OLMSTED MEDICAL CENTER
GOOD HEALTH STARTS WITH GREAT CARE.®

# HealthNotes

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

# New Sports Medicine and Athletic Performance Facility Will Help Athletes of All Ages

The New Year will usher in a completely new lineup of services when Olmsted Medical Center's Sports Medicine and Athletic Performance facility opens in January. Designed for athletes of all ages, the Sports Medicine and Athletic Performance facility and programs provide expert health services and guidance for everyone, from elementary school hockey players to seniors who want to prevent chronic illnesses such as diabetes.

"If you move, we consider you an athlete, and whether you have been injured, want to improve your game, or have the goal of becoming healthier, we have the state-of-the-art equipment to help you increase your strength, speed, and agility, and reduce your chance of injury," says Wes Emmert, sports and athletic performance manager.

"You don't have to be a superstar to get superstar attention—with our new facility, we offer the most technologically-advanced services and resources for anyone in our community who wants to improve their activity and function in a safe manner," says Sports Medicine and Athletic Performance medical director Matt Thompson, MD.

## Wait Until You See This!

SMAP helps individuals bring their performance to the next level with a wide range of orthopedic, sports medicine, and performance-enhancing classes and programs, including:


**SAVE THE DATE!**

**SMAP FACILITY OPEN HOUSE** Saturday, January 4, 2014, 10:00 AM – 2:00 PM
Tours, prizes, demonstrations, and treats! All are welcome! Call **507.535.1977** for more info.

- hockey training featuring synthetic ice and the only Woodway BLADE skating treadmill in the region
- throwing and hitting programs for baseball players
- in-depth running evaluation programs
- golf enhancement programs led by a Titleist Performance Institute (TPI) physical therapist
- individualized athletic performance training
- personal training, including Functional Movement Systems screen evaluations
- bridge program to prepare and condition total joint replacement surgery patients
- sport-specific rehabilitation
- clinical diagnosis, treatment, and management of musculoskeletal injuries.

## With You Every Step of the Way

For the ultimate in convenience, OMC's Sports Medicine and Athletic Performance facility provides on-site ancillary health services, including medical imaging, physical therapy, and rehabilitation care. The comprehensive flow of services was carefully planned with input from OMC's team of experienced sports medicine professionals.

"Our team incorporated the nation's most progressive sports medicine concepts into this facility," says Dr. Thompson.

**You can take your performance to the next level,** and our Sports Medicine and Athletic Performance facility can help! Call us at **507.535.1977** or visit **www.olmmed.org/ortho-sportsmed** to learn more, schedule a free facility tour, or register for an upcoming class.

INSIDE: Stopping Superbugs | New Mammography Guidelines | How the ACA Affects You WINTER 2014

## OMC Offers Cardiopulmonary Rehabilitation

Have you or a loved one experienced heart health issues or been diagnosed with lung disease? Did you know that OMC offers cardiopulmonary (heart and lung) rehabilitation? Our team of registered nurses, exercise physiologists, a registered dietitian, and specialists in cardiology and asthma/allergy work one-on-one with patients and their primary healthcare providers. Our team can help with the following:

- behavior modification/lifestyle changes
- lipid management
- aerobic capacity assessments
- blood pressure control
- exercise prescription guidelines
- nutrition education
- stress management and relaxation techniques
- breathing techniques to strengthen upper respiratory muscles.

Talk with your primary healthcare provider if you or a loved one think any of these services might be right for you. You may also call **507.292.7222** to speak with a member of our cardiopulmonary rehabilitation team.

## New Spring Valley Clinic Opens

**The new OMC clinic** in Spring Valley recently opened to patients! The new facility, located at 802 Memorial Drive within the Spring Valley Senior Living Center, is a 6,400-square-foot outpatient facility with larger exam rooms, wider hallways, more patient privacy safeguards, and expanded telehealth services. In January 2014, the Senior Living Center and OMC's new clinic will welcome community members to a joint open house with facility tours, door prizes, and a chance to talk with caregivers from both organizations. For more information, call **507.346.7373**.

# Stop Superbugs This Flu Season

Used properly, antibiotics act as potent weapons in the fight against infection. But with cold and flu season here, health officials have issued renewed warnings about the safe use of these powerful drugs. Taking them when you don't need them—or using them incorrectly when you do—could actually make you sicker.

### When Antibiotics Don't Work

Each time you swallow an antibiotic pill or solution, the medication goes to work targeting bacteria, fungi, and parasites. Most of the harmful bugs die. But if a few survive, they may develop immunity to antibiotics' effects.

