

FAMILY HEALTHSERVICES MINNESOTA, P.A.

Family HealthServices, Minnesota, P.A.,
formerly known as...
East Metro Family Practice, P.A. and
MinnHealth Family Physicians, P.A.



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

DIAMOND Shines Bright for the Future of Depression Care!

By Timothy Hernandez, M.D. – Gorman Clinic

Depression Improvement Across Minnesota Offering a New Direction (DIAMOND) is a new state wide initiative for the management of depression and the FHSM clinics are among the first participants. Many of our staff and physicians have been involved in the **re-design** of how depression is managed in primary care clinics. On March 3rd, 2008 four of our clinics at Banning, Gorman, Highland and Vadnais will launch this new care initiative.

We are excited because we will be using a **team approach** with the primary care providers supported by a care manager and a consulting psychiatrist to provide the best care for depression within our clinics.

This model has been proven to be more than **twice as effective** as "usual care" in getting people who suffer with major depression back to functioning at their highest level. The novelty of this program lies with the care manager who will be **actively** involved in contacting patients (*by phone or appointment*) who have been enrolled to evaluate their progress and bring them back to their primary care providers if needed either through messaging or by appointment. The care managers will also consult with a psychiatrist every week for help with those difficult cases.

Continued on page 7

FAMILY HEALTHSERVICES MINNESOTA, P.A.

Only Our Name Has Changed

Keith Oelschlager, M.D. – CEO, FHSM



Dr. Oelschlager

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 HealthServices Minnesota, P.A.** or "FHSM" for short, (formerly East Metro Family Physicians, P.A. and MinnHealth Family Physicians, P.A.). These two clinic systems came together in a joint venture in 1996.

Our FHSM Clinics:

FHSM is a health care system consisting of 13 family practice clinics located in or around St. Paul, MN. It consists of 13 physician-owned clinics, each serving a unique neighborhood. As CEO of FHSM, I am proud of the fine medical care delivered by our 69 providers. We are committed to providing patients with high quality, personal care.

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

Are you looking for Dr Hallstrom, Dr Linck or Dr Mommsen?

They can be found at their new clinic location in downtown North St. Paul. All phone numbers and services will remain the same.

2601 Centennial Drive, Suite 100, North St. Paul, MN 55109
(651) 777-8393 / 651- 777-7414

From the former Maplewood Clinic: OPTION 1

Take White Bear Ave SOUTH to HWY 36 EAST
Take RIGHT on Century Ave N
Take RIGHT on 7th Ave E
(1st stop lights)
Take RIGHT on Charles St
(one block past Subway)
Charles St will turn into Centennial Drive: Take the 1st RIGHT into the parking lot and DRIVE AROUND TO THE FRONT OF THE BUILDING.

From the former Maplewood Clinic: OPTION 2:

Take a RIGHT out of the parking lot heading northeast on N St. Paul Rd.- go about 1.5 miles
Take LEFT on Margaret Ave- go one block
Take RIGHT onto Centennial Drive
Take 1st RIGHT into the parking lot and DRIVE TO FRONT OF BUILDING

WHAT IF...

Family HealthServices Minnesota, P.A. – Montego Bay

By Jill Linse, M.D. – Woodbury Clinic

Perhaps, it is not such a far out notion to add a Family HealthServices site in Montego Bay, Jamaica. Dr Jill Linse is currently preparing for her 3rd trip to Jamaica through an organization called Mission Jamaica. Dr John Dickhudt is planning his first trip with the group. For one week, a team of doctors, nurses, dentists, and other volunteers run a walk-in clinic located in back of a church gymnasium in Montego Bay.

There is no public or private health insurance in Jamaica. Any visit to a doctor, dentist, or hospital is completely out of pocket. The doctors see a lot of skin infections/rashes, diabetes, high blood pressure, and arthritis complaints. The dentists see very decayed or abscessed teeth, for which the only treatment is extraction of the affected tooth.

