

HealthNotes

A HEALTH AND WELLNESS PUBLICATION from OLMSTED MEDICAL CENTER | WINTER 2020



A Plastic Surgery Team You Can Trust

If you are considering plastic surgery, you need a highly trained medical team that listens to your concerns, offers solutions tailored to your goals, and goes above and beyond to help you look and feel your best. That's the kind of quality care you'll find at the Plastic Surgery Department at Olmsted Medical Center (OMC).

Led by board-certified plastic surgeons **Srdan Babovic, MD**, and **Ricky Clay, MD**, the team offers a wide range of cosmetic procedures to enhance the appearance and reconstructive procedures to treat body parts affected by congenital defects, injury, or illness. Dedicated nurses and patient service representatives help guide patients every step of the way, from their first consultation to their final follow-up appointment.

A Commitment to Patient-Centered Care

Dr. Babovic founded the department in 2001, after completing his training at the Mayo Clinic in Rochester and spending years in private practice. He specializes in breast surgery, including breast reduction and breast reconstruction after mastectomy.

"Most of the time, we can perform the reconstruction in the operating room immediately after the cancer surgery," Dr. Babovic says. "This saves the patient from having to undergo a separate procedure, which has both medical and psychological benefits."

Dr. Babovic offers a range of other surgeries, including eye lifts and tummy tucks. He also performs office-based facial rejuvenation procedures, including dermal fillers and fat

transfer to restore fullness and volume to the face, as well as minimally invasive facelifts done under local anesthesia that involve a recovery time of about a week and offer results similar to a full facelift.

Innovative Procedures for Children and Adults

Dr. Clay came to OMC in 2018, bringing more than 30 years of plastic surgery experience. He trained at the Mayo Clinic and practiced at both Mayo and the University of Mississippi School of Medicine, where he was Chief of Plastic Surgery.

Dr. Clay treats both adults and children. One of the pediatric procedures he offers is the EarWell® Infant Ear Correction System. The EarWell is a device that fits over a newborn's ear to safely and painlessly correct congenital deformities, such as ears that protrude, fold over, or are otherwise misshapen.

"The EarWell gently reshapes the cartilage, preventing the need for surgery," Dr. Clay says. "It generally takes less than six weeks to re-mold the ear into

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Ricky Clay, MD, and Srdan Babovic, MD

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a normal shape. But the key is to apply the EarWell within the first two weeks of birth, when the cartilage is most pliable.”

Dr. Clay is also refining the use of Botox® for treating chronic migraines. Botox injections temporarily block signals from the nerves causing the migraine.

If the Botox treatment does not provide relief for the patient, there may be other options, including surgery. “Once we identify the nerves, we can sometimes surgically remove the muscles that are putting traction on the nerves and causing them to misfire,” he says. “The surgery can offer permanent, long-term relief. I’ve had patients who went from suffering with daily migraines to having just one a year.”

Staying Current on Leading-Edge Techniques

Both surgeons stay up-to-date on the latest innovations by traveling to and presenting at national conferences. “Plastic surgery is an extremely dynamic field,” Dr. Babovic shares. “Some of the equipment and techniques we are using today didn’t exist when we started to practice. We are always searching for new ways to help our patients feel confident and happy with their appearance.”

He notes that no matter what service patients are seeking, they can be assured that the team will always be here for them. “Our patients feel comfortable sharing their most private issues and coming back to us with any questions or concerns,” he says. “Once you are our patient, you are always our patient.”



The Plastic Surgery department has its own private entrance behind OMC’s Women’s Health Pavilion to help ensure confidentiality. Call **507.529.6740** to request a consultation appointment to find out whether a cosmetic, reconstructive, or skin care procedure may be right for you.

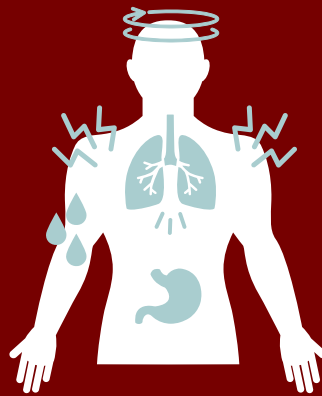
Heart Attack:

KNOW THE FACTS

A heart attack occurs when blood flow to the heart is cut off or decreased.

RECOGNIZE THESE 6 SYMPTOMS

In one survey, only **27%** of people were aware of all the major symptoms of a heart attack and knew they should call **911** when someone was having a heart attack.



