New year resolutionsredux, how to regainmomentum

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“I had been working out a lot and feeling really good about my physical health,” says Berg. “My colleagues and I had just completed an important presentation in Rochester. It went well, and we decided to celebrate by getting sandwiches to eat on the way home.”

At the sandwich shop, Berg noticed something odd. His voice sounded slurred. “I didn’t think any more of it other than, ‘That’s weird. I wonder if anyone else can hear it,’ ” he says. But the slurred speech continued through the drive home.

That night, while checking the air pressure on his daughter’s tires, he had difficulty standing up. His daughter and wife confirmed that his voice sounded funny and they urged him to call the Nurse Line, a 24/7 medical advice line staffed by registered nurses.

“The nurse was awesome and very much to the point. She essentially said I needed to go to the Emergency Department immediately,” says Berg. “My wife drove me to Allina Hospital in
Owatonna where I was glad to see Skip Powell, a Mayo Clinic Health System Owatonna doctor.”

Skip Powell, M.D., performed a basic examination and, after a CT scan, cleared Berg to go home.

“Dr. Powell then informed me that the night call radiologist read the CT again and noticed a dark spot that’s easy to overlook,” says Berg.

Berg’s providers referred him to the Emergency Department at Mayo Clinic Hospital - Rochester, Saint Marys Campus, where he received an MRI.

The scan revealed that Berg, at age 55, and in seemingly good health, had experienced a stroke.

“At that point I couldn’t move my right leg and couldn’t write my name, and my speech was messed up,” he says. “I had an ischemic stroke, which my physicians described as a very small stroke ‘in high-end real estate’ in my brain.” In an ischemic stroke, a blood clot lodges in a cerebral artery, which is often caused by plaque buildup in damaged arteries.

“The doctors and nurses were great throughout the whole process of recovery,” says Berg. “They took really good care of me. The physicians, nurse practitioner, occupational therapist, physical therapist, the psychologist and the nursing staff were nothing short of awesome. I really had a high-performing team caring for me. They would come into my hospital room, as a team, and discuss the care with me – challenge each other and me. The team was extended to my hometown team as I transitioned home and eventually to work.”

During Berg’s 14-day stay, he underwent many types of rehabilitation, including speech therapy, physical therapy, recreational therapy, occupational therapy and psychological evaluations. “Mayo Clinic has a great system with multiple providers to take care of me,” he says. “It was an excellent experience.”

Once home, Berg saw Reinold Plate, M.D., a family medicine physician in Owatonna, for his follow-up care. “He worked with me, coordinated with the neurologist and exchanged notes with Mayo Clinic providers to modify my medication, and really helped me fully recover while transitioning my care back to the local clinic,” he says.

A nurse practitioner called Berg once a month in his first year of recovery to confirm that he was taking his medication, monitor his blood pressure and make sure that he was improving.

“All in all, it was an amazing team of Mayo Clinic and Mayo Clinic Health System providers who worked together to help me recover. From the handoff from a board-certified Emergency Medicine doctor in Owatonna to another in Rochester, caring for me through Neurology and Rehabilitation in Rochester and back into the community,” says Berg.

“I’ve been treated for high blood pressure for a long time,” Berg says. “But I was feeling bulletproof and I had just ridden a bike across Iowa. A week later I was as sick as I’d ever been. Now my health is always on my mind — I’m always thinking, ‘Am I as good once as I ever was?’ ”

Berg is doing much better now but follows a healthy diet and exercises regularly.

“Take care of yourself,” he says. “If you have high blood pressure, treat it. Don’t delay your care, and take responsibility for your health and fitness. If you wait until tomorrow, it might be too late. Figure out what’s important to you, write it down and get after it.” •
In reality, about 2,200 Americans die every day from heart disease — approximately one person dies every 40 seconds.

Rekha Mankad, M.D., a cardiologist at Mayo Clinic in Rochester, says the traditional risk factors for heart disease, which is any condition that affects the structure or function of the heart, include smoking, high blood pressure, high cholesterol, and diabetes. Being male and old age also increase risk.

"Those are the factors we use to calculate a risk score," says Dr. Mankad. "However, we know of many other important risk factors not included in the score."

