



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

Halloween SAFETY TIPS

From the American Academy of Pediatrics

ALL DRESSED UP:

- Plan costumes that are **bright and reflective**. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding **reflective tape** or striping to costumes and Trick-or-Treat bags for greater visibility.
- Because **masks can limit or block eyesight**, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.
- When shopping for costumes, wigs and accessories look for and purchase those with a label clearly indicating they are **flame resistant**.
- If a sword, cane, or stick is a part of your child's costume, make sure it is **not sharp or too long**. A child may be easily hurt by these accessories if he stumbles or trips.
- Obtain **flashlights with fresh batteries** for all children and their escorts.
- **Teach children how to call 9-1-1** (or their local emergency number) if they have an emergency or become lost.

CARVING A NICHE:

- Small children should **never** carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.
- Votive candles are **safest** for candle-lit pumpkins.
- Lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should **never be left unattended**.

HOME SAFE HOME:

- To keep homes **safe** for visiting trick-or-treaters, parents should remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Parents should **check outdoor lights** and replace burned-out bulbs.
- Wet leaves should be **swept** from sidewalks and steps.
- **Restrain pets** so they do not inadvertently jump on or bite a trick-or-treater.

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.

MEDICAL DISCOVERIES A Look Inside... Penicillin

Antibiotics are powerful drugs that kill dangerous bacteria in our bodies that make us sick. In 1928, **Alexander Fleming** discovered the **first antibiotic, penicillin**, which he grew in his lab using mold and fungi. Without antibiotics, infections like strep throat could be deadly.

Aspirin

In 1899 **Felix Hoffman** develops **aspirin** (*acetyl salicylic acid*). The juice from willow tree bark had been used as early as 400 BC to relieve pain. 19th century scientists knew that it was the salicylic acid in the willow that made it work, but it irritated the lining of the mouth and stomach. Hoffman synthesizes acetyl salicylic acid, developing what is now the most widely used medicine in the world.

Protect Yourself Against the Flu!

Prime flu season is just ahead. The flu usually strikes from December to April causing widespread misery for many. For some people the flu is more than a miserable nuisance. It can lead to severe complications, pneumonia and even death. A flu shot can help reduce your chance of getting the flu.

Flu shots will be given Mid-October thru Mid- November.

You may need a Flu or Pneumonia vaccine if you fit into one of the below high risk categories (Minnesota Department of Health):

- children aged 6–59 months,
- pregnant women,
- persons aged >50 years,
- persons of any age with certain chronic medical conditions; and
- persons who live with or care for persons at high risk, including
- household contacts who have frequent contact with persons at high risk and who can transmit influenza to those persons at high risk and
- health-care workers.

Please call your MinnHealth office for an appointment if you feel you need a Flu or Pneumovax vaccine or have any questions.

Did You Know?

More than half of Americans take dietary supplements.

Calcium & Vitamin D: It's Not Just About Your Bones

We know that calcium and vitamin D are important to bone health. Adequate daily intake of these nutrients helps bolster bones reducing the risk of osteoporosis.

LuAnn Hunt, M.D. – Afton Clinic

Now there is good evidence to show that the **benefits of dietary calcium and vitamin D go beyond our bones.** A number of recent studies show strong evidence to suggest benefit in fending off colon cancer, in relieving premenstrual syndrome (PMS), in preventing falls in the elderly and reducing hip fractures should a fall occur.

