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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, October 22, beginning at 5:30 PM, at Somerby Golf Club in Byron, MN.

At the event, Mahsa Smoot, MD, and Srdan Babovic, MD, will present on skin care products and treatments and the diverse surgical procedures OMC’s Plastic Surgery department provides.

This free event will include prizes, drawings for free consultations, and refreshments. RSVPs are required as seating is limited. Reserve your spot by Friday, October 11, 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).



## See the Difference:

### Comprehensive Eye Care at Olmsted Medical Center

At Olmsted Medical Center, we understand that your vision needs to last a lifetime, and we believe that maintaining optimal eye health is crucial to overall wellbeing. Our optometry services are designed to cater to a wide range of eye care needs, from routine eye exams to the management of complex eye conditions. Read on to learn what OMC’s Optometry department offers and why regular eye care visits should be an essential part of your healthcare routine.

#### Comprehensive Eye Exams

Regular eye exams are essential to maintaining good eye health. At Olmsted Medical Center, our comprehensive eye exams not only assess your vision but also evaluate the overall health of your eyes. During an eye exam, our optometrists will:

- check for issues such as nearsightedness, farsightedness, and astigmatism

- assess the functionality of your eyes, including coordination and focus
- examine your eyes for common diseases like glaucoma, cataracts, and macular degeneration
- and more.

These exams are vital for detecting problems early when they are most treatable. Regular eye exams can also reveal signs of other health conditions such as diabetes and high blood pressure.

#### Vision Correction

If you need vision correction, our optometry services include prescriptions for glasses and contact lenses tailored to your specific needs. Our optometrists will help you choose the best options to ensure comfort and clarity.

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Olmsted Medical Center also offers the ability to order contact lenses online. Learn more about this subscription-based service on our website.

For those interested in more permanent solutions, we provide consultations and referrals for corrective options such as premium intraocular lenses (IOLs). Our team will guide you through the process, helping you determine if you're a suitable candidate and ensuring you receive the highest standard of care.

### Pediatric Eye Care

Children's eye health is a priority at Olmsted Medical Center. Our pediatric eye care services provide early detection and comprehensive treatment of vision problems for children 5 years of age and older, and include:

- vision screenings to identify issues early
- prescription glasses for vision correction.

Regular eye exams for children are crucial as they grow, ensuring their vision supports their learning and daily activities.

### Management of Eye Conditions

Our optometry services extend beyond routine care to include the management of various eye conditions. We provide expert care for:

- **Glaucoma:** A group of eye conditions that damage the optic nerve, often due to high eye pressure. Early detection and treatment are key to preventing vision loss.
- **Cataracts:** Clouding of the eye's lens, leading to decreased vision. Our team offers pre- and post-operative care for cataract surgery.
- **Macular Degeneration:** A condition affecting the central part of the retina, leading to loss of central vision. We provide monitoring and management to slow its progression.
- **Diabetic Retinopathy:** A complication of diabetes that affects the blood vessels in the retina. Regular eye exams are essential for early detection and treatment.

Our optometrists work closely with our ophthalmologists to ensure comprehensive care for patients with these and other eye conditions.

### Emergency Eye Care

Accidents and eye injuries can happen unexpectedly. Our optometry services include emergency eye care to address urgent issues such as foreign objects in the eye, sudden vision loss, eye infections, and trauma. Quick access to professional care can prevent further damage and preserve your vision.

### Low Vision Rehabilitation

Olmsted Medical Center also offers low vision rehabilitation, a specialized service designed to help individuals with significant vision impairment improve their quality of life. This type of rehabilitation focuses on maximizing the use of remaining vision through various techniques and tools.

You should discuss with your primary eye care provider whether you would benefit from a low vision exam. Typically, when medical treatment has been maximized and you are having trouble doing your day-to-day activities because of your vision, a visit with a low vision specialist is helpful.

Low vision rehabilitation aims to empower individuals with low vision, enabling them to maintain independence and participate fully in daily life activities.

### Why Choose Olmsted Medical Center for Your Eye Care?

Choosing Olmsted Medical Center for your eye care means opting for a team of dedicated professionals committed to your vision and eye health. Our holistic approach integrates routine care, advanced diagnostics, and specialized treatment, ensuring all your eye care needs are met under one roof.