These include:
- Family history of heart disease, particularly in younger ages (men younger than 55, women younger than 65)
- Inactivity
- Overweight or obese
- Unhealthy diet
- Autoimmune conditions (such as lupus or rheumatoid arthritis)
- Women-specific conditions: preeclampsia (elevated blood pressure during pregnancy), post-menopause

Heart disease is the No. 1 cause of death in the world, the leading cause of death in the United States and, until recently, significantly more women had been dying from it than men.

Although chest pain is the most common symptom of heart disease for men and women, women’s symptoms are typically less prominent, not as severe, and are usually associated with other symptoms, such as shortness of breath, nausea, discomfort in the back or arms, and fatigue. “Young women who present with heart attacks have a higher risk of dying than men,” says Dr. Mankad.

You know the risk factors. You know the symptoms. You know the statistics. What will you do to prevent heart disease?

“The Mediterranean diet is considered the most heart healthy ‘diet,’” says Dr. Mankad. “It encompasses whole grains, good fats (olive oil, nuts), protein from fish and legumes and lots of vegetables. You don’t have to eat only organic foods to be healthy. Limit processed foods and consume little to no ‘bad fats,’ trans fats and saturated fats.”
Despite the many smokers who remain, smoking is one of the leading causes of heart disease, and death.

If you smoke, stop.

“Smoking is extremely bad,” Dr. Mankad says. “There is a risk with any number of cigarettes. There may even be a bigger risk for women than men at a lower number of cigarettes.”

We all know it can be tough, but managing your stress will significantly improve your health and lower your risk for heart disease. Dr. Mankad says because we tend to eat more and exercise less when we are stressed out, it takes a toll on our heart. Getting enough quality sleep also lowers stress and is important to your overall health.

You knew this was coming: exercise. Or “working out,” or “activity,” or “fitness” — whichever idea makes you cringe the least, pick one and get moving.

The American Heart Association recommends that you move your body at moderate intensity for 150 minutes per week, or 75 minutes per week of vigorous activity. If you can’t move for very long, move for 10 minutes at a time. Move however you like and, ideally, combine it with something you enjoy, but get your heart rate up and make it a daily habit.

The heart is your body’s engine. You’ve heard that analogy before, but there’s more to it than that. The Greek word for heart is kardia, but it also means inner self, mind, will, desire and intention.

**Eat 5**

Eat five servings of fruits and vegetables a day to boost your heart health. Start by eating breakfast and including at least one serving of fruits or vegetables. Snack on vegetables or fruits between meals. See page 13 for healthy breakfast menu ideas.

**Move 10**

Add at least 10 minutes of moderately intense physical activity every day. Even 10 minutes makes a difference. Just 60 to 90 minutes a week of physical activity can reduce your heart disease risk by up to half.

**Sleep 8**

Quality sleep is good for your heart. Start by trying to get eight hours of good, quality sleep each night for two weeks.

Follow Mayo Clinic Health System on Pinterest to view and pin many Mediterranean diet recipes to try at home.

RESOURCES

Mayo Clinic Healthy Heart for Life!

This book offers help for improving your heart health and reducing your risk of heart disease in 10 easy-to-follow steps.

This book is available at your local Mayo Clinic Store, or online at store.mayoclinic.com.
STUDIES SHOW | hometown health | Winter 2017

Memory loss

A Mayo Clinic study asking participants 70 and older how their memory now compared with their memory of the past indicated that four out of five had trouble remembering people’s names.

“The fairest thing to say about memory loss is that the most significant risk factor is aging,” says Ronald Petersen, M.D., Ph.D., a neurologist at Mayo Clinic in Rochester and director of Mayo Clinic’s Alzheimer’s Disease Research Center. “Most people will certainly experience some loss of memory in their 70s and 80s, but some start to notice it as early as their 50s.”

Dr. Petersen says a mild degree of memory loss is quite common.

But memory loss can be a symptom of dementia, which Dr. Petersen defines as the inability to think as well as you used to. Although Alzheimer’s disease — a progressive, degenerative brain cell disease that affects memory and

Brain games to help prevent dementia

Crossword puzzles, Sudoku, word searches, mazes: you might have heard that activities such as these can be effective brain games to stay sharp.

But can that be scientifically proven?

