

# FAMILY HEALTH SERVICES MINNESOTA, P.A.

Administrative Office for

East Metro Family Practice, P.A.  
MinnHealth Family Physicians, P.A.



Advice, tips, and resources from your physicians to help you monitor your families' health

## FLU SEASON IS COMING!

*The best way to protect against the flu is to get a flu shot every year.*

### People who should get vaccinated are:

- Children 6 months old until their 5th birthday
- Pregnant women
- People 50 years of age and older
- People with chronic medical conditions such as diabetes, asthma, kidney disease, sickle cell anemia, AIDS or cancer.
- People who live in nursing homes or other long term care facilities
- People who live with or care for those at high risk for complications from the flu.

The flu season usually begins in October and can last as late as May. October and November is the best time to get vaccinated, but flu shots can be given in December and later.



### The flu shot is NOT recommended for:

- People who have a severe allergy to eggs. Eggs are used to make the flu vaccine.
- People who have had a severe reaction to a flu shot in the past
- Children under 6 months old
- People with an illness and fever should wait to get vaccinated until their symptoms lessen.

Contact your clinic to see when they will be administering the flu vaccine.

For more flu related information visit the Centers for Disease Control and Prevention at [www.cdc.gov/flu](http://www.cdc.gov/flu) or call at 1-800-CDC-INFO.

## What is... FHSM?

*John J. Vukelich, M.D., President, FHSM*

If you received this newsletter in the mail, or picked up a copy at your family practice clinic, you are a member of a health care system known as **Family Health Service MN**, or "**FHSM**" for short.



*John J. Vukelich, M.D.*

### Our FHSM Clinics:

FHSM is a health care system consisting of 14 family practice clinics located in or around St. Paul, MN. It consists of 14 physician-owned clinics, each serving a unique neighborhood. Six of these clinics are known as "East Metro" and 8 are known as "MinnHealth" (see back for contact information). These clinics came together in a joint venture in 1996. The clinics operate under the administrative guidance of Family Health Services MN.

### Awards:

- FHSM clinics have received many awards for a variety of *patient care measures*, including **smoking cessation**, **care of patients with diabetes**, and **care of patients with hypertension**.
- FHSM has also received awards for **SUPERIOR patient satisfaction**, as measured by surveys. In 2006, we received awards from **Blue Cross Blue Shield**, **HealthPartners**, **UCare**, and **BHCAG** (Buyers Healthcare Action Group).
- The FHSM system places a high value on *patient safety*, and has integrated **electronic medical records** at ALL clinic sites.

Over these past 11 years, I am pleased to say that our organization has unified and strengthened. As president of FHSM, I am proud of the fine medical care delivered by our 70 providers. We are committed to providing patients with high quality, personal care.

*Thank you for choosing one of our clinics as your medical home.*

## WHAT IS

## ...Visit Planning

Erik Linck, M.D., MinnHealth Family Physicians  
Maplewood Clinic

Now that all Family Health Services Minnesota, P.A. clinics have used the **electronic medical record (EMR)** for over a year, we are expanding its use to include “*visit planning*” in an effort to further improve your care.

The EMR helps our staff track when you need routine tests, procedures and immunizations, so when you make an appointment for one thing, we may recommend you be tested for something completely unrelated.

Depending on your sex, age and family genetic risk factors, we may recommend one or more of the following...

**Screenings:****All adults...**

- cholesterol profile
- colon cancer
- diabetes (glucose)

**Adult males**

- prostate cancer (PSA)

**Adult females**

- mammogram
- pap smear
- osteoporosis (DEXA scan)
- anemia
- thyroid disease

**Immunizations:****All adults**

- tetanus
- influenza
- pneumococcal

**Females ages 12-26**

- human papilloma virus (HPV)

And of course we will continue administering the recommended immunizations, screenings and counseling for our teen and pediatric patients.

**Visit planning also includes...**

a review of your **medications** and **readings** (such as blood pressure or glucose levels). Bringing a list of your readings and current medications (or the bottles) helps your doctor make the best recommendations for your overall health. With the EMR and visit planning, we can better optimize your care and plan each visit efficiently.

