



BE WELL

>>> SPRING/SUMMER 2014 <<<<

Park Nicollet Be Well Magazine® is published by Park Nicollet Marketing and Communications, in partnership with Park Nicollet Patient Education and Park Nicollet Women's Services leadership. Articles feature a variety of health and wellness experts from across Park Nicollet's wide range of specialties.

SEND YOUR QUESTIONS OR COMMENTS TO: bewell@parknicollet.com or Park Nicollet Health Services, PO Box 650, Minneapolis, MN 55440

The information in Park Nicollet Be Well Magazine does not necessarily reflect the opinions of all Park Nicollet clinicians and is not intended to be a substitute for professional medical advice, diagnosis or recommended treatments. You should always seek the advice of your qualified health care professional with any questions or concerns regarding your individual needs.

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 Park Nicollet Women's Center is a brand new facility unlike anything else in the Twin Cities - and it was created just for you with a focus on total health and well-being while paying special attention to comfort and convenience.

13 SUMMER SURVIVAL
 School's almost out and the kids will soon be running wild. Our experts offer advice for keeping your whole family happy, healthy and safe during those long, hot summer days.

16 YOUR BIRTH, YOUR WAY
 If you have a baby on the way, a birth plan is an important part of making sure you have more control over what happens on the big day. Check out our tips for creating the right plan for you.

SUMMER COLD? It could be allergies.

30%

of adults experience allergic rhinitis (hay fever).

Visit parknicollet.com/asthmaallergy to learn more about testing and treatment.



The average Minnesotan consumes **ONLY HALF** the daily recommendation of fruits and vegetables. Since summer is a great time for fresh, locally grown produce, visit a farmers market to stock up.

Cover photograph by Liz Banfield

EVERYDAY

— WELLNESS —

Noteworthy news and information from the world of health care and beyond.



On a hot summer day, nothing beats an ice-cold beer or a refreshing mojito - but it could be a cocktail for disaster. Alcohol can contribute to **DEHYDRATION AND HEAT EXHAUSTION**, so if you do choose to imbibe, be sure to sip slowly and drink plenty of water.



ARE YOU USING enough sunscreen?

Most people don't. Dermatologists recommend using at least one ounce - enough to fill a shot glass - and applying every two hours or after swimming.