

Allina Medical Clinic

Life & Health[®]



Family medicine/obstetrics providers at Allina Medical Clinic – Northfield: (front row) Tamara Detert, doctor of osteopathy; Melanie Andros Dixon, MD; Jeannie Kanter, RN, certified nurse practitioner; Anne Meyer-Ruppel, RN, certified nurse practitioner; Gretchen Ehresmann, MD; William Votel, MD; Mark Labenski, MD; (back row) Ryan Behrens, MD; Cindy Baumgartner, MD; Jane Runzheimer, MD; and Amy Ripley, MD.

Family medicine—for care during pregnancy and beyond

If you were born in Northfield in the past 27 years, take a look in your baby book. There's a reasonable chance that the doctor holding you might be Gretchen Ehresmann, MD. That's because Ehresmann has delivered more than 1,000 babies in 27 years of family medicine. In fact, two of the babies Ehresmann delivered are now moms, and Ehresmann delivered those babies as well.

At the end of 2009, Ehresmann will retire from delivering babies, while still continuing pregnancy care and family medicine at Allina Medical Clinic – Northfield. She admits that after years and years of getting up at night, she will look forward to full nights of sleep. She also admits she will dearly miss delivering babies.

"I will miss the family connections the most," Ehresmann says. "It has been such a privilege to be a part of so many newborn birthdays!"

Family-centered maternity care is a touchstone of the pregnancy care delivered by the family medicine doctors at Allina Medical Clinic – Faribault and Allina Medical Clinic – Northfield.

"Family doctors love caring for expectant mothers and delivering babies," says Kris Drevlow, doctor of osteopathy, at Allina Medical Clinic – Faribault. She notes that she and her colleagues do their best to be there for the delivery for their own patients, rather than having the doctor on call deliver the baby.

Family medicine doctors are trained to care for all members of the family at every stage of life. So even after your baby is born, the family medicine doctor who supported you through your pregnancy and delivery will continue to be the primary provider for you and your baby, as well as other family members.

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**ALLINA
MEDICAL
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Allina Hospitals & Clinics

New Allina health care providers

William Hoekstra, doctor of psychology, licensed psychologist, has joined Allina Medical Clinic –



Faribault. Hoekstra, who has been in practice more than 10 years, has a special interest in working with patients who have depression, anxiety, post-traumatic

William Hoekstra, doctor of psychology, licensed psychologist

stress disorder and trauma-related mood disorders.

Additionally, he regularly uses EMDR (eye movement desensitization and reprocessing) in his treatment. He is a graduate of the Chicago School of Professional Psychology. To schedule an appointment, call 507-334-3921.

Trent Steenblock, doctor of podiatric medicine, has joined Allina Medical Clinic – Northfield and Allina



Medical Clinic – Faribault. Special areas of interest for Steenblock include trauma, reconstructive surgery of the foot and ankle, and diabetic limb care. He

Trent Steenblock, doctor of podiatric medicine

is a fellow of the American College of Foot and Ankle Surgeons and is a member of the American Podiatric Medical Association and Minnesota Podiatric Medical Association. He is a graduate of the Dr. William M. Scholl College of Podiatric Medicine in Chicago and completed his residency and fellowship at Regions Hospital in St. Paul. To schedule an appointment,

call 507-334-3921 (Faribault) or 507-663-9000 (Northfield).

Timothy M. Sullivan, MD, fellow of



the American College of Surgeons, fellow of the Society for Vascular Medicine, fellow of the American College of Cardiology,

Timothy M. Sullivan, MD

chairman of vascular and endovascular surgery at the Minneapolis Heart Institute, sees patients locally at Allina Medical Clinic – Faribault. Sullivan is available to evaluate patients with arterial vascular disease, including carotid artery stenosis, renal artery disease, thoracic and abdominal aortic aneurysm, and lower extremity occlusive disease. To schedule an appointment, call 507-334-3921. ♦

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. Timothy M. Sullivan, MD, chairman of vascular and endovascular surgery at the Minneapolis Heart Institute, who sees patients at Allina Medical Clinic – Faribault, suggests that people talk to their providers about whether they're 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 for diagnosis. 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," Sullivan says. If the disease is suspected, an ultrasound can usually determine if it's present.

Sullivan 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).



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

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,” says Sigrid Nelson, MD, Allina Medical Clinic – Faribault 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.

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.

Nelson 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, call Faribault at 507-334-3921 or Northfield at 507-663-9000. ❖

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.

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

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

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A plan for life

WHEN THE DIAGNOSIS IS DIABETES, YOU CAN CREATE A STRATEGY TO STAY WELL AND PROTECT YOUR HEALTH

When you first learn that you have diabetes, it may be a hard fact to face.

