TAKE CHARGE OF YOUR HEALTH

Preventive care is key to GOOD HEALTH. Learn where to start and how to get the most from your HEALTH CARE.

YOUR fabulous feet

6 TIPS TO TRAVEL SMART
Winter blues got you down? Try adding some spice to your next meal. Curcumin, the main component in turmeric, and capsaicin, which gives chili peppers their heat, have been shown to have mood-boosting properties.

Primary Care: Your Health Care Home Base
From finding a primary care clinician to selecting the right acute care for your needs, our experts share their best advice to help you get the most from your health care.

Banishing Eating Disorders
Melrose Center professionals share what you need to know about body image and eating disorders in young people. Plus, 10 tips on feeling better in your own body.

Travel Smart
Before you pack your bags and board the plane, Park Nicollet Travel Clinic can help you prepare for a safe and healthy trip.

Many preventive care services – like immunizations, physicals, mammograms and colonoscopies – are 100 percent covered by insurance and don’t count toward your annual deductible. Schedule your preventive care early, and get a healthy start to the new year.

Is health care on your calendar for 2014?

Looking for a winter workout? Shoveling snow burns about 400 calories per hour. But it’s also an activity that can lead to heart attacks, so be sure to check with your doctor before you undertake any physical exertion.

Insomnia
is nearly twice as common in women as it is in men. If you’re having trouble sleeping, visit parknicollet.com/sleep to learn how our experts can help.

Winter blues got you down? Try adding some spice to your next meal. Curcumin, the main component in turmeric, and capsaicin, which gives chili peppers their heat, have been shown to have mood-boosting properties.

More than 100 different viruses cause the common cold, and Americans average three colds per year. Reduce your chances by getting enough sleep and exercise, eating right and washing your hands frequently.

What’s happening at Park Nicollet

Looking for a winter workout? Shoveling snow burns about 400 calories per hour. But it’s also an activity that can lead to heart attacks, so be sure to check with your doctor before you undertake any physical exertion.

February is American Heart Month – visit americanheart.org or parknicollet.com/heart to learn how you can reduce your risk of developing heart disease.

90% of women have at least one heart disease risk factor.
Put your best foot forward this year by following our experts’ advice on caring for your feet.

CARING FOR YOUR FEET

“The best way to prevent future problems is to take good care of your feet now,” says Stephanie Sanders, DPM, a Park Nicollet podiatrist. That means keeping your feet clean and dry, rotating your shoes so they have a chance to air out, exercising your feet and taking care to avoid issues like ingrown toenails. Even if your feet are healthy, it’s a good idea to be on the lookout for changes that could signal an issue. Bumps, curling of the toes or pain should be checked out by a doctor. Other changes are normal, and caused by aging and wear. Those may include a slight flattening and widening of the foot, a thinning of the heel pad and slight stiffening of the foot and ankle.

FIND YOUR FIT

Appropriate footwear can not only keep your feet in good shape, but may also help problems from becoming more serious. Look for shoes with arch support and good shock absorption. “If it’s not a comfortable shoe, you probably just shouldn’t wear it. Options such as flip flops and ballet flats do not supply adequate support, and may cause foot-related issues,” says Anne Moore, MD, a sports medicine doctor at TRIA Orthopaedic Center. “Some athletic shoes don’t have enough support, so you may want to consider a gel insert. And if you’re a runner, be sure to get new shoes every 500 miles or six months—even if they still look good, they may have lost much of their support.”

BUNIONS AND BEYOND

A bunion is a bone prominence at the big toe joint. Wearing wide-toed shoes or toe spacers may help alleviate some of the symptoms, and an orthotic (custom made shoe insert) can help a bunion from worsening as quickly as it might otherwise, but the only way to correct a bunion is surgically. If you are having pain despite simple treatments, or if your toes are drifting toward the outside edge of the foot or starting to lift and curl (hammer), you may want to consider surgery.