“Some of these claims are based on real science, and if you engage in these activities you may keep yourself mentally fresher and sharper for a longer period of time,” says Dr. Petersen. “The big challenge is determining whether or not this transfers into any real-life activity. We think so, but we don’t know for sure.”

Dr. Petersen says what he and his colleagues can confirm is that keeping active mentally, physically, and socially might play a role in keeping your memory healthier, for longer.

“There is increasing evidence now that lifestyle modifications can affect your cognitive function going forward,” he says. “That doesn’t mean that lifestyle modifications will necessarily prevent Alzheimer’s disease.”

But physical activity is healthy for your body, and playing games is just plain fun — so why not take the gamble and enjoy life as fully as possible while you’re at it?
mental function — is the most common form of dementia, the condition doesn’t necessarily include memory loss. It refers to degradation in thinking, caused by old age, that can affect your daily function.

Dr. Petersen says the best thing you can do to keep memory loss at bay and sustain mental function for longer is to maintain physical fitness, be intellectually engaged, make heart-healthy food choices and stay socially connected.

“When it gets beyond ‘Where are my car keys?’ and ‘Where are my reading glasses?’ — when you start to forget important information and, most importantly, those around you start to notice your forgetfulness — it doesn’t mean you have Alzheimer’s or dementia,” Dr. Petersen says. “But it probably merits a look by your physician to examine what might be going on.”

In-home sleep studies available

In-lab and in-home sleep studies are available at Mayo Clinic Health System in Faribault.

A patient sleep study, which is also called a polysomnography, is an overnight study that can help to identify certain sleep conditions.

According to Layne Moore, M.D., a neurologist at Mayo Clinic Health System in Faribault, in-lab studies help clinicians recognize and treat nighttime breathing issues such as sleep apnea, irregular breathing rhythms and snoring. In addition, patients can be diagnosed with REM behavior disorder, restless leg syndrome, and periodic limb movement disorder. The test can also suggest but not prove narcolepsy. A diagnosis of narcolepsy requires a nap test that would be performed the day following an in-lab sleep study.

During in-lab sleep studies, providers attach wires via sticky pads to your scalp, face, chest and legs. These measure brain, heart and muscle activity as you sleep.

However, your provider may decide that you don’t need this much monitoring, in which case you may qualify for an in-home sleep study.

“A home sleep study attempts to diagnose sleep apnea,” explains Dr. Moore. “During a home sleep study, you would clip a pulse oximeter to your finger to measure the oxygen saturation in your blood. Using this information, your provider is able to evaluate your oxygen levels and look for symptoms of sleep apnea.”

Home sleep studies are not attended by a technologist, so unusual sleep behaviors are not able to be identified nor how much time you were asleep or what stage of sleep you were in.

If your provider thinks you might have sleep apnea and doesn’t have any other concerns about your sleep patterns, an in-home sleep study might be right for you.

To find out if you qualify for an in-home sleep study or to schedule an appointment, please call 507-333-3300.
Mayo Clinic Health System in Faribault announces the completion of its expansion and remodeling project at its campus location at 300 State St., next to District One Hospital.

“This is a milestone moment in the history of Mayo Clinic Health System in Faribault,” says Brian Bunkers, M.D., president and CEO of Mayo Clinic Health System in Faribault and Owatonna. “Our staff has been anticipating this new building for several years. We are all tremendously excited that this dream has become a reality, and we are eager to share it with the Faribault community.”

The clinic expansion adds approximately 15,250 square feet of patient care area in addition to the existing 12,200 square feet already being used at the campus. The clinic expansion provides space for high-tech imaging, laboratory services, team-based care and also will enable the clinic to expand specialty and surgical services in the Faribault community.
New Year’s resolution redux

Some plan for it months in advance. Some realize the need for it halfway through a gluttonous holiday season. For others, the morning of Jan. 1 hits them like a ton of bricks, and they have no other choice.

New Year’s resolution

The typical purpose of a New Year’s resolution is to better yourself in some way. But with it comes commitment, and the ability to make or keep commitments might be some people’s main struggle. So, there are pros and cons to resolutions.

“A pro to New Year’s resolutions is that any time you’re thinking about change, it’s a step in the right direction,” says Lynsi Romportl, a nurse practitioner at Mayo Clinic Health System in Owatonna. “Even if you make a decision, try it, but feel like you failed, it’s still a good step toward permanent change.”

