

Executive Health Notes

Executive Health Program at Mayo Clinic in Scottsdale

Honeywell Executive 'Soars' Praises Mayo Clinic Preventive Health Check



Bob Johnson, president and CEO, Honeywell Aerospace, appreciates the precision of aviation and of heart surgery.

As president and CEO of Honeywell Aerospace in Phoenix, Ariz., Bob Johnson has flown all over the world. But when it came to claiming his health, he found there was truly no place like home.

Johnson had recently completed his annual physical, which included a treadmill test. He went home feeling fine, confident that he'd have a clean bill of health for another year. But a follow-up phone call from Dr. John Lynch, Mayo Clinic cardiologist, turned into a wake-up call, which ultimately led to a triple bypass at the age of 54.

"Dr. Lynch called and actually interrupted a meeting," says Johnson. "He told me I'd stayed on the treadmill for a long time. I thought that sounded good. He

continued to tell me that my heart rate didn't get as high as expected. I still thought that sounded good. Dr. Lynch pressed on saying he just wanted to find out why my body hadn't responded as it should have."

A few days later, Johnson had a cardiac catheterization at Mayo Clinic Hospital. Dr. Lynch removed the catheter and proclaimed it Johnson's luckiest day – that he must have a guardian

angel looking over him. Three of his arteries were more than 80 percent blocked, and he was a prime candidate for a heart attack.

"It was at that moment, I realized that Mayo Clinic had saved my life," he says. "I didn't have a single symptom. I travel probably 50 to 75 percent of the time. Often I'm in places where I wouldn't want to have surgery. Instead, I was able to have by-pass surgery locally at Mayo Clinic Hospital with my family nearby."

Although heart disease ran in his family and he had high cholesterol and triglycerides, Johnson admits he'd pretty much taken his health for granted. Looking back, he does wish

he'd done more to mitigate the damage done by paying closer attention to his diet and exercise. Still, moving forward, he's made some positive lifestyle changes that should keep his heart and the rest of his body strong and healthy.

"I used to work 70 to 80 hours a week," he says. "I've realized I can really get just as much done in 40 to 50 hours. I now have set office hours, something I'd never done in my entire career. I really hope my children learn from my example and will learn to be accountable for their own health."

Johnson has built a gym in his house and works out 30 to 40 minutes each day. He's also careful about his diet and faithfully takes the medication he will continue to take for the rest of his life. To him, that's a small price to pay for life itself.

"Since I'm in the engineering field, I'm always interested in six sigma, knowing what could possibly go wrong in a given situation," says Johnson. "My physicians at Mayo had all the answers. It's thanks to them that I'm still around to talk about this. Without my body signaling pain, I was truly pushing the envelope. Thankfully, Mayo was there to keep a careful watch over me."



Dear Executive Health Program Participant:

President Bill Clinton's recent four-vessel coronary artery bypass graft has increased the awareness of executives about maintaining and improving their own health. In our program, tools for early diagnosis include coronary CT scanning, exercise electrocardiography and echocardiography and several blood tests including lipid levels, lipoprotein (a), homocysteine and C-reactive protein. Based on the findings, problem areas are identified and treatment is initiated if necessary.

Perhaps even more important are the history and physical examination, where behavioral factors can be identified and recommendations made for change. I have long provided prescriptions for exercise and weight loss. Like prescriptions for medication, these are tailored to the executive's personal health status and needs.

Recently, I started giving an "Information Prescription." Information is readily available on the Internet, but there can be problems with its quality. In the medical field, two sites with particularly high quality information are www.medlineplus.gov and www.mayoclinic.com.

As we near the end of another year, I would like to wish you all the best for a happy and healthy holiday season.

Robert R. Orford, M.D.
Director, Executive Health Program
Mayo Clinic in Scottsdale

Mayo Clinic in the News

Mayo Clinic to Begin Phoenix Area's First Heart Transplant Service

Mayo Clinic has announced the expansion of its existing cardiovascular and transplantation programs to include heart transplantation and other advanced technologies for heart failure and heart disease. The new transplant program will meet a growing need for this service and build upon the success of Mayo's existing cardiac and transplant programs in Arizona. Heart transplantation is expected to begin within the next 12 to 18 months at Mayo Clinic Hospital in northeast Phoenix.

Nationally, for every patient receiving a heart, two patients are awaiting a transplant - or have died while waiting. Phoenix, recently cited as the fifth largest metropolitan area in the country, is the largest city in the U.S. without a heart transplant program. The Mayo Clinic Heart Transplant Program will be the only such program located in the Phoenix area.

Cognition and Behavioral Changes as Early as 50 May Link to Alzheimer's

Research published in the June 8 edition of *Neurology*, the official journal of the American Academy of Neurology, has determined that in those with a genetic risk for Alzheimer's disease, an early decline in memory loss may be detected prior to the symptoms of the disease appearing later in life. This link was strongest in those testing positive for APOE e4, a known genetic marker of predisposition to Alzheimer's, and was seen more than 10 years prior to the average age of symptomatic diagnosis of the disease, in many cases in those in their 50s.

The study was authored by Richard Caselli, M.D., professor and chair of the Department of Neurology at Mayo Clinic in Scottsdale, along with researchers from Mayo Clinic in Jacksonville, Banner Health Systems, Arizona State University and the Barrow Neurological Institute.

Mayo Clinic First in Southwest to Perform Robotic Hysterectomy

Mayo Clinic in Scottsdale has become the first healthcare provider in the southwestern United States to perform complex gynecologic surgeries using robotic technology. Until recently, women requiring a complex hysterectomy have only had the option of an open surgery which can cause considerable pain and discomfort, as well as up to six weeks of restricted activity. Minimally invasive surgery may now be an option for these same women. Using robotics, surgeons can perform the same surgery by directing robotic "arms" that perform the surgery using a variety of tiny surgical instruments operating through small abdominal incisions. This allows for more precision and flexibility and less trauma to the abdominal wall. The surgeon is in complete control of the robotic controls and is assisted by a surgical team, just as in conventional laparoscopic surgery. Patients typically go home the same day and can return to normal activity as soon as they feel able.

