

Allina Medical Clinic

Life & Health[®]

Keep them healthy as they grow

Childhood is a time of rapid growth and change. Well-child exams are an important step to help children and teens grow into healthy adults.

"At well-child visits, we do a head-to-toe physical check-up for your child," says Reshma Khatri, MD, fellow of the American Academy of Pediatrics, pediatrician at Allina Medical Clinic – Maple Grove. "We also check their growth and development, check vision and hearing, check to see if they need any shots or additional health tests, and provide health education."



Reshma Khatri, MD

"Well-child exams are important for every child," Khatri says. "They help us detect problems before they become serious. We also discuss what milestones to anticipate before the next visit, and set expectations."

At a well-child exam, your child's health care provider will also review immunizations and make sure he or she is getting the recommended protection from childhood illnesses and serious infectious diseases.

HOW OFTEN SHOULD YOU VISIT?

Visits should start when a child is a few days old and continue until he or she is 20. During a child's early years, visits are more frequent. After children are two years old, annual visits are usually enough.

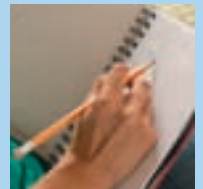


Visit allina.com/pregnancy for information to support and help parents through pregnancy, birth of a child and parenthood.

MAKING THE MOST OF VISITS

Prepare for a well-child visit by writing down your questions and concerns about your child's health and development, nutrition, behavior, sleep problems, or any health concerns.

For more information or to schedule an appointment, call 763-236-0200. ❖



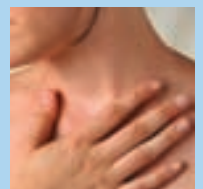
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Don't let stress get you down



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Your kids: Are you getting through?



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Thyroid troubles? Keep informed



**ALLINA
MEDICAL
CLINIC**

Allina Hospitals & Clinics

Welcoming new providers

Family medicine provider Balasukayna Balaraman, MD, has joined Allina Medical Clinic – Maple Grove.

Balaraman provides primary care for all ages and has a special interest in working with patients who have diabetes. She is a graduate of the Sri Ramachandra Medical College and is a member of the American Academy of Family Physicians.

Allina Medical Clinic – Maple Grove also welcomes podiatrist Kevin Lind,

doctor of podiatric medicine. Originally from Blaine, Lind returns to Minnesota after working at Caylor-Nickel Clinic in Bluffton, Ind. He is a graduate of Bethel University in Arden Hills and Des Moines University–College of Podiatric Medicine and Surgery. Lind completed his surgical residency in podiatry at Park Lane Medical Center, Kansas City, Mo., and is board-certified in foot surgery. His special interests include reconstructive

foot surgery, ankle surgery and foot issues related to diabetes. Lind is a member of the American Podiatric Medical Association.

To schedule an appointment, call 763-236-0200. Visit allina.com/doctors



for more information about Allina providers. ❖



Balasukayna Balaraman, MD



Kevin Lind, doctor of podiatric medicine



5 ways to feel less stressed

As much as we might like to, we can't always walk away from stress.

We all have challenges. And we may face those challenges differently. But each of us can benefit from stress management techniques when dealing with life's tough situations.

When you're stressed, give one or more of these a try.

- 1. Relax your mind.** Try reading a book, listening to music or doing deep breathing—whatever works for you.
- 2. Exercise.** It can lessen anxiety and depression, increase energy, relieve muscle tension, and improve mood.
- 3. Stay in touch.** Being with people you care about and talking to others can make you feel better.
- 4. Get your rest.** Seven to nine hours of sleep is recommended for most adults.
- 5. Keep a journal.** It may be freeing and enlightening to put your thoughts on paper. ❖

Source: Mental Health America

Pear or apple? A waistline alert

Does your waistline put your heart at risk? A tape measure might provide answers, especially if you factor in your hips.

Research reported in the journal *Circulation* suggests a high waist-to-hip ratio (waist circumference divided by hip circumference) offers powerful clues to heart disease risk.

Waist-to-hip ratio helps show whether weight is stored mainly around the belly—an apple shape—or around the hips—a pear shape. A ratio greater than 0.80 for women and 0.95

for men suggests an apple shape, which has been associated with increased health risks.

During the nine-year study, women with the highest waist-to-hip ratios were 91 percent more likely to develop heart disease than those with the smallest waists relative to their hips. Among men, those with the highest waist-to-hip ratio had a 55 percent higher risk. ❖



For more information about mental health, visit allina.com/mentalhealth.