Without question, diabetes is a serious disease that can have life-altering consequences. And even though it's normal to feel uneasy about the diagnosis, now is not the time for denial.

What you need now is information and a plan, so you can manage your condition and get on with life.

The plan you put in place now can help protect your health and future.

According to the American Diabetes Association (ADA), people with diabetes can live long, healthy and happy lives.

What men with dia

Men with diabetes likely understand they need to exercise, eat right and monitor their blood glucose.

But that's not all there is to managing the disease.

Many men don't realize diabetes can increase the risk of depression and sexual dysfunction.

Diabetes can affect nerve function, called autonomic neuropathy, which is damage to nerves that control heartbeat, blood pressure, digestion, urination and sexual function.

A TEAM EFFORT

The main goal of diabetes treatment is to control your blood glucose levels. When blood glucose isn't controlled, it can lead to eye, kidney and nerve damage.

It can also put you at higher risk of infection and raise your risk of heart disease, according to the ADA.

But you don't have to go it alone. Your provider, usually an endocrinologist, can set target levels for your blood glucose and monitor your progress.

For additional help, your provider may refer you to other team members, such as a nurse educator, a dietitian, a dentist, doctors to monitor problems with your eyes and feet, therapists, and pharmacists.

Still, you are the most important person on your health care team. You are the one who is affected and needs to care for your condition each day.

You can feel your best and still do the things you enjoy most.

YOUR PLAN OF ACTION

To properly manage your condition, your diabetes care plan should include, among other things:

- goals for your blood glucose levels
- instructions on how to measure and record those levels
- a plan for taking your medicine
- advice on exercise and eating right
- a schedule for your follow-up health care, including seeing specialists, such as a dietitian, eye doctor, dentist and foot doctor

Your plan should be unique to you. It should take into account your work and home life and any additional medical problems you have, such as high blood pressure and high cholesterol.

Be open with your provider about your current habits, and discuss how you can change them if necessary. For example, if you smoke, your provider can help you with a plan to quit.

If you have a concern or don't understand something about your care, be sure to bring it up with your provider. ❖

Diabetes and your vision

Living with diabetes can be a challenge. Whether you have just been told that you have diabetes or you've had the disease for years, the health care providers at Allina Medical Clinic can help you manage your diabetes.

You and your health care team will work together to find the best ways to control your diabetes. You are the key member of your team, which also includes your provider, nurse and specialists, including eye service professionals.

"Regular eye exams are very important for people who have diabetes because early changes can be detected and treated," says Jenny O'Malley, doctor of optometry, at Allina Medical Clinic – Faribault.

She recommends that people who have diabetes get their eyes checked every year by an eye doctor who is trained in diabetic eye exams, because eyes can be damaged if blood glucose levels are high.

Diabetes need to know to get well and stay well

People who have diabetes are more likely to become depressed than those who do not have diabetes. The exact cause is not known. It could be a chemical imbalance in the brain or the feelings of helplessness, frustration and unpredictability of diabetes that can cause depression.

"It takes energy, motivation and drive for life to manage diabetes well," says David McIntyre, MD, Allina Medical Clinic – Faribault family medicine provider who also has type 1

diabetes. "Taking your medicines, testing your blood glucose, eating healthfully and being physically active can be difficult if you are depressed."

A MODERN MAN'S GUIDE

A survey by the American Diabetes Association (ADA) showed that only 30 percent of men with diabetes claim to know a lot about their disease. The ADA has developed a campaign to educate men on diabetes and help them know how

to take control of the condition.

Along with helpful information about controlling diabetes with medicines, diet and exercise, the handbook tells men how to get help for diabetes-related mental and sexual health issues.

The campaign includes the handbook *The Modern Man's Guide to Living Well with Diabetes*, which can be downloaded for free at www.diabetes.org/menshealth.



Is after-hours care an option?

For chest pain, stroke symptoms or severe bleeding, there is no doubt you need the Emergency Department.

But what if you have an earache? Or a cut that may need a few stitches?

In these cases, a convenient option may be after-hours care.

Allina Medical Clinic – Northfield and Allina Medical Clinic – Faribault offer after-hours care on evenings and weekends.

“People can come in for an after-hours appointment and be seen without lengthy wait times,” says Doug Olmanson, MD, Allina Medical Clinic – Northfield after-hours/same-day care specialist.

After-hours care is not a substitute for your primary care provider or emergency care. Olmanson reminds you to call 911 if the illness or injury is serious. ❖

ALLINA MEDICAL CLINIC – FARIBAULT AFTER-HOURS CARE

Call 507-334-3921
Monday-Thursday until 8 p.m.
Saturday 8 a.m. to noon

ALLINA MEDICAL CLINIC – NORTHFIELD AFTER-HOURS CARE

Call 507-663-9000
Monday-Thursday until 8 p.m.
Friday until 7 p.m.
Saturday 9 a.m. to 3 p.m.

