Like us at facebook.com/parknicollet to watch our “We’ve got you covered” Super Bowl commercial and enter to win a fun scrub top.
Now that the excitement of the holidays are over and the warmth of spring still seems too far away, it’s time for the winter doldrums to set in. The skies are gray. Without snow the grass is gray. Even the cars are, well, gray. While some have tropical spring break destinations planned, many of us wait patiently for longer days, blue skies and green grass to return.

Yes, this time of year can be challenging, but it also provides an opportunity to reflect on our lives, and identify areas where we can make positive changes – and be ready to get outside when the weather gets warm.

In this issue of Park Nicollet Be Well Magazine, you’ll meet Julie (page 4), a nurse practitioner and busy mom who found an outlet for life’s challenges in meditation. Our experts also share some surprising fitness tips to help you get or stay in shape (page 10) and explore medical weight management options for those whose weight has become a serious health issue (page 6).

No matter where you are on your health and wellness journey, I hope this issue will get you thinking about positive changes ahead.

Be Well,

Kathryn Babich, MD
Medical Director of Women’s Services
In 1989 I was a young nurse practitioner with an idyllic life – a husband in politics and an infant son. But when a medical crisis struck, my life was turned upside down. In the midst of an intense political race, my husband suffered a stroke. It changed everything. He wanted a divorce; I had to let go. That's when I realized there's only so much I can do.

Therapy could only take me so far. I needed more, but I didn't know what. Through my church I began taking classes exploring spirituality and the common stories that tie all cultures together. I heard about Buddhism and I wanted to learn more. Then I had an opportunity to trek through Nepal.

In Nepal, I spent three weeks reflecting on all that had happened. I found a peacefulness as I walked through the Himalayas. The mountains were so strong and powerful. I felt so insignificant, and I was humbled by their beauty. It was exactly what I needed.

And so I started over again. I was 34, and I had become aware that my life wasn't going to be what I thought it was going to be. But I realized that to be able to begin again is one of the most important gifts.

After that life-changing trip, I continued to practice my Christian faith and began to practice meditation. It provided me with a much-needed grounding.

Eventually, I met a wonderful man, remarried and added two daughters to our family. Still, life can be overwhelming and filled with challenges, but for me, meditation has helped me find balance.

We each have a body, a mind and a spiritual self, and I believe balance is being aware, honoring and attuning all of those aspects – and that's what I feel health is. For me, I attain it through exercise, prayer, meditation and a practice of gratitude.

There are always going to be moments of stress in daily life. When you meet the impatient part of yourself, that's an opportunity to practice patience. We're often too hard on ourselves. Meet yourself where you are, take a deep breath and realign.

Too often we expect perfection, but I’ve discovered it’s not about that. It’s about being human, and recognizing who we are, where we are and what changes we can make. I really encourage you to become a compassionate observer in your own life.

Eating disorders are often surrounded by misconceptions and misinformation – this month, our experts tackle this sensitive subject.

Q. When my daughter was recently home from college I noticed some signs of an eating disorder. How should I approach her about it?
Try to have resources available when you approach her. Any written information about eating disorders may help her identify her eating disorder – download free tools for parents at nationaleatingdisorders.org. Speak to her privately, and allow time to talk. Try to keep calm, and share specific observations that have made you concerned. Avoid using words that define her physical appearance. Words such as “thin,” “skinny” or “sickly” may define the exact body type she is trying to attain. Allow her time to respond and react to your concerns – she may not be immediately receptive, but that's ok. Make sure she knows you are there to support her, and that help is available when she is ready to accept it.

Judy Guerrero, PsyD
Park Nicollet Melrose Institute

Q. I’m afraid I might have an eating disorder, but I’m almost 50. Isn’t this something that only happens to teens and young women?
Though they are the largest group to be affected, it’s a common misconception that eating disorders affect only affluent white females in their teens and early 20s. In fact, eating disorders cross race, age and gender lines – striking young children and senior citizens, males and females. More and more, we are seeing middle-aged women with eating disorders. The anxieties of midlife – divorce, marital strains, parental death, empty-nest syndrome and menopause – are powerful catalysts for eating disorders. Some women may be relapsing after overcoming eating disorders in their youth; others are experiencing them for the first time. Park Nicollet Melrose Institute offers personalized treatment plans for people at all stages of life. If you feel you might have an eating disorder, call us at 952-993-6200 to schedule a consultation, or visit parknicollet.com/melrose for more information.

