New year resolutions redux, how to regain momentum
Mayo Clinic staff experiences collaborative care firsthand after stroke

“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

It was the week after The Register’s Annual Great Bike Ride Across Iowa in August 2014, and Dave Berg, chief administrative officer of Mayo Clinic Health System in Faribault and Owatonna, was feeling great after completing the seven-day, 430 mile-bike ride from one side of Iowa to the other.
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

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.

Do it for your kids. Do it for your family. Do it for you. But whomever you do it for, get proactive about taking care of your heart, because ultimately it’s more than an organ pumping in your chest.

**It’s your life.**

**RESOURCES**

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

Pinterest.com/mayoclinichs

**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.”

Welcome Gamze Balci Camsari, M.D.

Gamze Balci Camsari, M.D., began seeing psychiatry patients in Albert Lea in August 2015.

Dr. Balci received her medical degree from the Akdeniz University School of Medicine in Antalya, Turkey. She completed her residency at Mayo Clinic in Rochester and a fellowship in Behavioral Neurology and Neuropsychiatry at Mayo Clinic in Florida. She most recently was the associate medical director in the Senior Behavior Center at Mayo Clinic Health System in Waycross, Georgia.

Dr. Balci says she has always found the field of cognitive science — the scientific study of the mind and its processes — enlightening. While working with her patients, she stresses the complexity of mental health and the risk of oversimplification when discussing it.

“Nevertheless, I tell my patients that mental health is like the frosting on the cake,” she says. “Optimization is not possible if you do not have a good base (healthy body) and a good filling (your behaviors).”
New prostate procedures in Albert Lea and Austin

Whether men like it or not, they’re not as impervious to health issues as they would like to be. Although men who maintain healthy diets, healthy weights and exercise regularly can lower their risk for many diseases and hold onto higher testosterone levels for longer, some conditions may not be avoidable — such as an enlarged prostate.

If you’re a man and you have started to find urination difficult, more frequent and/or urgent, hesitant, or have a weak stream, your prostate might be enlarged.

Aaron Potretzke, M.D., a urologist at Mayo Clinic Health System in Austin, says age is largely to blame. “Along with age, one of the main determinants in prostate growth is how much dihydrotestosterone (DHT) your prostate is exposed to,” he says. “DHT is an enzymatic byproduct of testosterone. And although supplements such as zinc and saw palmetto have had some (mixed) results in relieving symptoms, convincing data regarding herbal supplements is lacking. There are some prescription medicines that may reduce the chance of developing an enlarged prostate, but they are more often used after a patient has already developed symptoms.”

Fortunately, the Austin campus recently added the most advanced and powerful version of prostate-treating technology. “It is called a high-powered potassium titanyl phosphate (KTP) laser, or ‘GreenLight laser,’ ” says Dr. Potretzke. “The light from the laser is green, hence the name.”

The laser is used through a sheath that is placed in the urethra, according to Dr. Potretzke. Using a camera, the laser is used to vaporize prostate tissue. Men note a significant improvement in their voiding symptoms after this procedure. Moreover, compared to other prostate surgical treatments, patients may experience fewer complications, spend less time in the hospital, and have a catheter for a shorter period of time.

If you are experiencing any symptoms of an enlarged prostate, you may benefit from seeing a urologist. A more urgent evaluation may be in order if you have blood in your urine.

Although the GreenLight laser has existed for about 20 years and has been available at Mayo Clinic in Rochester for years, you can now stay in the Austin area for local and convenient treatment.
Dr. Potretzke, who started seeing patients at the Austin campus last summer, is a native Minnesotan, having grown up in Lakeville.

He completed his undergraduate and medical school at the University of Minnesota - Twin Cities, his residency at the University of Wisconsin - Madison, and his fellowship in minimally invasive and endourology at Washington University in St. Louis, Missouri.

He says he has always found the physiology of the kidney fascinating and, after he finished his first clinical rotation in medical school in pediatric urology, he was certain that he wanted to be a surgeon of the urinary system.

“Like many other doctors, and especially the physicians in the Mayo Clinic Health System, I enjoy my interaction with patients,” says Dr. Potretzke.

“It’s an honor to be trusted in learning very personal information about each patient as we work toward a diagnosis and effective treatment. I’m very thankful to be a part of an amazing team here in Austin that helps to do that.” Dr. Potretzke

If you’ve tried other medical therapies for enlarged prostate but are still not satisfied with the way you urinate, you may make an appointment with Dr. Potretzke to discuss.
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

**Nutritional information**

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**Directions**

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.

From the cover:

**Healthy breakfast**

**Avocado Toast:**
- 1 slice multigrain bread, toasted
- 1/2 avocado, mashed or thinly sliced
- 3 grape tomatoes, cut in half
- Olive oil, salt and pepper to taste

1 hardboiled egg
1 cup strawberries and grapes
1 cup of milk
Q: What is one health issue that you wish men paid more attention to?

A: Their mental health. The lifetime risk of developing depression in men is around 9 percent, and men are more likely to successfully commit suicide compared to women with depression.

Our culture tends to place an emphasis on the “manly man,” who doesn’t cry or get overly emotional. This can be seen when we tell our boys to “suck it up” or “stop crying,” while we allow our young girls to experience a broader emotional spectrum.

In fact, excessive criticism in general from family members toward children is associated with a higher rate of depression. Unfortunately, these boys will then grow into men who have difficulty processing their own emotions and the emotions of others. In turn, this could lead to men not recognizing depression and other mental illnesses in themselves and delay seeking treatment, if they seek it out at all.

I would encourage all men to have a greater awareness of their emotions and how they impact others, and to seek out help if they are concerned about feelings of depression. In my opinion, it’s very possible to be manly and in touch with your emotions at the same time.

A: Their weight. It is no secret that being overweight is bad for your health. Being overweight or obese increases the risk of heart attack, stroke, high blood pressure, diabetes, gallstones, cancer, osteoarthritis, obstructive sleep apnea, fatty liver and depression. Obesity in men also impacts male hormones, sexuality and prostate health.

Obesity can be a very sensitive topic for men. I encourage men to work with their health care provider to find out if their weight puts them at risk for health problems.

It can be hard to shed excess pounds, but it is possible — adjust your diet to take in fewer calories and ramp up your exercise to burn off more calories.

When it comes to improving your health, don’t “weight.”
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.
For a complete calendar listing, visit mayoclinichealthsystem.org.

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 top banner.

Free childbirth education classes
Call 507-377-6366 (Albert Lea) or 507-434-1380 (Austin) for more information and to register.

Women’s Heart Health Symposium
Saturday, Feb. 4, 8:30 a.m. - noon
Wedgewood Cove Golf Course, Albert Lea
Free to the public. Call 507-668-2046 to register.

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.”