

May this
brighten
your day!

Get well card instructions:

Please cut off at dotted line, color and return card.
All cards will be distributed to Regions Hospital patients.

Please return the card to:

Regions Hospital – 640 Jackson Street Mailstop 11102x –
St. Paul, MN 55101 – Attn: Ellie Graves

Seasonal Allergies: Nip them in the bud.

The changing seasons bring an array of colors, from flowers budding in the summer to leaves turning colors in the fall. But if you're one of the millions of people who suffer from seasonal allergies, it also brings sneezing, congestion, runny nose and other bothersome symptoms. Before you settle for plastic flowers and artificial turf, try these simple strategies provided by HealthPartners allergist, Jennifer Oldham, MD, to keep allergies under control this year.

- Check your local news outlets for pollen forecasts and current pollen levels. If high pollen counts are forecasted, start taking allergy medications *before* your symptoms start.
- Minimize early morning activity when pollen is usually emitted — between 5-10 a.m.
- Keep windows closed to prevent pollens from drifting into your home. Keep your car windows closed when traveling.
- Stay indoors on dry, windy days — the best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid mowing the lawn and gardening. If you must, wear a dust mask to do outside chores.
- Don't hang laundry outside — pollen can stick to sheets and towels. Also, remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair.

When Home Remedies Aren't Enough

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. Most HealthPartners Clinics pharmacies provide over-the-counter allergy products (see coupon). But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.

Your doctor may recommend that you visit an allergist, who often conducts skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.



\$1.50 OFF
any of the following allergy
products or the associated
generic product

Zyrtec | Benadryl | Claritin | Sudafed

Coupon good for \$1.50 off your purchase of over-the-counter (OTC) medications or products at any HealthPartners Pharmacy. Limit one coupon per customer per purchase. Cannot be used for prescription medications or co-pays. Not valid with any other offers. Coupon must be presented and surrendered at the time of purchase. Customer pays any sales tax. Some restrictions may apply. Void if copied, transferred, purchased, sold or prohibited by law. Expires December 31, 2010.

Cashier: Scan product then coupon in cash register. Enter retail price as coupon value. Coupon cannot exceed \$1.50. Coupon cannot be applied to prescription medications or co-pays.

HealthPartners
Pharmacy



CareConnection is a publication of HealthPartners Medical Group.
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Health information in the Newsletter is provided by us for informational purposes only. Nothing in this Newsletter is to be interpreted as advocating the self management of your health or medical condition. It is not intended to serve as or be a substitute for professional medical advice. You should consult your medical provider directly regarding your health and any specific medical questions you may have. Do not delay seeking medical advice or disregard any medical advice you have received from your provider due to any content in the Newsletter.

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HealthPartners
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CARE CONNECTION

Summer/Fall News 2010

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Keeping Your Children Healthy

As every parent knows, keeping your children healthy and happy can be a challenge. Picky eaters, TV junkies, video game addicts, and a lack of time for simple, unstructured play or regular preventive care appointments can all get in the way of good health.

According to pediatrician Deb Johnson, MD, "Obesity rates have tripled in the past 30 years. We need to be vigilant in finding ways to help our children stay healthy. By scheduling recommended check-ups, your child can be screened for obesity factors (including body mass index) and can be given advice and resources, when needed."

To make receiving care easier for you, several HealthPartners Clinics now offer Saturday morning appointments with pediatricians, including the Riverside, Woodbury, Como, Arden Hills and RiverWay-Andover clinics.

Summer can be the ideal time to get caught up on preventive appointments and any missed immunizations or sports physicals necessary for the school year. To make an appointment at a location and time convenient for you, call our Appointment Center at 612-SAME-DAY.

Tips for Healthy Kids

- Take your child to all recommended well-child checkups. You can use this time to discuss your child's growth rate, activity level, eating habits, etc. with a doctor.
- Aim for no more than two hours per day of all screen time, including TV, video games, computer, etc.
- Make physical activity a part of your family's daily life. Aim for 60 total minutes on most days (it doesn't have to be all at once). Some ways to do this include taking nature walks, playing catch or tag, going for bike rides, washing the car, dancing to music, having a water balloon fight, etc.
- Encourage your family to drink lots of water and limit sugar-sweetened beverages, such as juice, to one small cup a day.
- Eat together as a family as often as possible and serve reasonably-sized portions.
- Teach children to view food as good nourishment and fuel for their active bodies. Help them understand which foods are better options for fueling their bodies.
- Be a good example. Children notice the choices you make and follow your example.

Say Ahhh-some!

At HealthPartners Clinics, we provide a complete range of services including primary care, pediatrics, behavioral health, specialty care, urgent care, pharmacy, hospital, home care and hospice. Whatever your needs, we deliver fully coordinated and customized care. Access your health information 24 hours a day at healthpartners.com.