In a four year clinical study involving people with colon polyps (precancerous growths in the large intestine), **calcium supplements reduced the risk of new polyps by 19%.** Five years after that study ended, researchers found an even **larger reduction of 36%.** Another study published in 2003 showed that calcium cut the polyp risk only if people consumed enough vitamin D. **Vitamin D helps with the absorption of calcium.**

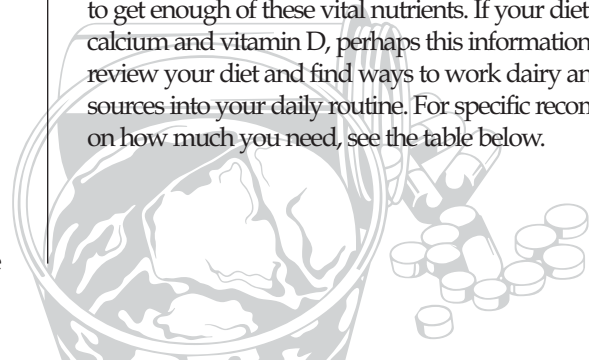
In an observation study done in Amherst, Massachusetts women who had a least four servings of low fat milk or calcium/vitamin D fortified orange

juice were significantly **less likely to develop PMS.** Other previous studies have shown that calcium supplements can relieve PMS symptoms.

Eight clinical trials done with older patients, average age 81, showed that taking 700–800 international units (IU) of vitamin D **reduced hip fracture risk by 26%.** It should also be noted that the government's currently recommended 400 IU dose of vitamin D provided no additional protection. For this reason many doctors are currently recommending that their older patients take more vitamin D than the government guidelines suggest, and it is suspected that government guidelines will be changing soon to reflect this new information.

And finally, there has been past research with vitamin D alone showing that the risk of several cancers was reduced while other research showed that **calcium may also help lower blood pressure.**

Despite the evidence of multiple benefits, most Americans fail to get enough of these vital nutrients. If your diet is lacking in calcium and vitamin D, perhaps this information can help you review your diet and find ways to work dairy and other good sources into your daily routine. For specific recommendations on how much you need, see the table below.



NUTRIENT	20's	30's	40's	50's	60's	70's	80's and Beyond
Calcium	☞ 1,000 to 1,200 mg / day ☞ from food if possible since food sources are better absorbed and more "bioavailable"			☞ 1,200 for men ☞ ☞ 1,500 for everyone ☞ ☞ 1,500 for post menopausal women ☞			
Vitamin D	☞ 10 minutes of sun exposure 3 days a week. Those who live farther North or those individuals with darker skin or more body weight need more. Or get 400 IUs of Vitamin D daily from D-rich foods or supplements.				☞ 600 to 1,200 IUs / day ☞ of Vitamin D		

Table data provided by Consumer Reports on Health, September 2005

Welcomes Dr. Carpenter

to the Maplewood Office



MinnHealth Family Physicians in Maplewood is expanding its physician services. We are welcoming **Jennifer Carpenter M.D.**, July, 2006. She practices women's health, obstetrics and pediatric medicine. She has special interest in OBGYN procedures (*Colposcopies*) She is looking forward to meeting and caring for MinnHealth patients and serving the community. We are currently booking appointments for Dr. Carpenter.

Please call to schedule a convenient time.



MinnHealth

FAMILY PHYSICIANS, P.A.

1814 North St. Paul
Road, Maplewood, MN
651-777-8393

MAPLEWOOD PHYSICIANS & STAFF

Say Goodbye to Dr. Charles Dunham

Reflecting, says Dr. Dunham, "I would like some time to stop and smell the roses".



Dr. Charles Dunham announced in July that he would be leaving MinnHealth. Dr. Dunham has gone to work at an urgent care facility, which has allowed him to decrease his work load and hours. He has been with MinnHealth for more than 35 years and was one of the forefathers of MinnHealth. He will be greatly missed. His last day was August 18, 2006.

Dr. Dunham's Maplewood partners will be there to continue the same quality care that he has provided for his patients over the years.

*We wish him well as he takes his time to smell the roses.
The Physicians and Staff at Maplewood*

NEW IMMUNIZATION UPDATE

Dr. David Thorson, Medical Director

There are a number of new immunizations that are being introduced in the near future. Before these can be administered to our patients, we need to verify the current recommendations, side effect profile, and reimbursement parameters. We are currently evaluating the following immunizations:

Gardasil (indicated in girls and women 9-26 years of age for the prevention of diseases caused by the Human Papillomavirus (HPV).)