Routine dental cleanings or dental sealants are not available in Jamaica. Blood pressures, blood sugars, and urine can be tested, but we are not able to do other blood work and a lot of tests our American patients routinely have available to them.

All of the medications are purchased or donated locally and have to be brought down in checked luggage. The dentists have begun to take a portable x-ray machine for dental x-rays. Customs is always a bit of an adventure!

Despite coming to a makeshift clinic with a bad toothache or bothersome illness, it is amazing how patient and grateful the patients are! Some have lined up early in the morning to get a number in order to be seen later that day, sometimes not until late in the afternoon. They have also been gracious when it is explained that we do not have the technology or specific medications to help them.

The doctors also enjoy minimal paperwork compared to what is required for billing, insurance companies, or other third parties in the United States. OK, and the warm weather and beaches aren't too bad either!

“Dear Physician”

Q Who needs Hospice Care, what do they provide, and how is it different?

A *Hospice care is appropriate for those who can no longer expect a cure for their illness and their life expectancy is generally about 6 months or less. Hospice Care centers on providing comfort and dignity to the dying patient. The focus becomes quality of life rather than length. Care is centered on the patient-not the disease.*

(See page 3 for more information on Hospice Care).

Q What is anemia, what causes it and who is affected?

A *Deficiency of vitamin B12 can result in both anemia and neurological changes. The anemia is characterized by large red blood cells and some immature red blood cells. B12 deficiency affects up to 25% of the general population age 65 and older.*

(See page 4 for more information on Vitamin B12 Deficiency).


Q What is acupuncture, how does it work and what is it based on?

A *Acupuncture can stimulate the body to restore balance, or the free flow of energy or vital substances. The insertion of fine, solid, sterile needles into specific points on the body that are known by experience to affect specific body functions. The selection of acupuncture points used in a treatment is based on a diagnostic practice using Traditional Chinese Medical theory, which views the body as a balanced and harmonious flow of energy and vital substances.*

(See pages 6 for more information on Acupuncture).

“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 Family HealthServices Minnesota medical staff will answer your health questions (formerly East Metro and MinnHealth). Please submit these questions to The Monitor, “Dear Physician”,

Family HealthServices Minnesota, P.A., 2025 Sloan Place,
St. Paul, Minnesota 55117. 

What is Hospice Care?

By Denise Long, M.D. – Highland Clinic



- Have you or a family member been diagnosed with an illness that will be life ending?
- Have you wondered what type of help may be available?

Hospice care may be an option.

The concepts of *Hospice*, center on providing comfort and dignity to the dying patient.

The focus becomes **quality** of life rather than length. Care is centered on the **patient-not the disease**.

Physical, emotional and spiritual care will be provided-often in the patients own home.

Hospice care is appropriate for those who can **no longer** expect a cure for their illness and their life expectancy is generally about 6 months or less. You, your family and your physician can determine when this program is appropriate. Hospice services are usually covered by Medicare, Medicaid, and many private insurance plans.

Hospice care involves a **team of health care workers** and volunteers to provide services with access 24 hours a day, 7 days a week.

- This team is led by a **Hospice Medical Director**; however your **Physician** will almost always continue to be involved in your care.
- A **Registered Nurse** will coordinate your care and visit regularly.
- **Nursing Aides** are available to provide practical care; assisting your **care giver** with activities such as bathing, dressing and other tasks that your family has difficulty providing.

- **Social workers** help with psychosocial issues, counseling, and access to other services.
- Patients often have different spiritual needs and a **chaplain** or a **clergy member** will help provide appropriate spiritual focus.
- Finally, specially trained **volunteers** are available to patients and their families for a wide variety of services.

Services provided through Hospice will focus on pain control and control of symptoms, medical supplies, equipment, and medications relating to the illness.

Care is usually in the patient's home but short term hospitalization and respite care for family members is available. Bereavement care following death is available for families.

