For those who are severely obese, surgery can be an effective way to achieve weight loss and improve health.

Olmsted Medical Center now offers weight-loss surgery to qualified candidates. The LAP-BAND® program is open to adults meeting criteria that include body mass index scores, prior attempts at nonsurgical weight loss, and a commitment to extensive preoperative and long-term follow-up care.

LAP-BAND surgery is not a quick fix. After surgery, patients need to practice healthy lifestyle habits and have realistic expectations for their weight loss. To learn more about this surgical weight-loss procedure, call the Center for Weight Loss and Wellness at **507.292.7155**.

APPOINTMENT REMINDERS

At Olmsted Medical Center, we value your time. We want to do all we can to help you keep your scheduled appointments. That's why we're now using a telephone-based appointment reminder service.

A few days before your next visit, you'll receive a call reminding you of your appointment time and location. With the push of a button on your phone, you can confirm your appointment or let us know if you need to reschedule. Your time with your healthcare provider is important—and our new reminder service will help make sure you don't miss your next important visit!

Roy A. Yawn, MD
President

David E. Westgard, MD
Chief Medical Officer

Tim W. Weir
Chief Executive Officer

Stacey M. Vanden Heuvel
Vice President, Marketing & Philanthropy

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Recipe:

LIME SHRIMP KEBABS

Ingredients

- 3 large limes
- 2 cloves garlic, crushed and peeled
- ¼ tsp. black pepper
- 2 tsp. olive oil
- 2 tbsp. fresh cilantro, cleaned and chopped
- 16 large shrimp, uncooked, deveined
- 10 medium cherry tomatoes, rinsed and dried
- 10 small white button mushrooms, wiped clean and stems removed

Directions

1. In a glass measuring cup, squeeze limes, yielding ¼ cup of juice. Add the garlic, pepper, olive oil, and cilantro and stir.
2. Place the shrimp in a medium bowl. Pour the cilantro-lime marinade over the shrimp. Let marinate for 10 to 15 minutes in the refrigerator.
3. Alternate cherry tomatoes, mushrooms, and shrimp on four skewers.
4. Grill the skewers over medium heat for three to four minutes on each side until the shrimp are just cooked through.

Yield: 2 servings; about 1 cup per person

Each serving provides:

Calories:	160	Total
Total fat	6 g	carbohydrate: 17 g
Saturated fat:	1 g	Dietary fiber: 4 g
Cholesterol:	85 mg	Sugar: 5 g
Sodium:	95 mg	Protein: 15 g



Set the Stage for a Healthy School Year



School presents lots of opportunities for parents to help maintain their child's health, well-being, and safety. Follow these tips from the first day to avoid common risks throughout the school year.

Avoid too many missed days.

- Keep your child's vaccinations up-to-date. Talk with your child's healthcare provider about which vaccinations are right for your child. Older children may need immunizations against influenza, meningococcal meningitis, whooping cough, tetanus, diphtheria, chicken pox, hepatitis A, and human papillomavirus (HPV).
- Remind your child constantly of the importance of good hand washing.
- Have children avoid sharing each other's drinks, food, and silverware.

Avoid car or bus accidents traveling to and from school.

- The greatest risk isn't riding a bus. It's approaching or leaving it. Children should stay at least three giant steps (6 feet) away from the curb when the bus pulls up and when it leaves. Remind your child to never walk behind a bus.
- Encourage inexperienced teen drivers to avoid distractions, like cell phone use. Set limits on how many teenage passengers your child can transport. The chance for teenage drivers to have a car crash increases with each additional passenger they carry.

Avoid backpack-related back injury.

- Make sure backpacks don't weigh more than 10% of your student's body weight.
- A traditional-style backpack with two well-padded straps and a waist strap provides better support for the lower spine. Remind your child to always wear both straps. 🔄

Kids not old enough for school?

OMC offers a wide range of prenatal and family education classes, including one-to-one childbirth classes. Visit www.olmstedmedicalcenter.org and click on "Live a Healthy Life" for details.

