

# EXECUTIVE HEALTH NOTES

Winter 2008

ENTRUST YOUR HEALTH TO THE NAME YOU KNOW

## Not Too Young

### *Dentist Diagnosed with Prostate Cancer Caught Early in his 40s*



*"Mayo Clinic is a fantastic product. If they sold stock, I'd buy it!"*

— Steve Lucas, D.D.S.

As Steve Lucas, D.D.S. left Mayo Clinic in 2000, he hoped his Executive Health physician, Deborah Rhodes, M.D., was wrong. And who could blame him? At 46, the thought that he could have prostate cancer was startling.

Dr. Lucas' prostate-specific antigen (PSA) numbers were in the normal range, but on a digital exam, Dr. Rhodes had felt a mass about the size of a small peanut on his prostate gland. A few hours later, a Mayo Clinic urologist confirmed the finding, saying he was sure they found prostate cancer.

Upon returning to his home in Chesterton, Ind., Dr. Lucas made an appointment for a biopsy at a hospital in Chicago. There, he was told that although Mayo Clinic was thorough, "they see a lot of bad things and were probably concerned over nothing." But, as the biopsy proved, it was prostate cancer.

"I was the youngest guy they'd ever seen with prostate cancer," says Dr. Lucas. "They just couldn't believe it. They also couldn't believe that Dr. Rhodes found it. It was really an incredible find and it was caught early enough. Early diagnosis was the key to my successful outcome."

Dr. Lucas elected to stay close to home for his surgery and had a nerve-sparing procedure 45 minutes away in downtown Chicago. Now, he preaches preventive medicine to his three children and brings his wife, Mary, to Mayo Clinic for Executive Health exams, as well.

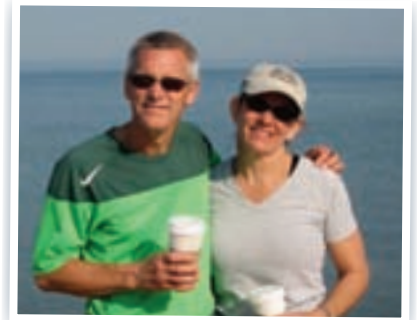
"Mayo Clinic is just a fantastic product," he says. "If they sold stock, I'd buy it! I'm really an observer. I watch everything and I'm just so impressed with how fine-tuned they are. Everyone – from the physicians to the cleaning staff – is top-notch and professional."

As a dentist, Dr. Lucas feels his Mayo Clinic experience has even fine-tuned his own patient skills. Now, he feels he's even more sympathetic to those with health issues and more vigilant about preventive measures, especially when it comes to tooth and gum issues and the implications they can have for overall health.

Dr. Lucas found another unexpected bonus to the Executive Health Program when seeking medical clearance for

flying. He was at Mayo for his annual EHP exam with Dr. Rhodes and mentioned his frustration with the Federal Aviation Administration bureaucracy. She picked up the phone and talked to her Rochester colleague, Clayton Cowl, M.D., who specializes in aerospace medicine. By the end of the day, Dr. Lucas had clearance to fly.

"I'd been working for five months to get that clearance and Dr. Rhodes literally had it done in about 15 minutes," says Dr. Lucas. "You just can't get any better care and attention than that. I refer a lot of people to the program, especially small business owners. I tell them they owe it to themselves, their customers or patients and to their employees. It really is a gift in so many ways."





## DEAR EXECUTIVE HEALTH PROGRAM PARTICIPANT:

As the new medical director for the Executive Health Program at Mayo Clinic Arizona, I'd like to introduce myself and share my thoughts on Executive Health.

Although I am new to this position, I am certainly not new to Mayo Clinic or to Executive Health. I started my career with Mayo Clinic in Rochester, Minn., back in 1977. After completing my residency in Internal Medicine and a fellowship in Preventive Medicine, I joined Rochester's Executive Health Program in 1982. I relocated to Mayo Scottsdale in 1988 and helped establish the Executive Health Program, serving as chair from 1991 to 1999. The program has grown considerably over the years and I look forward with enthusiasm to serving you with the same quality and personalized health care you expect from Executive Health.

Executive Health has always been defined by the concepts of "individualized" and "personalized" health care. Now, recent scientific advances are refining these concepts even further. With advances in our understanding of the human genome and in the development of genetic testing, we're likely to see an individual's unique genetic profile become a more routine part of medical practice. With this, physicians will be able to predict disease risks more accurately and to choose more effective medications with a reduced risk for dangerous side effects.