Death is the final stage in the cycle of life. Hospice care embraces this time. If you have questions if this type of care is appropriate for you or a family member, please feel free to discuss this with your physician. (Clinic phone numbers on back page).



Calendar of Events 2008

National Health Observances

May

National Women's Health Week
(11-17)
www.womenshealth.gov/whw

Asthma and Allergy Awareness Month
www.aafa.org

Melanoma/Skin Cancer Detection and Prevention Month
www.aad.org

Lyme Disease Awareness Month
www.lyme.org

National Physical Education and Sport Week (May 1-7)
www.naspeinfo.org/naspe

National High Blood Pressure Education Month
nhlbiinfo@nhlbi.nih.gov

June

Sun Safety Week (8-14)
www.sunsafetyalliance.org

National Men's Health Week (9-15)
www.menshealthweek.org

National Cancer Survivors Day
www.ncsdf.org (June 1)

August

Cataract Awareness Month
eyemd@aao.org

September

Prostate Cancer Awareness Month
info@fightprostatecancer.org

Vitamin B12 Deficiency

Craig Mommsen, M.D. – North St. Paul Clinic

Deficiency of vitamin B12 can result in both **anemia** and **neurological changes**. The anemia is characterized by large red blood cells and some immature red blood cells. Neurologically, patients may experience signs and symptoms compatible with Alzheimer's type dementia.

Patients affected may have...

- a shiny tongue
- a shuffling broad gait and
- possibly mental slowness.

There may be problems with...

- numbness
- weakness
- loss of dexterity
- impaired memory or personality changes.

The neurologic changes may well precede any evidence of anemia. There are also many other medical conditions that will mimic B12 deficiency.

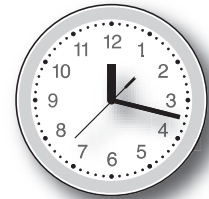
B12 deficiency affects up to 25% of the general population age 65 and older. By a simple blood test these patients may be identified as having low/borderline B12 levels. The reasons patients may become low in B12 is generally secondary to decreased oral intake, or decreased absorption from the intestinal tract. **The only dietary sources of vitamin B12 are meat, eggs, and dairy (animal) products.**

Many different types of gastric disease can result in B12 deficiency. These include some autoimmune processes and pernicious anemia, as well as infection with *Helicobacter pylori*. Successful treatment of the *Helicobacter pylori* infection will result in resolution of the B12 deficiency.

Other factors contributing to poor B12 absorption include intestinal bacterial overgrowth, secondary to antibiotic treatment, medications (*antacids, H2 receptor agonists, and proton pump inhibitors*), chronic alcoholism, gastric surgery, pancreatic problems, and Sjögren's syndrome. Deficiency of folic acid may also be associated with these risk factors.

Fortunately, once B12 deficiency is identified, treatment is quite simple and straightforward. **B12 deficiency is usually fully reversible if treated without undue delay.** Treatment consists of injections of B12 and repeat blood test confirming normal B-12 blood levels. Alternately, using high-doses of B12 orally will produce similar results. This requires a conscientious and compliant patient.

It's Time to Schedule School and Sports Physicals!



Does your child need a physical before starting school or participating in sports? Remember, immunizations must be current, and sports physicals completed prior to starting practice.



Several of our clinics will have special day and/or evening hours to accommodate busy life styles. Some of the clinics will begin in May and continue through the summer months.



If your child needs a physical, call your Family HealthServices office now to schedule an appointment, and avoid the end of the summer rush. (Clinic phone numbers on back).

MEDICAL DISCOVERIES A LOOK INSIDE

DNA On February 28, 1953, James Watson of the United States and Francis Crick of England made one of the greatest scientific discoveries in history. The two scientists found the double-helix structure of DNA. It's made up of two strands that twist around each other and have an almost endless variety of chemical patterns that create instructions for the human body to follow. Our genes are made of DNA and determine things like what color hair and eyes we'll have. In 1962, they were awarded the Nobel Prize for this work. The discovery has helped doctors understand diseases and may someday prevent some illnesses like heart disease and cancer.



