Be Well

THE HEALING POWER OF NATURE

REAL TALK
What you need to know about chlamydia

CREAM OF THE CROP
Take advantage of summer’s best produce
SIMPLE STEPS TO HEALTHIER BONES
Learn more about ways you can minimize bone loss and maintain bone strength as you age.

A STROKE OF INSPIRATION
How one woman found hope by helping others heal.

GIVING BACK: HEALING GARDENS
Cultivating hope, inspiration and renewal.

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SLATHER ON THE SUNSCREEN

While spray sunscreen may seem convenient, there are some concerns about the safety of inhaling the sunscreen, plus it’s difficult to tell how much is actually being applied to the skin. Consider sticking to the lotion. Look for a broad spectrum sunscreen with an SPF between 30 and 60 – and be sure to apply liberally and frequently.

Visit parknicollet.com/skin to learn more about taking care of your skin.

FIRE UP THE GRILL

Follow these tips to make sure everyone enjoys your barbecue safely.

- Use a marinade on meat – marinating your meat before grilling can drastically decrease the formation of cancer-causing compounds.
- Use a thermometer to make sure foods are cooked properly.
- Marinate foods in the refrigerator – and don’t reuse marinade.
- Avoid eating any part of the meat that gets charred – burnt meat has a higher concentration of cancer-causing compounds.
- Check food for foreign objects such as wire grill brush bristles.
- Don’t reuse platters or utensils that were used for raw meat.

BE PREPARED

Wherever your summer adventures take you, a first aid kit should always be nearby. You can purchase a pre-packaged kit or make your own. Our urgent care doctors recommend packing up the following essentials:

- absorbent compress dressings
- antibiotic and hydrocortisone ointment packets
- adhesive bandages (assorted sizes)
- antiseptic wipe packets
- First aid instruction booklet
- acetaminophen or ibuprofen
- instant cold compress
- non-latex gloves
- sterile gauze pads
- tweezers
- roller bandage
- Benadryl
- antibiotic and hydrocortisone ointment packets
- antiseptic wipe packets
- instant cold compress
- non-latex gloves
- roller bandage
- Benadryl
- First aid instruction booklet
- acetaminophen or ibuprofen
- adhesive bandages (assorted sizes)
- absorbent compress dressings

Self care not cutting it? To find an urgent care near you, visit parknicollet.com/urgentcare.
ALL ABOUT EARS
HEAR THAT?

About 50 million Americans have some degree of tinnitus (ringing of the ears) and one in five of these people have symptoms severe enough to seek medical help. The most common cause of tinnitus is hearing loss.

SNAP, CRACKLE, POP!

That “blocked” feeling in your ears due to changes in pressure or altitude is caused by unequal levels of pressure on the inside of your eardrum and the outside of your eardrum. Many people experience this while flying, but it can also occur while riding in elevators or diving to the bottom of a swimming pool. The best way to unblock those ears is by repeatedly swallowing, yawning or pinching your nostrils shut and gently blowing through your nose.

WAX TO THE MAX?

The ear canal is lined with hair follicles and glands that produce a waxy oil called cerumen. Ear wax protects the ear by trapping and preventing dust, bacteria, and other germs and small objects from entering and damaging the ear, as well as protecting the delicate skin of the ear canal from getting irritated when water enters it. Excess wax usually makes its way to the opening of the ear, where it falls out on its own, so there’s no need to use cotton swabs or other devices in your ears.

ROUND AND ROUND

Vertigo, that unsettling sensation that the room is spinning around you, is often the result of an inner ear issue and is more common in women. Luckily, it can usually be resolved through physical therapy – often only requiring a single session.

Visit parknicollet.com/rehab to learn more about physical therapy.

EAR INFECTIONS

Ear infections are common in kids – up to 70 percent of children develop an ear infection during their first 3 years of life. Ear infections result from a buildup of fluid in the middle ear that gets infected. Colds or allergies are usually to blame for the congestion and buildup of fluid, which is why ear infections often occur on the second or third day of a cold. Most ear infections get better on their own and most children will feel better within one to two days without antibiotics.