Another common foot issue is plantar fasciitis, which is thought to be caused by repetitive microscopic tearing and inflammation of the plantar fascia (a thick ligament on the bottom of the foot). The best way to treat the heel pain caused by plantar fasciitis is by providing arch support to decrease inflammation near the heel, and stretching the heel cord and plantar fascia. Orthotics can be helpful when over-the-counter arch support isn’t enough.

To learn more about how our experts can help you keep your feet fit for life, visit parknicollet.com/podiatry or tria.com.

Are pedicures safe?

Visit parknicollet.com/bewell to find out how you can protect yourself.
Who doesn’t love a pedicure? Relaxing into a massaging chair while a pro buffs, shapes and paints your toenails into perfection is many women’s idea of an ideal activity. But if you’re not careful, that blissful splurge could lead to a painful infection or funky fungus. Keep these tips in mind next time you stop by your favorite salon.

1. Avoid shaving your legs the day of a pedicure – any small nick or irritation could allow bacteria to enter your body.

2. Make sure your salon uses proper sterilization techniques. You may want to consider bringing your own pedicure tools.

3. Don’t allow salons to use a foot razor to remove dead skin – it can lead to damage or infection. Instead, use a pumice stone, foot file or exfoliating scrub to eliminate dead skin and smooth calluses.

4. If your nails are thick or discolored, don’t cover it up with nail polish – instead see a doctor as this could be a sign of a fungal infection.

Source: American Podiatric Medical Association
Many women experience headaches on a regular basis. But if your headaches are causing debilitation (the need to lie down and avoid work, home or social activities) and over-the-counter products aren’t helping, it might be time to seek help. Migraine headaches are most common in men and women from their 20s to their 50s, but can affect people of all ages. The World Health Organization places migraines as one of the 20 most disabling medical illnesses on the planet. If you experience headaches, try keeping a headache diary where you can note the days, time, length, medications used and other symptoms surrounding your headaches. This can aid your doctor in helping you establish a diagnosis and treatment plan. At Park Nicollet Neurology, we’ve helped thousands of people manage their migraines through medication and simple lifestyle modifications. Call 952-993-3200 to learn more about taking control of your headaches.

DRAHOMIRA SENCAKOVA, MD
NEUROLOGY

If your periods are making you miserable, you’re not alone. One in five women struggle with heavy bleeding, long periods and intense cramping. But the good news is treatment is available to help restore your life. Endometrial ablation is a great option for women whose periods are interfering with activities of daily living. The procedure, which is often performed in your doctor’s office, uses either a heated saline solution or a wire with an electrical current to treat the lining of the uterus. It can reduce menstrual flow and related symptoms by 75 percent – and many women won’t have a period at all after the procedure. If your period is interrupting your life – and you’re pre-menopausal, have a childbearing history and have no other gynecologic issues – ask your doctor about endometrial ablation. To learn more about Park Nicollet Ob/Gyn clinicians who offer this procedure, call 952-993-3282.

CHARLES BRYZ-GORINIA, MD
OB/GYN

Music and healing go hand-in-hand. Music evokes powerful emotions – and has the ability to comfort, heal, connect, support and inspire.

New Century Sessions is a new music series that provides an intimate look at Minnesota’s most talented musicians. As partner and lead sponsor for this original concert series, Park Nicollet is excited to provide a venue for artists to share their inspiration, music and stories. To learn more about Park Nicollet Ob/Gyn clinicians who offer this procedure, call 952-993-3282.

Music therapy provides a wide range of benefits. For patients with Parkinson’s disease, eating disorders and cancer. 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,” says Dawn McDougal Miller, MT-BC, a music therapist at Park Nicollet.

A NOTE OF SUPPORT
Music therapists are at each concert and proceeds from merchandise sold supports Park Nicollet Foundation, which makes music therapy services possible. Park Nicollet Foundation uses philanthropy to enhance the patient and family experience, promote innovation and research, and respond to the health care needs of our community.

To learn more about how you can make a difference, visit parknicollet.com/foundation or call 952-993-5023.
“People often think of coming to their primary care doctor or pediatrics when they are sick, but primary care also plays a major role in helping people with chronic conditions manage well to stay healthy,” says Kristen Kopski, MD, a Park Nicollet Internal Medicine doctor. “Importantly, primary care clinicians also make sure you are receiving the preventive services that are appropriate for you.”