We also provide a wide range of dental services, from general and pediatric dentistry to oral surgery and much more. Visit us at: healthpartners.com/dental.

facebook.com/healthpartnersclinics



Why Choosing a Primary Care Provider and Dentist is So Important

Khristin, a 36-year-old mother who is a patient at HealthPartners Inver Grove Heights Clinic, has developed a deep bond with her primary care physician. “I’ve seen the same doctor for 13 years and can’t imagine seeing anyone else. I trust him completely and look to him for guidance when it comes to my family’s health needs,” Khristin says.

Over the past 13 years, Khristin’s family has required visits to a number of specialists including a pediatric ENT, a spine surgeon, and a podiatrist. Prior to meeting with any of the specialists, her initial visit was with her primary care provider to obtain his counseling and advice.

Khristin’s approach to care is supported by a growing national movement called the medical home. According to the American Academy of Family Physicians, “A medical home is not a building or a home, but rather an approach to providing comprehensive primary care — care that is family centered, accessible,

continuous over time, compassionate and culturally effective.”

Explains Dr. Beth Averbeck, medical director for HealthPartners Medical Group, “The concept is pretty simple. We believe our patients receive the best care when it is directed by a personal physician (or provider, such as a nurse practitioner). His or her focus is on the whole person: physical, mental, emotional — and they can help coordinate any care from specialists that may focus on a specific question or medical condition. We believe this model of care better meets individual needs and preferences.”

Another key element of medical home is the availability of electronic medical records and online patient services. They help provide smoother transitions for patients — from online access to your care team to viewing medical test results online at your convenience. HealthPartners Clinics have been a national leader in this movement.

We’re committed to having primary care providers for our patients. If you don’t currently have a primary care provider, we strongly encourage you to do so. The following specialties are available:

- Family Medicine
- Internal Medicine
- Geriatrics
- Pediatrics
- Ob/Gyn

If you need help, visit healthpartners.com/clinics to learn more about our providers and where they practice. Or call our Appointment Center at 612-SAME-DAY and one of our schedulers can help.

And don’t forget about your teeth! Choosing a primary dentist is equally essential in caring for your family’s overall health. HealthPartners Dental Clinics have 15 sites across the metro area and St. Cloud. To learn more, visit healthpartners.com/dental.



Don’t Let Foot and Ankle Problems Keep You from Enjoying the Outdoors

Summer and fall are ideal seasons to get outside and enjoy the beautiful Minnesota scenery. However, walking outside (depending on the surface) is not always kind to our feet and ankles. “Our feet were not designed to be on concrete all day,” states Dr. Ryan Pfannenstein, Foot and Ankle Surgeon at HealthPartners Specialty Center in St. Paul.

Dr. Pfannenstein offers these helpful tips for running or walking outside.

1. Choose the right shoes

It’s important to choose good quality walking or running shoes. If you run regularly, buy a pair of shoes specifically labeled for running. Do not use any shoes that are past their prime as they could lead to shin splints or other injuries.

2. Don’t wear cotton socks

Always choose the right socks for comfort and performance. Once cotton gets wet, it stays wet. If your feet sweat or you step in a puddle, moisture won’t get wicked away. This could cause blistering. Look for exercise socks that are made from synthetic materials such as polyester, acrylic or CoolMax.

3. Start gradually

If you are just starting, make sure you build your fitness gradually over time to allow your body to adjust. A good rule of thumb is to add no more than 10% to your mileage each week.

4. Stretch

Ensure that you follow a good stretching and warm up routine to allow your muscles and joints to prepare for exercise.