Learn more about caring for kids at parknicollet.com/kids.

Swimmer’s Ear

This infection of the outer ear canal is often caused by water remaining in your ear after swimming. It can be treated with antibiotic drops, but if you want to prevent swimmer’s ear, mix equal parts rubbing alcohol and white vinegar, and place a few drops into your ears after swimming to help prevent bacterial growth.

Visit parknicollet.com/urgentcare to find a clinic with walk-in care near you.

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My godmother, Nikki, has always been a straight talker. When I was in my early teens, she used to come and stay with my brother and me while my parents were out of town. Nikki was super fun, energetic, and smart. She knew a lot about communicating with young people and always had a fun, relatable way of getting facts to us.

One time, my older brother was going out on a date. As he hurried out the door, Nikki, in her usual playful fashion, called out to him, “Don’t forget, French kissing makes you pregnant.” Now, of course, we knew at this time that French kissing did not make you pregnant, but it could lead to other things that can make you pregnant.

Did you know you can get an infection, not know you have it, and end up with infertility as a result? The primary culprit is chlamydia – the most commonly reported STD, according to the Centers for Disease Control (CDC).

While the CDC recommends annual chlamydia testing for all women under 25 (and older women with risk factors). Nancy Gossard, a women’s health nurse practitioner at Park Nicollet Women’s Center, says prevention involves much more than testing and treating. “Prevention involves making the choice to have safer sex by using a condom or being in a monogamous relationship with an uninfected partner.”

“People usually feel horrified when they test positive, but this ends up being a big motivating factor for protecting yourself,” says Julie Halverson, also a women’s health nurse practitioner at the Women’s Center. “It’s all about being in the driver’s seat when you’re in the moment and making that choice to protect yourself.”

Chlamydia infections often don’t have symptoms, which is why regular screening is important for women at risk. “Effectively treating chlamydia is an important part of preserving fertility. Our goal is not only to eliminate the symptoms, but also to prevent any unfortunate progression of infection, such as infertility or pelvic inflammatory disease,” adds Sakeena Futrell, one of the Women’s Center’s newest nurse practitioners.

When a woman is diagnosed with chlamydia, her partner should also be treated to prevent reinfection. At Park Nicollet, we provide partner treatment at the same time we provide treatment for our patients. We can also give you tips on how to talk to your partner, if needed.

So, while French kissing does not make you pregnant, chlamydia can cause serious consequences. In the words of one of my mentors, it’s much better to tell a patient she has chlamydia than tell her she can’t have children. So prevent, screen and treat any STDs as soon as possible.

Chlamydia and STD screening can be done via a simple test at Park Nicollet Women’s Center or any of our Ob/Gyn or primary care clinics. Visit parknicollet.com/find-a-clinic to find a location near you.
Strong bones are crucial to living a long and active life, but 1 in 2 women over the age of 50 will break a bone due to osteoporosis. “Although we are constantly adding bone mass, the rate of bone loss is higher after age 40 – especially during the first five years after menopause – so there is a net bone loss as we age,” says John Schousboe, MD, a Park Nicollet rheumatologist.

But there is good news – no matter what your age, you can take steps to minimize bone loss and maintain bone strength as you age.

**Simple steps to healthier bones**

**Know your risk factors**

Being a woman puts you at higher risk for osteoporosis. Women start out with lower bone mass than men, and the drop in estrogen levels at menopause increases the rate of bone loss. Other factors that increase your risk include being thin or having a small body frame, being Caucasian or Asian, and having a parent or sibling with osteoporosis.

**Load up on calcium**

Getting enough calcium is crucial for strong bones. Good sources of calcium include low-fat dairy products, fish with bones (such as sardines or salmon) and calcium-fortified foods. If you don’t get enough calcium from your foods (1,000 to 1,500 mg a day for adults, depending on age), you may need a supplement.

**Give up bad habits**

Smoking damages your bones by decreasing estrogen levels and impacting the amount of calcium you absorb from food. Drinking more than two alcoholic drinks a day also may damage bones.

