

Heartburn and Asthma: The Acid Connection



Acid Wreaks Havoc

GERD occurs when the band of muscle that separates your esophagus and stomach allows food and stomach acid to flow back up into your throat. The result is the fiery pain of heartburn, along with problems like a dry cough and trouble swallowing.

If you have GERD, stomach acid can also enter your airways and lungs, irritating them. This contributes to asthma attacks directly. It also makes your airways more sensitive to dust, pollen, and other allergens.

Heartburn is the most common sign of GERD. But asthma sufferers may have different GERD symptoms. For instance, you might feel like there's a lump in your throat, have a bloated stomach, or develop a hoarse voice. About 40% of people with both asthma and GERD have no reflux symptoms at all.


Beat the Burn

If left untreated, GERD can cause long-term damage to your esophagus and, in rare cases, even esophageal cancer.

Treatment can soothe symptoms and may prevent these complications. And studies suggest controlling GERD sometimes improves asthma symptoms as well.

Talk with your healthcare provider about how GERD may be affecting your asthma and your life. Changes you can make to eliminate acid include:

- cutting back on citrus foods, tomatoes, caffeine, alcohol, and chocolate
- eating smaller meals, and not eating within three hours of bedtime
- losing weight if needed
- not smoking.

In addition, over-the-counter or prescription medications can reduce the production or effects of stomach acid. 

Asthma affects 1 in every 10 Americans. As many as one-fifth of Americans have heartburn or similar symptoms each day. Since millions of people have each condition, it's no surprise some have both.

But the relationship between asthma and acid reflux goes beyond simple probability. A large number of people with asthma have gastroesophageal reflux disease, or GERD. Some have no signs. Still, GERD could be worsening their asthma.



Looking for more information on GERD? Our Family Medicine department can help! Call

507.292.7183 or log in to your **MyOMC** portal account to request an appointment.

Hospital Converts Urgent Care to ER

In response to steadily increasing numbers of patients who need emergency healthcare, Olmsted Medical Center will convert its hospital's current Urgent Care facilities to Emergency Room facilities beginning Monday, April 1, 2013. As of this date, patients with non-emergency healthcare needs are encouraged to visit other OMC locations. Several of the locations listed at right have added hours and services to provide better access to patients with non-emergency healthcare needs.

For more information on the healthcare services and providers available at each OMC location, visit www.olmstedmedicalcenter.org or call **507.288.3443**.

Location and Services	Hours
FastCare™ Clinics (Rochester Shopko Stores) Quick and reduced-cost non-emergency services on a walk-in basis	M-F 8:30 AM–8:00 PM Saturday 8:30 AM–5:00 PM Sunday 10:00 AM–5:00 PM Closed holidays
Skyway Clinic (2nd Floor of 318 Commons) Quick and reduced-cost non-emergency services on a walk-in basis	M–F 9:00 AM–5:00 PM Closed weekends & holidays
Primary and Specialty Care at OMC Clinics (Rochester & Surrounding Communities) Routine and acute care visits by appointment	Please visit www.olmstedmedicalcenter.org for information on each location
Rochester Northwest Clinic Non-emergency care on a walk-in basis	M–F 7:00 AM–7:00 PM Saturday 8:00 AM–3:00 PM Closed Sundays & holidays
Routine and acute care visits by appointment	M–F 7:00 AM–5:00 PM Closed weekends & holidays
Emergency Department at OMC's Hospital Emergency or critical care issues on a walk-in basis	24 hours/day, 365 days/year

Healing Wounds Is More than Skin Deep



When you experience an injury, the wound will likely heal over time. Some people, however, develop wounds that don't heal with conventional treatments—or time—and can become chronic. This may be due to the cause of the wound, such as severe burns, issues with circulation that impair wound-healing, or both. Now, there's new hope for patients with serious non-healing wounds: Olmsted Medical Center's Advanced Wound Healing Clinic, which opened last year.

"We take a comprehensive look at each patient," says Paulo Guimaraes,

MD, medical director of the Advanced Wound Healing Clinic. "We understand the different factors involved in the wound and address each of those in order to create the environment the body needs to begin the healing process."

State-of-the-Art Wound Care Is Here

The team at the clinic has received special training in wound care and is able to provide services beyond what's available at a typical healthcare provider's office. For example, the clinic offers a treatment called hyperbaric oxygen therapy. "When a patient is in the hyperbaric oxygen chamber, oxygen levels increase 20 to 50 times the normal levels in the blood," Dr. Guimaraes says. Oxygen is essential to helping wounds heal, and the boost can jump-start or speed wound healing. Other treatments may include debridement—which removes dead or infected tissue—special wound dressings, circulation testing, and preventive care.