X-RAYS Wilhelm Roentgen, a German physicist, discovered X-rays in 1895. X-rays go right through some substances, like flesh and wood, but are stopped by others, such as bones and lead. This allows them to be used to see broken bones or explosives inside suitcases, which makes them useful for doctors and security officers. For this discovery, Roentgen was awarded the first-ever Nobel Prize in Physics in 1901.



Spring into Summer!

Just for Fun!

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

Y V Q I A N P Q W D L G E G
I O T A V I M E S S T N S N C
W S P E C H E R N S I L I A P
P E N B F A T S J M E K J A S
K I U M I A T P M K I N P H A
W G U S C S S I O B I F T M J
F R F U V C W R O Z H Y X I F
C E J J V S T A E N J K D H F
Y L H Y T S D T W T S H A D E
Y L A X N D N I D C A L I R Y
S A G U C E U O C L S W M D E
J K S T O H D N W A L K I N G
G N O I T A R D Y H E D D F N
H S A R T A E H R E H Y A W H
L O O C Y A T S U N B L O C K

ALLERGIES
BIKING
DEHYDRATION
FITNESS
HEATRASH
HOT
PERSPIRATION
SHADE
STAYCOOL
SUNBLOCK
SUNSTROKE
SWIMMING
VACATIONS
WALKING
WATERSAFETY

Health Facts and Trivia

- The four taste zones on your tongue are: bitter (back), sour or acid (back sides), salty (front sides), and sweet (front).
- The strongest muscle of the body is the masseter muscle, which is located in the jaw.
- About 400 gallons (1,514.16 liters) of blood flow through your kidneys in one day.
- Humans breathe 20 times per minute, more than 10 million times per year and about 700 million times in a lifetime.
- Placed end to end, all your body's blood vessels would measure about 62,000 mi (99,779.33 km). That's more than twice around the earth!



Note: The circumference of the earth at the equator is 24,901.55 miles (40,075.16 kilometers).

What Scares You

Are you afraid of spiders or heights? Don't worry – you're not alone. Many people have a fear of something. When the fear is ongoing and irrational, it's called a phobia. Here are some common-and not so common – phobias. If you have concerns or questions about a phobia, please discuss with your physician.

PhobiaObject Feared

- Acrophobia.....heights
- Agoraphobiacrowds, public places or open areas
- Ailurophobia.....cats
- AnglophobiaEngland or anything English
- Arachnophobia.....spiders
- Aviophobia.....airplanes
- Brontophobiathunderstorms
- Claustrophobiaclosed or small spaces
- Thalassophobiathe sea
- Triskadekaphobia ..the number 13
- Xylophobiawooden objects or of forests

Courtesy of Fact Monster



Safety Reminder

Daylight Saving Time provides a convenient reminder to **change the batteries in your smoke detector when you change your clocks.** A working smoke detector more than doubles your chances of surviving a home fire.

More than 90% of homes in the United States have smoke detectors, but one-third are estimated to have dead or missing batteries.

So change those batteries!

Visit Our Clinics Online:

You can visit your clinic on the web at:

www.fhsm.com

(formerly at www.eastmetro.net or www.minnhealth.com)

Our previous websites are still accessible but will be under construction over the next year. Send us an email - let us know what you think.

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

FACTS ABOUT...

Acupuncture

Denise Lewis, M.D. – Highland Clinic

What is acupuncture?

Briefly, it is the insertion of fine, solid, sterile needles into specific points on the body, or in the ear, that are known by experience to affect specific body functions. Versions of acupuncture have been used for therapeutic purposes for over 3,000 years primarily in Asian cultures; it most likely originated in China.