We invite you to schedule an appointment with our Optometry team and experience the patient-centered, community-focused care that sets Olmsted Medical Center apart. Your vision is our priority, and we are here to help you maintain it for a lifetime.

For more information about our services or to schedule an appointment, please visit [www.olmmed.org/clinical-services/ophthalmology](http://www.olmmed.org/clinical-services/ophthalmology).



## Five Ways to Prevent Injury at Any Age

Caring for our bodies requires attention and intention, especially as we age. Read on for five easy ways to prevent injury, no matter your age, shared by the healthcare professionals at Olmsted Medical Center (OMC).

### Stay hydrated.

Make sure you drink before, during, and after exercise to prevent dehydration. For every 20 minutes of play, replenish by drinking 6-12 ounces of water for adults, 11-16 ounces for teens, and 3-8 ounces for kids.

### Incorporate recovery.

Just as important as staying active is making sure you get enough rest and sleep. Supplement training and activity with rest days to down-regulate your nervous system. Try yoga, meditation, and stretching.

Also ensure you're getting enough sleep, as our bodies recover and heal when we sleep. Good sleep hygiene involves establishing bedtime routines and limiting screen time before bed. Recommended sleep guidelines are 8-10 hours per night for 13-18-year-olds and 7 or more hours per night for adults.

### Choose the right shoes.

Make sure your shoes have good tread to prevent slipping.

### On-Demand Virtual Care Available

If you aren't feeling well or have a health concern, OMC has a virtual healthcare option through OMC MyChart. Called "On-Demand," patients can visit with a provider Monday through Friday, from 5:00 - 9:00 PM for acute and chronic issues, as well as for general medical issues. Each appointment is approximately 15 minutes and available on a first-come, first-served basis. On-Demand is not for emergency care.

To be seen by a provider, patients will need to sign into OMC MyChart and select On-Demand from the menu. Patients will then be placed in a virtual line until a provider is available. The wait time could range from 5 to 20 minutes, depending on how many people are in line.

If the provider determines a prescription is needed, they will send the request to the patient's preferred pharmacy. Narcotic medications cannot be prescribed through an On-Demand appointment.

Virtual visits do not include laboratory or other tests. Tests, if needed, will need to be done at one of OMC's locations.

If during the video visit it is determined the patient needs follow-up or additional care, they will receive information about next steps. Following the On-Demand visit, the



Know the surface you are playing on to decide shoe selection, i.e. cleats, spikes, or tennis shoes.

### Incorporate strength and mobility exercises.

Working with a certified strength and conditioning coach will help you develop a balanced plan that incorporates equal muscle training and mobility exercises to prevent injuries. Strength is important, but so is joint range of motion. OMC offers adult and youth programs, both group and individual, for strength training and speed/agility at Sports Medicine and Athletic Performance at the Rochester Northwest campus.

### Seek medical advice.

There are several ways to receive care at OMC. For acute injuries such as sprains, strains, and fractures, visit OMC's Orthopedic Walk-in Clinic at 1650 4th Street SE, open Monday through Friday from 8:00 AM to 4:30 PM. For chronic issues, schedule an appointment with Dr. Matthew Thompson in Sports Medicine or with one of our orthopedic surgeons. Please call us at 507.529.6600.

OMC Orthopedic Walk-In Clinic video:



provider will share information about the virtual visit with the patient's care provider.

To use On-Demand patients will need to:

- be a Minnesota resident and be physically located in the state of Minnesota at the time of the visit
- have access to a camera, either on their desktop computer, tablet, or mobile device
- verify their insurance.

On-Demand is not available for "snowbirds" or patients who are traveling outside the state of Minnesota.

The cost for an On-Demand visit is similar to an in-person appointment in a primary care provider's office. If during the appointment the provider determines the patient needs to be seen in the Emergency department, there will not be a charge for the video visit.

### How to use On-Demand in three easy steps.

1. Open OMC MyChart. After selecting the On-Demand link, enter the information and symptoms.
2. Meet with a provider. The provider will diagnose and offer treatment during the video visit.
3. Receive a care plan. If a prescription is needed, it will be sent to the patient's pharmacy.