



October 8, 2009

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[The Science of Exercise](#)

[Nice 67 y.o. Male Has Brush with Mortality](#)

[A Protein Believed to Protect Against Cancer Has a Mr. Hyde Side](#)

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The [Sharing Mayo Clinic blog](#) is a place for patients, health care providers and Mayo Clinic employees to share their Mayo experiences and connect with people.

Email Newsletters

Stay up to date with Mayo activities through [email newsletters](#).

Mayo's Impact on Medicine

By giving to the [Campaign for Mayo Clinic](#), you can have a life-changing impact on the world.

Virtual Tour

Take a [virtual tour](#) of Mayo Clinic facilities in Arizona, Florida and Minnesota.

Pass It On

Invite a friend to [subscribe](#) by forwarding this newsletter.

Patient Care

When to See the Doctor for the Flu

It's not necessary to see a doctor if you're generally healthy and you develop flu symptoms, such as fever, cough and body aches. Call the doctor for children under 5, if you're pregnant, have a chronic disease or a compromised immune system.

See [Mayo Clinic's guidelines](#).

Alternative Therapies for Fibromyalgia

Dr. Brent Bauer answers readers' questions
New York Times

Ulcerative Colitis Treatment Reduces Need for Surgery

Patients treated with the drug infliximab needed colon removal surgery (colectomy) 41 percent less than patients treated with a placebo.

[Read results of Mayo Clinic study.](#)

Health Care Reform

Mayo Clinic's Position on the "Public Option"

The Mayo Clinic Health Policy Center believes that the provision in Senate Finance Committee Chairman Max Baucus' bill to create consumer operated and oriented plans (CO-OP) is an encouraging step toward securing access to insurance for all Americans.

Read more on Mayo's [Health Policy Blog](#).

Doctors on Salary, One Key to Mayo's Success

National Public Radio

To Fix U.S. Healthcare, Focus on Value, Experts Say

Reuters

Patient Stories

Flow Problem Gets Green Light After Laser Treatment

For stock car racer Paul Hamernik, the "green light" came in the form of laser surgery to shrink an enlarged prostate.

[Read Paul's story.](#)

Becoming an Employee after 35 Years as a Patient

Linda Rockey's first experience at Mayo was in 1971 for treatment of her worsening Crohn's disease. Her ongoing life-changing medical experiences led her to move to Rochester, Minn., to become a Mayo employee. Watch Linda's story on [the Sharing Mayo Clinic blog](#).

Research

Brain Cancer: Angling for its Origins

What causes brain tumors? Using statistics from Mayo's patient databases, researchers are learning how genetic mutations and environmental triggers increase the risk of developing brain cancer. Read [Discovery's Edge story](#).

Regenerating Organs to Treat Diabetes and Heart Disease

Building on recent discoveries in converting normal cells into cells with stem cell characteristics, Mayo researchers are exploring the use of stem cells in regenerating organs damaged by heart disease and Type 1 diabetes. Read [Discovery's Edge story](#).

Arizona News

Phoenix Cab Driver Can't Donate Kidney to Passenger

In a sad ending to a feel-good story, a Phoenix cab driver determined to donate a kidney to a passenger learned that medical issues disqualify him from being a kidney donor. [Read the story](#).

Single-incision Surgery Performed to Remove Young Woman's Large Intestine

A 19-year-old Arizona woman is believed to be the second patient in the U.S. to have her entire large intestine removed via a single-incision, minimally invasive surgery performed at Mayo Clinic in Arizona. [Learn more](#).

Florida News

Depression Drugs for Chronic, Severe Indigestion?

Can medicines used for depression also treat chronic, severe indigestion? Scientists at Mayo Clinic in Florida are testing this premise in a nationwide clinical trial. [Learn more](#).

Minnesota News

High-Speed Rail Route Via Rochester Delivers Greatest Benefits

An analysis funded by the [Southeast Minnesota Rail Alliance](#) says that a Twin Cities to Chicago high-speed passenger rail route serving Rochester will perform better than a route along the Mississippi River on nearly every critical competitive factor including speed, ridership and economic return.

More Than Just Fatigue Behind Medical Errors by Resident Doctors

Both distress and fatigue contribute to self-perceived medical errors by doctors in training, report Mayo researchers. [Read news release](#).

Diagnostic Center for Primary Immunodeficiencies

Mayo Clinic has been designated a Jeffrey Modell Diagnostic Center for Primary Immunodeficiencies. Of the 50 JMF diagnostic centers worldwide, only 14 are in the United States. [Learn more](#).

Other News

Fundraising Campaign Reaches Key Milestone

Mayo Clinic has surpassed the \$1.25 billion mark in benefactor gifts and future commitments toward [The Campaign for Mayo Clinic](#), Mayo's first-ever comprehensive fundraising effort. The campaign continues through the end of 2009.

Syndicated Weekend Radio Program Launched

Mayo Clinic has launched Medical Edge Weekend, a weekly one-hour radio program. Mayo Clinic specialists will discuss important medical topics and take questions from listeners, including via social media tools such as Twitter.

[Learn more.](#)

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