Joel Jabraus, MD
Park Nicollet Melrose Institute

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Got a health-related question? Send it to bewell@parknicollet.com and it may appear in a future Ask the Experts column.
The great weight debate

From holiday feasts and cold-weather comfort food to lazy weekends spent hibernating indoors, it’s no wonder many of us have weight loss on the mind. But what’s the right solution for you?

Whether you’re among the 34 percent of Americans struggling with obesity, or just frustrated with a few extra pounds, you’re probably eager to find a solution that’s right for you. It can be confusing to sort out what’s the best approach, especially if you have weight-related medical issues like high blood pressure, heart disease, diabetes or pre-diabetes, or polycystic ovary syndrome.

Fortunately, with the help of a weight management plan or program, you can learn to make important changes to achieve a healthy weight and feel good about all areas of your life. “We understand no single solution works for everyone,” says Susan Marschke, a registered dietitian at Park Nicollet. “There are many options to consider, from meeting one-on-one with a registered dietitian at a nearby Park Nicollet Clinic, to a medical weight management program or bariatric surgery. You can feel good about yourself.” To schedule an appointment with a dietitian, call 952-993-3454.

Medical weight management

Medical weight management programs feature a team of experts who deal with the many aspects of weight loss. “We help you to create lasting habits to experience more fulfilling relationships, use positive coping skills and enjoy increased energy for spending time doing what you like,” explains Sandy Wiita, MD, Park Nicollet Melrose Institute.

Individual services with a medical doctor, registered dietitian and occupational therapists are based on your unique needs and preferences. Group sessions are led by psychologists, health educators, fitness experts and other specialists. “A readiness and commitment to change are key,” says Dr. Wiita. “You need to fully participate to get the best results. Our program puts the power of change in your hands.”

For more information about Melrose Institute’s medical weight management program, call 952-993-6200.

Bariatric surgery

Bariatric surgery is the best treatment option if you have severe obesity and obesity-related health problems, such as high blood pressure, diabetes or sleep apnea.

“Bariatric surgery offers the greatest chance of success for losing and keeping the weight off,” says Laure DeMattia, DO, Park Nicollet Bariatric Surgery Center. But bariatric surgery requires a strong personal commitment to creating healthy lifestyle habits. Though most insurance plans don’t cover it, adjustable gastric banding was recently FDA-approved for those with a body mass index (BMI) between 30 and 35 and an obesity-related medical problem. Many plans cover bariatric surgery for those with a BMI higher than 35. Talk to your doctor and health insurance provider to understand what might be best for you.

If you are interested in bariatric surgery, call 952-993-3454 and ask about our free group information sessions.

Reverse the rise in childhood obesity

Be a positive role model for healthy habits. In Minnesota, more than 30 percent of children and teens are overweight. Many also suffer from type 2 diabetes or liver disease due to their extra weight. “But with changes in diet and exercise, these conditions can be prevented or improved,” says Betsy Schwartz, MD, a pediatric endocrinologist at Park Nicollet. “Work with your children to make healthy changes at home and help your children feel supported and successful.”

Be wary of diet pills

Over-the-counter diet pills may claim to be the answer to your hopes for thinness. But many don’t do what they say they will. Or they cause side effects. Even products with natural substances can be harmful at certain levels or negatively affect other medications you take. “Rather than purchase diet pills, invest your resources in fruits and vegetables, and include some at each meal,” says Susan Marschke, a registered dietitian at Park Nicollet.

Prescription weight-loss medications are available for some people with medical problems related to obesity. But these medications don’t promote permanent loss of body fat and their long-term effects are unknown.
“Varicose veins affect nearly two in three women by the time they reach their 60s,” says Michael Schueppert, MD, a vascular surgeon at Park Nicollet Heart and Vascular Center. “Women are more susceptible than men to varicose veins, and pregnancy also can be a contributing factor. If you have a family history of varicose veins or have a job where you are constantly on your feet, such as a nurse or teacher, it also leaves you at risk.”

Risk factors

More than cosmetic

Varicose veins are much more than a cosmetic problem. “Aching, pain and fatigue are common symptoms,” Dr. Schueppert says. “In the later stages, untreated varicose veins can cause itching, skin color changes and ulcers.”

Varicose veins are a medical condition – and are usually treated as such by insurance providers. “Most insurance providers cover the treatment of varicose veins, including surgery, if non-surgical methods are unsuccessful,” Dr. Schueppert says.