Rotateq (indicated for the prevention of rotavirus gastroenteritis in infants and children.)

Zostavax (indicated for prevention of Herpes Zoster (shingles) in individuals 60 years of age or older.)

We will continue to investigate new vaccines. When they are FDA approved, we will make them available to our patients with information regarding appropriate use and insurance reimbursement.

Fall into Winter

J	N	O	A	W	S	N	O	A	K	B	E	Z	A	S	ADVIL
T	S	I	Y	N	W	T	I	W	R	K	T	J	N	E	ANALGESICS
H	I	W	L	O	T	N	O	O	J	R	T	S	A	H	ANTIBIOTICS
N	J	R	D	L	O	I	N	H	E	J	N	C	L	C	ASPIRIN
N	A	N	E	M	I	C	B	A	S	O	E	O	G	A	BRONCHITIS
I	U	D	U	D	H	C	T	I	I	U	B	L	E	D	COLD
R	L	E	V	I	N	M	I	T	O	M	L	D	S	A	COMPLICATIONS
I	N	H	T	I	E	E	A	N	S	T	Y	F	I	E	COUGHDROPS
P	Y	I	U	N	L	C	S	F	E	A	I	T	C	H	DAMPNESS
S	S	Q	T	L	I	Z	B	S	K	P	T	C	S	Q	FLUSHOTS
A	O	T	G	L	S	I	N	U	S	I	T	I	S	R	HEADACHES
Z	H	S	P	O	R	D	H	G	U	O	C	N	P	N	PENICILLIN
Y	Z	M	V	I	R	A	L	I	L	L	N	E	S	S	PNEUMONIA
W	O	S	S	E	N	P	M	A	D	R	R	F	C	J	RUNDOWN
C	K	S	U	C	G	M	Y	L	S	H	I	V	E	R	SHIVER
															SINUSITIS
															TIREDFNESS
															TREATMENT
															VIRALILLNESS



MinnHealth

FAMILY PHYSICIANS, P.A.

The Common Cough

Now is the season of bothersome respiratory infections, causing all kinds of miserable symptoms, including coughing. As you probably know, the common cold usually resolves within 10 days; however the cough can sometimes linger for 6-8 weeks.

Jane Kilian, M.D. – Larpenteur Clinic

If you have a cough that doesn't resolve, or that is not accompanied by the other typical cold symptoms (runny nose, body aches, etc.) then you might want to see your doctor. While a respiratory infection is often the cause of an acute cough, a chronic cough can be caused by a number of different medical problems.

Causes for a chronic cough include allergies, asthma, heartburn, and medication reaction. It can sometimes be difficult to determine which of these problems is causing your cough.

Allergies can start at any time during your life. Symptoms include coughing, sneezing, increased mucous production, and itchy eyes. Causes are as varied as you can imagine: dust, pollen, pets, carpet fibers, building materials. If you move, change work places, make home changes, or get a new pet and then develop a cough, allergies are one cause of a cough that come to mind.

Allergies can be treated by avoidance of the allergen (the item that causes the allergy). There are also medicines that can help. Some people take oral antihistamines on a daily basis to keep their allergies in check. When symptoms are primarily nasal in origin (mucous, post-nasal drip) nasal sprays can work to reduce your symptoms.

When you have asthma, your lungs respond to irritants by becoming inflamed and constricted. This makes it difficult for you to exhale air, and you may feel short of breath. Common triggers for asthma are allergies, cold air, and sometimes exercise. Exposure to your own or others cigarette smoke can also trigger asthma. And—for some reason—exposure to

cockroaches (or their poop) makes many folks have problems with asthma.