**Don’t forget the D**

Vitamin D plays an important role in helping our bodies absorb calcium. Those who get little sun exposure and don’t get the daily recommended 600 to 800 IU of vitamin D from foods may want to consider a supplement.

**Get moving**

Exercise decreases your risk for fractures by improving bone density, and making the bones stronger and less likely to break. It also increases muscle strength, coordination and balance, making you less likely to fall. Weight-bearing activities (like jogging or aerobics) and weight training help strengthen bones the most.

**Get tested**

Women generally don’t need bone density testing until age 65. Then, a non-invasive bone mineral density test can detect low bone density and determine how fast you’re losing bone mass. If bone loss is found, your doctor may prescribe medication or may simply recommend lifestyle changes.

Talk to your primary care doctor if you have questions about your bone health. Visit parknicollet.com/find-a-doctor to connect with the right doctor for you.

It’s not just women who have to be alert; 1 in 5 men over the age of 50 will break a bone due to osteoporosis. Although most men don’t have to consider bone density testing until age 70-75, it’s a good idea for everyone to make healthy lifestyle choices that contribute to strong bones.
EAT FRESH

A colorful array greets us each summer – learn why you should take advantage of the season’s freshest produce.
Eating healthy can be a challenge, but with a new season arriving, it’s time to kick those bad winter habits and embrace the foods of summer.

Seasonal produce is easier to produce and less expensive to buy, plus produce typically tastes better in-season. That’s why summer is a perfect time to increase your intake of fruits and veggies, and try new things.

To start the season off right, opt for a variety of fresh produce, by adding different colors of fruits and vegetables to your meals. Morgan Meinecke, RD, a Park Nicollet dietitian, suggests challenging yourself to try one new produce-heavy recipe a week. “Aim to make half of your plate fruit and vegetables,” she says. “Seasonal options like tomatoes, blueberries and green beans are versatile and provide lots of recipe options.”

Farmers markets and community supported agriculture programs (CSAs) are a great way to find fresh, locally grown produce from farmers in your own community.

Or try getting creative and plant your own garden with an assortment of fruits and vegetables. Some produce requires little care and before you know it, you’ll be enjoying your own produce that you put the effort into growing.

To make an appointment with an expert who can help you on the path to healthier eating, visit parknicollet.com/nutrition.
Need another good reason to eat more produce?

Fruits and veggies are high in fiber, low in calories and provide a great variety of tasty snack and meal options. So enjoy a summer of good eating!
ARUGULA & STRAWBERRY SALAD

WANT MORE FRESH SUMMER RECIPES?

Visit yumpower.com for a variety of healthy options.

DIRECTIONS

Toast walnuts in a small dry skillet over medium heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Let cool for 5 minutes.

Mix vinegar, oil and pepper. Set aside. Combine arugula, strawberries, walnuts and Parmesan in a serving bowl. Pour vinegar and oil mixture over the salad; toss gently and serve at once.

NUTRITION INFORMATION

Calories 217; fat 16g; saturated fat 4g; cholesterol 10mg; sodium 206mg; fiber 3g; carbohydrates 10g; protein 8g; sugars 6g
A stroke of inspiration

HOW ONE WOMAN FOUND HOPE BY HELPING OTHERS HEAL

KAREN BJORGAN was experiencing the worst headache of her life. It was 1992, and the 32-year-old had just given birth to her first child, a daughter, three weeks before.

After almost a week of excruciating pain and visits to the ER and urgent care, Karen woke up in the hospital unable to speak. She was quickly diagnosed with a stroke, and spent the next 50 days at Methodist Hospital relearning how to walk, talk and care for herself and her family.
A DANGER TO WOMEN

Stroke affects almost 800,000 Americans each year, and is the fourth leading cause of death. It’s also more common in women than in men.

“Strokes can happen at any age, and can occur in otherwise healthy people,” says Matthew Ostrander, MD, a Park Nicollet neurologist. “Many people with stroke risk factors are not aware they have them, so it is important to have regular physicals to screen for these risk factors.”