## “Dear Physician”



**Q** Who most needs the new vaccine Menactra and what does it prevent?

**A** *Menactra prevents Meningococcal Meningitis, a serious and often fatal type of bacterial meningitis. It is most common in adolescents and young adults.*

**Q** How common is Hepatitis A, why is it hard to diagnose, and how many new cases are there each year?

**A** *Hepatitis A is an extremely common disease world wide. Commonly, the infection is very mild and sometimes not even recognized as being hepatitis. During it's peak incidence in the United States, it was estimated that there were approximately 250,000 new cases yearly during the 1980's and 1990's.*

*For more information on page 3.*

**Q** I have trouble sleeping at night and it is causing difficulty during the day. What can I do?

**A** *Try these simple strategies... Stick to a consistent bedtime and seek sleep in a dark room on a comfortable bed. To maximize their ability to get a good night's sleep, people should minimize caffeine in the afternoon and evening and moderate alcohol consumption. Regular exercise also improve quality of sleep, but it should not be done too close to bedtime.*

*For more information see "Sleep" on page 5*

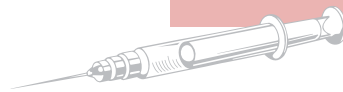
**Q** With so many changes in health care, what can I expect from my Family Practice Doctor?

**A** *Because of their personal and long-term relationship with the patient, family doctors are eminently qualified to partner with patients to make the very best health care decisions. They emphasize and counsel on disease prevention and healthy life styles, and also diagnose and treat illness. Family doctors serve as the patient's advocate in dealing with other medical professionals, employers, insurance companies and others.*

*For more information, see page 6.*

“DEAR PHYSICIAN” The Monitor was designed to provide YOU, our patients, with medical information to improve YOUR health care. We would like to give you the opportunity to ask health questions and concerns about medical care. “Dear Physician” will become a regular column of The Monitor, and the East Metro and MinnHealth medical staff will answer your health questions. Please submit these questions to The Monitor, “Dear Physician”, Family Health Services Minnesota, P.A., (Administrative Office for East Metro Family Physicians, P.A., MinnHealth Family Physicians, P.A.) 2025 Sloan Place, St. Paul, Minnesota 55117.

# New Recommendations for Old Vaccines



Every year, there are multiple changes in vaccine recommendations. This includes initiation of new vaccines such as Rotovirus, HPV and Shingles, which have occurred in the last year, as well as changes in recommendations for vaccines which are already established. This article will outline changes that have been recommended for two vaccines that have been available for some time.

David McAlpine, M.D.,  
MinnHealth Family Physicians  
Woodbury Clinic

## Meningococcus:

**Meningococcal meningitis is a serious and often fatal type of bacterial meningitis.** It is most common in adolescents and young adults. A number of years ago, college students living in dorms were found to be an especially high risk group. It was found that it was easy to give vaccines to this group of patients at the time of entrance to college and this has been a recommendation for some time.

Unfortunately, the first vaccine for meningococcal meningitis only worked for approximately two years. Approximately three years ago, this vaccine was improved. **The new vaccine (Menactra) has a duration of action of at least six years. Some studies indicate that it works as long as eight years.**

Last year, the CDC changed its recommendation for the time that this vaccine was given from the previous entrance to college recommendation, to the new recommendation of entrance to junior high school at age 12. Based on strength of scientific information, some vaccines are required for school and others only recommended. At this point, Menactra is in the recommended


category. There is still some controversy about the best time to give this vaccine because of fear that giving it at age 12 will leave a patient with reduced immunity at the time of highest risk (age 18-20). New studies indicate that the length of immunity coverage for this vaccine is longer than previously reported, and these fears are becoming less. Despite this, many providers have felt that age 15 is the ideal time to give this vaccine.

This is because there are an extremely low number of meningitis cases between the age of 12 and 15, but quite a few between the ages of 18 and 21. Giving it at 15 gives the peak immunity at the time that the patient is at the highest risk for developing this potentially catastrophic disease. I would recommend discussing recommendation and timing of giving this vaccine with your provider during visits in the age 12 to 18 time frame.

## Hepatitis A:

**Hepatitis A is an extremely common disease world wide.** Commonly, the infection is very mild and sometimes not even recognized as being hepatitis. During its peak incidence in the United States, it was estimated that there were approximately 250,000 new cases yearly during the 1980's and 1990's. A Hepatitis A vaccine was introduced in the mid 1990's. In 2005, the estimated new cases of this disease dropped to 42,000. Prior vaccine recommendations were to give this vaccine to patients who are at risk. This would include travelers to third world nations or in areas where this disease has a very high prevalence.