For some, the only symptom of asthma is a cough. Often this cough is worse at night, or after exposure to one of their triggers. **Asthma can be mild or severe; you can have symptoms every day or only a few times a month.** Treatment for asthma includes—first of all—avoiding the triggers. If medication is needed, inhalers are often used. You might need to use an inhaler very rarely, or daily. For exercise induced asthma, use of the medicine before exercising will allow you to do your good-for-you physical activity.

Severe asthma exacerbations require prompt attention and sometimes hospitalization. If you have asthma, you should have regular visits with your health care provider to ensure that your treatment is adequate and to develop a plan for what to do in case of worsening symptoms.

Now we get to **heartburn**—this is one that surprises people. Most folks think that heartburn means a burning sensation in the center of the chest. Often that is the case. However, lots of people have all kinds of odd symptoms from heartburn. One of those symptoms is a chronic, nagging cough.

There are several over the counter and prescription medications that treat heartburn. As with most ailments, eliminating the cause is preferable to medicine because all medications have side effects and - of course - financial costs. So what should you avoid do to avoid heartburn? It is different for everyone but the following foods commonly aggravate heartburn: spicy and greasy foods, garlic, alcohol, peppermint (*that might surprise you*), caffeine, acidic foods (*tomatoes are frequently a culprit*).

Being overweight, overeating at meals, and cigarette smoking can also cause heartburn. Too much



- Avoid close contact with people who are sick. And when you're sick, keep your distance from others.
- Cover your mouth and nose when you sneeze.
- Clean your hands—wash often with soap and water to help protect you and others from germs.
- Avoid touching your eyes, nose or mouth.

Is It a Cold or the Flu?

Symptoms	Cold	Flu
<i>Fever</i>	Rare	Characteristic, high (102°-104° F); lasts 3-4 days
<i>Headache</i>	Rare	Prominent
<i>General aches, pains</i>	Slight	Usual; often severe
<i>Fatigue, weakness</i>	Quite mild	Can last up to 2-3 weeks
<i>Extreme exhaustion</i>	Never	Early and prominent
<i>Stuffy nose, sore throat</i>	Common	Sometimes
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; antiviral medicines – see your doctor
Treatment	Only temporary relief of symptoms	Antiviral medicines – see your doctor

emotional stress may result in an over-production of stomach acid, making heartburn worse. So... I know, easier said than done... reducing the stress in your life is a great idea.

Finally – coughing as a **medication complication** is common for people who use a particular class of high blood pressure medicines. The class of medicines is called ACE Inhibitors. Common names for these medicines are lisinopril, monopril, enalapril. If you notice a cough after starting a new medication, mention this to your doctor.

Allergies, asthma, heartburn... each of these topics deserve their own articles. If you have been bothered by a cough that doesn't seem to go away, consider these causes, and discuss your symptoms with your health care provider.

I hope you enjoy the last few months of winter free of coughs and colds. A final caution – **if you have a fever and sore throat**, especially without other cold symptoms, **get tested for strep throat**. There is a lot of it going around right now. ☺

Holiday Wishes...

The Physicians and staff of MinnHealth Family Physicians, P.A. wish you a joyous Holiday Season and a Healthy New Year for all of our patients and their families.

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.

Calendar of Events

OCTOBER 2006

- National Breast Cancer Awareness Month.....www.nbcam.org
- National Mammography Day, Oct. 20www.cancer.org
- Healthy Lung Month.....www.lungusa.org
- National Fire Prevention Week, Oct. 8-14
- National Child Health Day, Oct. 2nd

NOVEMBER 2006

- American Diabetes Month.....www.diabetes.org
- National Hospice Month.....www.nhpco.org
- Lung Cancer Awareness Month.....www.lungcanceralliance.org
- National Adoption Month.....www.adoptioncouncil.org
- Great American Smokeout, Nov.16th.....www.cancer.org
- GERD Awareness Week, Nov.19-25.....www.aboutGERD.org (Gastroesophageal Reflux Disease)

DECEMBER 2006

- World Aids Day, Dec. 1st.....unaid@unaid.org

HOW TO

Refill Your Prescriptions

Please call your pharmacy when a refill of your medication is needed. DO NOT call the clinic for refills, even when your bottle states "No Refills." The pharmacy will call your primary physician to approve a new prescription, which may result in an appointment.