A New Lease on Life

At the Advanced Wound Healing Clinic, each patient's care is customized to his or her needs. "We don't just address the

wound, we look at the person as a whole," says Sandy Burke, RN, clinical coordinator of the Advanced Wound Healing Clinic. For example, if a patient's wound is due to a complication from uncontrolled diabetes, experts at the clinic may refer the patient to other specialists, such as a diabetes educator and dietitian, to help the patient gain better control of his or her blood sugar. "In addition to healing the wound, we want to make sure the patient does everything he or she needs to do on a daily basis to keep the wound from coming back and prevent a new one from occurring," Burke says.

Non-healing wounds can affect every aspect of a patient's life. They can be painful, immobilizing, and embarrassing. "When a chronic wound is gone, patients feel hopeful, they get involved in life, and they smile again," Dr. Guimaraes says. 🌍

Are you living with a wound that isn't healing properly? Talk with your primary healthcare provider to see if OMC's Advanced Wound Healing Clinic can help, or call **507.529.6960** for more information.



Pain Management Program Moves

Olmsted Medical Center's Pain Management program recently moved to our clinic in Northwest Rochester. Parking for patients is available in the lower-level parking area (Rehabilitation Services lot). Patients then enter through the lower-level doors and check in at the second desk area (Radiology/Sports Medicine/Pain Management).

OMC's Pain Management program is led by Amarjit Viridi, MD. The program focuses on evaluation, diagnosis, and management of acute and chronic pain, including back and neck pain, pain from nerve injuries, herpes zoster (shingles), spinal headaches, facial pain, surgical incision pain, pain following amputations and injuries, arthritis pain, pain from soft-tissue injuries, and neuropathic pain.

If you need help managing physical pain, talk with your primary healthcare provider about OMC's pain management services.



Helping You Get Your Game On

Whether you're a weekend warrior, a high school hockey player, or just want to be more active in your life, Olmsted Medical Center's Sports Medicine and Athletic Performance services are here to help. OMC offers kids and adults of all ages and fitness levels a wide range of orthopedic, sports medicine, and performance-enhancing services, says Wes Emmert, OMC Sports Medicine and Athletic Performance manager.

Advanced Equipment and Services

"We're dedicated to helping prevent injuries, but if injury occurs, patients receive a quick and accurate diagnosis, treatment, rehabilitation, recovery, and return to the previous if not a superior level of performance," says sports medicine physician Matthew Thompson, MD, OMC Sports Medicine and Athletic Performance medical director.

Here's a look at some of the Sports Medicine and Athletic Performance services available at OMC:

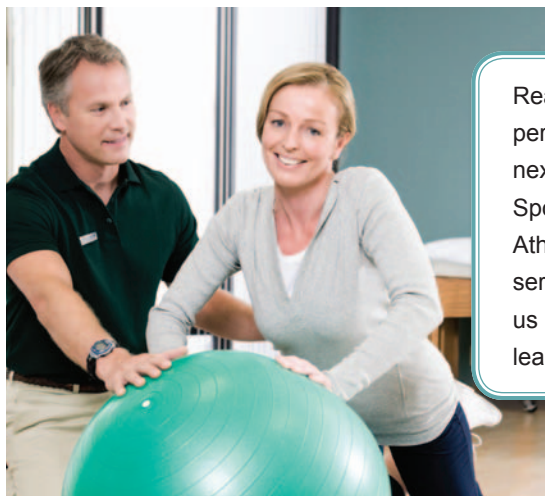
Functional Movement Systems® Screen—This evaluation helps identify pain or movement patterns that could compromise your physical function so a provider can devise a program to help you move better.

ImpACT® Concussion Testing—This computer-based test gains a picture of your child's cognitive function before the season starts so if he or she has a concussion, repeating the test helps a clinician decide when it's safe for your child to return to activity.

ACL Prevention Training—Learn how to jump, improve your balance, move, and change directions in sports to strengthen and help reduce your risk of injury.

The Bridge Program—"When patients invest in training prior to joint replacement surgery, the recovery is often speedier and more pain-free," Emmert says. It'll help you perform everyday activities after surgery and increase your strength, agility, and fitness.