Your primary care clinician provides preventive care services; cases for a broad range of physical and mental health issues; evaluates and treats new health concerns; helps you and family manage chronic or long term conditions such as high blood pressure, depression and diabetes; and coordinates care by collaborating with other members of your care team.

“We encourage everyone to have a primary care clinician who can work with you to maintain your best health and reach your personal health goals,” Kopski says. “This clinician is your main contact within the health care system, and studies have shown that people who have a primary care clinician are more likely to get the right care, receive recommended preventive services and have better overall health.”

Many times people start by choosing a convenient location. Would you like to have your primary care close to home? Perhaps close to work, school or your child care? Do you have a gender preference? Does your site or clinician offer hours that are convenient for you and your family?

At Park Nicollet, our clinicians have posted biographies on the Internet so our patients and community can get to know them a little bit before coming in for an appointment. Once you’ve narrowed it down, give that clinician a try.

If you need a primary care clinician and are looking for additional guidance, call our primary care clinician finder group at 952-993-2460. Whether you’re new to Park Nicollet or an established patient, we can guide you through the process.
Your health is important to you around the clock – not just during office hours. Check out these two great options for managing your health care anytime, from anywhere.

**CARE. ANYWHERE.**

With this secure online connection to your doctor’s office, you can schedule appointments, view test results, request prescription refills, review your health history and even schedule virtual visits with your own care team. To sign up for MyChart, you’ll need a personal access code – visit mychart.parknicollet.com to request a code, or ask your doctor at your next visit.

**MYCHART**

Online care from virtuwell offers treatment and diagnosis for more than 40 common conditions like swimmer’s ear, bladder infections and more. In just 30 minutes, a nurse practitioner will review your symptoms and provide a diagnosis and recommended treatment. Virtuwell is only $40 and if you can’t be treated online, you’re not charged. Visit virtuwell.com to learn more.

**YOUR GUIDE TO PREVENTIVE CARE FOR WOMEN**

Preventive care helps to keep you healthy and identify problems early, while they are easier to treat. A typical preventive care exam – often referred to as a physical or well visit – includes:

- A PHYSICAL EXAM
- BLOOD PRESSURE CHECK
- HEIGHT, WEIGHT AND BMI
- SCREENING FOR COMMON HEALTH PROBLEMS
- IMMUNIZATIONS
- HEALTHY LIFESTYLE COACHING

Depending on your age, health history and individual risk factors, you may need these or other additional screenings:

**20s**

- **CHLAMYDIA** for sexually active women ages 19-25
- **PAP TEST** every three years starting at age 21

**30s**

- After age 30, you may only need a pap test every five years if combined with a high-risk HPV test.

**50+**

- **COLON CANCER SCREENING** starting at age 50
- **MAMMOGRAM** every one to two years, starting between ages 40 and 50

**ALL AGES**

- **INFLUENZA IMMUNIZATION** every year

**40s**

- **CHOLESTEROL & TRIGLYCERIDE** every five years, starting at age 44

**ALL AGES**

- **EYE EXAM** every one to two years
TO GET THE MOST OUT OF YOUR VISIT, THINK ABOUT WHAT IS MOST IMPORTANT TO DISCUSS AND BRING A LIST OF YOUR TOP TWO OR THREE QUESTIONS OR CONCERNS.
— HILARY HAMMELL, MD

I f you ever leave the doctor’s office only to realize you forgot to ask an important question or feeling like you didn’t absorb a thing you were told, you’re not alone. A typical physical exam is only about 20 to 30 minutes long, and there’s a lot to cover in that time. But by being well-prepared before your exam, you can make sure you leave with your concerns addressed and next steps identified.

“To get the most out of your visit, think about what is most important to discuss and bring a list of your top two or three questions or concerns,” says Hilary Hammell, MD, a Park Nicollet Family Medicine doctor. “Bringing up these concerns at the beginning of a visit allows you and your clinician to determine the best ways to approach them.” If you have a long list of questions or your concern is significant, a separate visit or additional evaluation may be needed.

