

# Healthy Perspectives

*For the health of our community*

## Orthopedic Care

### Keeping you active and pain-free

"Our culture encourages us—from a very early age—to play through the pain," says John Watkins, MD, St. Luke's Orthopedics. "Unfortunately, ignoring what the body is telling us can cause injuries and chronic pain."



Dr. Watkins and colleague Dr. Anne Sullivan, board-certified orthopedic surgeons, agree that when it comes to preventing injuries, an ounce of prevention is worth a pound of cure. "Early intervention is the best medicine," Dr. Sullivan says. "If you don't treat an ankle sprain right away, it might be a full year before you're back in the game."

### New approaches to orthopedic care

In the past, patients were told to postpone joint replacement surgery as long as possible, even if the pain was intense, because the new joints just weren't built to last. Fortunately, with advancements in technology, replacement joints last much longer, so patients don't have to wait to get back to their active, healthy, pain-free lives.

STORY CONTINUES INSIDE

THE PATIENT.  
ABOVE ALL ELSE.®



St. Luke's

[slhduluth.com](http://slhduluth.com)

## CONTINUED FROM COVER

New technologies and procedures include:

- ~ Minimally invasive hip and knee replacements that shorten the recovery period
- ~ Arthroscopic procedures that repair microscopic tears in the hip or knee meniscus
- ~ Hip, shoulder and knee resurfacing that saves more of the bone, reduces scar tissue and causes less pain

### Fully coordinated care

Dr. Watkins and Sullivan, along with their experienced orthopedics team, partner with other St. Luke's specialists to meet every patient's individual health care needs. For example, St. Luke's physical therapists often meet with orthopedic patients several times a week after surgery or treatment to help them regain their strength and flexibility. "The extended team stays in constant communication so we can track our patients' progress," Dr. Watkins says. "One-stop medical treatment is great for our patients and very convenient for families."

### Gender differences

A key mission of St. Luke's Orthopedics reaches beyond the walls of the hospital to meet the needs of the entire community—particularly to educate girls and women about injury prevention. "Boys are raised to be athletic almost as soon as they can walk, but many girls don't get that message until they're much older," Dr. Sullivan says. "By the time they're playing soccer or volleyball, girls often lack the strength and agility they need to avoid getting injured."

Smoking, poor nutrition and lack of exercise can cause bone density loss in all adults, but women have a greater risk of developing osteoporosis, a condition that can lead to bone fractures. "No matter how old you are, it's never too late to begin rebuilding bone mass," Dr. Watkins says. "So drink your milk, stay active, and above all, don't ignore the pain—that's your body telling you, *I'm not happy with what you're doing!*"

## Shedding (Sun)Light on Vitamin D

Recently, vitamin D has become front page news. It's now considered a vitamin superstar with the power to protect us from many serious health conditions, like bone loss (osteoporosis), falls and hip fractures, cancer, diabetes, heart disease, immune diseases, premenstrual syndrome, anxiety and depression.

Well before vitamin D started getting public attention, St. Luke's and the Whiteside Institute for Clinical Research launched a multi-year research project to study the importance of vitamin D.\* The results, published in the April 2009 issue of *Endocrine Practice*, showed that nearly half of the participants were not getting enough vitamin D, even some who were taking a daily multivitamin.

### Sun, age, diet and vitamin D

Our bodies naturally produce vitamin D when we're exposed to direct sunlight. That means that the season, where you live, the time of day, weather conditions, cloud cover and how much sunscreen you use will affect the amount of vitamin D you produce. Two other factors are age and nutrition. As we age, our bodies don't absorb vitamin D as well; and even though we get some vitamin D from the foods we eat, even vitamin D-fortified food can't make up for the lack of sunlight or the process of aging.



### How much is enough?

How much vitamin D we need depends on factors like gender, age, skin color and pregnancy. The American Academy of Pediatrics recommends that infants and children receive 400 international units (IU) of vitamin D per day. For adults, most experts recommend 800 IU to 2,000 IU per day, with older adults needing the highest amounts.\*\*

## Healthy and Delicious

Autumn's wide variety of vegetables star in this simple and heart healthy recipe recommended by St. Luke's clinical dietitian and diabetes educator Stacy Colich.