The selection of acupuncture points used in a treatment is based on a diagnostic practice using Traditional Chinese Medical theory, which views the body as a balanced and harmonious flow of energy and vital substances. Disease, or illness, then is felt to be an imbalance, or a blockage of normal flow. Acupuncture can stimulate the body to restore balance, or the free flow of energy or vital substances.

What is an acupuncture visit like?

You will be asked what your primary complaint is, and details about symptoms will be obtained. Additional information will be sought about your general condition, such as your energy level, the quality of sleep, digestive function, emotional well-being, your typical diet, exercise and family history.

The pulses in your wrists will be carefully felt; the quality of the pulse provides additional diagnostic clues. Your tongue will also be checked; information about your condition is obtained from the size, shape, color, and coating of your tongue.

A diagnosis is determined from this information, and an appropriate selection of acupuncture points is made. It may be very few, 4 or 6 points, up to 20 points. The needles are inserted, and left in place 15-30 minutes, depending on your condition. Needles are used only one time, and are disposed of after a treatment.

What does it feel like?

You should generally not feel a sharp or painful sensation. Once the needle gets to the active part of the acupuncture point, you may feel a different sensation, such as heaviness, achiness, warmth, distention, or vibration.

This indicates that the point is activated to achieve a therapeutic effect, and should be expected to occur. On some parts of the body, that area is an inch or two deep in a muscle; in other areas, it's just under the skin.

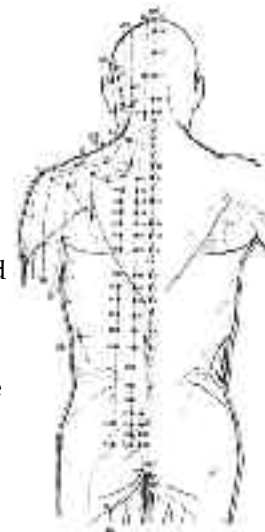
When the needle is removed, you may have a residual sensation for a few minutes up to an hour. Most people feel very relaxed after treatment.

What can acupuncture treat?

- As Traditional Chinese Medicine was primary care medicine in China before it opened to the West in the 1970s, there are acupuncture treatment strategies for any condition you would see your family medicine doctor for.
- Any condition where movement and flow are affected can be treated by acupuncture; asthma, or other breathing problems; digestive problems of all kinds; rib-side pain; menstrual problems, or menopause symptoms; joint pain or back pain, or neuropathy; urinary tract problems.
- Other conditions include respiratory infections, fatigue, supportive care in cancer treatment, infertility, injuries, skin problems, headaches, depression or anxiety, and so on.

Is it safe?

The World Health Organization and the National Institute of Health have each evaluated the safety of acupuncture therapy, and find it to have a lower rate of side effects and complications than any of our prescription medications, or surgical procedures. Infection is a potential risk, but occurs rarely; slight bleeding is possible, but severe bleeding is rare; it is possible for a painful condition to temporarily worsen after acupuncture.



Will my insurance cover it?

It depends on your plan and your specific contract; contact your insurance company to find out. If your insurance doesn't cover acupuncture, you will be expected to pay at the time of service.

How many treatments will I need?

It depends on your condition, and how long you've had it; an acute problem may only take 2 or 3 treatments; a chronic problem may take 10-12. The effect of acupuncture is cumulative, so you should see progress as you go through a treatment course. Frequency of treatment can vary from daily, or twice a week, to weekly or monthly, depending on your condition. The treatment is individualized to you!

For more information, you can go to web sites for...

The Acupuncture and Oriental Medicine Association of Minnesota

www.aomam.org

The American Academy of Medical Acupuncture

www.medicalacupuncture.org

or the

Minnesota Chiropractic Association

www.mnchiro.educateforhealth.com

Where Is... *My* HOSPITAL?

