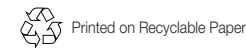


HealthNotes is published three times a year and is provided to patients and other friends of Olmsted Medical Center through generous support from OMC Regional Foundation. HealthNotes is a service to educate people about subjects pertinent to their health, not a substitute for consultation with a healthcare provider. For information on how you can give and make a difference for patients at Olmsted Medical Center, please contact us at 507.292.7208.



At OMC, our people are the key to our success. Want to join us? Follow us on LinkedIn and visit our Career Opportunities section at [www.olmstedmedicalcenter.org](http://www.olmstedmedicalcenter.org).



## Take Control of Your Health with OMC MyChart



Olmsted Medical Center offers a patient portal called OMC MyChart. This resource offers you and your healthcare provider a convenient, centralized online platform to access healthcare information from the comfort of home.

### Through OMC MyChart, you can:

- request or cancel an appointment
- send and receive secure messages with your healthcare team
- view health information from your visits
- view your appointment itinerary
- request prescription renewals
- and more!

### Types of appointments that can be scheduled through OMC MyChart include:

- annual visit with your primary care provider
- annual eye exam

- consults for Dermatology, Orthopedics, or Pain Management
- follow-up appointments for Asthma and Allergy, Endocrinology, Podiatry, Neurology
- Women's Health Services such as mammograms and pelvic health concerns
- and more!

OMC MyChart furthers our commitment to patient-centered, personalized care by ensuring your healthcare experience is flexible, transparent, and compassionate, every step of the way. To sign up, type <https://mychart.olmmed.org> and click on the "sign up now" button in the "new user" box on the right side of your screen.

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).



## Advancing Patient Care:

### A New Chapter in Rehabilitation Services at Olmsted Medical Center

At Olmsted Medical Center, providing exceptional, patient-centered care has always been our priority. In our continued commitment to serving southeast Minnesota and delivering comprehensive healthcare solutions, OMC is excited to share the continued growth of our Rehabilitation Services department, and the expansion of our outpatient clinic on Elton Hills Drive.

#### Rehabilitation Services Overview

The Rehabilitation Services department at OMC provides personalized therapies that are designed to help individuals address pain and loss of ability after an injury, medical condition, or surgery. Our therapists provide care for pediatric and adult populations, with treatment plans tailored to each patient's unique challenges and strengths.

OMC offers a wide range of clinical services within this department, including:

**Speech language pathology:** Focuses on assessing, diagnosing, and treating communication, voice, and swallowing disorders.

**Physical therapy:** Focuses on decreasing pain and improving movement and mobility for better function and quality of life.

**Occupational therapy:** Focuses on improving daily function and quality of life by enhancing upper body movement, providing necessary equipment for independence, and teaching cognitive strategies for daily activities.

View 360° tour



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### Specialty Therapy Services

**Vestibular therapy:** Focuses on issues related to the vestibular system, which plays a crucial role in maintaining balance and spatial orientation. Symptoms may include dizziness, vertigo, or unsteadiness.

**Occupational hand therapy:** Focuses on restoring optimal function and promoting recovery in individuals with hand, wrist, and elbow injuries or conditions, which may include fractures, arthritis, tendon injuries, or post-surgical complications. Treatment may include splinting, use of ultrasound, muscle testing and strengthening exercises.

**Industrial rehabilitation therapy:** Focuses on rehabilitation for strength and endurance to return to work and prevent future injury. Services include treatment for work-related injuries, ergonomic assessments and training, job function analyses, pre-offer and pre-work screens, and functional capacity assessments for returning to work.

**Pediatric therapy:** Like adults, pediatric patients may require physical therapy, occupational therapy, or speech pathology for a variety of reasons including, but not limited to torticollis (abnormal head position due to concern with neck muscles), plagiocephaly (asymmetry of the skull), gross motor delay (difficulty reaching motor milestones such as crawling, standing, and walking), toe walking/gait deviations, fine motor delay (difficulty grasping utensils for eating or writing, difficulty with handwriting, self-feeding, dressing), and speech delay or difficulty communicating basic needs.

**Pelvic health therapy:** Focuses on conditions that affect both women and men. Services include treatment for pelvic pain, incontinence (inability to control urine or bowels), prolapse, orthopedic pelvic pain during pregnancy, and other pelvic floor disorders.

**Functional activities of daily living (ADL) and instrumental activities of daily living (IADL) therapy:** Focuses on activities for self-care needed to live independently, such as dressing, toileting, and bathing. Services include measurement of a patient's ability to complete daily living activities via functional assessments to evaluate health status, current needs, and potential future needs.

**Lymphedema treatment:** Lymphedema refers to the buildup of lymph fluid under the skin. OMC's lymphedema therapy focuses on decreasing swelling and preventing complications through exercise, compression garments, manual lymphatic massage, wound treatment, and more.

**Massage therapy:** Focuses on manual manipulation of the body's soft tissues (muscles, tendons, ligaments) to enhance health and wellbeing. OMC offers massage therapy with a certified massage therapist in a variety of techniques including Swedish massage, deep tissue massage, prenatal massage, reflexology, trigger point, and more.