**Since 2006, the CDC has recommended that Hepatitis A vaccines be given universally to children between the ages of 12 and 23 months.** In addition, children at older ages can be

continued on page 6 

## New Physicians

We welcome the following new physicians...

### Dr. Jeanette Keifert

Woodbury Office – MinnHealth

#### Jeanette Keifert

was born and raised in rural western South Dakota and attended Valparaiso University in Indiana. Later Jeanette joined the University of Chicago Hematology Department staff as a medical researcher. She attended the University of Minnesota Medical School and completed her residency at St. John's Hospital. After completing residency Jeanette joined North Suburban Family Practice where she worked for sixteen years.



### and Dr. Alicia Turenne

Afton Road Office – MinnHealth

#### Alicia Turenne

grew up in Northern Minnesota. She got her undergraduate Bachelor's degree in Nursing at Marquette University, and after working as a nurse for 3 years, she decided to enter medicine school. She received her medical degree from Tufts University School of Medicine in Boston, Massachusetts in 2000. She completed her 3 year family medicine residency at the United Family Medicine Residency in St. Paul, seeing patients in the United Family Practice Health Center and at United Hospital. She enjoys sports and spending time with her family.



# Halloween Safety Tips

From the American Academy of Pediatrics

## ON THE TRICK-OR-TREAT TRAIL:

A parent or responsible adult should always accompany young children on their neighborhood rounds.

If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.

### Remind Trick-or-Treaters:

- Stay in a group and communicate where they will be going.
- Carry a mobile phone for quick communication.
- Only go to homes with a porch light on.
- Remain on well-lit streets and always use the sidewalk.
- If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- Never cut across yards or use alleys.
- Never enter a stranger's home or car for a treat.
- Only cross the street as a group in established crosswalks (as recognized by local custom).
- Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!
- Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

## The Physician Assistant

Jennifer Wiberg, PA-C

East Metro Family Practice - Inver Grove Heights Clinic

The physician assistant (PA) profession dates back to the mid 1960's. This fast-growing profession was designed to improve access to quality medical care. PAs work side-by-side with physicians (MDs) in hundreds of medical clinics throughout the United States. Within the FHSM care system, I am one of three PAs. Some of you are familiar with the role of the PA, but for those who are not, I would like to enlighten you.

Physician assistants are health care professionals licensed to practice medicine with physician supervision. Physician assistants are qualified to conduct physical examinations, diagnose and treat illness, order and interpret tests, counsel on preventive health care, assist in surgery, and write prescriptions.

Because of the close working relationship PAs have with physicians in the working world, they are educated in a medical model designed to complement physician training. The core content of their curriculum is very similar to that of a physician, with intensive education. However, physicians are required to complete an internship and often a residency in a specialty, and physician assistants do not have this requirement.

Upon graduation, physician assistants must take a national certification exam. Passing this exam gives them the title "Physician Assistant Certified", or PA-C. To maintain their national certification, PAs must complete 100 hours of continuing medical education every two years and must pass a recertification exam every six years.

The physician assistant is a representative of the physician. He or she treats the patient in the style and manner developed and directed by the supervising physician. A main difference between a physician and a PA is that a physician has complete responsibility for the care of the patient, whereas a PA shares that responsibility with the supervising physician. Cases that involve work that is not a routine part of the PA's scope of practice, as well as complicated cases, would be handled by the physician alone. Physician assistants are taught to "know their limits" and refer to physicians appropriately. This is an important part of PA training. The PA and physician maintain a mutual trust and respect, and function as a team.

Physician assistants can make a positive, significant contribution to health care delivery, and surveys repeatedly indicate that patient acceptance is high.

**Family HealthServices Minnesota, P.A. currently has 3 PA-C's:**

**Debra Sepeta, PA-C** (Afton Road - MinnHealth Family Physicians)

**Katharine Walker, PA-C** (Maryland - East Metro Family Practice)

**Jennifer Wiberg, PA-C** (Inver Grove - East Metro Family Practice)

(Some information obtained from the American Academy of Physician Assistants at <http://www.aapa.org>)

### Visit Our Clinics Online:

You can visit your clinic on the web at:

[www.eastmetro.net](http://www.eastmetro.net)  
or  
[www.minnhealth.com](http://www.minnhealth.com)

Send us an email - let us know what you think.