Antibiotic resistance can occur if you stop taking the drugs early, if you skip doses, or if you take antibiotics prescribed for someone else. If you develop a drug-resistant infection, you might:

- feel worse
- stay sick longer
- need to visit a healthcare provider more often
- have to use stronger drugs, which cost more and may have serious side effects.

What's more, bacterial antibiotics have no effect on infections caused by viruses. This includes:

- flu
- the common cold
- most sore throats, except for strep throat
- almost all cases of bronchitis
- many coughs and ear infections.

Taking antibiotics for these illnesses won't help and may increase antibiotic resistance in your own body or your community.

### Smart Strategies to Battle Cold and Flu

Some disease-causing microorganisms have developed resistance to all currently available antibiotics. It's a big problem—but here's how you can do your part to turn the tide:

- Let viral infections run their course. Use over-the-counter cold medicines or pain relievers to soothe symptoms. Drink lots of fluids, get lots of rest, and breathe in steam from a shower or hot water bowl. Talk with your healthcare provider if your symptoms worsen or last longer than two weeks.
- When you do take an antibiotic, follow instructions carefully. Take the full prescription—don't stop taking it just because you feel better. And never share drugs.
- Prevent infections before they start. Get a flu shot; wash your hands frequently; and eat a nutritious diet, exercise regularly, and get plenty of sleep.

# New Mammography Screening Guidelines and Hours

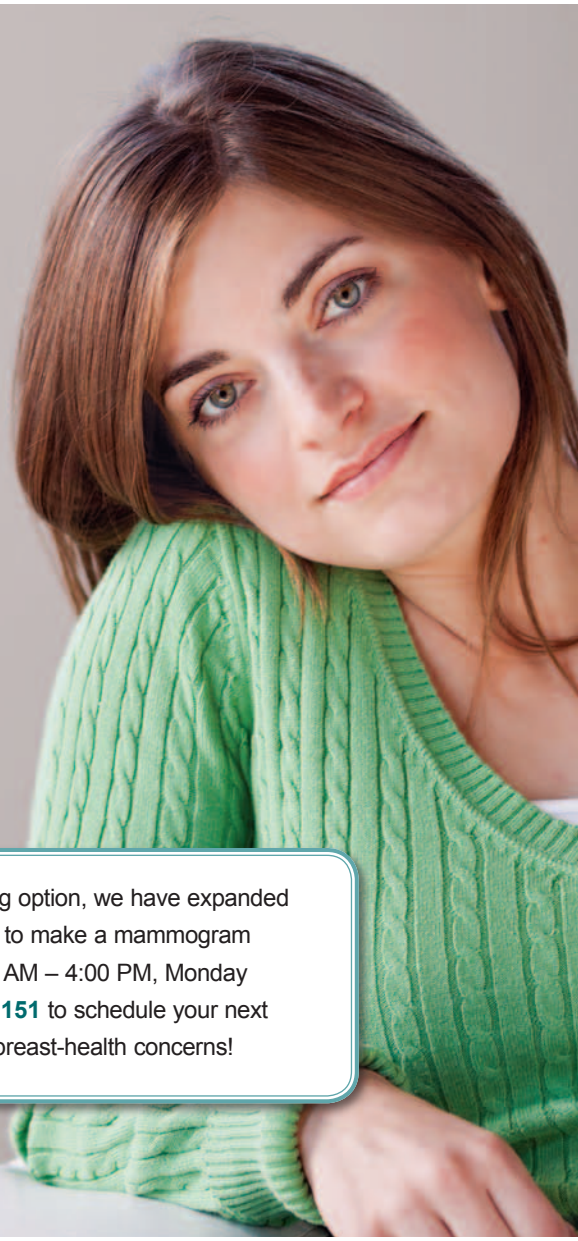
Because mammogram screenings are a very important preventive service, Olmsted Medical Center (OMC) has made scheduling them easier. If you meet the following criteria, you now can schedule your mammogram screening without having a clinical breast exam:

- You are 40 years or older.
- Your most recent screening mammogram was more than 12 months ago.
- You're not a SAGE patient.
- You have seen your primary healthcare provider in the past two years.
- You do not have any areas of concern in your breasts (pain or other abnormal features/feeling).

If you have any breast concerns, including breast pain or an area that feels abnormal, you should contact your primary healthcare provider to schedule a breast exam before you make a mammogram appointment.