When examining a patient's unique genetic profile is appropriate, our Executive Health physicians order this testing. During our exams and in vehicles such as *Executive Health Notes*, we look forward to sharing the very latest in preventive health care information.

### **Michael A. Covalciuc, M.D.**

Medical Director, Executive Health Program  
Chair, Division of Preventive, Occupational and  
Aerospace Medicine  
Mayo Clinic Arizona

## BOD POD Measures Body Composition

Executive Health now uses the BOD POD to track body fat and lean mass using patented air-displacement technology. Developed with grant funding from the National Institutes of Health, the BOD POD technology is based on the same whole-body measurement principle as hydrostatic weighing or the dunk tank. You still wear



a swimsuit – but you don't get wet. The technology is fundamentally the same as underwater (hydrostatic) weighing, but uses air instead of water. The BOD POD measures the volume of air a person's body displaces while sitting inside a comfortable chamber, rather than measuring how much water their body displaces when dunked in a tank. By using air instead of water, the BOD POD offers a fast, safe and easy-to-use tool for measuring body composition, without sacrificing accuracy.

## Eating on the Fly?

Planning for your next business trip? Don't forget to plan ahead for snacks and meals. The easiest way to avoid the temptation of fast food in the airport and unhealthy choices on the road is to pack some alternatives to have handy when the urge to snack arises.

Following are some healthy choices to consider adding to your carry-on.

- Raisins, apples, oranges, carrots, celery
- Dried fruit – avoid brands loaded with extra sugar
- Meal replacement bars – avoid "candy bar" styles and opt for something with less sugar and more protein
- Dry cereal – look for whole grain options without added sugar
- Whole grain crackers
- Nuts

Make sure to remain hydrated during your flight by drinking plenty of water and avoiding soft drinks and alcohol.

Once you get to your destination, follow the following tried-and-true tips for eating out.

- Ask for no bread or make sure it's out of easy reach.
- Have your meal prepared without added butter or oil.
- Ask for sauces and dressings to be served on the side.
- Substitute steamed vegetables for rice, potatoes and pasta.
- Suggest that everyone share one dessert.
- Keep the menu closed and just order grilled chicken and a side of steamed vegetables.

## Aerospace Medical Assessments for Civilian Spaceflight

Are you thinking about being one of the first civilians to partake in suborbital or orbital spaceflight activities? Make sure to let your Executive Health physician know so we can schedule your pre-flight medical assessment. Specially trained Executive Health physicians have both the professional expertise and experience to provide these appointments. The Aerospace Medicine Program at Mayo Clinic in Arizona has developed comprehensive, yet individualized protocols for suborbital and orbital spaceflight.

Our specialists have firsthand experience and training in military and civilian high performance environments and the threats that emanate from that environment (lack of oxygen, accelerative forces etc.). Mayo Clinic's

integrated group practice model and double board certified specialists in Internal Medicine and Aerospace Medicine will complete a thorough assessment within two to three days.

Mayo Clinic has a rich history and legacy in Aerospace Medicine. The Aerospace Medicine program at Mayo Clinic in Arizona is working on research protocols designed to mitigate risks against the threats of the aerospace environment (spatial disorientation, acceleration, hypoxia) in its Aerospace Medicine & Vestibular Research Laboratory (AMVRL), thus recapturing our historic legacy.

For further information, please contact Jan Stepanek, M.D., Medical Director, Aerospace Medicine Program, 480-301-4481.

## Did You Know?

### *Patient Library Serves as Great Resource*

Looking for a location to review health care topics or to browse through wellness-related journals? Stop by the Patient and Health Education Library located behind the fountain on the Concourse Level of the Mayo Clinic Building.



Available for your review between appointments are:

- Medical and consumer focused textbooks
- Health newsletters from leading health care organizations
- Free brochures on a variety of health and wellness related topics
- Computers hyperlinked to reliable, medically accurate and up-to-date consumer health Web sites
- Interactive cancer resources

The library also has Internet access, as well as printing, faxing and copying services. A medical librarian/registered nurse is available for assistance with searches on specific medical topics and for virtual reference services.