Common risk factors include high blood pressure, high cholesterol, diabetes, smoking, age and heart conditions. You can lower your stroke risk by maintaining a healthy weight, not smoking, getting routine exercise and limiting alcohol to no more than one drink a day.

Risk factors unique to women include taking birth control pills, being pregnant or using hormone replacement therapy.

THE RIGHT CARE COUNTS

As a certified primary stroke center, Methodist Hospital’s designated stroke team rapidly assesses and treats people 24/7.

After the initial phase of the stroke, our multidisciplinary team includes specially trained doctors, nurses and therapists who focus on getting an early start to recovery and preventing further strokes. “Our goal is to maximize the recovery of every individual who has a stroke, and to offer personalized rehabilitation and stroke prevention plans,” Ostrander says.

FINDING HEALING AND HOPE

Two years after her own stroke, Karen started a support group for other young people who had suffered a stroke or brain injury. Then in 1997, with the support of Park Nicollet Foundation, Karen and a team of doctors and therapists launched INSPIRE, a program to offer support, education and hope to stroke survivors and their families.

Today the INSPIRE program is the largest stroke survivor resource program in the state, offering everything from support groups to fitness classes, art clubs and education. It’s the only one of its kind, funded fully through philanthropy, and reaches thousands of people each year.

And though Karen is more than 20 years into her stroke recovery, she hasn’t forgotten what it felt like. “Isolation is the enemy in a stroke recovery,” she says. “The key is to find a community where you feel comfortable, that helps you move to the next level of recovery and also gain purpose. That’s why INSPIRE exists.”

A DANGER TO WOMEN

Support INSPIRE

Save the date for the annual Step to INSPIRE 5K run/walk Sept. 19 at Wolfe Park in St. Louis Park.

To register or learn more, call 952-993-6789. To donate, call 952-993-5023.

Act FAST with strokes

The American Stroke Association uses the FAST acronym to help identify common stroke warning signs:

- **Face drooping** – does one side of the face droop or is it numb?
- **Arm weakness** – is one arm weak or numb?
- **Speech difficulty** – is speech slurred or hard to understand?
- **Time to call 911** – get the patient to the hospital immediately.
When a loved one is met with a life-changing diagnosis, families face a sudden flurry of medical decisions. Where to go for care? Who is the best specialist? Will insurance cover everything?

Among the countless questions, one that rarely gets asked is, “Does the care facility have beautiful landscaping, gardens or a horticulture program?”

When patients are immersed in a care and treatment plan, often the little healing touches mean the most. At Park Nicollet, nature plays an important role in recovery.
“We believe in the healing power of plants and nature,” says Rose Wichmann, manager of Struthers Parkinson’s Center. “In our gardens, clients and their family members can receive important physical exercise, express their creativity and obtain benefits of relaxation in a beautiful and peaceful setting.”

Thanks to special gifts from the Struthers family, Struthers Parkinson’s Center is undergoing a significant expansion in 2015 that will include the addition of new garden and outdoor spaces. Evie’s Garden, to honor the memory of Evelyn Struthers and the Struthers family legacy, will be a special indoor/outdoor movement therapy garden that combines beauty and function. Patients, families, caregivers and therapists will have a beautiful space to learn and practice important therapies, gain hope and find inspiration.

Across Park Nicollet, gardens provide a natural place for reflection, healing, grief and celebration.

Treatment rooms at Frauenshuh Cancer Center overlook a flower and sculpture garden, giving patients a connection to nature as they receive their cancer treatments, including chemotherapy.

At Melrose Center, patients recovering from eating disorders plant herbs and vegetables in plots, tending gardens as part of their ongoing therapy. When produce is ready to be harvested, it is used in group cooking therapy. A walking labyrinth provides an opportunity to reflect and meditate.

“I believe when a garden is designed with the patient in mind – it transforms into a healing space inside and out because it has a purpose,” says Jean Larson, an expert in nature-based therapeutic services who works with Park Nicollet’s gardening programs. “Purpose is something we all need, especially when faced with a chronic disease like Parkinson’s, cancer or mental health issues such as an eating disorder.”