Some insurance plans require you to see a primary care clinician before being referred to specialty care. This can be a good opportunity to understand your different treatment options before seeing a specialist, and your primary care provider may be able to address your problem or concern.

Checking on what services or tests are covered by your insurance plan can be a big help. Bring that information in case you have questions about the cost and coverage for a given test or service. This allows you to better plan your health care, and partner in decision-making about whether or not to seek a certain treatment.

“When you leave your appointment, make sure you understand what was discussed during the visit, and know who to contact if you have any follow-up questions. Don’t be afraid to take notes or ask for clarification,” Hammell says. At Park Nicollet, you can ask your doctor for an after-visit summary (AVS) printout, which recaps what was covered at your visit. Be certain you’re clear on next treatment steps and when you should be seen again.

OFFICE VISITS: GETTING THE MOST OUT OF YOUR APPOINTMENTS

— SHANNON MINDT, RN, DIRECTOR OF URGENT CARE FOR PARK NICOLLET, SORTS OUT THE OPTIONS.

THE RIGHT CARE, RIGHT NOW

URGENT MEDICAL CONCERNS WARRANT FAST TREATMENT, BUT HOW DO YOU KNOW WHAT’S THE RIGHT LEVEL OF CARE FOR WHAT AILS YOU?

Emergency care

Emergency centers treat people of all ages for all types of medical emergencies, and have the capabilities to treat life-threatening conditions and traumatic injuries, such as severely broken bones. Anytime you are experiencing heart-related problems, chest pain, stroke symptoms or severe shortness of breath, go to the nearest emergency center or call 911.

While emergency centers will treat any medical problem, consider using an urgent care center for non-emergencies as they can treat many of the same issues, and typically have shorter wait times and lower costs.

Park Nicollet Methodist Hospital Emergency Center is open 24 hours a day, 365 days a year. Visit parknicollet.com/methodist to learn more.

Urgent care

Urgent care is a good walk-in option for non-life threatening issues - everything from earaches to broken bones. All seven Park Nicollet urgent care centers provide a higher level of service compared to others in the Twin Cities by offering extended lab capabilities, IV treatment and short-term cardiac monitoring prior to emergency center transport.

Quick Check, located in all Park Nicollet urgent care locations and at our Minneapolis clinic, is a faster-care alternative for minor ailments and illnesses, such as sore throats, ear pain, sinus pressure, pink eye, and bladder or urinary infections.

Urgent care is open seven days a week. For hours and locations, and to see our wait time indicator, visit parknicollet.com/urgentcare.

Online care

Now you don’t have to leave your couch to get better. Online care from virtuwell offers treatment and diagnosis for more than 40 common conditions. It’s a great option for minor ailments like swimmer’s ear, bladder infections and some skin issues. Just log on and complete an easy interview about yourself and your symptoms. A nurse practitioner will review your answers and get back to you in about 30 minutes with a diagnosis and recommended treatment. If a medication is prescribed, they can even send it directly to a pharmacy near you. If your concern is beyond the scope of online treatment, virtuwell will refer you to a nearby clinic.

Online care not only saves time, it saves money. Virtuwell is only $45 (or your co-pay, depending on your insurance) and if you can’t be treated online, you won’t be charged. Visit virtuwell.com to learn more.

Virtual visits are also available with your own care team through MyChart. To learn more, visit mychart.parknicollet.com.

For more information, visit parknicollet.com/bewell.
IN THE SPRING OF 2010, Caroline Meeker was your average third grader in St. Paul. She played basketball and softball, and loved learning the piano. Her favorite foods were spaghetti, pizza, chips and chocolate.

Not to say she was an easy child. Caroline was always a little high maintenance — moody, anxious, too much of a pleaser, worried about what others thought of her. Her mom, Janice, started to notice she looked a little on the thin side but brushed it off. Then Caroline started asking questions about food, calories, fat grams, reading labels. She wasn’t eating her lunch at school.