By Cynthia Frane, M.D. – White Bear Office

All of our Family Health Services clinics are affiliated with HealthEast Hospitals and patients are seen at these sites. *In order to help you be seen at the hospital that your physician attends, the following list may be useful:*

St. Joseph's Hospital:
Gorman Office
Highland Office
Inver Grove Heights Office

St. John's Hospital
Banning Office
Larpentour Office
Maryland Office
North St. Paul/Maplewood Office
Shoreview Office
Vadnais Office
White Bear Lake Office

Woodwinds:
Afton Office
Woodbury Office
Woodlane Office

We encourage you to be seen at the hospital with which your clinic is most closely affiliated, should you need to be seen in the emergency room.

Controlling Your Diabetes: It's More Than Just Feeling Better

John Punderson, M.D. – Gorman Clinic

When you were first diagnosed with adult-onset diabetes you may have been extremely thirsty and urinating all the time, you could have had blurred vision, or maybe you just felt extremely fatigued.

Initial treatment with proper diet or medication probably alleviated these symptoms to a great degree and allowed you to get back to feeling normal.

Unfortunately adult-onset diabetes is not just a disease that causes high blood sugar with its related symptoms; it's a systemic disease that makes the blood vessels throughout the body susceptible to disease as well with increased risk of heart attack, stroke, kidney failure and blindness.

Research has shown that controlling five factors can significantly reduce this risk:

- 1) **Average blood sugar control** over a 3-month period can be measured by a blood test called Glycosylated Hemoglobin A1C; keeping this number **under 7.0 is best.**
- 2) **Blood pressure** should be kept **below 130/80.**
- 3) **LDL ("bad") cholesterol** should be **reduced below 100.**
- 4) **A low dose aspirin** (81 mg.) daily reduces risk of small blood clots which can cause a heart attack.
- 5) Finally, **if you smoke, quit!** The blood vessel damage caused by smoking is accentuated in diabetics; ask your doctor for help quitting if necessary.

Your doctor will review each of these five items at every diabetic check to help you reach your goals of both feeling better and reducing long-term complications.

DIAMOND... cont from page 1

The other unique feature of DIAMOND is the payment structure. It is the **first** major program to be funded outside of the traditional office visit. The program was designed with the hope that the **majority of the patients who were enrolled would have little to no responsibility for payment.**

Although the complexities of coverage and benefits have prevented 100% coverage, the majority of enrollees there will have little out of pocket costs. We were able to achieve this goal due to the **collaboration** of providers and representatives of the insurance companies as well as the department of human services. We are proud to say that the FHSM clinics are on the forefront of providing the highest quality of depression care for our patients. We feel that the DIAMOND program gives us the necessary tools to achieve this goal.

Helpful Scheduling Hint

If you are scheduling an appointment for a Workers' Comp or Auto Accident related injury, and you want to be seen for additional unrelated medical issues, please remember to inform the scheduler. This will make sure that the following occurs:

- Allows the proper amount of time to be scheduled with your provider for each separate type of appointment.
- Appropriate billing: Workers' Comp / Auto Accident appointments should be billed separately from your health insurance.

Please talk to your business office if you have questions – All clinic phone numbers listed on back page.

Score: Find me
Pgs#

(From page free)

6
5
4
3
2
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2
3

Afton Road Office
2716 Upper Afton Road
Maplewood, MN 55119
Appts: 651-739-5050
Billing: 651-739-4594

Banning Office
4786 Banning Avenue
White Bear Lake, MN 55110
Appts: 651-426-6402
Billing: 651-426-8761

Gorman Office
234 East Wentworth Ave.
West St. Paul, MN 55118
Appts: 651-455-2940

Highland Office
1540 Randolph Avenue
St. Paul, MN 55105
Appts: 651-699-8333

Inver Grove Heights Office
2980 Buckley Way
Inver Grove Heights,
MN 55076
Appts: 651-457-2748

Larpenteur Office
1050 W. Larpenteur Ave.
St. Paul, MN 55113
Appts: 651-487-2831
Billing: 651-487-1615