If you are going to run out of refills, or if your prescription will expire before your next clinic visit, remember to allow **three business days** for refill authorization. *Please plan accordingly by calling your pharmacy three business days before you will need your medication.*

If you have **mail order prescriptions**, please call your mail order pharmacy for prescription refills. Just like any other pharmacy, they will contact your primary physician for refill authorization, if needed. *Remember to allow extra time for mail delivery.*

There are medications that require more time to evaluate, because they may require a written prescription. Those medications include: narcotics, sleep aids, ADD meds, and some antibiotics. In some of these cases, a new prescription may be needed, and/or a physician visit may be required. Therefore, please allow extra time for us to review your medication in order to fill your request.

Call the pharmacist at your pharmacy with any questions or concerns you have about your prescriptions. With your cooperation, we can refill your prescriptions more quickly!

Thank you,
MinnHealth Family
Practice Physicians

"Dear Physician"

Why Does This Happen?

Q: Why do our temperatures rise when we are sick?

A: *Temperatures rise in our bodies to fight infections. Fevers create an environment that, we hope, is too warm for the invading organisms. Turning up the heat makes viruses and bacteria feel unwelcome.*

Q: Why do we shiver?

A: *When we shiver, our bodies are doing the opposite of sweating. Sweating cools the body by putting a layer of liquid on the skin. Shivering tightens the skin and shakes the muscles, a process that conserves and generates heat. You can stop your shivering by bundling up—just like your mother says.*

Q: What is the flu and why do I need a flu shot every year?

A: *The "flu" is a winter illness that is caused by the influenza virus. The influenza virus mutates and changes every year. So every winter the virus that causes the flu is different from the virus of the previous year. Each year a new flu shot is developed to fight against the new virus. And that is why you need a flu shot every year.*

The MinnHealth 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" is a regular column of the MinnHealth Monitor, and MinnHealth medical staff will answer your health questions. Please submit these questions to MinnHealth Monitor, "Dear Physician", MinnHealth Family Physicians, P.A., 2025 Sloan Place, St. Paul, Minnesota 55117.

It Has Arrived:

There is a new program to improve physician patient care... **An RN Centralized refill service.** The nurses review pharmacy requests to fill patient prescription refills. The RNs are using clinical protocols to safely refill medications. This helps the physician to have more quality time to spend with his/her patients. The next phase of this program will be having RNs do triage, which includes giving home care advice, up to directing patients to emergency services. All of these new services will enhance your health care experiences.



Fever Management

Fever, an increase in body temperature, is one of the body's defenses against attack from infection or other disease. Fever is the most common of all pediatric complaints and affects adults as well.

John P. Hamerly, M.D. – White Bear Clinic on Belleaire

Many factors influence body temperature including infections, vaccines, medications, injury, as well as expected body temperature increases associated with exercise, excessive clothing, hot tub/bathing, or hot weather. Fever may actually be beneficial in the role of fighting infections and shortening their course by stimulating the body's immune system. It is believed that temperature increases the release and activity of white blood cells, as well as other immune complex aids.

Most fevers that children get in the 100 to 104 degree Fahrenheit range are not harmful. Many of these are caused by viruses and last during the duration of the illness,

typically three to five days. In general, the height of the fever doesn't correlate to the seriousness of the illness.

Treatment of fevers continually generates controversy among physicians and other health care providers. When we are sick it is difficult to remember that fever may actually help fight infection. As a general rule, treating fevers for symptom management may only be important if the temperature is in the moderate range, i.e. over 102 degrees Fahrenheit.

