

HealthNotes

A HEALTH AND WELLNESS PUBLICATION *from* OLMSTED MEDICAL CENTER | SUMMER 2020



Olmsted Medical Center's Newest Location: **Miracle Mile Clinic**

Olmsted Medical Center has opened its newest location to serve Southeastern Minnesota. In addition to locations in Rochester and the surrounding communities, the Miracle Mile Clinic features easy access to primary care and family medicine providers.

The Miracle Mile Shopping Center has been a long-standing strip mall in Rochester. Located off the Highway 52 corridor, the Miracle Mile Shopping Center was built in

1956 and was the home of a second location for what is now known as Olmsted Medical Center (OMC). At that time, the main clinic was located in what is now a parking lot at the Rochester Southeast Clinic. With the opening of the new location at Miracle Mile, OMC is going back to its roots and occupying space in the shopping center once again.

The new OMC location is situated at the north end of the shopping center and offers easy parking for patients in front of the building. The facility opened its doors

to patients on February 6, 2020. Maral Kenderian, MD, department chair of Family Medicine-Rochester, is proud of the new facility.

"The newest addition is unique in many ways by offering: a prime location, the ability to serve a diverse population, and a state-of-the-art facility, to name a few." She adds, "Our providers serve all ages, five days a week, Monday through Friday."

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Services to Fit Your Needs

The Miracle Mile Clinic offers a wide variety of services to meet our patients' needs. Patients have access to primary care, acute care, radiology, and laboratory services at Miracle Mile. Specific services include wellness exams for all ages and management of chronic conditions such as hypertension, diabetes, hyperlipidemia, and asthma. In addition to these services, this location offers sports physicals, vasectomies, and evaluation of minor injuries, family planning, and more. "We proudly offer laboratory and imaging capacity as well as simple skin and joint procedures," says Dr. Kenderian. This includes dermatologic and gynecologic procedures. With all these services available on site, the Miracle Mile location is equipped to handle the many and

diverse needs of OMC patients. Not only are all these services available at the Miracle Mile Clinic, patients have easy access and referrals to OMC's specialty care services at our other locations, if needed. This includes sleep medicine, women's health, cardiology, the BirthCenter, and many more.

Meet the Miracle Mile Providers

We have a team of providers ready to serve you at the Miracle Mile Clinic. Elizabeth Hillebrand, MD, joined the OMC team in 2019, and is available to see patients. Dr. Hillebrand is part of the Family Medicine team and completed her medical school and family medicine residency at Mayo Clinic Rochester. She is bringing her diverse life experiences into her practice, which include spending time training in marine environmental sciences and being a classically trained opera singer and

musician. She has professional interests in chronic disease management, pediatrics, women's health, weight management, and in-office procedures. Dr. Hillebrand shares, "I am excited to offer holistic care to my patients in all stages of their life and to bring my life experiences and medical knowledge into the clinical setting to help patients get the care they need." She continues, "Patients can expect to get full-service primary care and, if needed, acute care in a timely manner on a schedule that works for them."

In addition to Dr. Hillebrand, staff at this location includes Bethany Ganz, DNP, APRN, CNP; Alexander Schmitt, PA-C; and Clover Schultz-Tiedeken, PA-C. The Miracle Mile team is ready to provide the compassionate, high-quality service that OMC is known for. "We are very excited with our most recent expansion and are



Dr. Harold (Hal) Wenthe, OMC's founder, entering the clinic at Miracle Mile in 1956.

looking forward to serving you at any time and any point in your care," shares Dr. Kenderian.

At OMC, we continue to fulfill our vision of being the healthcare provider of choice in our service area by leading in quality, access, and service. The addition of this new centrally located Miracle Mile Clinic is another way we are striving to continue to provide ease of access and quality patient care.



How Can I Be Seen at OMC at Miracle Mile?

There are two easy ways:

- Walk into the clinic and get registered for a same-day appointment.
- Call 507.292.7411 to schedule an appointment.

The Miracle Mile Clinic is located at the north end of the Miracle Mile Shopping Center:
132 17th Avenue NW, Rochester, MN 55901

Skin Cancer on the Rise

Base tans don't protect against sunburns and skin damage. A bronze hue doesn't equal a healthy glow. Instead, sunburns and tans are a result of exposure to cancer-causing UV rays.

A study in the journal *JAMA Otolaryngology-Head & Neck Surgery* finds a 51% increase in the rates of the dangerous skin cancer melanoma on the heads and necks of people younger than 40 over the past two decades.

Fair Skin and Bright Sun Increase Risk

Melanoma begins when mutations develop in cells called melanocytes, which make skin's pigment. Most diagnoses come later in life, at an average age of 65.

But that doesn't make younger people immune. In fact, melanoma is the most common skin cancer among children. It occurs even more often in teens ages 15 to 19.

People with fair skin, light eyes, and red or blonde hair are at higher risk. The study authors point out that two other main risk factors—sun exposure and use of tanning beds—are most common among adolescents and young adults.

Only about one in five cases form on the head and neck. However, the prognosis for



melanoma in these locations is worse than on other parts of the body.

Parents: Discourage and Detect

It is important to start sun-safety education early.

Explain during childhood that tanning exposes skin to cancer-causing UV rays. As kids reach adolescence, continue to discourage tanning, even for one-time events like prom, homecoming, and spring break.

Remember the ABCDE method of detecting skin cancer. Signs include moles that have:

- **A**symmetry
- **B**orders or edges that are irregular
- **C**olor that's not uniform
- **D**iameter of more than 6 millimeters
- **E**volved over time

If you spot these signs on your child, talk with their primary care provider.

Get connected to your healthcare.

OLMSTED MEDICAL CENTER

MyChart

mychart.olmmed.org

At the time *HealthNotes* went to press, the COVID-19 virus was continuing to spread. We encourage you to visit olmmed.org/covid-19-information/ to find updates related to any temporary changes in hours and services provided at our locations. **We are in this together.**

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At OMC, every employee is a caregiver. Want to join us? Follow us on LinkedIn and visit our Career Opportunities section at www.olmstedmedicalcenter.org.

Plastic Surgery Department SPECIAL FALL EVENT

On Tuesday, October 13, 2020, the Plastic Surgery department will host an informational event beginning at 5:30 PM at the Somerby Golf Club in Byron, MN. Seating is limited. For more information and to reserve your spot by Friday, October 2, 2020, please call 507.529.6740.

We look forward to seeing you!

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)**.

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