Spider veins

Varicose veins and spider veins are terms that are sometimes used interchangeably, but there is a distinct difference between the two conditions. “Spider veins are visible to the eye, similar to varicose veins, but that’s where the similarities really end,” Dr. Schueppert says. “Spider veins aren’t palpable or raised like varicose veins. Varicose veins are larger – you can see and feel them – and are much more likely to cause pain and discomfort.”

Self care

Try these tips to relieve or prevent the symptoms of varicose veins.

• Don’t stand for long periods of time.
• Midway through the day, elevate your legs above your head for 30 minutes.
• Avoid sitting with your legs crossed.
• Maintain a healthy weight.  
• Begin a walking or exercise program.

During the long, cold and dry winter months, it’s easy to ignore your legs. Multiple layers of clothing can insulate you – from the cold and from the warning signs of varicose veins. If you feel a dull, heavy ache in your legs or see bulging veins under the skin, you might have varicose veins. They’re a common problem experienced by many women, and luckily, they’re easier than ever to treat.

Benefits of surgery

If non-surgical methods are unsuccessful in offering relief from the pain and symptoms of varicose veins, surgery can return you to a pain-free and active lifestyle. “At Park Nicollet Heart and Vascular Center, we offer surgery using VNUS ClosureFAST™ – the first FDA-approved surgical device for treating varicose veins,” Dr. Schueppert says. “It uses radiofrequency energy, so there is less tissue injury, which means less bruising. If you have multiple varicose veins on both legs, we can usually treat all the veins during one procedure. There are no stitches; typical recovery time is three to four days.”

Free screenings

Park Nicollet vascular surgeons, Mark Melin, MD; Jeffrey Mendeloff, MD; and Michael Schueppert, MD, offer free screenings to determine if you are a candidate for varicose vein surgery. Upcoming dates are Feb. 16 and 22; March 5, 8 and 14; and April 9, 12 and 18. Call 952-993-2631 to schedule a free screening appointment.
Optimize your exercise

Are you exercising to lose weight or be heart-healthy? Learn why working out harder isn’t always smarter.

Listen to your body

Using heart rate charts, like those at the gym or on exercise equipment, is one way to monitor how hard you’re working during activity. “But try not to get hung up on using target heart rate ranges. It’s important to pay attention to how you feel during activity,” says Soma Sen, MD, a cardiologist at Park Nicollet Heart and Vascular Center.

“Exercise at a pace that increases your breathing and heart rate but is comfortable enough to continue for a full workout,” explains Dr. Sen. “Keep your workout enjoyable and challenging. Push yourself to improve, but know your limits.”

Intensity: low vs. high

When you exercise at a lower intensity (fat burning zone), you work your aerobic system to produce steady energy. Your body uses fat as its main source of fuel.

When you exercise at a higher intensity (cardio zone), you work your anaerobic system to produce high-powered bursts of energy, and your body relies more on carbohydrates (glycogen).

“To lose weight, it’s not the fuel source, but the number of calories you burn during activity,” says Christina Stavig, DO, a Family Medicine doctor at Park Nicollet.

“The more work you do, the more calories you burn – no matter the intensity.”

“If you’re starting an activity program, exercise at a lower intensity. But if you’re already active, try exercising at a higher intensity,” Dr. Stavig says. You can burn about the same calories running two miles as walking two miles, but by running you increase your endurance more effectively to help you do more in less time.

Consider interval training

For an efficient workout that combines the benefits of higher intensity activity with lower intensity activity, try interval training. For example, if you usually walk 30 minutes a day, increase your speed every few minutes for one minute, and then return to your regular speed. Eventually, you will cover more distance in 30 minutes, burn more calories and improve your aerobic fitness.

The spot reduction myth

It’s not possible to lose weight in specific areas of the body with activity. Where and how people store excess fat is genetically determined. When you lose weight, fat decreases all over your body. It takes more time to see changes in areas with greater fat stores since there is more fat to lose.

“Doing strengthening exercises to improve muscle strength and tone, and to keep your bones and joints strong is important,” says Anne Marie Moore, MD, an orthopedist at TRIA Orthopaedic Center, “but it does not decrease fat in a particular area. Muscle definition is less visible if there is extra fat covering muscle tissue.”

Common pitfalls

“When starting a new activity program, people tend to snack more or eat larger portions – especially if they’re doing higher intensity activity,” says Kira Beaudette, MS, an exercise physiologist in Patient Education at Park Nicollet.