On the softball field, Janice noticed her daughter’s body language would change as she wrapped her arms around herself, trying to hide her body.

One day, Caroline asked her mom if saliva had calories. The 9-year-old didn’t swallow her saliva again until a year later.

When she was admitted to the hospital for treatment of an eating disorder she’d gone from almost 70 pounds to a mere 55 pounds. Her heart rate was low and she had a collapsed lung. She was put on a feeding tube and immediately confined to a wheelchair because she couldn’t afford to burn any more calories.

Janice didn’t know until later that all of this started when a girl at school called Caroline “fat” at the lunch table. Experts say any such event — a comment from a coach, a peer or a parent — can trigger an eating disorder in a child already prone to one.

WHY SO YOUNG?

We live in a culture where children have access to the Internet and media messages at a very young age. They are exposed to the same messages about beauty, weight and society’s ideas of perfection as adults. The child and adolescent brain and life experience leave them unprepared to deal with these messages. “Young kids are literal, and they see the world in black and white,” says Heather Gallivan, PsyD, an eating disorders expert at Melrose Center. “When an adult tells them fat is bad or a particular food is bad, they may take this as fact and not have the experience or skill to decipher how to balance the message.”

Young children are very concrete, which is why parents have to be careful about what they say and behaviors they model. Children are listening to us, so the focus needs to be on being fit, healthy and strong — not fat or thin.

“The mantra at Melrose Center is all foods can fit. We want to help individuals develop a new relationship with food and begin to listen to their bodies’ hunger cues,” Gallivan says. “Food is not a feeling, good or bad, it is fuel for our bodies, it is a way for us to commune and engage with family and friends, it is steeped in tradition and it is something we can’t live without.”

TREATING YOUNGER CHILDREN

Generally, 50 percent of people with eating disorders are completely successful in their recovery, about 30 percent improve but may continue to have some symptoms and about 20 percent remain chronically ill. Treating younger children can be less complicated than treating adolescents or young adults, simply because of the state of their development. Family-based treatment is quite effective with children and younger adolescents, who still look to their families for guidance more than they look to their peers.

“As parents, we have great influence over our children’s self-esteem and body image,” Gallivan says. “It’s important for us to model healthy behaviors for our children — that means no extreme diets or weight-related comments about ourselves or others. Keep the focus less on weight, and more on overall health. Additionally, make sure you provide a supportive environment with lots of talking and listening, and watch out for any strange eating habits. If you notice something, consider seeking help from an eating disorders professional.”

Visit parknicollet.com/melrose to learn about eating disorder signs and symptoms. If you suspect an eating disorder, the experts at Melrose Center can help. Call 952-993-6200.

“Names have been changed to protect privacy.”
10 WAYS TO BUILD A BETTER BODY IMAGE

We all have days when we feel awkward or uncomfortable in our bodies, but the key to developing positive body image is to replace negative thoughts and feelings with positive, affirming and accepting ones. Melrose Center’s Be You initiative exists to spread the power of positive body image with the hopes of preventing eating disorders through education, conversation and action. Check out our tips to get you started on the path to a better body image. >>>

1 BE BALANCED
Be good to your body by getting enough sleep, eating nutritious foods and being physically active.

2 BE POSITIVE
Focus on all the amazing things your body can do, not how it looks.

3 BE DIVERSE
Recognize that people naturally come in different shapes and sizes – embrace what makes you unique.

4 BE STYLISH
Wear clothes that make you look and feel good – no matter what your size.

5 BE PROUD
Make a list of your positive qualities that aren’t related to your body or appearance.

6 BE SAVVY
Read books and magazines with positive messages that make you feel good about yourself.

7 BE SPECIAL
Take time to pamper yourself. You deserve it!

8 BE KIND
Avoid body-bashing. Focus conversations on the positive traits of yourself and others.

9 BE ACCEPTING
Challenge negative thoughts about your body. Try to be less judgmental and more positive.

10 BE INSPIRED
Think about the people you admire. Have they impacted you because of their looks or their accomplishments?

