

Healthy Perspectives

For the health of our community

Annual Checkups

The Power of Preventive Care

From pediatricians to primary care physicians to radiologists, most health care professionals advocate for the power of preventive care. According to Dr. Heather Winesett, St. Luke's Pediatric Associates, "When it comes to staying healthy, an ounce of prevention really is worth a pound of cure." Dr. Timothy LaMaster, a family medicine



physician at P.S. Rudie Medical Clinic, echoes that sentiment. "With rising rates of diabetes and other 'lifestyle' diseases, preventive medicine has never been more important than it is today."

The good news for many families is that Medicare and most insurance providers are also on board. Effective January 1, 2011, many patients are now eligible for an annual wellness visit at no additional cost, making it easier for doctors to spot warning signs before they become serious.

STORY CONTINUES INSIDE

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St. Luke's

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Early detection starts early

Ideally, preventive care should begin in early infancy, says Dr. Winesett. “During the first two years of life, we like to see our youngest patients every two months—not just to stay on top of immunizations and nutritional issues, but also to provide education for parents.” Without proper nutritional intervention, for example, transitioning from breast milk or formula to cow’s milk can cause anemia in some children.

At age two, wellness visits become a yearly event. “One of the joys of pediatric care is developing ongoing relationships with our patients and their parents,” says Dr. Winesett. That connection, along with annual screenings, allows pediatricians to detect developmental issues and intervene as early as possible. “Whether a

child is struggling with speech delays, social problems, anxiety, depression, slow growth rate or weight issues, we can give them the support they need to live healthier, happier lives.”

Planning for the future

Those ongoing relationships are also good for adults. “Annual clinic visits are an ideal opportunity to stay connected with our patients, schedule preventive screenings and immunizations, and identify any potential health concerns,” says Dr. LaMaster. “Once patients understand what’s at stake, they’re often highly motivated to make lifestyle changes.” According to Drs. Winesett and LaMaster, nothing is quite as inspiring as helping their patients enjoy healthy, active lives.



Healthy and Delicious Recipe

Banana Monkey Bars (16 bars)

Prep time: 20 minutes. Bake time: 30 minutes.

Ingredients

- ~ ½ cup raisins
- ~ 1½ tablespoons apple cider or apple juice
- ~ 1 cup all-purpose flour
- ~ 1 teaspoon cinnamon
- ~ ½ teaspoon baking soda
- ~ ¼ teaspoon salt
- ~ ¾ cup brown sugar, packed
- ~ ¼ cup butter, softened
- ~ ½ cup banana, mashed
- ~ 3 tablespoons low-fat buttermilk
- ~ 1 teaspoon vanilla
- ~ 3 egg whites
- ~ ⅓ cup walnuts, chopped
- ~ Cooking spray
- ~ 1 tablespoon powdered sugar (optional)

Directions

1. Preheat the oven to 350 degrees F.
2. Combine the raisins and apple cider in a microwave-safe bowl. Microwave on high for 1 minute and set aside.
3. Combine flour, cinnamon, baking soda and salt in a bowl. Stir well with a whisk and set aside.
4. Cream together the brown sugar and butter in a large bowl until well blended. Add banana, buttermilk, vanilla and egg whites and beat well. Add the flour mixture, mixing until just combined. Stir in the raisins, apple juice and walnuts.
5. Coat an 8-inch square baking pan with cooking spray, spread the batter in the pan and bake for 30 minutes or until golden brown. Cool the bars completely, and sprinkle with powdered sugar, if desired.

Nutrition information (1/16 of recipe)

135 calories, 4.6 grams total fat, 20 grams carbohydrate, 136 milligrams sodium

National Breast Cancer Awareness Month

Impacting Outcomes

According to the National Breast Cancer Foundation, 200,000 women are diagnosed with breast cancer each year. But when cancer is detected early, there's a 96 percent five-year survival rate. "Early detection is absolutely our strongest defense against breast cancer," says Trudi Parker, MD, breast imaging radiologist with Consulting Radiologists, Ltd., a St. Luke's consulting partner. "And that means developing greater awareness and action."

The awareness effect

To promote the importance of awareness and education, October has been designated National Breast Cancer Awareness Month. And if the plummeting breast cancer mortality rates are any indication (30 percent in 30 years), greater awareness has contributed to earlier detection. According to the National Institutes of Health (NIH), mammograms are still the most effective tool for detecting breast cancer before it spreads. For most women, the NIH recommends annual screenings beginning at age 40, and at age 30 for women with increased risk.

Factoring in the risks

"The two leading risk factors for developing breast cancer are being female and aging," says Dr. Parker. "While family history also increases risk, more than 75 percent of women diagnosed with breast cancer had no immediate relatives with the disease." Other risk factors include genetic predisposition (presence of genes BRCA1 and/or BRCA2), hormonal history (early menses, late menopause or no pregnancies), and lifestyle (obesity, excessive alcohol use, hormone therapy or lack of exercise).

"No one is immune from breast cancer," says Dr. Parker. "But by knowing your risk level, having an annual mammogram and maintaining a healthy lifestyle, it's possible to significantly lower your risk—and it starts with awareness."



Screen Tests: Health Status Close-up

Health screenings are a key part of preventive health care. Based on your gender, age, personal and family medical histories, and other risk factors, your doctor will recommend which tests to have, when to start and how often you should be screened.

Screen Tests	Why	Who	When
Mammography	breast cancer	women, age 40 or older	annually
Pap Smear	cervical cancer	women, ages 21-70	every 2 years; every 3 years after age 30
Colonoscopy	colorectal cancer	men and women, age 50 or older	every 5-10 years
Fasting Blood Glucose Test	diabetes	men and women, age 45 or older	every 1-2 years
Blood Pressure	stroke, heart disease, kidney failure	age 3 or older	annually
Blood Cholesterol Test	stroke, heart disease	men and women, age 45 or older	every 1-5 years
Bone Mineral Density Test	osteoporosis	women, age 65 or older; men, age 70 or older	routinely
Prostate Specific Antigen (PSA) Test	prostate cancer	men, age 50 or older	annually

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Screen Tests

St. Luke's continues to look for ways to become even better stewards of our environment. If you would like to receive *Healthy Perspectives* electronically, please visit slhduluth.com/contact/healthy-perspectives to sign up. Thank you!

Healthy Perspectives

FALL 2011

For the health of our community

Health care close to home

Denfeld Medical Clinic welcomes Eric Enberg, MD, to our health care team.

P.S. Rudie Medical Clinic welcomes Addie Licari, MD, to our family medicine team.



Eric
Enberg, MD



Addie
Licari, MD

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

Lester River Medical Clinic

6351 East Superior Street
Duluth, MN 55804

Clinic Hours

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

To schedule an
appointment,
call **218.249.4500.**

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.-5 p.m.

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

P.S. Rudie Medical Clinic

26 East Superior Street
Suite 205
Duluth, MN 55802

Clinic Hours

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

To schedule an
appointment,
call **218.249.4300.**

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