It’s also common to decrease unstructured activity, such as taking the stairs instead of the elevator. People feel they have already done enough activity with their workout, but this decrease in activity actually offsets the calories burned during exercise. So whatever your workout, do your best to stay active all day.
Hi, I’m Alyssa, an editor of Park Nicollet Be Well Magazine. I’m also your guinea pig for just about anything related to wellness. With an upcoming wedding, getting in my best shape has been on my mind a lot lately. So naturally I jumped at the chance to try some popular gadgets that promise to help me track my fitness progress.

Heart rate monitor. I’ve been hearing about these for years, but I didn’t think it was for me. So long as I’m doing something physical, it should be good enough, right? Turns out, I might be doing too much. I strapped on the monitor at my weekly cycle class and learned that my heart rate stayed above my recommended range for the entire 60 minutes. So I asked Christina Stavig, DO, for advice. She assured me that since I work out regularly and my heart rate quickly returns to normal, I’m probably not doing any harm. But she encourages her patients – especially those new to fitness programs – to keep their heart rates in the low to middle of their training zone. A heart rate monitor like this one is easy to use, and can really help you get the most out of your workouts.

Pedometer. I live in a small house, work in a small building with close parking, and most of my day is spent in front of a computer. My longest daily walk is probably to the mailbox. Needless to say, donning a pedometer made me nervous. The recommended number of steps per day is 10,000; I barely broke 6,000. It helped me realize that I need to find ways to be more active – whether that’s parking farther from a store or walking to a coworker’s desk instead of sending an email. A slim pocket pedometer like this is a great way to keep your daily activity in check.

Food scale. Overall, I’m a pretty healthy eater, but like many people I struggle with portion control. It’s all too easy to put a big scoop of something on my plate and consider it a single serving when, in reality, it’s probably closer to two. This scale is great because it also calculates the calories by weight for hundreds of common foods – so you can really see the difference in calories between, say, a small apple and a larger one. I’m not sure I would use it every day, but even using it once in a while would help me better identify the proper portion size by sight.

Want to try these gadgets yourself? Visit us at facebook.com/parknicollet for your chance to win one of Alyssa’s test products. They’re also available at The Stores @ Park Nicollet and online at shop.parknicollet.com.
**Music matters**

Music evokes powerful emotions—hearing a few notes of a special song can take you back to the dance floor at your wedding, your high school football field or a grandparent’s kitchen. The human brain’s response to music provides real-world benefits, enough to affect your mental and physical health.

At Park Nicollet, music therapists have successfully integrated music therapy into hospice care and the management of Parkinson’s disease, eating disorders and cancer.

“Our music therapists sing and also play a variety of instruments,” says Dawn Miller, a music therapist at Park Nicollet. “Many patients and family members will sing along or play instruments with us. Others choose to close their eyes, relax and just soak in the music.”

Music therapy provides a wide range of benefits. For patients with Parkinson’s disease, music therapy can sharpen sensorimotor and cognitive skills. People with eating disorders can use music to express feelings and learn relaxation and coping strategies. Music therapy helps oncology patients lower their levels of anxiety while receiving chemotherapy.

For patients in hospice care, music therapy can enhance pain management and also support grief and bereavement by encouraging communication between family members. “Music offers a safe way for many people to express their feelings and emotions,” Miller says.

Music therapy services are made possible by gifts to Park Nicollet Foundation. Learn how you can help at parknicollet.com/foundation.

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**Doctor-recommended apps**

From games to news, everyone’s into apps these days. And why not—they’re the perfect choice for an on-the-go lifestyle. Check out some of our experts’ top picks for free health and fitness apps.

**MyFitnessPal**  myfitnesspal.com

This easy-to-use tool tracks your daily calories, exercise and more. With a huge nutritional information database and a nifty barcode scanning feature, it’s easy to log just about any food. There’s also active community forums to keep you motivated and connected.

For: iPhone, Android, Blackberry, Windows

**SparkPeople**  sparkpeople.com

With message boards, recipes, personalized exercise programs and a plethora of health and fitness resources, this comprehensive app features something for everyone. For those with a competitive streak, a points program encourages members to challenge each other and themselves.

For: iPhone, Android, Blackberry

**Livelong.com’s MyPlate**  livelong.com/myplate

Like other apps, MyPlate tracks daily calories, and helps you meet your fitness and nutrition goals. There’s also articles sections specifically for men and for women, with lots of up-to-date wellness information.