To learn how you can support healing gardens at Park Nicollet, visit parknicollet.com/foundation or call 952-993-5023.
TIME FOR A TUNE-UP?

When it comes to taking care of their health, sometimes men need a little extra encouragement. Check out these real men’s reasons for keeping up with their health, and remind the men in your life to schedule their preventive care.

ZACH

My job helps keep me healthy. I’m on my feet and outdoors, always on the move. My employer also requires that I get a physical – it’s a forced reminder to take care of my body. Now that I’m married, I know that I have to stay healthy so I can keep working and support my family.

I try to think of my body as equipment that makes my life easier. I know that I have to change the oil in my car at least twice a year. I’ve got to give the same priority to my body and my health. Seeing my doctor regularly is a great investment.

IN YOUR 30’s

→ Stay physically active and maintain a healthy weight
→ Make sure your cholesterol levels are under control
→ Don’t let overuse and sports injuries keep you down – a sports medicine doctor, physical therapist or back care specialist can help (find yours at parknicollet.com/ortho)
BRYAN
I learned that you can only ignore the warning signs for so long. First, I noticed that it was difficult reading menus in dark restaurants. Then, my business clients started dropping subtle hints, like handing me their glasses to read the fine print on documents.

I finally went in for an eye exam and learned that I needed a pair of readers. I really liked the care team at Park Nicollet. They gave me a lot of options and didn’t do any kind of hard sell. They just made their recommendations and empowered me to make the decision that met my needs.

SEDICK
My mom lives in Chicago, but every time we talk on the phone, she reminds me that I need to make my health a priority. She won’t let me tell her that I’m too busy. When she heard me coughing on the phone for the second time, she told me that I really needed to see the doctor. She was right.

I scheduled an exam and found I had the flu and bronchitis. Park Nicollet has helped me get rid of my cough and made me and my mom very happy.

GREG
As a father in my mid-50s with a young son, I need to stay healthy. Preventive care helps me keep up with Cole. He’s young and energetic, always running around ... and I’m always chasing him.

I know it’s important to take care of my body. Eating well and exercising isn’t enough. My doctor helps me keep tabs on my cholesterol and lets me know when I’m due for a colon cancer screening.

Visit parknicollet.com/men to find more preventive care guidelines for men of all ages.
What’s happening at PARK NICOLLET

PRODUCT SPOTLIGHT

Add a little extra shine, shimmer or sparkle to your natural eye color with the Acuvue Define line of daily contact lenses. Available with or without vision correction at all Park Nicollet optical locations.

Visit parknicollet.com/eyecare to find a location near you.

20 NEIGHBORHOOD CLINICS

Bloomington ◆ 952-993-2400
Brookdale◆ 952-993-4900
Burnsville◆ 952-993-8700
Carlson Parkway◆ 952-993-4500
Champlin◆ 952-977-0500
Chanhassen◆ 952-993-4300
Creekside 952-993-7700
Eagan◆ 952-993-4001
Golden Valley 952-993-8300
Lakeville 952-993-8800
Maple Grove◆ 952-993-1440
Minneapolis◆ 952-993-8000
Plymouth◆ 952-993-8900
Prairie Center 952-993-7400
Prior Lake 952-993-7750
Rogers 952-977-0300
St. Louis Park◆ 952-993-3123
Shakopee 952-993-7750
Shorewood 952-993-2900
Wayzata◆ 952-993-8250
Women’s Center 952-993-3282
◆ Walk-in urgent care offered seven days a week
◆ Pharmacy location

BURNsville
OB/GYN IS MOVING

On June 15, Ob/Gyn in Burnsville will move across the street to a new space in the Fairview Ridges Specialty Care Center, and will offer expanded services, including Perinatology, ultrasound and lab. To schedule an appointment, call 952-993-3282.

SUPPORT
PARKinson’S CARE

Join Struthers Parkinson’s Center for two exciting fundraising events this summer.