5. Listen to your body

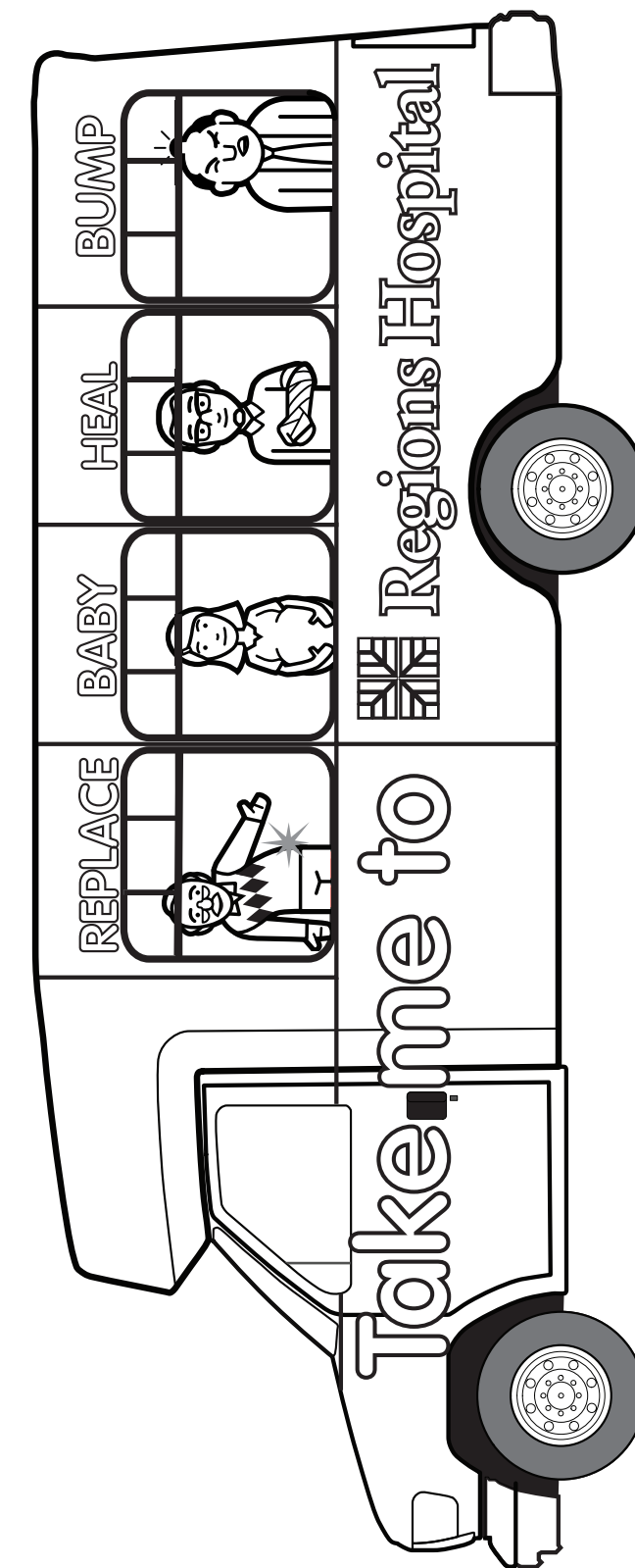
Taking care of your body and listening to any aches and pains is a good way to stay out of serious injury trouble. Try to follow one key rule: If you are limping after 10 minutes of walking or running, it is likely an injury and not just an ache or pain. You should never exercise through injuries. If you have sharp pains or aches that do not get better after a few days, you should be evaluated by your doctor or a more specialized orthopaedic or foot and ankle doctor.

Ankle injuries and ankle sprains can also be common at this time of year. Minor sprains and symptoms can often be treated at home, but if you have significant pain, you should seek medical attention. Signs that raise concern include:

- Inability to walk on the ankle
- Significant swelling
- Symptoms that do not improve quickly or persist beyond a few days
- Pain in the foot or above the ankle

HealthPartners Foot and Ankle

Foot problems can make just about any activity difficult. Our team of podiatrists and foot and ankle surgeons can help care for a wide range of conditions, from plantar fasciitis and sports injuries to chronic pain and more. Visit healthpartners.com/foot for more information. To schedule an appointment, call 651-254-8300.



Color a Get Well Card!

Enjoy some coloring fun and make a patient smile. We need your help. Our Take me to Regions shuttle bus is missing its colorful paint job! Color in the shuttle and we will give your card to a hospital patient.

See instructions on other side.

Say ahhh-some



Expanded Urgent Care Options

Whether it’s swimmer’s ear, a sprained ankle or an ear infection, HealthPartners urgent care staff is trained and equipped to deal with a wide range of conditions. With locations across the metro area, including Apple Valley, Arden Hills, Brooklyn Center, Cottage Grove (new), Minneapolis, St. Paul, Woodbury and Andover (RiverWay Clinic), all sites are open evenings and weekends. In addition, several sites are now open weekdays beginning at 1 p.m. Beginning this fall, the West Clinic in St. Louis Park will also provide Urgent Care services. For hours or directions, please call 952-853-8800.

BREAKING NEWS

New HealthPartners Cottage Grove Clinic Opens

People living in the southeast metro area now have another care option, the newly opened HealthPartners Cottage Grove clinic. The clinic’s family medicine team can care for your entire family, from birth through senior services. To make receiving care easier, the clinic also offers on-site evening

and weekend urgent care, as well as full imaging and lab services. Chiropractic care is also featured on-site through a collaboration with Northwestern Health Sciences University. The clinic is located just east of Highway 61 on 80th Street. For more information, please call the clinic at 651-415-4100.