For: iPhone, Blackberry, Windows

**Body Fitness Free**

This fitness-focused app provides detailed instructions and animations for more than 300 exercises. Plus, it tracks your daily workouts in a simple calendar format for easy viewing.

For: iPhone

**MapMyFitness**  mapmyfitness.com

Perfect for the outdoor exercise enthusiast, this family of sites and apps lets you find and share routes, and even track mileage on new routes.

For: iPhone, Android, Blackberry

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**Covenant care with you in mind**

We know your life is busy, that’s why we offer all your preventive exams in a single Saturday appointment at Park Nicollet Clinic—St. Louis Park.

**Physical and wellness exam**

Vaccinations and lab work

**Digital mammography**

**Eye exam**

Call 952-993-2335 to schedule your screening today.

Heart and Vascular Lecture Series

In February, Charles Pinkerman, DO, discusses congestive heart failure. This free event is Feb. 22 at 7 p.m. For more information, call Shari, at 952-993-1909.

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**Heart healthy**

**February is American Heart Month**

During this time we are offering Women’s Heart Screenings for $75 at Park Nicollet Heart and Vascular Center. Call 952-993-2335 to schedule your screening today.

Visit the NEW parknicollet.com to learn more about our doctors and specialties, view up-to-the-minute wait times for Urgent Care, use our interactive health tools and more!

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**What’s happening at Park Nicollet Clinic**

**Chanhassen**

952-993-4300

**Minnetonka** (Shorewood)

952-993-2900

**Prairie Center**

952-993-7400

**Shakopee**

952-993-7750

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**Join our team**

**Park Nicollet is growing**!

We’re looking for family practice clinicians for a new clinic opening this year. For more information contact Masy at 952-993-6025 or fisheramparknicollet.com

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**Pharmacy made easy**

From filling prescriptions to providing expert advice for over-the-counter medicines, Park Nicollet is here for you with fast service and competitive prices.

**Chanhassen Pharmacy**

952-993-4430

Hours: Monday – Friday, 8:30 a.m. to 6 p.m.; Saturday, 9 a.m. to 1 p.m.

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**New providers & services**

**Chanhassen**

Stephen Leenay, MD, is now seeing patients in Internal Medicine on Mondays.

Joan Bagwell, NP, is seeing patients in Obstetrics.

**Minnetonka (Shorewood)**

Heidi Peters, MD, joined Family Medicine in February.

Shakopee

Cheryl Heidkamp, RN, CNM, is now seeing patients in Obstetrics.

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**Why wait until Monday?**

Schedule your next doctor’s appointment at a time that’s convenient for you. Our call centers are now open additional hours to assist you in scheduling appointments in Internal Medicine, Family Medicine and Pediatrics. You can reach us weekdays, 1 a.m.-6 p.m.; Saturdays 8 a.m.-4:30 p.m. and Sundays noon-5 p.m.

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**Inspiriting Minds: Gloria Steinem**

Win tickets to see this world-renowned writer, speaker and activist on April 17 at Beth El Synagogue in St. Louis Park. Visit facebook.com/parknicollet for your chance to win.
What’s happening at Park Nicollet Clinic

Shakopee
952-993-7750

Prior Lake
952-993-7750

Eagan
952-993-4001

Burnsville
952-993-8700

Lakeville
952-993-8800

Burnsville Urgent Care hours: Monday – Friday, 8 a.m. to 8 p.m.; Saturday and Sunday, 8 a.m. to 5 p.m.

Covenient care with you in mind
We know your life is busy, that’s why we offer all your preventive exams in a single Saturday appointment at Park Nicollet Clinic—St. Louis Park.
- Physical and wellness exam
- Vaccinations and lab work
- Digital mammography
- Eye exam
Call 952-993-3930 to schedule your appointment.

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Join us for a musical variety benefit by the Methodaires Show Choir to support Park Nicollet Frauenshuh Cancer Center’s Integrative Therapies. Tickets are available at parknicollet.com/foundation or at the door.
March 16, 7:30 p.m. and March 17, 2 p.m.
Hopkins High School Theater 2  2400 Lindbergh Drive, Minnetonka
Adults $15, Seniors/Children $10

Community event
The Shakopee and Prior Lake Clinic team will once again be participating in the Prior Lake Polar Plunge on Feb. 18, to raise money for the Minnesota Special Olympics.