Stop Giving Yourself a Headache

10 Tips for Preventing Headaches

Pounding. Aching. Piercing. Nine out of 10 people have experienced the unpleasant effects of a headache. Whether it's just a little annoying or downright debilitating, a headache can change the nature of your entire day.

The good news is that there are several things you can do to lessen the likelihood of experiencing headaches. This is important because headaches tend to beget headaches – the more you have, the more you are likely to have.

- 1) Identify your triggers.** Find patterns in things that cause your headaches and take steps to avoid them – lack of sleep, dehydration, medications, missed meals, diet, etc.
- 2) Eat frequent, small meals.** Avoid low blood sugar by trying to eat something every few hours.
- 3) Keep consistent sleep patterns.** Try to get up at the same time each morning and go to sleep at the same time every night.
- 4) Control your caffeine intake.** Avoid it altogether or at least keep your intake consistent and modest, taking in no more than one or two caffeinated beverages each day.
- 5) Treat headaches early.** Begin treatment within 30 minutes of the start of a headache. Treating after the pain has progressed is not as effective.
- 6) Be aware of altitude changes.** Talk to your doctor if you're going to be switching altitudes frequently, and make sure to stay well hydrated when you do.
- 7) Assume your new time zone.** Don't go to bed later or get up earlier to keep on "your time." Melatonin can help by restoring your normal sleep cycle.
- 8) Watch for hormonal shifts.** If headaches seem to correlate to your monthly cycle, consider taking ibuprofen daily for several days starting a few days before your cycle.
- 9) Watch your alcohol intake.** If you know you will be having a couple social drinks and alcohol is a trigger for you, consider taking ibuprofen ahead of time and stay well hydrated.
- 10) Avoid stress.** That's easier said than done, but anything you can do to reduce stress in your life and modify your response to stress will help keep headaches at bay.

If you're still having frequent headaches or if they're increasing in severity, seek medical treatment. Prevention is key and can make a world of difference, keeping you happier, healthier and more productive.

Prevention Makes Common Cents for Your Business

A new report, "Prevention Makes Common Cents," by the U.S. Department of Health and Human Services highlights the significant economic toll preventable disease takes on businesses, workers and the nation. The report highlights the importance of employers promoting health as part of their business strategy. It also showcases recent research showing the dramatic impact that chronic, preventable illnesses have on business' bottom line, as well as specific examples of successful efforts at some major corporations. "Prevention Makes Common Cents" is available at: www.aspe.hhs.gov/health/prevention.

Tips for Your Appointment

Appointments go much more smoothly when patients come prepared to spend the day devoted to their health. Here are a few tips to help make your experience as comfortable and productive as possible:

- Please have your healthcare questionnaire completely filled out and mailed back to us within 48 hours of receiving it. This allows us to pre-schedule your exams so you can maximize your time at Mayo Clinic. Forms are available by e-mail, mail or FAX.
- Dress comfortably for your exam. Shorts and tee shirt or a sweat suit are recommended – and don't forget your running shoes!
- If you're having a body fat analysis, bring a spandex bathing suit so the measurement can be as accurate as possible.

Who to Call

Appointments

480-301-4465

Marianne Pearce & Kimberly Schmall,
Assistant Coordinators

Questions/Concerns

480-301-6412

Suzanne Forth, Coordinator

General Information

480-301-8088 (recording)

Fax Number

To return your patient questionnaires
by Fax: 480-301-9644

Web Address

www.mayoclinic.org/executivehealth/scottsdale

Billing Questions

480-301-8165

Laura Stodolak,
Financial Services Coordinator

Corporate Relations

480-342-3858

Jim Hammond, Director

Physicians and

Administrative Assistants

Dr. Robert Orford - 480-301-7379

Kim St. John, Assistant

Dr. Michael Covalciuc - 480-301-8285

Laura Taylor, Assistant

Dr. Connie Mariano - 480-301-4481

Maddy Williams, Assistant

Dr. Pasquale "Pat" Palumbo

480-301-7379

Kim St. John, Assistant

Fax Number

To contact a physician
by Fax: 480-301-7569

10,000 Steps to Good Health

To achieve good health, strive to take 10,000 steps a day (the equivalent of walking roughly five miles). A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra calories per week, which will result in achieving a vastly better health profile and longer lifespan.

If your goal is to lose weight, start slowly and gradually work yourself up to walking 12,000 to 15,000 steps a day. Walking is a great way to lose weight — and keep it off.

Whether your goal is to achieve good health or to lose weight, put your pedometer on when you dress in the morning, and don't take it off until bedtime (unless, of course, you take a shower somewhere in between!). Every step you take throughout your day counts.



Pedometers are great tools for counting steps.

Here are just a few ways to work more steps into your day:

- Park in the farthest space from the store or mall.
- Mow your yard using a push mower.
- Take a walking break instead of a coffee break at work.
- Take the stairs instead of the elevator.
- Hide your remote and change channels the old-fashioned way.
- Put on upbeat music while you clean your house.

Did you know...

Executive Health now has a new Internet mailbox. Patients can request information on the program and check scheduling availability. We will soon be conducting a secure e-mail pilot program whereby physicians and patients can correspond on-line. Eventually, schedules will be able to be sent this way as well. For now, to ask general program questions, contact us at: mcs.exechealth@mayo.edu.



Mayo Foundation

Mayo Clinic Scottsdale

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www.mayoclinic.org/scottsdale/

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