HPV VACCINE

Protecting girls and women

Human papillomavirus (HPV) is the name of a group of viruses that includes more than 100 different types.

“More than 30 of those viruses are sexually transmitted,” explains Nancy Webster, MD, Allina Medical Clinic – Maple Grove women’s health provider. “Some types of HPV may cause problems such as genital warts or cervical cancer.”

Gardasil® is the first vaccine developed to help prevent genital warts and cervical cancer caused by certain types of HPV in girls and women. Gardasil will help prevent 90 percent of genital warts and 70 percent of cervical cancer.

This vaccine is recommended for all girls and women ages 9 to 26. They should get the vaccine before they are sexually active. The vaccine is most effective in girls and women who do not have any of the four types of HPV covered by the vaccine.

This vaccine is not recommended for pregnant women.

Gardasil is given through a series of three injections (shots) within six months. When you get the first dose, you need a second dose two months later. You need to get a third dose six months after you get the first shot.

Webster tells patients that it is important to get all three doses for



the most protection. Talk to your health care provider about any questions you may have. To schedule an appointment with a women’s health provider at Allina Medical Clinic – Maple Grove, call 763-236-0200. ❖

Allina Hospitals & Clinics’ Immunization Schedule

Age	Vaccinations
2 months	DTaP, Hep B, IPV* PCV 7 HIB* RV1
4 months	DTaP, Hep B, IPV* PCV 7 HIB* RV1
6 months	DTaP, Hep B, IPV* PCV 7 HIB*
12 months	Hep A PCV 7
15 months	DTaP* MMR* VAR* HIB*†
24 months	Hep A
4 to 6 years	DTaP, IPV* MMR* VAR*
11 to 12 years	Tdap* MCV4 HPV for girls only, 3 dose series
Recommended every year ages 6 months to 18 years and for those age 50 and older. Consider every year between the ages of 19 to 49 years.	Influenza (TIV or LAIV)
Adult (every 10 years)	Td (replace one routine Td booster with Tdap if younger than age 65)
Adult 60 years and older	HZ
Adult 65 years and older	PPV

Vaccines and Brands	
diphtheria, tetanus and acellular pertussis + hepatitis B + inactivated poliovirus vaccine (Pediarix®)	DTaP, Hep B, IPV
pneumococcal conjugate vaccine, 7-valent (Pneumovax®)	PCV 7
haemophilus influenza type b conjugate vaccine (ActHIB®)	HIB
rotavirus vaccine, oral (Rotarix®)	RV1
hepatitis A vaccine (Havrix®)	Hep A
diphtheria, tetanus and acellular pertussis vaccine (Infanrix®)	DTaP
measles, mumps, rubella vaccine (MMR II™)	MMR
varicella (Varivax®)	VAR
tetanus + diphtheria toxoids and acellular pertussis vaccine, adolescent/adult (Adacel®)	Tdap
meningococcal conjugate vaccine, quadrivalent (Menactra®)	MCV4
diphtheria, tetanus and acellular pertussis + inactivated poliovirus (Kinrix®)	DTaP, IPV
human papillomavirus vaccine (Gardasil®) (for girls only)	HPV
trivalent influenza vaccine — TIV (Fluzone®) or live attenuated influenza vaccine — LAIV (FluMist®)	TIV or LAIV
tetanus + diphtheria toxoids (Decavac®)	Td
herpes zoster (Zostavax®)	HZ
pneumococcal (Pneumovax®)	PPV

*Vaccines included in the Minnesota School Immunization Law.

†HIB booster dose for high-risk only or based on availability and Centers for Disease Control and Prevention (CDC) change.

Consider for high risk patients at any age: Hep B, Hep A, TIV, PPV, MCV4. High risk and immigrant populations: for more information, go to: www.cdc.gov/vaccines/ or www.health.state.mn.us/immunize

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Getting through to your kids

Do you ever feel that you're just not getting through to your kids—like you lost them after the first sentence? You probably did lose them, says Jon Jensen, PhD, clinical child psychologist at Allina Medical Clinic – Maple Grove. Kids are different from adults and absorb information in a different way, especially children under the age of 9 years old, he explains.