Park Nicollet Melrose Center

Need to talk to someone about eating disorders? Call 952-993-6200
parknicollet.com/beyoumelrose
**Sweet Potato Chili**

**Serves 4**

- 1 tablespoon extra-virgin olive oil
- 1 small sweet potato, peeled and diced
- 1/4 cup diced onion
- 1 clove garlic, minced
- 1 small jalapeno, seeded, deveined and diced
- 1 small red or orange bell pepper, seeded, deveined and diced
- 2 teaspoons cumin
- 1 15-ounce can diced tomatoes with their juices
- 1 15-ounce can kidney beans
- 1 cup cooked or frozen corn
- 1 to 2 tablespoons fresh lime juice, to taste
- Salt and freshly ground black pepper to taste
- 1 cup low fat plain Greek yogurt, optional
- 1/2 cup chopped cilantro

**Nutrition Notes**

- Calories: 292  •  Fat: 5g  •  Saturated Fat: 1g  •  Trans Fat: 0g  •  Protein: 15g  •  Carbohydrate: 49g  •  Sodium: 907mg  •  Cholesterol: 5mg  •  Fiber: 12g

**Why do comfort foods comfort us?**

The warm, contented feeling that comes from eating rich, creamy foods is not only emotional, it’s evolutionary. Our bodies adapted over thousands of years to be able to convert food to fat, to store energy for later use. With the onset of colder weather, our bodies feel this change more acutely and seek warmth from foods higher in fat and carbohydrates. Emotionally, we are connected to our foods based on the memories we associate with them.

Jennifer Fedie, RD, LD  •  Park Nicollet

**Speedy Weeknight Nutrition Notes**

In a Dutch oven or deep saucepan, heat the oil over medium and sauté the sweet potato, onion, garlic, jalapeno and bell pepper for about five minutes. Sprinkle in the cumin and cook for another minute. Stir in the tomatoes, kidney beans and corn and simmer for 15-20 minutes. Season with the lime juice, salt and pepper. Garnish with yogurt and cilantro.
Put the wild rice and water in a small pot, set over high heat, bring to a boil then reduce the heat, cover and simmer the rice until tender, about 25 to 35 minutes. Drain and set aside.

Put the chicken and stock into a large skillet or saucepan set over low heat and simmer until the meat is no longer pink, about 15 minutes. Remove the chicken and dice when cooled. Add the carrot and celery to the stock and simmer until soft, about 3 to 5 minutes. Remove the vegetables and set aside. Reserve the stock.

Preheat the oven to 350°F. In the same pan, heat the oil over medium-high and cook the onions until soft, about 5 to 7 minutes. Sprinkle the flour over the onions and cook, stirring constantly, for 2 to 3 minutes. Whisk in the milk and 1 cup of the stock in a steady stream. Increase the heat and bring to a boil. Add the thyme and the nutmeg, and continue cooking until the mixture is thickened, about 3 to 5 minutes. Add the peas and then toss in the diced chicken and the cooked carrots, celery and wild rice.

Season to taste with salt and pepper. (If you need more liquid, add the additional stock.) Pour the mixture into a casserole dish and sprinkle with shredded cheese. Bake until the cheese is melted and bubbly, about 15 minutes. Serve hot.

**Nutrition Facts**

Calories 244 • Fat 8g • Saturated fat 2g
Trans fat 0g • Protein 16g • Carbohydrate 16g
Sodium 467mg • Cholesterol 73mg • Fiber 2g
The cold Minnesota winter has us all dreaming of exotic destinations. Wherever your travels are taking you, Park Nicollet Travel Clinic experts Karen (Kari) Pankratz, NP, and Lisa Lynch-Jones, NP, offer tips for staying well so you can enjoy every minute of your vacation.

Park Nicollet Travel Clinic services are available at our Burnsville, Maple Grove and St. Louis Park clinic locations. Call 952-993-3131 to schedule an appointment or visit parknicollet.com/travel to learn more about our services.
HEALTH CARE ON YOUR SCHEDULE

We know you’re busy. That’s why more Park Nicollet Clinic locations offer walk-in and same-day appointments, plus evening and Saturday care.