# Sleep, sleep, sleep, sleep!

Cameron McConnell, M.D.  
MinnHealth Family Physicians  
Afton Clinic

Adequate sleep is very important to good health. Most adults need 7-8 hours of sleep per night and children and teens need more. Poor sleep can result in daytime drowsiness with difficulty concentrating and performing complex tasks, such as driving, during the day. People can have trouble falling asleep, staying asleep, or can wake too soon. Some people, for various reasons, have poor quality sleep.

Various health problems can interfere with sleep. Restless leg syndrome or sleep apnea can disrupt sleep. Asthma, COPD, and heart failure have symptoms that often cause interrupted sleep. Chronic pain problems, like arthritis, can make sleep uncomfortable. Many medications we use can have side effects that interfere with sleep. Anxiety and depression can cause sleep problems. Jet lag or shift work can make constant sleep rhythms difficult.

People can maximize their ability to get a good night's sleep with some simple strategies. They need to try to stick to a consistent bedtime and seek sleep in a dark room on a comfortable bed. They should minimize caffeine in the afternoon and evening and moderate alcohol consumption. Regular exercise can improve quality of sleep, but it should not be done too close to bedtime. If unable to fall asleep a person should get out of bed and engage in quiet activity, such as reading or listening to soothing music, until they become sleepy, and then return to bed.

Your family doctor can help evaluate and treat insomnia. Improving sleep may involve treating the underlying condition or changing medications. People can be taught imaging or relaxation techniques that help them fall asleep. Medications are also available to help with sleep. If simple measures are not helpful, see your doctor for a more complete evaluation.


## Just for Fun!

Find the hidden words  
(Search up, down, sideways and diagonally!)


D F L F E D L C S V S Z S A H	BLIZZARD
A K E M A F R N C Y I O R F O	CHICKENSOUF
E W X P X L I A D B N U E W T	COLD
H D E H U F L E Z H U M V S D	COLDREMEDY
Y F V P F O M S Y Z S J I H R	FALLS
F X H L N E S S F J I B H A I	FLUSEASON
F U E K R E V N H P N L S Q N	HOTDRINKS
U S W D M F U K E Z F C B U K	PNEUMONIA
T Q L N W R R M S K E J E J S	SHIVERS
S O M G N I H T O L C M R A W	SINUSINFECTION
C F L U S E A S O N T I V W C	SLIPPERY
Y R E P P I L S N M I R H Z O	SNIFFLES
W E T F E E T Q H D O A B C L	STUFFYHEAD
W E Z K S N O B T I N J W V D	WARMCLOTHING
B U A F M Z L K B B Y T M Q D	WETFEET

## Find me

Find the hidden art (Score on page 8)  
Write the page number beneath each picture.






Pg.# \_\_\_\_\_

## Car Seat Safety

ALWAYS USE A SAFETY SEAT THAT IS THE CORRECT SIZE.

### Birth to 1 Year and 20 pounds

#### Rear facing seat

ALL infants should be placed in a rear-facing safety car seat until they are at least 1 year old and weight at least 20 pounds.

### 1-4 years

#### Forward facing seat with a harness

Convertible or Combination Seat

### 4-8 years

Booster seat - up to 80 pounds.

### Over 8 years and 57" tall

Adult Safety Belt - the shoulder and lap belt should fit correctly.

The following are a few safety tips:

- Read both your vehicle and care seat owner's manuals to make sure that you are correctly using the care seat in the vehicle.
- All children should ride in the back seat.
- Be sure babies are dressed in clothes that keep the legs free.
- Make sure to adjust the harness snugly.
- Drape a blanket over the car seat (never buckle a blanket under or behind the baby...do not wrap a baby in a blanket before buckling).
- Never place a rear-facing safety seat in the front seat of a vehicle that has a passenger air bag.

#### Provider Resources

Minnesota Office of Traffic Safety, Child Passenger Safety Program, American Academy of Pediatrics, Car Safety Seat Guide, Don't Skip a Step Brochure, Care Seats Made Simple.

