



## Olmsted Medical Center Now Offering Rheumatology Services

Olmsted Medical Center (OMC) welcomes Mini Bhaskar, MD, who will be offering a comprehensive range of rheumatology services. A board-certified rheumatologist, she will provide comprehensive care for patients with diseases affecting the muscles and joints.

### What is a rheumatologist?

A rheumatologist is someone who has received specialized training in the diagnosing and treating diseases affecting the joints, muscles, bones, and connective tissues. Conditions can range from mild to severe and can impact people of all ages. Some of the most common rheumatologic conditions include:

- Rheumatoid arthritis
- Psoriatic arthritis
- Osteoarthritis
- Osteoporosis

The goal of treatment is to relieve pain, improve function, and prevent further damage to the joints.

If you are experiencing joint pain or other symptoms of a rheumatologic condition, it is important to see a provider as soon as possible. Early diagnosis and treatment may help improve your quality of life and prevent long-term complications.

### What to expect at an appointment

Your first appointment with Dr. Bhaskar will involve a medical history and physical exam. You will be asked about your symptoms, when they started, and how they have progressed as well as about your family history, lifestyle, and any other medical conditions you have.

In addition to a physical exam, blood tests and/or x-rays or imaging tests may be ordered to help make a diagnosis. Once the diagnosis is made, Dr. Bhaskar will work with you to develop

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a treatment plan that is right for you. This could include medications, physical therapy, and/or lifestyle changes.

### Meet Dr. Mini Bhaskar

Dr. Bhaskar comes to OMC from another healthcare organization and has over 20 years of experience in the specialties of Internal Medicine and Rheumatology. She did her internship,

residency, and fellowship at the Medical College of Georgia School of Medicine. She is dedicated to providing personalized care and will work with you to find the best treatment plan for your individual needs.

"I want to get to know my patients on a personal level and help them manage their arthritis," shared Dr. Bhaskar.



Dr. Mini Bhaskar

#### + How to make an appointment

To schedule an appointment in the Rheumatology department at the Rochester Southeast Clinic, please call **507-288-3443**.



Olmsted Medical Center - Pine Island



Olmsted Medical Center - Plainview

## Dermatology Services available at OMC's Pine Island and Plainview clinics

Patients can now make an appointment with a dermatologist at the Pine Island and Plainview clinics. A referral is not required to schedule an appointment.

In Pine Island, Jennifer Lisowe, MD, is available to see patients once a month on Thursdays. The Thursdays she is available will vary from month to month. To make an appointment call 507.356.4929.

In Plainview, Logan Kolb, DO, is available to see patients every third Wednesday of the month. To make an appointment call 507.534.3885.

**Both clinics are open Monday through Friday from 8:00 AM - 5:00 PM.**

+ To learn more about dermatology services at OMC, visit our website at [www.olmmed.org/dermatology](http://www.olmmed.org/dermatology).



## Rehabilitation Services at Elton Hills expands

OMC's Rehabilitation Services department at Elton Hills has moved to a larger space. The new location is next door to their previous location, and next door to FastCare North.

The expanded space includes additional rooms to provide therapy, a large and small gym, and spacious, single-stall restrooms.

Services offered by Rehabilitation Services include physical therapy, occupational therapy, speech language pathology, memory skills management and rehabilitation, pain prevention and treatment, massage therapy, Lee Silverman Voice Treatment (LSVT), pelvic floor rehabilitation, and more.

You can count on our providers in Rochester and Lake City, MN, to deliver exceptional, patient-centered care to improve quality of life. The highly trained care team will help you build skills or heal after an injury, disability, medical condition, or surgery.

If you would like to be seen by one of our providers, you do not need a referral unless you will need care for 90 days or more.



**To learn more about Rehabilitation Services, visit our website at [www.olmmed.org/rehab](http://www.olmmed.org/rehab).**



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*Please Join Us For...*

## *“Fall Solutions”*

### Plastic Surgery Fall Event

Olmsted Medical Center’s Plastic Surgery department will host an informational event on Tuesday, November 7, beginning at 5:30 PM, at Somerby Golf Club in Byron, MN.

At the event, you will be able to meet our new provider, Mahsa Smoot, MD, as well as hear Dr. Smoot and Srdan Babovic, MD, talk about skin care products, technology, and possible surgical procedures.

This free event will include prizes, drawings for free consultations, and refreshments. RSVPs are required as seating is limited. Reserve your spot by Wednesday, October 25, by calling 507.529.6740.

Srdan Babovic, MD and Mahsa Smoot, MD

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).