Statistics show that most people fail to follow through on their resolutions, whether it’s a few months down the road, or in the first month. That can be frustrating, to say the least. What keeps you striving for change?

“Even though failure can be viewed as a con, you shouldn’t view your resolution with an all-or-nothing mentality,” says Romportl. “If you don’t exercise one week, or otherwise have a setback, you shouldn’t give up.”

Beyond physical health

“We all tend to think of healthy New Year’s resolutions as those that will help physical health, such as exercise, but we sometimes forget about mental, emotional and spiritual health, which can be even more
important,” says Romportl. “Consider other ways to make you feel good and improve your overall health, such as volunteering at an animal shelter, or getting outside and walking a dog, something that gives you more of a sense of purpose.”

Regardless of what your New Year’s resolution is, Romportl says one tool that can help is setting a SMART goal, which stands for:

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**imely

“If you’re going to exercise, don’t say ‘I’m going to exercise more,’ ” says Romportl. “For example, you can set a goal of walking two times per week for the first month. You can track that. It’s time-bound. Even if you say you’re going to try exercising for three months, it has a stop date. If you find that you enjoy it, you’ll keep doing it the rest of the year. If not, you can try something else. Be as detailed as possible with your goal.”

What if no matter how hard you try, you keep failing at your resolution? “Life happens,” Romportl says. “It doesn’t mean you’re a failure. It happens to everybody. Just restart right where you are. And remember there’s no reason why a goal can’t be modified after discovering that it might be unrealistic. Maybe you set your hopes too high this time? If you’re just not that into it, change it — as long as it makes you healthier.”

“Consider other ways (beyond physical health) to make you feel good and improve your overall health, such as volunteering at an animal shelter, or getting outside and walking a dog, something that gives you more of a sense of purpose.”

Lynsi Romportl, nurse practitioner Family Medicine, Owatonna
“Walking is a great physical activity,” says Edward Laskowski, M.D., a Physical Medicine and Rehabilitation physician and co-director of sports medicine at Mayo Clinic in Rochester. “You don’t have to run marathons or have any specialized equipment other than a good pair of shoes. The magic number for heart health and protection against certain cancers is 150 minutes of moderately intense physical activity per week, which can be divided up daily as short as 10-minute segments.”

Dr. Laskowski says regular walking has myriad health benefits and can help maintain your bone density, improve your sleep quality, and even contribute to clarity of mind and improved mood.

Extending your walks into winter months is a great way to harness year-round health benefits, but Dr. Laskowski says when it’s wet and/or slippery, make sure to use footwear with substantial grip on the soles, dress in layers according to the weather, and wear reflective clothing to keep yourself visible to others.

The Mayo Clinic Diet puts you in charge of reshaping your body and your lifestyle by adopting healthy habits and breaking unhealthy ones. This book offers a plan for a sustainable lifestyle, not just a diet. Discover better health through better weight management by following The Mayo Clinic Diet.

We’ve boiled the research down to five simple habits to help you take off the extra weight — and five habits to break so that you can keep it from coming back.

This book is available at your local Mayo Clinic Store, or online at store.mayoclinic.com.
Muesli Breakfast Bars

The original breakfast cereal called muesli — a Swiss German word meaning “mixture” — combined rolled oats with nuts and fruit. The bars here are perfect for breakfast on the go or for a healthy snack anytime.

Makes 24 bars

Ingredients
2 1/2 cups old-fashioned rolled oats
1/2 cup soy or almond flour
1/2 cup fat-free dry milk
1/2 cup toasted wheat germ
1/2 cup sliced (flaked) almonds or chopped pecans, toasted
1/2 cup dried apples, chopped
1/2 cup raisins or cranberries
1/2 teaspoon salt
1 cup dark honey
1/2 cup natural unsalted peanut butter
1 tablespoon olive oil
2 teaspoons vanilla extract

Preheat the oven to 325 F. Lightly coat a 9-by-13-inch baking pan with olive oil cooking spray.

In a large bowl, combine the oats, flour, dry milk, wheat germ, almonds, apples, raisins and salt. Stir well to blend and set aside.

In a small saucepan, stir together the honey, peanut butter and olive oil over medium-low heat until well blended. Don’t let the mixture boil. Stir in the vanilla. Add the warm honey mixture to the dry ingredients and stir quickly until well combined. The mixture should be sticky but not wet.