When someone close has a problem with alcohol

There’s a saying that someone who drinks too much must “hit rock bottom” before being willing to accept help.

It’s a dangerous and destructive myth, according to the National Clearinghouse for Alcohol and Drug Information (NCADI).

“Problem drinkers create problems not just for themselves but also for their families, friends and coworkers,” says William Hoekstra, doctor of psychology, licensed psychologist, Allina Medical Clinic – Faribault. “Recognizing a problem and seeking help may prevent both harm and heartache.”

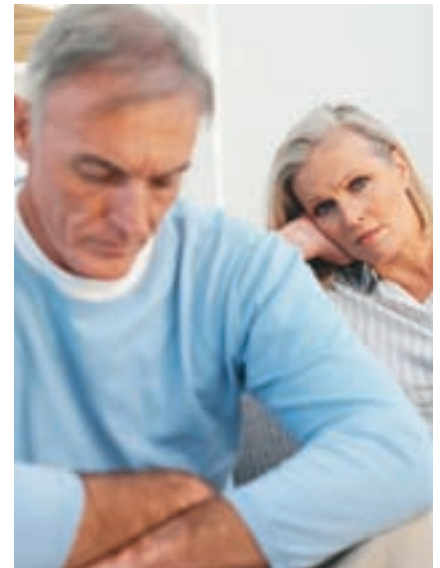
But how do you help someone who doesn’t want it? Lecturing, nagging and threatening don’t work, according to NCADI. But being compassionate, patient and firm—yet willing to act—may make a difference.

WHAT YOU CAN DO

The National Institute on Alcohol Abuse and Alcoholism suggests

these steps for helping a loved one who has a drinking problem:

- 1. Stop all cover-ups and excuses.** They shield the person from the consequences of his or her behavior, making it easier to avoid the problem.
- 2. Gather information.** Find out about treatment options. These may include addiction counseling; self-help groups, such as Alcoholics Anonymous; and inpatient and outpatient rehabilitation programs.
- 3. Call on others.** Discuss the situation with a friend, health care provider, counselor, minister or trusted relative who may be able to help you in your efforts.
- 4. Time your talks.** It’s best to share your concerns when your loved one is sober and both of you are calm. Be open and honest. Many people with a drinking problem will want to talk about it if approached with concern, according to the NCADI.
- 5. Be specific.** Keep your comments factual, and try to stay unemotional.



Use concrete examples of how the person’s drinking has caused problems.

6. Help yourself. Seek support from groups like Al-Anon, which is geared for spouses and other adults affected by a person with a drinking problem, and Alateen, a support group for children who are affected. You can attend no matter what decision your loved one makes.

For information about addiction treatment and about programs in your area, call the federal alcohol and drug treatment referral service at 1-800-662-HELP (1-800-662-4357). ❖

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 that 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 fittings and 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.



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Allina Hospitals & Clinics

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Allina Medical Clinic regional locations

ALLINA MEDICAL CLINIC – FARIBAULT

100 State Avenue
Faribault, MN 55021
507-334-3921

- Monday – Thursday: 8 a.m. to 8 p.m.
- Friday: 8 a.m. to 5 p.m.
- Saturday: 8 a.m. to noon
(for same-day appointments)

ALLINA MEDICAL CLINIC – NORTHFIELD

1400 Jefferson Road
Northfield, MN 55057
507-663-9000

- Monday – Thursday: 7 a.m. to 8 p.m.
- Friday: 7 a.m. to 7 p.m.
- Saturday: 9 a.m. to 3 p.m.
(walk-in, same-day care)

allinamedicalclinic.com

Family medicine

—Continued from front page

When it comes time for your labor and delivery, it is likely that your own doctor will be there for you and your baby.

“The greatest joy of being a family doctor is developing relationships with patients over the long term,” says Drevlow. “Over time, we get to know entire families and we see the babies we deliver grow into young children, teenagers and adults. We believe this family-centered approach leads to better health care and a more satisfying experience for patients.” ❖



Family medicine/obstetrics providers at Allina Medical Clinic – Faribault: (front row) Kris Drevlow, doctor of osteopathy; Amy Elliott, MD; Sigrid Nelson, MD; (back row) George Wagner, MD; and David McIntyre, MD.

Save the date!

MOM AND BABY HEALTH FAIR

Pregnant women and new moms are invited to attend a health fair from 10 a.m. to noon on Saturday, Sept. 19. Health professionals and community organizations will have helpful information for expectant mothers, new moms of infants 0 to 12 months and their families. Admission is free.

The event is sponsored by Allina Medical Clinic – Northfield and Northfield Public Schools Public Services Division.



To register for this free event, please call 507-664-3649 or register online at www.nfld.k12.mn.us.