

The Story of Our Patients Is the Story of Us



Maybe you've heard their stories on the radio, seen their stories in the *Post-Bulletin*, or read about them on our website. These are the stories of real Olmsted Medical Center (OMC) patients. They've helped launch OMC's newest public-awareness campaign to increase knowledge about our services throughout the community.

"Every patient we treat is unique, but we provide everyone with the same high-quality services and medical expertise," says David Westgard, MD, chief medical officer at OMC. "Our hope

is that every patient feels that he or she had the best possible experience at OMC and these patients who are sharing their stories are a reflection of that."

Helping Patients Live Healthier Lives

To date, the new public awareness campaign and the real patients' stories focus on four specific areas of care:

- Orthopedics and Rehabilitation Services
- Women's Services
- BirthCenter
- Surgical Weight-Loss Services

"These are four areas that we especially excel at. We want to increase awareness about them and how they can help other people in the community," says Wes Duellman, marketing coordinator at OMC. "Instead of focusing on what we think patients want to know, we interviewed patients who have utilized these services so that they could let other patients know what they can expect at OMC."

And, as different as those four areas of care may be, the patients' stories reveal that receiving care at OMC is about more than being treated for a medical condition, preventing illness, or addressing a health issue. It's about improving patients' lives. 🌍

What's Your Story?

Now it's your turn to share your unique story about how OMC has made a difference in your life or the life of a loved one. Visit www.olmstedmedicalcenter.org, where you can send us your story through a special secure area. We'll review your submission and post as many as we can to that section of our website.



The New Battle of the Sexes: Diabetes Strikes Men and Women Differently



In some ways, diabetes doesn't discriminate. Men and women are equally likely to develop the disease.

But diabetes isn't an equal-opportunity offender. Understanding the unique ways the condition affects each gender is important.

Women can get gestational diabetes.

As many as one in 10 women who didn't have diabetes before will develop it during pregnancy. Often, mom's blood glucose returns to normal soon after the baby is born. However, her risk for Type 2 diabetes remains higher for 10 to 20 years afterward.

More men undergo amputation.

A combination of poor blood flow and nerve damage contributes to foot infections in people with diabetes. As a result, they're about 20 times more likely to lose a limb. Amputations are more frequent among men; however, more women die of complications related to the surgery.

Women with diabetes are more prone to depression.

In general, depression strikes women twice as often as men. All too often, mood problems go hand in hand with diabetes, each fueling the other.

Diabetes has a bigger effect on women's heart risks.

Overall, women have lower odds of getting heart disease than men. But women with diabetes have almost the same risk for heart disease as men without diabetes. Even more concerning, if a woman with diabetes develops heart disease, she has a higher risk for death than a man in that situation would.

Regardless of gender, healthy habits such as eating right, exercising, and keeping your blood glucose, cholesterol,

and blood pressure under control can help you live a longer, healthier life. 🌍

Do you have diabetes? If so, do you meet all but one of the following targets to reduce your risk for further health complications?

- Blood pressure is less than 140/90 mmHG
- LDL (bad) cholesterol is less than 100 mg/dl
- Blood sugar, A1c, is less than 8%
- Tobacco-free
- Take aspirin as appropriate

If you've hit all but one of these targets, OMC has started a special initiative just for you. Our "One to None" program offers special classes, activities, and rewards designed to help you go from one to none of these risk factors. Talk with your primary healthcare provider, visit www.olmstedmedicalcenter.org/live_healthy/one_to_none_program.html, or call **507.288.3443, extension 2593** for more information.

Vaccinate Today—Protect Yourself Tomorrow!

Olmsted Medical Center (OMC) is part of a new effort to increase Human Papillomavirus (HPV) vaccines for boys, girls, and young adults in Olmsted County. Why should you get the HPV vaccine?

- Many cancers are caused by HPV.
- Eight out of 10 sexually active men and women get HPV at some point in their lives.
- Most insurance companies cover some or all of the vaccine's cost.
- Other resources exist to help provide the HPV vaccine to uninsured, low-income, and underinsured patients.
- The HPV vaccine is safe—and it works.

You can protect yourself and your children against HPV by starting the three-series vaccination. Boys and girls ages 9 and older can



receive the vaccine. Men and women can receive the vaccine up to age 26. For more information or to request a vaccination appointment, log on to your secure OMC Patient Portal at www.olmstedmedicalcenter.org or call **507.292.7188**.

More and More OMC Patients Enjoying *Their* Healthcare on *Their* Time

In summer 2011, Olmsted Medical Center (OMC) launched a suite of secure online services known as the OMC patient portal. As of April 2012, nearly 5,000 OMC patients were making use of portal services at least once per month. Most popular among the available portal services are previsit registration and secure online bill pay, which has more than 2,000 registered users. And, on average, portal users have submitted 60 appointment requests and 50 health history forms online each month since the service went live.