Pat the mixture evenly into the prepared baking pan. Press firmly to remove any air pockets. Bake just until the edges begin to brown, about 25 minutes. Let cool in the pan on a wire rack for 10 minutes, and then cut into 24 bars. When just cool enough to handle, remove the bars from the pan and place them on the rack to cool completely. Store the bars in airtight containers in the refrigerator.

Find more recipes at mayoclinic.org/healthy-lifestyle/recipes.

Nutritional information

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Q: What is one health issue that you wish men paid more attention to?

A: One aspect of men’s health that I feel could use more attention is fatherhood. This doesn’t apply to all men, but the importance of positive male role models is often overlooked. Being an involved father strengthens men’s mental health and the health of their children. Mothers frequently bear the majority of the burden of raising children, but it’s important for fathers to share in the responsibility. It helps children gain confidence in themselves. It’s also valuable to model a healthy relationship with your significant other to help your kids understand what a healthy relationship looks like.

If you’re a father, I encourage you to volunteer at your child’s school, coach his or her team, volunteer for field trips, etc. Take a class together. It doesn’t have to cost money. Just be together. If you’re a father, or a father figure, you have a great opportunity in front of you — make the most of it.

A: If you snore, you might have obstructive sleep apnea (OSA), which is a potentially dangerous disorder that causes breathing to repeatedly stop and start during sleep. It’s the most common sleep disorder in North America, affecting approximately 20 to 30 percent of men, and it requires lifelong treatment.

Men should pay attention to their sleeping patterns as OSA is associated with other life-threatening conditions, such as high blood pressure, congestive heart failure, and atrial fibrillation, among others, and can cause a heart attack.

For men, risk factors for OSA include obesity, large neck size, smoking, alcohol use, and high blood pressure.

OSA can be easily diagnosed with an overnight sleep study, which assesses your oxygen levels. The primary treatment method is a continuous positive airway pressure (CPAP) machine that keeps your airways open as you sleep, which usually significantly improves daily cognitive function and prevents daytime drowsiness.

If you think you have OSA, or a loved one says they’re concerned, please make an appointment with your primary care provider.
Helping you “catch” healthier habits

Bobbie Gostout, M.D.
Vice President, Mayo Clinic

Now that we’re in the middle of cold and flu season, you’re probably washing or sanitizing your hands more often. After all, it’s easy to “catch” a virus from the people around you.

But you can also “catch” habits from your friends and family. Have you ever noticed you’re more likely to order dessert at a restaurant if your friends do? Or, to take a walk over your lunch break if your colleagues are heading out to get some steps in?

“We’re often influenced by the habits of those around us, whether good or bad. That’s one reason we at Mayo Clinic Health System believe it’s important to offer a variety of health and wellness activities, including nutrition counseling, support groups and fun runs.”

By providing more opportunities for people to make healthy choices about the way they eat, drink, think and move, we believe we can help make our communities healthier. And that’s something worth catching.

PS: Turn to the back page of this newsletter to see some health and wellness activities available near you.
hometown health™

events & classes

For a complete calendar listing, visit mayoclinichealthsystem.org.

Sign up for e-statements
E-statements are available for all Mayo Clinic Health System locations in Iowa, Minnesota and Wisconsin. Review and pay your bill at home with a couple mouse clicks. Visit mayoclinichealthsystem.org and click on “Pay Bills Online” on the left navigation menu to learn more or create an account.

Childbirth classes
Faribault
“Starting Together” childbirth classes are held throughout the year at District One Hospital in Faribault. $60.
Call 507-333-5518 to learn more.

Owatonna
“Birth, Babies and Beyond” childbirth classes are available monthly in Owatonna. $60.
Call 507-444-7900 to register.

Register for Patient Online Services
Create an account to access your lab results, clinical notes, medication lists and other details of your health record 24/7; communicate with your provider and more. Go to mayoclinichealthsystem.org and click “Patient Online Services” in the left navigation menu.

For more Hometown Health, visit our blog
Read patient stories, get guidance and advice from health experts and explore health topics. You can share your story there, too. To visit the blog, go to mayoclinichealthsystem.org and click “visit our blog.”