GROUPS AND CLASSES

Bariatric surgery information sessions Dates and locations vary Park Nicollet Bariatric Surgery Center provides weight-loss surgery and follow-up care for those struggling with severe obesity. This free series is a complete overview of all bariatric surgery options offered by Park Nicollet. For more information, call 952-993-3484.

Heart Health Lecture Series Jan. 15 7 p.m. | Heart and Vascular Center This free lecture series covers a wide range of topics relevant to those who have had surgery or other conditions affecting the heart. For more information, call 952-993-1909.

NAMI Parent Connection Eagan Clinic Jan. 16 National Alliance for Mental Health’s Parent Connection support group gives parents of children with mental health issues an opportunity to meet with others to share concerns, compare experiences and learn from each other. For more information, call 952-993-4001.

Baby class Thursdays, starting Feb. 6 10-11 a.m. | Champlin Clinic Park Nicollet is partnering with ECFE to offer free classes for parents with infants up to seven months old. For more information, call ECFE at 763-506-6178.

BLOOMINGTON

Adno Gatah, RN, PNP Family Medicine Melissa Johnson, MD Internal Medicine

BROOKDALE

DO YOU HAVE TYPE 2 DIABETES?

Park Nicollet International Diabetes Center is seeking volunteers for a long-term study on diabetes control. To learn more, call 952-993-5623.

MINNEAPOLIS

Adra Ganan, RN, PNP Pediatrics Shauna Morrow, MD Internal Medicine

PLYMOUTH

Caroline Mathews, MD Pediatrics Anna Rakovshik, MD Pediatrics

PRINCETON

Tiffany Armstrong, PA-C Family Medicine

SHOREWOOD

Lauren Trumm, NP Pulmonary Medicine David Waggonner, MD Urology

ST. LOUIS PARK

Marisa Chapman, MD Dermatology Stefan Collinet-Adler, MD Infectious Disease Paul Frake, MD Otolaryngology

WAYZATA

Laura Fuhr-Raine, MD Dermatology

MELROSE CENTER

Scott M. Hanneman, PhD Jeanette Vickers, LMFT Pediatrics

MAPLE GROVE

Erin L. Letoumeau, FNP Internal Medicine-Pediatrics John P. Reid MD Internal Medicine-Pediatrics Jacob Sundberg, DC Chiropractic

METHODIST HOSPITAL CAMPUS

Alexa Christoe, MBBS Pulmonary Medicine Geri Clements, CNM Nurse Midwifery Jeffrey Johnson, MD Pulmonary Medicine Erin Lahey, NP Gastroenterology Michelle Lowell, DNP Nephrology Melissa Martinez, PA-C Nephrology Lauren Pierquet, PA-C Colorectal Surgery Paul Garcia, MD Cardiology Geoffrey Theobald, PA-C Neurosurgery Lauren Trumm, NP Pulmonary Medicine David Waggonner, MD Urology

MINDFULNESS BASED STRESS REDUCTION COURSE

Mindfulness Based Stress Reduction is about taking control of our lives, being aware of influences that affect our health and well-being, finding peace-of-mind and returning to balance with the threes of an oftentimes chaotic world. Developed by renowned author Jon Kabat-Zinn, this eight-week course will teach you to consciously and methodically deal with stress, pain, illness and the demanding challenges of everyday life.

Free information sessions:

TUESDAY, JAN. 28 11:30 a.m. and 12:15 p.m. St. Louis Park Clinic, Dwan A conference room

THURSDAY, JAN. 30 11:30 a.m. and 12:15 p.m. Methodist Hospital campus, HVC conference room A

For more information, email paulaufwick@gmail.com or call 612-801-5960.
Babies are born every day, but at the Family Birth Center we don’t treat childbirth like an everyday event. From expert care teams to comfortable, state-of-the-art labor, delivery and recovery suites to our special care nursery, we deliver an exceptional experience for mom and baby.

Visit parknicollet.com/familybirthcenter to learn more about our complete facility remodel.