



October 27, 2009

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

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Patient Care

Flu or the Common Cold?

Take an [online Mayo Clinic flu self-assessment](#) to find out.

Should You Get the H1N1 Vaccine?

Find out who should [receive H1N1 vaccination](#) when available.

Mayo Clinic Program Brings Care Information Home

Mayo Clinic and Microsoft have teamed up to create a program that helps ensure you won't lose your health records.

[WCCO-TV News](#)

Patient Stories

Michigan Man Experiences Mayo's Culture, Expertise

Just days after being told he had a tumor inside his heart, Ron Reffitt Jr. was on a plane headed to Mayo Clinic. Throughout his experience, Ron marveled at the level of care he received. "The heart team did as much as they could and then some, and then the cancer team took over and did the same," he says. Looking back, Ron reflects, "Life is good."

Read his story on the [Sharing Mayo Clinic blog](#).

Jillayn Hey's "Remarkable" Mayo Story

"There was nothing unremarkable about my experience with Mayo. From the moment I arrived on the morning of surgery I felt cared for," says Jillayn about undergoing minimally invasive heart valve surgery at Mayo Clinic.

Read Jillayn's story on the [Sharing Mayo Clinic blog](#).

Young Triathlete Turns Father's Death into Something Good

Ten-year-old Winter Vinecki didn't lose hope after losing her dad to prostate cancer. She instead turned the loss into something positive by participating in triathlons with her mom to raise money for research in honor of her dad.

Watch [Team Winter Medical Edge TV story](#).

Research

Testing New Home Monitor for Heart Failure

Mayo Clinic doctors, researchers and engineers are testing a new device that can monitor patients at home in hopes of keeping them healthier and out of the hospital longer.

Watch [Medical Edge TV story](#).

Restoring Breathing After Spinal Cord Injuries

Spinal cord injuries, like the one actor Christopher Reeve endured, are the focus of a specialized team of Mayo Clinic researchers. They are working to understand how to restore breathing to patients dependent on mechanical ventilators for life.

Read [Discovery's Edge story](#).

Testing Surgery Without an Incision

Mayo Clinic researchers are studying innovative surgery through the body's natural openings to avoid incisions. In animal tests, they report a 93 percent success rate in repairing perforated ulcers through the mouth using an endoscope.

Read [news release](#).

Health Care Reform

[A Perspective on Current Health Reform Issues from Mayo Clinic](#)

Arizona News

Arizona Mom Recounts Battling Breast Cancer While Pregnant

A week after learning she was pregnant, Joan Dymand-Hintz, a singer based in Scottsdale, Ariz., and the mother of two sons, was diagnosed with breast cancer. Joan came to Mayo Clinic for a second opinion in hopes she would not have to terminate her pregnancy in order to treat the cancer.

Read Joan's story on the [Sharing Mayo Clinic blog](#).

Florida News

Study Finds Few Radiation Treatment Side Effects after Prostate Cancer Surgery

Researchers have found few complications in prostate cancer patients treated with external beam radiotherapy after surgery to remove the prostate. The study suggests that patients and doctors should not be unduly concerned about the treatment's toxicity and side effects.

Read [news release](#).

Minnesota News

Newly Discovered Breast Tissue Feature May Predict Cancer Risk

Mayo Clinic researchers have found that certain structural features in breast tissue can indicate a woman's individual cancer risk.

Read [news release](#).

New Patient Decision-Making Tool for Type 2 Diabetes

Researchers from Mayo Clinic and other medical centers have developed and tested a set of decision aid cards to involve patients more in choices about their diabetes treatment and medications.

Read [news release](#).

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