1 in 5 heart attacks is silent, with no symptoms. But typically, symptoms include:

- Chest pain or discomfort
- Shortness of breath
- Lightheadedness
- Cold sweats
- Nausea
- Pain in the upper body, arms, neck, jaw, back, or upper stomach

Call **911** right away if you or someone else experiences these symptoms. Getting help immediately is crucial: About 47% of sudden cardiac deaths occur outside a hospital.

3 MAJOR RISK FACTORS

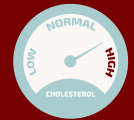
There are 3 key risk factors for heart disease, which can lead to a heart attack. About 47% of American adults have at least 1 of the 3:



Smoking



High blood pressure



High cholesterol

WHO’S AT RISK FOR A HEART ATTACK?

Someone in the U.S. has a heart attack every **40** seconds.
790,000 Americans have a heart attack each year.
210,000 of those people have had a previous heart attack.



8 WAYS TO AVOID A HEART ATTACK

- Don’t smoke
- Eat a healthy diet
- Exercise daily
- Manage diabetes
- Limit alcohol
- Reduce stress
- Maintain a healthy weight
- Control cholesterol and blood pressure



New Patient Reminders for **Appointments**

Beginning with appointments scheduled on **February 3, 2020**, Olmsted Medical Center will be using a new appointment and healthcare services reminder system.

How Will the New System Work?

Patients will get reminders for scheduled clinic appointments, lab tests, and scope procedures such as endoscopy or colonoscopy. With the new reminders, patients will receive text messages (if a cell phone number is on file). If a cell is not available, patients will receive notification through OMC MyChart. For patients without OMC MyChart, a call will be placed to the phone number on file. In addition to appointment reminders, patients will also get reminders for upcoming healthcare services.

Patients will receive reminders on the following schedule:

- **Clinic appointments** will be sent seven days prior to the appointment. An additional reminder will be sent two days prior to the appointment if there is no response to the seven-day message.
- **Lab appointments** will be sent two days prior to the appointment. No response will be requested and no additional reminders will be sent.
- **Scope procedure appointments** will be sent two days prior to the appointment. No response will be requested and no additional reminders will be sent.

What You Need to Know

All patients will be signed up for this new reminder system. Patients have the option of selecting which reminder they would



prefer: text, OMC MyChart message, or phone call. For patients who do not want to receive any reminders, they can opt out by changing preferences in OMC MyChart or by talking with the Patient Service Representative when they check in.

Added Benefits

With the new system, patients' family members will be able to receive text message updates about the surgery. These messages will let family members know when patients are moved within the operating room, when surgery has

been completed, and when they are in recovery. Family members do not need to be an OMC patient or have an OMC MyChart account. The option to receive updates will be reviewed with family members when the patient checks in for surgery.



Have Questions?

For questions, patients should contact **507.529.6740**.

Is Weight Loss Surgery Right for You?

Obesity is complex with many causes and related health problems. At OMC, the weight loss surgery team will help you learn lifestyle and behavior skills needed to successfully reach your weight loss and health goals. There are several types of weight loss surgery available today. Each method is designed to help you eat less so you lose weight. Working with your doctor, you can determine

which one will work best for you. This may depend on your BMI, health conditions, and whether you've had any stomach surgeries before.

Have questions? You are invited to contact the General Surgery department at **507.529.6733** to learn more or to sign up for a 1:1 information session.

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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.

Palliative Care Services Available

Olmsted Medical Center's (OMC) Active Aging Services program now offers palliative care services to Rochester memory care and assisted living facilities. This is available to residents who have a primary care provider at OMC.

Palliative care services are designed to help anyone with a serious illness manage pain, symptoms, and stress. These care services are provided to help facility residents and their families understand specific health conditions and prognoses, manage symptoms for chronic diseases, and identify goals of care.

If you have a family member who may benefit from a palliative care consultation, we invite you to call OMC's Active Aging Services. A member of the team will then reach out to the resident. Prior to calling, we ask that you discuss this care option with your family member.



You can contact OMC's Active Aging Services at **507.529.6869** or by e-mailing aas@olmmed.org.

MARK YOUR CALENDAR FOR
Plastic Surgery's Spring Event!

WHEN: Thursday, April 30

TIME: 5:30 PM

LOCATION:
Founders Room at the OMC Hospital. Enter through the main (front) entrance of the hospital.

RSVP BY
Monday, April 20
by calling **507.529.6740**.

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)**.