Registering for the OMC patient portal also gives users the option of receiving electronic visit summary documents, in which clinicians provide patients a brief written review of information gathered and/or shared during the patient's last visit. And, earlier this year, OMC began offering patients the option of receiving some lab and radiology test results via registered users' secure portal inboxes.

Soon, portal users will be able to request copies of their medical records and receive proactive health/wellness messages tailored to their individual needs and conditions. If you're not a registered portal user yet, it's easy to become one. See below for instructions, and get started managing *your* healthcare on *your* time. ☺

In early July, we'll send out an e-mail inviting patients to activate their free patient portal account. If you're not already a registered portal user and have given us your e-mail address, watch your inbox or SPAM folder for a message from noreply@olmmed.org. Or, call **507.287.2780** to activate your account today!



Looking for other ways to interact with OMC online?

Here are some links to our other online offerings:

-  **OMC on Facebook**
(www.facebook.com/OlmstedMedicalCenter)
-  **OMC on Twitter (@OMCRochesterMN)**
-  **OMC on LinkedIn** (www.linkedin.com/company/olmsted-medical-center)
-  **OMC on YouTube** (www.youtube.com/user/OLM8MED)
-  **OMC on foursquare** (www.4sq.com/dpfRqT)

Summer Sunglasses Sale at OMC's Optical Center

Through the end of August 2012, enjoy a 20% discount on all prescription and non-prescription sunglasses at OMC's Optical Center! Located on the fourth floor of Olmsted Medical Center—Rochester Southeast (210 Ninth Street SE in Rochester), the Optical Center offers sunglasses from brands including Tory Burch, Callaway, Versace, Ray Ban, Coach, Calvin Klein, Maui Jim, Ed Hardy, and Nike. Visit the Optical Center or call **507.287.2712** for more information.

OMC's Optical Center is in the same location as OMC's ophthalmology services, making it a one-stop shop for eye health and fashion. Board-certified ophthalmologists Robert Grill, MD, and Joel Solano, MD, are joined by optometrist D. Wayne Woolley, OD, in leading a team offering a full set of vision services, including surgical and non-surgical vision correction options such as prescription contact/eyeglass lenses.

To request an appointment with either our ophthalmologic or Optical Center providers, visit your OMC Patient Portal at www.olmstedmedicalcenter.org or call **507.287.2711**.

OMC Regional Foundation's Summer Events

Croquet Field Day! 2012

Sunday, July 22

10:30 AM – 7:00 PM

Rochester Golf and Country Club

A nine-wicket croquet tournament for beginners and amateurs. All proceeds support OMC's women's health services. The \$150 team entry fee admits two players to the pre-tournament brunch buffet, the tournament, and a picnic-style lunch.

FORE! Golf Classic 2012

Monday, September 10

12:00 PM Shotgun Start

Somerby Golf Club

The FORE! Golf Classic raises funds and awareness for Olmsted Medical Center. To date, the Golf Classic has raised more than \$500,000 in support of OMC and the patients it serves.

For more information on these events, visit www.omcregionalfoundation.org or visit us on Facebook!


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Recipe:

PINK LEMONADE

1 fresh, large lemon
½ cup very ripe strawberries plus one for garnish
1 packet no-calorie sweetener
1 cup cold water
Ice cubes

Directions

Cut the lemon in half and remove seeds. Use a lemon reamer to juice. Strain pulp if desired into a large glass. You should get about 1/4 cup of lemon juice. Crush strawberries and add juice to lemon juice. Add sweetener and stir. Add water and ice cubes. Garnish with a whole strawberry.

Nutrition Facts

This single serving contains about 40 calories, 0 g fat, 2 mg sodium, 10 g carbohydrate, 3.5 g fiber, and 1.5 g protein.



Could Your Drinking Lead to Health Problems?

Consumed in moderation, alcohol is safe for most people. But overdoing it has negative effects, even if you don't drive drunk or develop alcohol dependence.

List of Diseases Linked to Alcohol Is Growing

“Normal” drinking is usually defined as an average of one to two drinks per day for men and one for women. The National Institutes of Health defines “risky” drinking as more than four drinks per day or 14 per week for men, and more than three drinks per day or seven per week for women.

“Normal” drinking can reduce your risk for health consequences, including:

- shrinking brain cells
- abnormal heart rhythms, which can lead to strokes and death
- high blood pressure
- stomach bleeding
- sleep disorders and depression
- mouth, throat, liver, breast, and brain cancers.

Your Genes, Your Health Affect Your Response

Not everyone is equally prone to alcohol's harms. Some people shouldn't drink at all, including:



- women who are or are trying to become pregnant
- people, especially older adults, taking medicine that interacts with alcohol
- teens and children
- people with certain medical conditions, including liver disease
- those who have a personal or family history of alcohol dependence.

For others, moderate drinking may even reduce the risk for heart disease, the main cause of death in the United States. 🔄

Log on to your OMC Patient Portal at www.olmstedmedicalcenter.org or call **507.288.3443** to request an appointment with your primary healthcare provider to talk about whether, and how much, alcohol is safe for you.

