



FOR IMMEDIATE RELEASE

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WINTER SURVIVAL TIPS

Park Nicollet prescribes a safe winter season

ST. LOUIS PARK, Minn., (January 12, 2009) –No doubt about it—it’s cold this year! We Minnesotans pride ourselves on our ability to make it through the harshest of winters. But bitter wind and cold can challenge everyone’s survival skills. Park Nicollet Health Services has advice on getting through the rest of this cold winter.

Park Nicollet offers media interviews on the following “Winter Survival” topics:

- * **Bundle Up!** We’ve all been told to watch out for frostbite on frigid and windy days. But do you know how to spot frostbite and hypothermia? **Carol Manning, MD (Park Nicollet Clinic-Urgent Care.)**
- * **Exercise safely.** Sub-zero temperatures won’t stop fitness fanatics. But before you head out, check in with an expert who knows about exercising in extreme conditions—he’s run 65 marathons in all kinds of weather! **Mark Seaburg, MD (Park Nicollet Clinic-Minneapolis)**
- * **Itchy & scratchy.** Eczema and psoriasis are common skin conditions that flare up during winter. But there are treatments available to control the symptoms. **Spencer Holmes, MD (Park Nicollet Clinic-St. Louis Park)**
- * **Allergies & asthma.** Being stuck inside during cold weather can worsen allergies, and asthma creates special concerns during the cold months. **David Graft, MD (Park Nicollet Clinic-St. Louis Park)**
- * **Winter chores.** We’re not done digging out yet. Improper snow shoveling can lead to back pain. Get details on safe lifting and other tips for avoiding injuries this winter. **Devanshu Kansara, MD (TRIA Orthopedic Center)**
- * **Happy Heart!** Strenuous winter activity is not for the faint of heart. What are the signs that your heart has had enough? **Jackson Thatcher, MD (Park Nicollet Heart and Vascular Center)**

Park Nicollet Health Services is an integrated care system that includes Park Nicollet Methodist Hospital, Park Nicollet Clinic, Park Nicollet Foundation and Park Nicollet Institute. Park Nicollet Health Services is based in St. Louis Park and has more than 8,300 employees, including 630 physicians on staff.