Jensen offers some tips for getting your message across to young children:

- Convey one idea at a time, and use just a few short sentences. "Two or three sentences with about six words per sentence is about all most 6-year-olds can handle," he says.
- Use words that create a picture. Young children don't understand words that are about ideas or concepts. They need to be able to see in their mind what you are talking about. Even something as simple as, "set the table" can be too abstract for some children.

You'll get better results with "Put the plates, glasses and silverware on the table."

- For each task, describe the steps in order, using no more than three or four steps.
 - When trying to change a child's behavior, describe the physical behavior you want changed. For example, "You are yelling and stomping" is clearer than "Stop the tantrum."
 - Deliver compliments in a calm voice, and use words with an appropriate amount of praise for the situation. "Everything can't be super or awesome," advises Jensen. "Refer very specifically to what pleases you, and say 'I like that' or 'that's good.'"
- Watch your child and adjust as you see him or her understanding more complex ideas and instructions.



GET THEIR ATTENTION

Choosing the right words is important, but you also need to get the child's attention before speaking. Children cannot listen to you and watch TV or text on their cell phone at the same time. Eye contact helps children get your message, too. Get down to their eye level to make your point. Always remember the three rules of parenting: 1. patience 2. patience 3. patience. ❖

Mental health services at Maple Grove

Allina Medical Clinic – Maple Grove now offers mental health care. Jon Jensen, PhD, clinical child psychologist, has more than 20 years of experience working primarily with children.

With training in individual and play therapy, family systems, and parenting, he helps children deal with anxiety, depression, school problems and more.

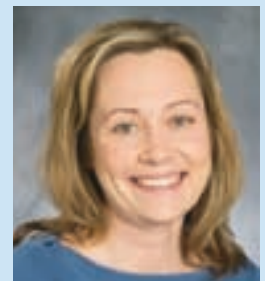
"If you see changes in your child's eating, sleeping, physical health and behavior that last for more than two weeks, see your health care provider,"

says Jensen. Your provider may refer your child to Jensen for care.

Tonie VanStelten, doctor of psychology, psychologist, offers mental health care for adults and adolescents, with special interest in depression, anxiety, sexual trauma, relationship issues and women's issues.



Jon Jensen, PhD



Tonie VanStelten,
doctor of
psychology



For more information or to make an appointment, call 763-236-0200.

Allina's community benefit goes beyond the bedside

Allina Medical Clinic is a part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside as its team of dedicated employees provides community benefit to improve the health status of the communities it serves.



WHAT IS COMMUNITY BENEFIT?

Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of our community.

"As a not-for-profit organization, Allina knows the health of the communities in which we operate is essential to our mission and strategy," says Penny Wheeler, MD, chief clinical officer of Allina.

One way Allina is giving back to the community is through its new Center

for Healthcare Innovation at Allina. The center researches new care models and treatments to transform health and health care and advance Allina's strategic vision to improve patient care and serve as a catalyst for change in health care locally and nationally.

Two key initiatives of the center are the Backyard Initiative, which seeks to improve the health and health care of residents of a portion of South Minneapolis, and the Heart of New Ulm, which strives to eliminate heart attacks in the community of New

Ulm within 10 years. The center will continue to develop new innovations to improve the health of the communities served by Allina.

HOW MUCH HAS ALLINA GIVEN BACK TO THE COMMUNITY IN 2008?

Allina's total 2008 investment was nearly \$404 million, which is approximately 15 percent of Allina's total operating expense. Allina Medical Clinic contributed more than \$8 million in 2008 to benefit the health of the community.

Of Allina's total contribution, \$156 million provided community benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations—Catholic Health Association (CHA) and VHA. This includes charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services.

"At both the Allina and local level, we're proud of the community benefit services we provide," says Ellie Zuehlke, Allina's director of community benefit. "We strive to partner with our communities to improve health and wellness of their members while providing care to all who need it." ❖

Ways that Allina Medical Clinic is involved in the community

- Health Quest events including women's health night, community baby shower, weight loss challenge and community health fair
- community education events on topics such as stroke awareness, sudden cardiac death and women's heart health
- Community Partners Care
- March of Dimes walk-a-thon "fun stop" and walk team
- United Way
- American Heart Association Heart Walk team
- American Cancer Society Cancer Walk fundraising booth and walk team
- Bike Safety camp, including bike helmet fitting and helmet giveaways
- Faribault business expo
- National Night Out
- Toys for Tots drop-off location
- "Feed My Starving Children" volunteer team
- medical mission trips and medical volunteer work by providers and staff.