### Benefits of Expansion

With the expansion of our Elton Hills clinic space, we're meeting the increasing demand for rehabilitation services with even more accessible and personalized care, featuring state-of-the-art equipment and technology. This expansion facilitates a wider range of offerings, including driving and low vision assessments, pediatric care addressing gross and fine motor skills, long-term care for neurodegenerative diseases, post-cancer care, and more. Additionally, we offer wellness classes and interventions tailored to individual needs, such as balance, flexibility, and strength training. Conveniently located in central Rochester with ample free parking, our space is designed for comfort and accessibility, accommodating those with mobility aids or special needs.

### Schedule an Appointment

Patients can schedule an appointment with OMC's Rehabilitation Services department by calling 507.292.7222. Referrals are needed for Occupational Therapy and Speech Language Pathology services. Patients are welcome to call and schedule directly for Physical Therapy (as allowed by your insurance company) but may also need a referral. Call directly to schedule for Massage.

### Conclusion

As Olmsted Medical Center Rehabilitation Services continues to grow, we are grateful to our patients for their continued trust. Our aim is to support and empower patients to improve their overall quality of life on their journey to better health. We encourage you to explore the expanded services we now offer as we continue to serve our patients with compassion and skilled care. Thank you for being part of this journey with us.



## New Skin Cancer Treatments Available

At Olmsted Medical Center (OMC), we're always striving to bring you the latest innovations in healthcare. In our commitment to delivering patient-centered, future-oriented care to southeast Minnesota, OMC is thrilled to announce two new services to enhance your skin cancer treatment options: Mohs surgery and Image-Guided Superficial Radiotherapy (IG-SRT).

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### What is Mohs surgery?

Mohs surgery, also known as Mohs micrographic surgery, is a specialized procedure for treating skin cancer. This technique is renowned for its precision in removing cancerous cells while preserving healthy tissue and is especially helpful for treating basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and other types of skin cancer. This advanced method ensures high cure rates (up to 99%), protects healthy skin, provides quick results, and maintains your appearance.

### Why choose Mohs surgery at OMC?

At OMC, we're committed to your unique needs. Mohs surgery is a personalized approach to facing skin cancer. This service is accessible and convenient, with short wait times to ensure a swift and efficient experience for our valued patients. With its proven success, minimal impact on healthy skin, immediate results, and cosmetic benefits, it is considered the gold standard of care for skin cancer treatment.

### What is Image-Guided Superficial Radiotherapy (IG-SRT)?

Complementing Mohs surgery, OMC is also excited to offer Image-Guided Superficial Radiotherapy (IG-SRT). IG-SRT is a cutting-edge, non-surgical medical technique that combines advanced imaging technology with precise radiation therapy to treat various skin conditions and superficial tumors. IG-SRT uses ultrasound technology to precisely locate and target

skin cancer cells while minimizing impact on surrounding healthy skin, resulting in high cure rates with fewer side effects.

### Why choose IG-SRT at OMC?

We understand that every patient is unique, and OMC's commitment to personalized care is why we're introducing IG-SRT. This outpatient procedure is convenient, precise, non-invasive, and has minimal side effects. It's another way we're working to ensure you receive the best care possible. We are excited to offer this non-surgical option that also has high cure rates (99.3%) for skin cancer.

Whether you're dealing with basal cell carcinoma, squamous cell carcinoma, or keloids, IG-SRT offers a tailored and non-invasive solution for your specific needs.

### Schedule an appointment today!

Your skin health is our priority at OMC. If you have any questions or would like to learn more about Mohs surgery, IG-SRT, or any of our dermatology services, call 507.292.7182 or visit Dermatology (olmed.org).

Patients do not need a referral to access OMC's dermatology services. Call to make an appointment or schedule via OMC MyChart. Check with your insurance company regarding your coverage for dermatology care.

## Olmsted Medical Center:

### Expectations for Respecting our Community

Olmsted Medical Center (OMC) is dedicated to serving as your trusted healthcare partner. Our commitment to safe, quality care ensures you receive the best possible experience at OMC.

A top priority in delivering exceptional care at OMC is the safety of our community. OMC's employees, patients, and visitors expect an environment that fosters mutual respect, free from harassment and discrimination. You have the right to feel safe when interacting with others at OMC, and we're grateful to our patients for trusting us with your care and supporting our efforts to create the safest environment at all our locations.

OMC expects our employees will treat patients and visitors with respect in verbal communications and in their actions. We also expect that OMC patients and visitors will be respectful of our employees and others, whether in person, at a virtual visit, on the patient portal, or on the telephone.

Please follow any instructions given by our employees during your visit. It's important for your safety and the safety of others. Be courteous and respectful in your interactions—this helps to create a safe and positive environment for everyone at OMC.

You may be asked to leave OMC buildings or property, or in extreme cases, may be dismissed from care at OMC, if you:

- intentionally disregard staff instructions
- display bullying or intimidating behavior in our buildings or on our property
- make verbal or physical threats or use abusive, disrespectful, or foul language
- verbally or physically assault any person on OMC property.

OMC employees are expected to report any of the above behaviors as well as any activity that discriminates against any person on the basis of race, ethnicity, gender, orientation, religion, ability, or other diversity.

At OMC, we are dedicated to creating a safe and inclusive environment for everyone. We appreciate your commitment to showing respect to our employees and community.