New providers & services
Shakopee
Cheryl Heitkamp, RN, CNM, is now seeing patients in Ob/Gyn.

Burnsville
Melrose Institute is now open in Burnsville!

We’ve moved! The Sleep Store @ Park Nicollet is now conveniently located in Park Nicollet Clinic—Shakopee.

We offer healing care and support for those struggling with eating disorders. For more information, call 952-993-6200.
Park Nicollet is here to support a healthier, happier you with Urgent Care, Primary Care and 55 medical specialties at 24 convenient locations.

Here’s what’s new at your local care sites.

**Urgent Care hours:** Monday – Friday, 8 a.m. to 8 p.m.; Saturday and Sunday, 8 a.m. to 5 p.m.

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**Join us for a musical variety benefit by the Methodaires Show Choir to support Park Nicollet Frauenshuh Cancer Center’s Integrative Therapies. Tickets are available at parknicollet.com/foundation or at the door.**

**March 16, 7:30 p.m. and March 17, 2 p.m.**

Hopkins High School Theater 2 2400 Lindbergh Drive, Minnetonka

Adults $15, Seniors/Children $10

**Events**


Join Park Nicollet Clinic—Plymouth at the Healthy Living Fair on March 11, 1-4 p.m. at the Plymouth Creek Center.

**New providers & services**

**Maple Grove**

Bryan Bohling, MD, and Jocelyn Libby, MD, now offer evening appointments in Pediatrics.

**Same-day appointments**

are often available in many departments.

**Plymouth**

Saturday appointments are available March 10, April 14 and May 12.

**Brookdale**

We now offer appointments in Pediatrics until 8 p.m. on Monday, Tuesday and Thursday. Family Medicine is also open late, with appointments until 7 p.m. on Monday and Wednesday. Both departments now offer appointments on Saturdays from 8 a.m. to noon.

**Wayzata**

Saturday appointments are available March 10.
St. Louis Park Urgent Care hours:
Monday – Friday, 8 a.m. to 8 p.m.; Saturday and Sunday, 8 a.m. to 5 p.m.; Holidays, 8 a.m. to 5 p.m.

Minneapolis Quick Check Express hours: Monday – Friday, 9 a.m. to 5 p.m. (Walk-in care)

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From filling prescriptions to providing expert advice for over-the-counter medicines, Pharmacy @ Park Nicollet is here for you with fast service and competitive prices.

St. Louis Park Pharmacy
952-993-3148
Hours: Monday – Friday, 8:30 a.m. to 6:30 p.m.; Saturday and Sunday, 8:30 a.m. to 5:30 p.m.

Bloomington Pharmacy
952-993-2530
Hours: Monday – Friday, 8:30 a.m. to 5:30 p.m.

Minneapolis Pharmacy
952-993-8004
Hours: Monday – Friday, 8:30 a.m. to 5:30 p.m.

Join our team
Park Nicollet is growing!
We’re looking for family practice clinicians for a new clinic opening this year. For more information, contact Missy at 952-993-6025 or fishem@parknicollet.com

New providers & services
St. Louis Park
Magda Bushara, MD, Internal Medicine; Phoebe Koch, MD, Dermatology; and Theresa Ray, MD, Dermatology.

We now offer a new service for patients with tumors in or near the pituitary gland or the base of the skull. Our team includes Ophthalmology, Endocrinology, Otolaryngology and Neurosurgery. Call 952-993-2138 for appointments.

Dermatology appointments are available on Monday and Thursday evenings, and Saturday mornings.

Frauenshuh Cancer Center
Suresh Devineni, MD, Oncology and Hematology.

Minneapolis
Carrie Sauter, CNM, is seeing patients on Mondays and Tuesdays.

Golden Valley
Saturday appointments are available March 3.

Bloomington
Maggie McEvoy, MD, Family Medicine.

Events
Learn more about the services provided by Park Nicollet Certified Nurse Midwives, April 10, 6:15 p.m., Methodist Hospital Auditorium. To register, call 952-993-3528.

Save the date for an arts and body image event on May 3. Visit parknicollet.com/melrose for more information.

Inspiring Minds: Gloria Steinem
Win tickets to see this world-renowned writer, speaker and activist on April 17 at Beth El Synagogue in St. Louis Park. Visit facebook.com/parknicollet for your chance to win.

Visit the NEW parknicollet.com to learn more about our doctors and specialties, view up-to-the-minute wait times for Urgent Care, use our interactive health tools and more!