Personal Training—Whether you have specific fitness goals, need to lose weight, or want to reverse the effects of a sedentary lifestyle, you'll work with Emmert to design a customized training program. "Oftentimes people feel intimidated when walking into a big fitness facility, but these personal training sessions take place in our friendly, non-threatening environment," he says. 🔄



Ready to take your performance to the next level? Our Sports Medicine and Athletic Performance service can help. Call us at **507.535.1977** to learn more.



Recent Clinician Retirements



David Lundberg, MD, came to Olmsted Medical Center in January 1992 to start an acute-illness service. He began OMC's Sports Medicine department in 2000 and ended his time here in 2012 as a member of our Family Medicine department.



Larry Peterson, MD, joined Olmsted Medical Center in January 1990 and served as OMC's medical director from 1999 – 2002. In addition to his work with patients in OMC's Psychiatry/Psychology department, Dr. Peterson was an avid cartoonist and caricaturist who designed t-shirts for many all-staff picnics.



Mark Stenberg, MD, saw patients in OMC's department of Internal Medicine beginning in 1984. Dr. Stenberg also served on the original board of directors of the Olmsted

Medical and Health Care Foundation (predecessor of the OMC Regional Foundation), established in 1990, and as a trustee of Olmsted Medical Center after its privatization of and merger with the former Olmsted Community Hospital in 1996.

If you have positive memories you'd like to share with us about Drs. Lundberg, Peterson, and/or Stenberg, visit www.olmmed.org/patient-stories, e-mail them to foundation@olmmed.org, or mail them to Patient Memories, c/o OMC Regional Foundation, 210 Ninth Street SE, Rochester, MN, 55904.

Welcoming New Patients to OMC

Do you have a family member or friend who's new to OMC? In response to patient suggestions and to provide even better customer service, OMC now offers new-patient navigation services. Like the "care coordination" services already available to current patients in many OMC departments, our new-patient navigation service helps connect new OMC patients to the healthcare providers, facilities, programs, and services right for them. New-patient navigators will also follow up with patients after their initial visits to an OMC healthcare provider. If you know someone who's new to OMC, encourage them to call our new-patient navigation services at **507.292.7090** between 8:00 AM and 5:00 PM, Monday – Friday, except on holidays.

Recipe:

SHITAKE WITH VEAL

Fresh herbs add flavor—so you can use less salt!

Ingredients

- 1 lb. boneless veal cutlet, cut into bite-size pieces
- ½ lb. shiitake mushrooms, stems removed, cut into bite-size pieces
- ½ cup sliced shallots
- 1 tbsp. olive oil
- 1 tbsp. sherry (optional)
- 4 tbsp. low-fat sour cream
- 4 cups cooked farfalle or other chunky pasta
- 2 tbsp. chopped parsley, thyme, or other herb

Directions

Heat oil in frying pan and brown veal quickly. Add shallots, stirring until wilted. Add shiitake mushrooms and sherry. Cover and cook five minutes at low temperature, until mushrooms release moisture. Turn off and stir in sour cream and herbs. Serve with noodles. Spinach would be a good side dish.

Serves four.

Per Serving: 467 calories, 32 g protein, 15 g fat, 49 g carbohydrates

Source: *Health and You*



Eating Disorders: More Common than You Think

When the subject of eating disorders comes up, most people probably think of teenage girls who are obsessed with being thin. But men, older women, and even children can also be affected by eating disorders.

Who Is At Risk

While they are often rooted in a person's concerns about their body image, anorexia, bulimia, and binge eating disorder are true medical illnesses. People with anorexia are typically thin. However, those with bulimia or binge eating disorder aren't. They may be normal weight or even heavy.

Women are three times as likely as men to become anorexic or bulimic, and 75% more likely to have binge eating disorder. Most eating disorders develop between ages 16 and 25.

That said, about 10% of people treated for eating disorders are men, and up to 95% of boys and men may be unhappy with their appearance.

Older women are also at risk. A recent Web survey revealed that about 13% of women 50 and older had at least one symptom.

Children are at risk, too. Recent research showed early warning signs, including dietary restraint, in children as young as age 7.



Telltale Signs

People with eating disorders can suffer thinning bones, tooth decay, organ failure, and even death. But, someone with an eating disorder may hide the signs. Talk to your primary healthcare provider if you or your friends and family members have these symptoms:

- exhibiting obsessions with eating, food, or weight control
- hiding eating habits
- feeling cold or tired all the time
- chronic sore throat and swollen glands in the neck. 🔄