### Roasted Root Vegetables (Serves 8)

#### Ingredients

- ~ 3 tablespoons butter
- ~ 3 cups apple juice
- ~ 1 cup dry white wine
- ~ 1 ¼ pounds turnips
- ~ 1 ¼ pounds parsnips
- ~ 1 ¼ pounds carrots
- ~ 1 ¼ pounds sweet potatoes
- ~ 1 ¼ pounds rutabagas
- ~ Salt and pepper to taste

#### Directions

1. Boil apple juice and wine in a large saucepan until reduced to ¾ cup (about 30 minutes). Whisk in butter or margarine.
2. Preheat oven to 425 degrees F.
3. Peel and cut vegetables into ½-inch pieces. Divide between two roasting pans. Pour apple juice mixture over vegetables. Sprinkle with salt and pepper. Toss to coat.
4. Roast about 40 minutes or until vegetables are tender and golden, stirring occasionally.

#### Nutrition information (per serving)

306 calories, 5.2 grams fat, 4.4 grams protein, 58.5 grams total carbohydrate, 10.9 grams dietary fiber, 151 milligrams sodium

## Sources of Vitamin D

### Sun Exposure

- ~ 10-15 minutes of sunshine three times a week without sunscreen will produce enough vitamin D for younger adults during the summer.
- ~ Sun exposure increases the risk of skin cancer, so make sure to wear sunscreen if you plan to be outside for more than 15 minutes.

### Food and Diet

- ~ Most of the vitamin D in the American diet comes from fortified foods like cereal, margarine, orange juice and milk.
- ~ Fish is one of the few foods naturally high in vitamin D.

#### Foods High in Vitamin D

- ☼ Salmon 3.5 oz, 360 IU
- ☼ Margarine (fortified) 1 tbsp, 250 IU
- ☼ Tuna (canned in oil) 3 oz, 200 IU
- ☼ Milk (fortified) 8 oz, 100 IU
- ☼ Orange juice (fortified) 8 oz, 100 IU
- ☼ Egg, 20 IU
- ☼ Swiss cheese 1 oz, 12 IU

### Supplements

- ~ Food alone rarely provides enough vitamin D, so most adults will need to take a supplement.
- ~ The amount of vitamin D in supplements varies, so be sure to check the label:
  - ☼ Multivitamins, 400-800 IU
  - ☼ Calcium with vitamin D, 200 IU
  - ☼ Vitamin D, 400-5,000 IU

\*The research study, led by David Arvold, MD, St. Luke's Internal Medicine Associates, was conducted through the Whiteside Institute for Clinical Research with a grant from St. Luke's Foundation. Participants were patients who visited St. Luke's Internal Medicine Associates during February 2007.

\*\*Holick MF. Vitamin D deficiency. *N Engl J Med.* 2007;357(3):266-281.

THE PATIENT. ABOVE ALL ELSE.®



915 East First Street  
Duluth, MN 55805

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
DULUTH, MN  
PERMIT NO. 1938

## What's Inside:

### Orthopedic Care

### Shedding (Sun) Light on Vitamin D

St. Luke's continues to look for ways to become even better stewards of our environment.

We invite you to join our efforts by receiving *Healthy Perspectives* electronically. To sign up, visit [slhduluth.com/contact/healthy-perspectives](http://slhduluth.com/contact/healthy-perspectives) and register your contact information. Thank you!

MRS. JANE DOE  
12345 SUPERIOR STREET  
DULUTH, MN 55805

FALL 2009

# Healthy Perspectives

*For the health of our community*

## Health care close to home

St. Luke's welcomes Andrew Broadmoore, MD, who joins Denfeld Medical Clinic, and Kara Underwood, MD, the newest member of Mount Royal Medical Clinic's health care team.



### Denfeld Medical Clinic

4702 Grand Avenue  
Duluth, MN 55807

#### Clinic Hours

Monday-Friday  
8 a.m.-5 p.m.

To schedule an appointment,  
call **218.249.6800**.

#### Urgent Care Hours

Daily 10 a.m.-8 p.m.  
(except holidays)

**218.249.6888**

### Miller Creek Medical Clinic

4884 Miller Trunk Highway  
Hermantown, MN 55811

#### Clinic Hours

Monday-Friday  
9 a.m.-5 p.m.

To schedule an appointment,  
call **218.249.4600**.

#### Urgent Care Hours

Daily 10 a.m.-8 p.m.  
(except holidays)

**218.249.5700**

### Mount Royal Medical Clinic

1400 Woodland Avenue  
Duluth, MN 55803

#### Clinic Hours

Monday-Friday  
8 a.m.-4:30 p.m.

To schedule an appointment,  
call **218.249.8800**.

### P.S. Rudie Medical Clinic

Medical Arts Building, Suite 302  
324 West Superior Street  
Duluth, MN 55802

#### Clinic Hours

Monday-Friday  
8 a.m.-5 p.m.

To schedule an appointment,  
call **218.722.6613**.

THE PATIENT.  
ABOVE ALL ELSE.®



[slhduluth.com](http://slhduluth.com)