Maryland Office
911 East Maryland Ave.
St. Paul, MN 55106
Appts: 651-776-2719

North St. Paul Office
2601 Centennial Drive
Suite 100
North St. Paul, MN 55109
Appts: 651-777-7414

Shoreview Office
404 W. Highway 96
Shoreview MN 55126
Appts: 651-483-8283
Billing: 651-483-8293

Vadnais Heights Office
3550 Labore Rd, Suite 7
Vadnais Heights MN 55110
Appts: 651-766-0520
Billing: 651-766-9450

White Bear Office
3220 Bellaire Avenue,
White Bear Lake MN 55110
Appts: 651-777-8149
Billing: 651-777-5235

Woodbury Office
8325 City Centre Drive
Woodbury MN 55125
Appts: 651-731-0859
Billing: 651-731-3584

Woodlane Office
2056 Woodlane Drive
Woodbury, MN 55125
Appts: 651-731-2020

Visit Our Clinics Online:
You can visit your clinic
on the web at:
www.fhsm.com



Our Urgent Care Center Has Moved

Family HealthServices Minnesota, P.A. has an Urgent Care facility to serve you. It is located at...
Urgent Care - North St. Paul Clinic
2601 Centennial Drive, Suite #100,
North St. Paul, Minnesota, 55109

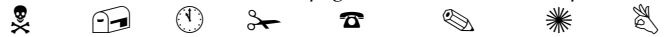
Our Urgent Care is staffed by one of **your** Family HealthServices physicians and is available evenings and weekends by appointment. **All urgent care calls should be made DIRECTLY to your PRIMARY CLINIC (above).** These calls will automatically be routed to the Urgent Care Clinic during its scheduled hours. If a physician has not called you within 30 minutes of placing your call, please call back so we can be attentive to your medical needs.

Regular Hours	Clinic Hours	Urgent Care Hours	Urgent Care Phone Hrs. ☎
Monday-Friday Saturday Sunday	8:00-5:00 pm Closed Closed	6:00 pm-8:30 pm 9:00 am-5:00 pm 9:00 am-4:00 pm	5:00 pm- 8:30 pm 8:00 am-4:00 pm 8:00 am-3:00 pm
HOLIDAY HOURS	Clinic Hours	HOLIDAY Urgent Care Hours	HOLIDAY Urg. Care Phone Hrs.
<i>Good Friday</i> Fri. Mar. 21 <i>Easter</i> Sun. Mar.23 <i>Memorial Day</i> Mon. May 26 <i>Fourth of July</i> Fri. July 4 <i>Labor Day</i> Mon, Sept 1	Reg. Hrs. (8-5 pm) Closed Closed Closed Closed	6:00 pm - 8:30 pm 9:00 am - 2:00 pm 9:00 am - 2:00 pm 9:00 am- 2:00 pm 9:00 am- 2:00 pm	5:00 pm - 8:30 pm 8:00 am-1:00 pm 8:00 am-1:00 pm 8:00 am-1:00 pm 8:00 am- 1:00 pm

The purpose of Urgent Care is to offer our patients after-hour care for illness and injuries that require immediate attention that cannot wait until our usual clinic hours. Our Urgent Care Clinic is NOT an emergency medical facility; CALL 911 for any life-threatening situations.
☎ Poison Control Center 1-800-222-1222 (24 hour service).

Find me

Find the hidden art (Score on page 7)
Write the page number beneath each picture.



Pg.# _____

Written by your Doctors...

this publication is a service of Family HealthServices Minnesota, P.A. a network of 13 Family Care Clinics, in order to better serve your health needs.

Your comments and suggestions are wanted!

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

**FAMILY
HEALTHSERVICES
MINNESOTA, P.A.**

Family HealthServices Monitor

Office of the Editor
2025 Sloan Place, Ste. 35
Saint Paul, MN 55117-2058

Family HealthServices, Minnesota, P.A., formerly known as... East Metro Family Practice, P.A. and MinnHealth Family Physicians, P.A.

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here