## Mayo Clinic Podcasts

Mayo Clinic now provides in-depth discussion with Mayo Clinic experts on various diseases or conditions via podcasts. The first six categories for these extended discussions have been heart disease, cancer, bones and muscles, women's health, men's health and children's health. Computer users may subscribe to any of these podcasts at [www.mayoclinic.org/podcasts](http://www.mayoclinic.org/podcasts) through online podcast directories such as [www.podcastalley.com](http://www.podcastalley.com) or by going to iTunes and searching for Mayo Clinic.

## Who to Contact:

### New Appointments and General Information

480-301-8088  
Shelly Zausmer  
Lee Hebenstreit

Fax Number

- For patient questionnaire: 480-301-9644
- For prescription refills: 480-301-7569

### E-Mail

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# MAYO CLINIC IN THE NEWS



Scottsdale, Arizona



Jacksonville, Florida



Rochester, Minnesota

**Arizona** – *Collaboration to address care for congenital heart disease in adults.* . . Congenital heart disease is one of the most common birth defects, occurring in nearly one percent of the general population. With improved recognition, diagnosis and treatment, 85 percent of infants born with a heart defect survive to adulthood, thus creating a growing population of young adults who require lifelong cardiac care. A continuum of care, which is very important to these patients, is now available in the Southwest thanks to a unique partnership amongst Mayo Clinic, Phoenix Children's Hospital and Arizona Pediatric Cardiology Consultants. This partnership combines the skill sets of specialized pediatric and adult cardiology physicians and cardiac surgeons and gives the potential of lifelong specialized care for those with congenital heart disease.

**Florida** – *New technology moves about to help brain surgeons.* . . Mayo Clinic has invested in what surgeons say is the world's most advanced diagnostic imaging system for brain surgery.

The IMRIS Neuro system allows surgeons to use real-time imaging as they operate, which helps them see if the brain has shifted and to deter-



mine if the entire tumor has been removed. The system uses a unique ceiling-mounted track that moves the MRI machine to the patient rather than the patient having to be moved, which improves patients' outcomes. The new IMRI suite will be available next summer after the opening of Mayo Clinic's new hospital in Jacksonville in April 2008.

**Minnesota** – *Cholesterol-lowering drugs don't offset healthy choices.* . . In the medical field, it is often assumed that patients view cholesterol-lowering medications (or statins) as a license to eat whatever they like — assuming their medication has them covered, so a steak here and there won't hurt. However, a study published in the August 2007 issue of Mayo Clinic Proceedings reports that patients don't tend to adopt unhealthy diets when prescribed statins. Researchers also found that some patients were placed on cholesterol-lowering drugs before they'd made a good faith effort at improving their lifestyle. And some said they would have preferred starting with lifestyle alterations rather than medication. This study involved 71 patients who had been prescribed statins for the primary prevention of cardiovascular disease. Patients were interviewed at the time of prescription and three and six months later, when no significant change in saturated fat intake was noted.

## Preventive Medicine

Curious about the latest in preventive medicine? Here's a brief summary of recent research that might be of interest to you.

■ **Benefits of red wine.** Several recent studies report that the anti-oxidant resveratrol, found in red wine grapes, raspberries, peanuts and blueberries, may help reduce the risk of developing prostate cancer and Hodgkin's disease, in addition to reducing the risk of coronary heart disease.

■ **Melanoma detection best by dermatologist.** Seventeen of 25 consecutive cases of melanoma (invasive and in situ) were found by the dermatologist, not by the patient, in a recent study. Melanomas detected by screening were also more likely to be thinner and at an earlier stage of development.

■ **Soft drinks and metabolic syndrome.** Drinking only one regular or diet soda per day significantly increases your chance of developing the metabolic syndrome, which is a cluster of risk factors for heart disease. It is not known whether the association is causal or due to different lifestyle and dietary factors.

■ **New FDA-approved OTC weight loss medication.** A reduced strength version of orlistat (Xenical™) called alli™ (pronounced AL-eye) has been approved for sale without a prescription. Its effects are modest, and, as with all weight loss products, it should be supplemented with exercise and dietary changes.

■ **How walkable is your neighborhood?** People who walk more are more healthy and fit. A tool you can use to rate the walkability of any US neighborhood is available at <http://www.walkscore.com/>.

■ **How does your state rate on health care?** Hawaii, Iowa and New Hampshire are at the top of the list according to a report by the Commonwealth Fund. Find the details on your state at <http://www.commonwealth-fund.org/statescorecard/>.

*Note: Reference details are available upon request.*



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