OMC's breast imaging facility offers top-of-the-line digital mammography designed to reduce radiation exposure and minimize discomfort while producing the highest image quality. The facility also was designed to offer more of a calming, spa-like experience to reduce the stress and anxiety that many people feel during a mammography.

Although a clinical breast exam prior to your screening mammogram now may no longer be required, OMC encourages patients to see a primary healthcare provider for annual visits (physical exams). Those visits are very important to your health and well being!



In addition to this new scheduling option, we have expanded hours to make it more convenient to make a mammogram appointment. We're now open 7:00 AM – 4:00 PM, Monday through Friday. Contact us at **507.292.7151** to schedule your next mammogram or to discuss any of your breast-health concerns!

## Budgeting Your Time at OMC

You can make the most of your appointment time with OMC healthcare providers by allowing enough time in your busy schedule for your visit. These guidelines can help:

- ☐ Plan to check in at least 15-20 minutes before the time your appointment begins.
- ☐ Know the length of time for your scheduled appointment.
- ☐ Know the amount of time it will take you to get to and from your appointment.
- ☐ Give yourself enough time after your appointment for filling prescriptions, scheduling follow-up visits, etc.
- ☐ Try not to schedule other meetings or activities immediately after your appointment end time.

## Wanted: Mystery Shoppers

**OMC is recruiting patients** who will be visiting any OMC facility in the next year to be voluntary "mystery shoppers." These volunteers help us improve patients' experiences by honestly evaluating how they are treated, from a customer-service perspective, during a visit. Mystery shoppers' identities are kept anonymous and are not shared with OMC caregivers.

OMC mystery shoppers will be able to provide feedback on their customer service experiences throughout their entire visit, from the time they schedule an appointment until they leave their OMC location. Mystery shoppers will record their anonymous feedback on a paper survey and mail their responses to us in a postage-paid envelope (provided by OMC).

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!

# HealthNotes

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Recipe:

## CRANBERRY SPICED CIDER

**Ingredients**

- 4 whole cloves
- 4 whole allspice
- 1 cinnamon stick, broken in half
- 2 star anise
- 5 cups apple cider (nonalcoholic)
- 3 cups cranberry juice
- ¼ cup brown sugar, packed
- 3-4 orange slices

**Directions**

1. Place cloves, allspice, cinnamon stick, and star anise in a cheesecloth square and tie ends together.
2. In a large saucepan, combine spice bag, apple cider, cranberry juice, brown sugar, and orange slices. Bring to a boil, then reduce heat and simmer, covered, for 10 minutes, stirring occasionally.
3. Remove from heat and let stand for 30 minutes.
4. Discard spice bag and orange slices, then pour into mugs.

Serves eight; serving size is 1 cup.

**Per Serving:** Calories 149, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 8 mg, Total carbohydrate 38 g, Dietary fiber 0 g, Sugars 7 g, Protein 1 g, Vitamin A 0%, Vitamin C 0%, Calcium 4%, Iron 4%

# How the Healthcare Law Affects You

The national online Health Insurance Marketplace launched earlier this autumn. If you don't have health insurance through your job, the Marketplace was designed to help you choose and purchase a plan. When you fill out an application, you'll also receive information about whether your income and family size qualify you for discounts.

You can shop at the Marketplace if you already have coverage; however, your employer may not pay part of your premium if you select your own plan.

### Penalties for the Uninsured

People who can afford health insurance but don't have it may have to pay a fee.

The first year, the fee amounts to 1% of the uninsured's household income or $95 per adult—whichever costs more—and half that for each child. The fees increase each year.

Some uninsured people might qualify for an exemption if they:

- spend less than three months without coverage
- don't make enough money to buy insurance or to file a tax return
- qualify for Medicaid, regardless of whether your state offers it to you
- belong to an Indian tribe or certain religious groups that oppose health insurance or share healthcare benefits.

### Other New and Continuing Benefits

Whether you purchase a plan through the new Marketplace or already have one, the new law provides some additional protections:

- Your insurance company won't be able to turn you down or raise your rates because of a pre-existing condition.
- Companies can't cancel your coverage just because you made a mistake on your application.
- Most children can stay on their parents' medical plans until age 26.

If you receive benefits under Medicare or Medicaid, you don't need to do anything, and you'll keep the same coverage.

If you have questions about the Health Insurance Marketplace, visit **www.healthcare.gov, www.mnsure.org,** or contact OMC's business services at **507.287.2780**.