



## Asthma Care at Olmsted Medical Center

If you have asthma, you can trust the highly qualified and caring medical professionals in OMC's Asthma & Allergy department to help you manage your asthma symptoms and prevent future attacks.

In many cases when you come for your appointment, you will be given a breathing test. This takes only a few minutes and is done before you see your provider. When you meet with your provider, they will discuss the results of the test as well as talk with you about your symptoms. Your provider will then work with you to create a treatment plan based on your needs.

Asthma can be influenced by allergies. Many people with asthma also have environmental allergies. Environmental allergies happen when the body's immune system overreacts to items found in everyday surroundings such as those at work, home, or outside.

OMC provides the entire spectrum of asthma care for patients. The team coordinate tests, treatments, and information including, but not limited to the following.

- Basic pulmonary function tests for diagnostic and monitoring purposes.
- Inhaler and EpiPen education.
- Allergy skin testing for environmental allergies.
- Administration of medication for treatment of severe persistent asthma.

All test results are typically available the same or next day. A nurse will call you with your test results, or a message will be sent using the OMC MyChart patient portal.

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### Why OMC?

Managing your asthma can seem difficult at times; however, OMC is here for you. We believe in helping you control your asthma—instead of letting asthma control your enjoyment of life.

If you are struggling with your asthma or have been having a lot of flare-ups, we will work to get you an appointment quickly. Typically, same-day appointments are available for established patients.

You do not need a referral to see an asthma specialist at OMC. Call us to request an appointment whether you have been diagnosed with asthma or feel you, or a family member, could benefit from an evaluation. For individuals who have severe asthma and may not have been seen by an asthma provider for a while, there may be new treatments options and medications available.



#### Learn more

To learn about OMC's asthma department, visit our website at [www.olmmed.org/asthma/](http://www.olmmed.org/asthma/). Appointments can be made by calling **507.292.7154**.

In the United States, approximately 25 million people (or 8.3% of the population), suffer from asthma every year. At OMC, we understand every patient is different. Asthma treatment plans are individualized to fit each patient and their needs.

People who have less severe asthma are typically on fewer or lower doses of asthma medications; however, people who have more severe asthma may use multiple medications or need to use a higher dose of their medication.

Asthma is a disease where there will be days where you feel better and days you will feel worse. When your asthma is better, you might be able to lower your use of medications and when it gets worse you may need to increase those medications.

## Palliative Care offers support to you and your loved one



OMC's Palliative Care team is made up of caring and compassionate healthcare professions. They have special training to help patients and their families understand their medical condition, including their end-stage disease. The team also provides options for managing symptoms and side effects of the treatment as well as offers caregiver support.

Palliative care is a specialized service available to support the patient by

working closely with their primary care provider. The goals of palliative care are aimed at helping patients and their families understand health conditions and care regarding disease progression, making the patient comfortable, improving quality of life, and increasing satisfaction with care. Palliative care also can help reduce visits to the emergency room and/or hospital stays.

As a holistic approach to care, palliative care aims to relieve discomfort,

symptoms, and stress caused by a serious illness. It can begin at any time during a serious illness. This is different than hospice care, which is offered to people during the last six months of life.



Interested in learning more about palliative care at OMC? Talk with your primary healthcare provider or call Active Aging Services **507.287.2794**.



# Miracle Mile Clinic:

## a full-service Family Medicine clinic

As a full-service Family Medicine clinic, Miracle Mile offers scheduled appointments as well as same day access for primary care services, Monday through Friday, from 7:00 AM until 7:00 PM. At Miracle Mile, patients have access to:

- Chronic disease management
- Immunizations
- Pediatric and adolescent care
- Preventative care and annual physicals
- Sports, camp, school, and work exams
- On-site laboratory and x-ray services

Acute Care services are only available on Saturday and Sunday from 8:00 AM until 3:00 PM.

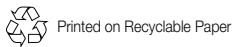
Patients who would like to be seen at the Miracle Mile Clinic should call 507.292.7411 to schedule an appointment with one of our providers.

In addition to the Miracle Mile Clinic, Family Medicine providers are available to see patients at the Rochester Southeast Clinic and Rochester Northwest Clinic as well as at the following locations in southeast Minnesota.

- Byron Clinic
- Cannon Falls Clinic
- Chatfield Clinic
- Lake City Clinic
- Pine Island Clinic
- Plainview Clinic
- Preston Clinic
- Spring Valley Clinic
- St. Charles Clinic
- Stewartville Clinic

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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](http://www.olmstedmedicalcenter.org).

## How to schedule a COVID-19 Test

Patients no longer need to call the COVID-19 Triage Line to schedule an appointment for a COVID-19 test.

The following options are available.

- Primary care provider's office. Patients who call their provider's office will talk with a nurse who will determine if testing is appropriate. If appropriate, a test will be scheduled.
- Visit FastCare. Patients can visit FastCare North or FastCare South for a regular walk-in appointment. If the provider determines testing is appropriate, it will be done at that time.

Patients who are only seen in the Asthma & Allergy department or in obstetrics, should call that department to speak with a nurse. The nurse will determine if testing is appropriate and schedule the patient for a test.

For patients without an OMC primary care provider, they should contact the messaging center at **507.292.7070**.



Learn more about COVID-19 testing on the CDC website.  
[www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html)

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).