Healthy at midlife

Family first. That's the motto of many women in their middle years.

"All too often, women focus on the health of their loved ones and neglect their own health," says Maryam Moghaddam, doctor of osteopathy, fellow of the American College of Obstetricians and Gynecologists and the American College of Surgeons, Allina Medical Clinic – Maple Grove. "If you're one of these women, remember that maintaining your health is important—for yourself and for your family."

STEPS TO HEALTHFUL LIVING

Ready to adopt a more healthful way of life? If so, consider these five steps:

1. Eat better. Include lots of fruits and veggies, and try to avoid saturated fats.

2. Move your body. Most healthy adults should get 150 minutes of exercise a week—and more if possible.

3. Aim for a healthy weight. Being overweight or obese can increase your risk for certain diseases.

4. Kick that habit. Smoking can cause—or contribute to—many health problems.

5. Ease up. Find strategies for reducing stress at work and at home.

It's also important to get routine screening exams and immunizations. According to the U.S. Department of Health and Human Services, if you are a woman between the ages of 40 and 64, your provider may recommend testing for the following:

- heart health—blood pressure and cholesterol tests
- breast health—mammograms
- cervical cancer—Pap tests
- colorectal cancer
- diabetes—blood glucose tests
- thyroid function.



A personalized plan. Ask your provider about creating a screening schedule that's right for you. ❖

Three vascular tests that could save your life

Where blood flows, trouble can follow.

Fortunately, trouble in your vascular system is often detectable—and correctable. William Fabian, MD, fellow of the American College of Cardiology, with Metropolitan Cardiology Consultants, who sees patients at Allina Medical Clinic – Maple Grove, suggests that people talk to their health care provider about whether they are at risk for the following conditions and should be screened.

Aortic aneurysm. An aortic aneurysm is a bulge in the wall of the aorta, the large artery that carries blood from your heart to the lower body. Most occur in the abdomen. They're dangerous because they may

burst, causing life-threatening internal bleeding.

Ultrasound or other imaging tests may find aneurysms. Treatment can include careful observation, surgery or a procedure in which a device is threaded into the aorta to reinforce it.

Peripheral arterial disease (PAD). PAD occurs when plaque blocks blood flow in your leg arteries. The most common symptom is leg pain when walking or exercising. A test that compares blood pressure in your arm to that in your foot is often used.

Treatment may include lifestyle changes, medicine and procedures to open clogged arteries.

Carotid artery disease. Located in the neck, carotid arteries carry blood

to the brain. Plaque may obstruct these arteries or break away from the artery wall, creating a clot that blocks blood flow to the brain. In either case, a stroke may result.

"Doctors may hear turbulent blood flow in your carotid arteries," Fabian says. If the disease is suspected, an ultrasound can usually determine if it's present. Fabian explains that treatment may include surgery—carotid endarterectomy—or a procedure in which a tiny balloon is inflated in the artery to flatten the obstruction and a stent is placed to prop the artery open—angioplasty with stenting.

Fabian is one of three Metropolitan Cardiology Consultant physicians who see patients at Allina Medical Clinic – Maple Grove.



Learn more about Allina's vascular services at allina.com/vascular. ❖

Understanding your thyroid

The thyroid may be little, but it has a big job: to keep everything running smoothly.

The thyroid is a small, butterfly-shaped gland located beneath the Adam's apple, at the base of the neck. It produces hormones that influence virtually every organ, cell and tissue, according to the American Association of Clinical Endocrinologists (AACE).

Think of it as essentially the office manager of the body. When your thyroid is not working properly, a lot of things can go wrong.

OPPOSITE DISORDERS

Two common thyroid conditions are hyperthyroidism and hypothyroidism. One causes the processes in the body to speed up, while the other causes things to slow down.

Hyperthyroidism occurs when the thyroid produces too much thyroid hormone, which can cause bodily processes to operate too fast. While it occurs in just 1 percent of all Americans, it affects women five to 10 times more often than men, says the AACE.

Symptoms include:

- a goiter, an enlargement of the thyroid
- rapid or irregular heart rate
- loose or frequent stools
- weight loss despite eating the same amount of food
- a change in menstrual cycles.

Graves' disease, an autoimmune disorder, is the most common cause of hyperthyroidism. In addition to the symptoms above, someone with

Graves' disease may develop bulging eyes, eye discomfort or double vision.