As there is a risk of over treatment with medications, consider

both medication and non-medication treatment strategies. Cool fluids, undressing a child, and allowing the body to be in a cooler environment is helpful. Keep hydrated with fluids and consider the following recommendations for medications:

Recommendations for Medications

Acetaminophen containing products (*Temptra, Tylenol*) can be given every four hours and is usually weight based as far as its dosing. A number of different formulations and strengths are available from drops up to pills.

Ibuprofen containing products (*Advil, Motrin, others*) are also weight-based and may have the advantage of being a little longer acting, being given every six hours.

Though **aspirin** is safe for adults, it is **NOT** recommended for the use of children because of the association of Reye's syndrome.

Within the last few years it has become popular to *alternate* ibuprofen and acetaminophen. The only advantage to this tactic is if the severity of the fever is not responsive to a single agent we do gain additional fever control by using two products. If you choose to use this strategy, consider the following: Give scheduled doses of both products (it is helpful to **keep a chart** as to the time and amount) by giving ibuprofen every six hours and Tylenol every four hours. At some of the dosing times both products will be given together, but due to the different time schedules there will be times where medications will be given at different times. In general staying with one product and scheduling its use regularly will often give adequate fever management.

Still confused about fevers – please feel free to ask any of the physicians at MinnHealth about fever or its management – **starve a cold, feed a fever!** ☺

Fever Tips

- **Drink cool fluids**
- **Undress clothing**
- **Find Cooler Environment**
- **Medicine:**
No **ASPIRIN** for children (Reye's syndrome assoc.)

Acetaminophen every four hours (weight-based dose)

Ibuprofen every six hours (weight-based dose)

- **ALTERNATING:**
Gain additional fever control by using both ibuprofen and acetaminophen. Keep a chart with time and amount.

Visit Our Clinics Online:

You can visit your clinic on the web at

www.minnhealth.com

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

Clinic Locations:

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

Larpenteur Avenue Office

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

Maplewood Office

1814 North St. Paul Road
St. Paul, MN 55109
Appts: 651-777-8393
Billing: 651-777-0298

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

Administration

2025 Sloane Place, Suite 35
St. Paul, MN 55117
Office: 651-772-157



MinnHealth

FAMILY PHYSICIANS, P.A.

MinnHealth Clinic and Urgent Care Hours:

		Clinic Hours	Urgent Care Hours
Regular Hours	Monday-Friday	8:00-5:00 pm	6:00 pm-8:30 pm
	Saturday	Closed	9:00 am-5:00 pm
	Sunday	Closed	9:00 am-4:00 pm
Thanksgiving	Thurs, Nov. 23	Closed	9:00 am-1:00 pm
Christmas Eve	Sun, Dec 24	Closed	9:00 am-1:00 pm
Christmas Day	Mon, Dec 25	Closed	Closed-On-call M.D. available
New Years Eve	Sun, Dec. 31	Closed	9:00am-4:00 pm
New Years Day	Mon, Jan. 1	Closed	9:00am-1:00 pm
Good Friday	Fri, Apr.6	8:00-5:00 pm	6:00 pm-8:30 pm
Easter	Sun, Apr. 8	Closed	9:00 am-1:00 pm

MinnHealth has an Urgent Care facility to serve you. It is located at our Maplewood Clinic, 1814 North St.Paul Road, Maplewood, Minnesota 55109.

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.

MinnHealth Urgent Care is staffed by one of **your** MinnHealth physicians and is available evenings and weekends by appointment. All urgent care calls should be made directly to your primary clinic. 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.*



Fitness Web Site: www.acsm.org/health+fitness/

Read in-depth articles and expert commentary on exercise, nutrition and weight loss. The *Athlete's Kitchen* (focuses on weight management), and the ever popular Q&A addresses tips for **optimal nutrition** when you take your activities back outdoor.



MinnHealth

FAMILY PHYSICIANS, P.A.

MinnHealth Monitor

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

Postage
here