## Calendar of Events 2007

### OCTOBER

National Breast Cancer  
Awareness Month  
www.nbcam.org

National Mammography Day  
October 19  
www.cancer.org

Healthy Lung Month  
www.lungusa.org

National Fire Prevention Week  
October 7-13  
www.firepreventionweek.org

National Child Health Day  
October 1st  
www.mchb.hrsa.gov

### NOVEMBER

American Diabetes Month  
www.diabetes.org

National Hospice Palliative  
Care Month  
www.nhpco.org

Lung Cancer Awareness Month  
www.lungcanceralliance.org

National Adoption Month  
www.adoptioncouncil.org

Great American Smokeout  
November 15th  
www.cancer.org

GERD Awareness Week  
November 18-24  
(Gastroesophageal Reflux Disease)  
www.aboutGERD.org

### DECEMBER

World Aids Day  
December 1st  
unaids@unaids.org

## The Family Doctor's Role in Your Health Care

John J. Vukelich, M.D.

East Metro Family Practice - Inver Grove Heights Clinic

*"I see you are a Family Practice doctor. Does that mean you are just PRACTICING on me?"*

This was a real question a patient threw at me one day! Perhaps he isn't the only patient out there who wonders just what "Family Practice" means, and what services are available at a family practice medical clinic.

After World War II, medical knowledge expanded and technology advanced, and many physicians chose to limit their practice to specific, defined areas of medicine. They became "specialists" in such areas as orthopedics, surgery, cardiology, etc. The public became increasingly dissatisfied with the shortage of personal physicians who could provide initial, continuing and comprehensive care. The concept of "family medicine" grew out of this concern, and "family practice" became medicine's twentieth specialty.

The family doctor functions as the patient's means of entry into the health care system. As the doctor of first contact in most situations, they are in a unique position to form a special bond with the patient. The

hallmark of family medicine is an emphasis on caring for a patient not as an isolated entity, but within the context of a family. Family doctors take great pride in really getting to know their patients, their family or family situation, and then developing a warm and long-term relationship.

Family doctors see both male and female patients, and take care of their physical, mental and emotional health through all life cycles. They emphasize and counsel on disease prevention and healthy life styles, and also diagnose and treat illness.

When consultation with a specialist is indicated, the family doctor refers, but remains the coordinator of the patient's health care. Family doctors serve as the patient's advocate in dealing with other medical professionals, employers, insurance companies and others. No matter what the disease process, or where care is being delivered, they remain involved with any decision making. Because of their personal and long-term relationship with the patient, they are eminently qualified to partner with patients to make the very best health care decisions.

### Vaccines... continued from page 3

vaccinated on a "catch up schedule". This is a vaccine series of two shots given six months apart. As with Meningococcal vaccine, this is a recommended but not required vaccine.

Over the past decade, there have been multiple strategies for reducing the effect of Hepatitis A outbreaks. Universal immunization is the newest one. There is some disagreement as to whether this is the best option. Other

options, such as immunizing at first sign of a Hepatitis A outbreak, immunizing those patients who are at risk for more serious effect from mild liver disease, or becoming vaccinated before travel to endemic areas have all been encouraged. However, both the Center for Disease Control, as well as the American Academy of Family Physicians, approved the recommendations for universal immunization for children. Further evaluations of these and

multiple other vaccines will certainly lead to new recommendations for timing of the vaccine as well as who should receive it. Hopefully, this report has shed some light on the rational behind current recommendations for vaccines for meningococcus and Hepatitis A.

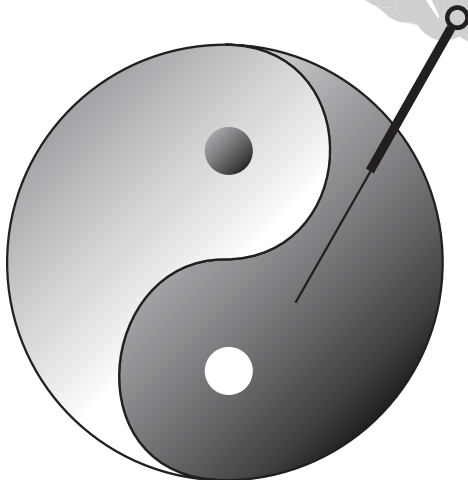
## FACTS ABOUT... *Acupuncture*

Denise Lewis, M.D., East Metro Family Practice - Highland Clinic

*Acupuncture, n. [L. acus, needle, and puntura, a pricking] in medicine, the insertion of a needle into a part of the body.*

Webster's definition is concise, but really doesn't begin to tell you what acupuncture is, or what it can do. Acupuncture is an integral part of traditional Chinese medicine (TCM) with a documented history dating back at least 3000 years.