Silverstein Awards Dinner
June 11, Golden Valley Country Club

Golf and Bridge Challenge
July 13, Minikahda Country Club, Minneapolis

To learn more, visit parknicollet.com/foundation or call 952-993-5023.

THINKING
FOR TWO? WE’RE WITH YOU ON THE GO!

Check out our free iPhone and Android app for important info and fun extras for pregnancy and beyond.

kick counter • calming playlists
contraction timer • feeding log
appointment tracker

Visit parknicollet.com/pregnancy to download the app.

Park Nicollet Alexander Center is moving to a new location in our St. Louis Park clinic. Visit parknicollet.com/alexmove to learn more.
CONSIDERING WEIGHT LOSS SURGERY?

Park Nicollet Bariatric Surgery Center wants to make your weight loss journey easy, convenient and fun. With our free BariApp, you can request appointments, track your weight loss, learn about our programs and more. Visit parknicollet.com/bariapp to download the app.

GROUPS & CLASSES

NEW CLINICIANS

BURNSVILLE
Frank Melo, MD
Family Medicine

CHANHASSEN
Emilee Scheid, PA
Family Medicine

LAKEVILLE
Heidi Kimmel, PA-C
Family Medicine

MELROSE CENTER–ST. PAUL
Amanda Delsman, PsyD, LP
Eating Disorders

METHODIST HOSPITAL CAMPUS
Diana Biorn, NP
Gastroenterology
Sakeena Futrell, DNP
Ob/Gyn, Women’s Center
Kara Johnson, LMFT
Oncology Psychotherapy, Frauenhuh Cancer Center
Zohreh Mahdavi, MD
Neurology
Tanya Muller, CNM
Midwifery, Women’s Center

PRIOR LAKE
David Gray, MD
Family Medicine

SHAKOPEE
Sarah Hallman, CNM
Midwifery

ST. LOUIS PARK
Gerard Balan, PMHNP
Mental Health
Jason Buseman, MD
Plastic Surgery
Jennifer Sexton, MD
Mental Health
William Sharp, ANP/GNP
Infectious Disease

BARIATRIC SURGERY INFORMATION SESSIONS

Dates vary
Shakopee and St. Louis Park

Park Nicollet Bariatric Surgery Center provides weight-loss surgery and follow-up care for those struggling with severe obesity. Our comprehensive services will help you be as prepared as possible for your surgery and your new life. This free session is a complete overview of all bariatric surgery options offered by Park Nicollet Health Services. For more information, call 952-993-3454.

CHOLESTEROL BASICS

Dates and locations vary

This two-session class is designed to promote healthy eating and activity habits for those with elevated cholesterol. $40. For more information, call 952-993-3454.

FAMILY BIRTH CENTER TOURS

Tuesdays and Saturdays

Expectant parents are invited to tour the Family Birth Center at Methodist Hospital. Free tours are offered twice weekly. For more information, call 952-993-3454.

WOMEN’S ALL-IN-ONE

Get all your annual care in a single visit to Park Nicollet Women’s Center in St. Louis Park. All-in-one appointments include a physical exam, mammogram and any needed vaccinations and lab work. Call 952-993-3282 to schedule.

NEW MOMS SUPPORT GROUP

Second and fourth Mondays
Noon–12:45 p.m. | St. Louis Park

If you’ve been feeling sad, anxious or overwhelmed since the birth of your baby, you’re not alone. Connect with other new moms at this free drop-in support group, facilitated by experienced therapists. For more information, call 952-993-3282.

PRE-DIABETES NUTRITION CLASS

Dates and locations vary

If you’ve been diagnosed with pre-diabetes, this class will help you understand lifestyle changes to prevent the development of diabetes and community resources for ongoing management. $20. For more information, call 952-993-3454.

ADVANCED CARE PLANNING CLASS

Dates and locations vary

These group classes will teach you how to select a health care agent, initiate a family conversation and complete a health care directive. For more information, call 952-993-8250.
On your birthday and every day in between, we’re here to help you live your healthiest life – no matter how many candles are on the cake. Visit makegoodhappen.com to find a doctor.