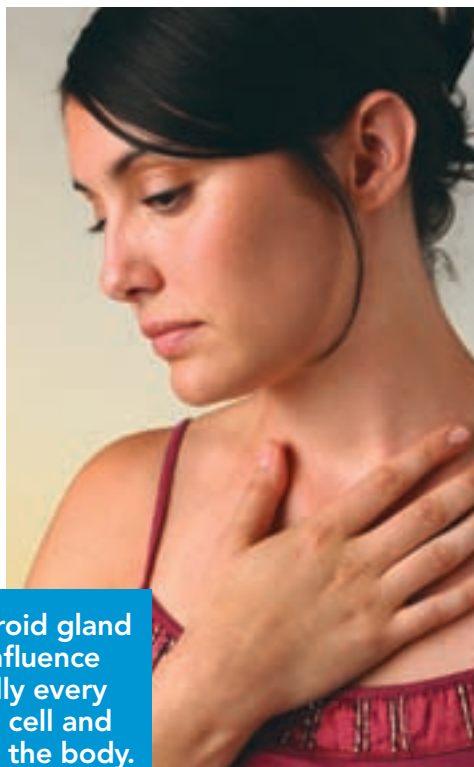
Hypothyroidism occurs when the thyroid does not produce enough thyroid hormone. Body processes become sluggish.

It is the more common of the two conditions; some studies have shown as many as 10 percent of women and 3 percent of men have hypothyroidism.

Symptoms include:

- fatigue
- heavy or irregular menstrual periods
- weight gain and fluid retention

The thyroid gland can influence virtually every organ, cell and tissue in the body.



- constipation
- drowsiness or forgetfulness.

A WAY OF LIFE

Thyroid disorders can be treated with medicine. There are different treatment options for hypothyroidism and hyperthyroidism.

If a thyroid disorder is permanent, as most are, medicine will need to be taken for a lifetime. People will need to work very closely with their health care providers to manage their condition. ❖

The three T's of treatment

Treatment for a thyroid disorder is a lifetime commitment.

But with a few simple steps, you can keep hormone levels balanced. Just remember the three T's of treatment, and you'll be on your way.

Think. Be aware of the symptoms of an over- and underactive thyroid.

If you don't feel well or have one or more bulges on your neck, talk with your provider.

Take. When prescribed thyroid medicine, take it at the same time every day. In order to manage a thyroid condition well, you have to be consistent. Also, when you get a refill, it's a good idea to make sure it's

the exact medicine you've been taking.

Track. Ask your provider about keeping track of your TSH (thyroid stimulating hormone) and free T4 levels. It's important to make sure your levels are where they should be.

Source: American Association of Clinical Endocrinologists



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Allina Medical Clinic – Maple Grove

HOW TO REACH US

7840 Vinewood Lane
Maple Grove, MN 55369
763-236-0200
allinamedicalclinic.com

CLINIC HOURS

Monday and Tuesday

7 a.m. to 5 p.m.

Wednesday

7 a.m. to 7 p.m.

Thursday and Friday

7 a.m. to 5 p.m.

Saturday

9 a.m. to noon

Find the information you need

Allina's Care Navigation Help Desk provides personalized health care support to patients and their families by easily connecting them with the resources and information they need.

"When you or a loved one has many medical needs, trying to determine how to get help and what services exist can be difficult," says Gayle Mattson, vice president, Allina Home & Community Services. So the Care Navigation Help Desk staff steps in to help. Registered nurse and social worker care navigators provide an assessment to determine what needs patients might have and how to connect them with the right care and services.



Allina's Care Navigation Help Desk is committed to going beyond your medical needs—making it easier to stay in control, maintain independence, have peace of mind and enjoy life. Resources offered include home health care, home oxygen and medical equipment, hospice, resources for people with advanced illnesses, life

Our services

- allergy
- audiology
- cardiology
- diabetes education
- family medicine
- general surgery
- obstetrics/gynecology
- optometry and optical shop
- orthopedic surgery
- pediatrics
- physical therapy
- podiatry
- adult and child psychology.

care management, private caregiving, and housing referral and placement.

If you or a family member needs help accessing complex medical options, call 651-635-9173 or 1-800-261-0879 if you are outside the Twin Cities metro area, 24 hours a day, seven days a week, or go online to allina.com/care for more information. ❖