

# Healthy Perspectives

*For the health of our community*

## Orthopedic Medicine More than Surgery

Thanks to the Internet, we are better informed about the health care industry today than at any other time in history. With a couple of clicks, we can read about the latest diagnostics, procedures, drugs and devices.



Although increased awareness is a positive trend, there's a downside to having instant access to unfiltered information.

"Patients will come to us, asking for a surgical procedure they've read about," says Dr. John Watkins, St. Luke's Orthopedics. "But without a full clinical evaluation, we can't know whether the patient is a good candidate for that

surgery." Just because it's out there, he says, does not mean it's the best option.

Surgery plays a central role in orthopedic medicine, but there are many other treatment options. "Surgery tends to be costly and painful, and the recovery period is much longer than with more conservative measures," says Dr. Watkins. "At St. Luke's, we believe in providing the highest level of care with the least amount of pain or risk."

STORY CONTINUES INSIDE

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## CONTINUED FROM COVER

Dr. Watkins and colleagues Dr. Anne Sullivan and Dr. David Fogarty are board-certified in orthopedic surgery, and Dr. Watkins is additionally fellowship-trained in sports medicine and joint replacement. As a result, their expertise includes not only partial and full joint replacement and hip resurfacing, but also non-surgical and minimally invasive procedures, such as arthroscopy. The surgeons also partner with specialists from St. Luke's Physical Medicine & Rehab Associates for conditions that can be treated with bracing and/or physical therapy, and for pre- and post-surgery therapy.

"Before considering joint surgery, we try to manage the pain by reducing inflammation," says Dr. Watkins. "But if ice, medications, modified activity levels or injections don't relieve the pain, then surgery may be our best solution." But, he emphasizes, surgery is not the only solution.



## Heart Healthy Recipe

### Low-Fat Mac and Cheese

#### Ingredients

- ~ ¾ cup evaporated milk, fat-free
- ~ 1 cup cottage cheese, low-fat
- ~ ½ cup cheddar cheese, reduced-fat
- ~ ½ cup ricotta cheese, low-fat
- ~ ½ teaspoon nutmeg, ground
- ~ ½ teaspoon white pepper
- ~ ¼ teaspoon garlic powder
- ~ 2 teaspoons Parmesan cheese
- ~ 2 tablespoons bread crumbs, fine, dry
- ~ 1 pound elbow macaroni, cooked

#### Directions

1. Preheat the oven to 350 degrees. Heat the milk in a saucepan over low heat. Add the cheeses until they melt, stirring constantly.
2. Stir in the nutmeg, pepper and garlic powder. Remove the cheese sauce from the heat. Add the cooked pasta to the cheese sauce and mix well.
3. Pour the mixture into a 2-quart casserole dish. Sprinkle with Parmesan cheese and bread crumbs. Bake the casserole for 15-20 minutes until bubbly and the top is browned.

#### Nutrition information (per 1 cup serving)

203 calories, 288 mg calcium, 331 mg sodium, 3 grams total fat, 28 grams carbohydrates, 16 grams protein

# Women and Bone Health: Preventing Falls and Fractures

*True or false: Macaroni and cheese is a health food.*

Given our diet-obsessed culture, it might be surprising to learn that the answer is “true,” at least when it comes to the health of our bones. According to Dr. Anne Sullivan, St. Luke’s Orthopedics, macaroni and cheese made with skim milk is a good source of calcium, essential to building and maintaining strong bones.\* Without adequate amounts of calcium, our bones become brittle and prone to fractures. “Osteoporosis, or bone loss, is the biggest public health risk facing adult women today,” says Dr. Sullivan. “We’re seeing more and more debilitating bone fractures in otherwise healthy women.”

Bone density begins to drop around age 30, and after menopause, bone is literally being washed away. “Because we need estrogen to accumulate calcium, the risk of falls and fractures increases significantly post menopause,” says Dr. Sullivan. “Getting enough calcium and doing weight-bearing exercises will help prevent bone loss.”

Unfortunately, calcium and exercise alone aren’t enough. We also need vitamin D in order to absorb the calcium. (Learn more about vitamin D in *Healthy Perspectives Fall 2009* at [www.slhduluth.com/healthy-perspectives](http://www.slhduluth.com/healthy-perspectives).)

“In an ideal world, everyone would have three glasses of milk or servings of yogurt a day,” says Dr. Sullivan. “But realistically, most women, especially after menopause, also need to take supplements and medication to slow down bone loss.”

Whether you’re under 10 or over 70, you can start taking care of your bones today, says Dr. Sullivan. “It’s like investing for retirement—the sooner you start saving, the better off you’ll be later on.” So enjoy your mac and cheese—it’s good for you!

\*Some brands may not contain adequate amounts of calcium; be sure to check the nutrition label.

## Women, Calcium and Vitamin D: Facts, Food and Figures

Use the charts below to see how much calcium you need each day. If you are pregnant or nursing, talk with your doctor about your calcium intake.

Age Range	Recommended Calcium Intake Per Day (Females)*
0-6 months	210 mg
7-12 months	270 mg
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1,300 mg
19-50 years	1,000 mg
50+ years	1,200 mg

Age Range	Recommended Vitamin D Per Day (Males & Females)**
Infants & children	400 IU
Adults	800-2,000 IU <i>Older adults require highest amounts</i>

Food provides a certain amount of calcium, but most women should also take a calcium supplement. Ask your doctor about your intake needs.

High Calcium Foods	Milligrams Per Serving*
Low-fat yogurt, plain, 8 oz.	415
Low-fat yogurt, fruit, 8 oz.	245-384
Sardines, canned in oil, 3 oz.	324
Cheese, 1.5 oz.	275-306
Milk, whole/2%/nonfat, 8 oz.	291/297/302
Orange juice, fortified, 6 oz.	200-260
Salmon, canned, 3 oz.	181

For more information, visit <http://ods.od.nih.gov/factsheets/calcium.asp>.

\*Office of Dietary Supplements, National Institutes of Health.

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

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## What's Inside:

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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!

SPRING 2010

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## St. Luke's opens new Lester River Medical Clinic

Lester River Medical Clinic welcomes patients to their brand-new location at **6351 East Superior Street in Duluth**. Lester River Medical Clinic offers your family a total health care package, including family medicine, lab and X-ray services, and the expert resources of St. Luke's. They also offer a full spectrum of physical therapy services.

**P.S. Rudie Medical Clinic** has relocated to the new Wieland Building at **26 East Superior Street**, just four blocks from its former location in the Medical Arts Building.

### 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

**NOW OPEN**  
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.-4:30 p.m.

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

### P.S. Rudie Medical Clinic

**NEW LOCATION**  
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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Denfeld Medical Clinic and Miller Creek Medical Clinic also offer physical therapy services.