One of the basic theories of TCM is that we are alive because of circulating energy or Qi. The Qi circulates in pathways called meridians; there are 12 primary meridians and 8 extra meridians. Along the meridians, there are specific locations where the circulating Qi can be accessed from the surface of the body, either by pressure from massage or fingers, or by insertion of needles. These are the acupuncture points, and there are well over 380 of them.



To understand why acupuncture can help treat illness, you have to understand that the state of your health is dependent on the quality, quantity and balance of Qi. To be healthy and pain free, your Qi must be free flowing. Proper acupuncture therapy can open up blocked meridians, regulate internal bodily functions, and strengthen the body's resistance.

Because of its long history, acupuncture has evolved many individual systems. Besides traditional Chinese acupuncture, the Koreans have developed hand acupuncture and the French developed ear (*auricular*) acupuncture, where the body is wholly represented within the hand or ear, respectively. The Japanese have a style that utilizes the finest needles, and very shallow insertion. An acupuncturist may use one or more systems when treating someone.

As a consumer interested in trying acupuncture, you should be aware that there is a wide range in training. A licensed acupuncturist in Minnesota must have attended a certified school, and passed a national board examination (14 hours of testing over 2 days).

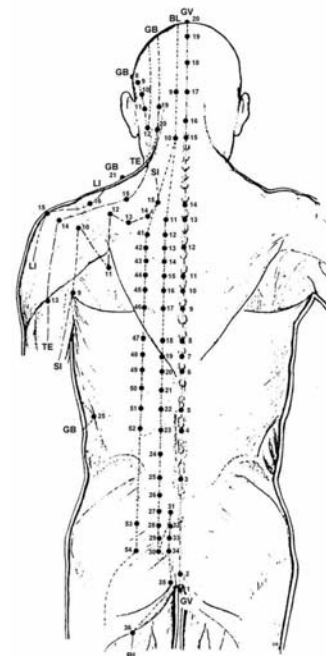
The school I attended, the Minnesota College of Acupuncture and Oriental Medicine, offers a 3-year Master of Oriental Medicine degree consisting of 3,000 contact hours of education, including 150 hours of observing treatments and 600 hours of supervised direct patient care.

Physicians can perform acupuncture without a separate license; there are physician-developed training programs offered through the

American Academy of Medical Acupuncture that consist of 300 contact hours of education, mostly home study, with 2 four day work shops for hands-on teaching. Chiropractors may also offer acupuncture in their clinics, with just 100 hours of training and a certification exam consisting of 100 questions.

For more information, you can go to web sites for the Acupuncture and Oriental Medicine Association of Minnesota ([www.aomam.org](http://www.aomam.org)), the American Academy of Medical Acupuncture ([www.medicalacupuncture.org](http://www.medicalacupuncture.org)), or the Minnesota Chiropractic Association ([www.mnchiro.educateforhealth.com](http://www.mnchiro.educateforhealth.com)).

For more detailed information about the principles of traditional Chinese medicine, you can read "The Web That Has No Weaver" by Ted Kapchuck, or any of a number of books written by Bob Flaws.



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<p>Written by your Doctors, this publication is a service of Family HealthServices, administrative office for a network of 14 Health Care Clinics, in order to better serve your health needs.</p>			<p><b>Your comments and suggestions are wanted!</b> Please let us know how we are doing. Patient satisfaction is our # 1 goal. If you are happy with us, we'd like to know. If you are not happy with us, we need to know. ☎ Call 651-772-1572</p>	

Designed by Alternative Designs

**Family HealthServices Monitor**

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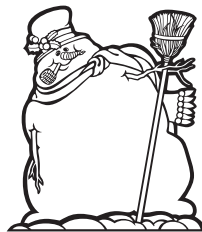
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Score: Find me

From page five

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*Wishing all of our patients,  
and their families,  
a joyous holiday  
season and  
a healthy  
New Year!*



Family HealthServices, Minnesota, P.A., the  
physicians and staff of East Metro Family Practice, P.A.  
and MinnHealth Family Physicians, P.A.