

Executive Health Notes

Mayo Clinic Executive Health Program – Scottsdale, Arizona

Finding the Unexpected

A Patient's Perspective on Preventive Health Screening

Retired Motorola senior vice president and assistant general counsel Robert Falkner believes in preventive health care. He's been getting regular physicals and keeping track of his health since his early 40s. When the Executive Health Program at Mayo Clinic in Scottsdale started in 1987, this Chicago-



Robert Falkner with his wife, Faith, who is also an Executive Health Program patient.

transplant to Arizona was one of the first participants. And he's been coming regularly ever since.

"Top doctors, leading edge technology and access to Mayo Clinic talent are what sold me on this program," he says. "All the information about me is in one place, and any physician has access to this data. It really gives me confidence that nothing will slip through the cracks."

In 1999, when his physician recommended additional testing when a routine blood test showed his PSA (prostate-specific antigen) to be slightly elevated, Falkner asked if he really needed to be concerned. The PSA was only one-tenth of a point above normal, and his health was right on track in every other way. In fact, he'd kept track of all of his numbers – blood pressure, cholesterol, weight, nutritional needs – for years.

"Let's just be on the safe side," said his physician, Michael Covalciuc, M.D., "and schedule a biopsy to be sure." Urologist Paul Andrews, M.D., concurred, and the biopsy revealed the surprising news that there was evidence of prostate cancer. Because the cancer was found at an early stage and removed, Falkner has been cancer-

free ever since. He attributes his life to vigilance in having regular Executive Health physicals, and to the conscientiousness and thoroughness of the Mayo Clinic team.

"I would tell any executive to make time to have an Executive Exam," says Falkner. "This is not an area to cut back on during tough economic times." He adds that the peace of mind and confidence that comes from knowing your health is being watched is important. "And if anything should go wrong, the confidence that you're part of the Mayo Clinic system and can access their expertise is worth everything," he adds.

Designation as NCI Comprehensive Cancer Center Increases Patients' Access to Research Trials

Mayo Clinic in Scottsdale is now designated as a National Cancer Institute (NCI) Comprehensive Cancer Center, joining Mayo Clinic locations in Rochester, Minn. and Jacksonville, Fla., with this designation. There are only 41 cancer centers in the U.S. with this highest-ranking NCI designation. This means that cancer patients at any Mayo Clinic location have full access to all Mayo cancer research and treatment programs which include approximately 200 clinical trials. As an NCI-designated comprehensive cancer center, Mayo Clinic ranks in the top tier of cancer centers in the United States.



Dear Executive Health Program Patients:

"The best interest of the patient is the only interest to be considered." You've no doubt seen the words of one of our founding fathers, Dr. William J. Mayo, over the steps descending to the Concourse level at Mayo Clinic in Scottsdale. These words are the foundation of everything we do at Mayo Clinic.

In this issue of *Executive Health Notes* we highlight a patient whose experience in the Executive Health Program represents the reason that preventive health is so important. We also devote a column to addressing some common concerns we've noticed among our patients. I hope you'll enjoy reading, and perhaps relate to, the information in these articles.

As we approach the holiday season, Drs. Covalciuc and Mariano and all of our staff join me in wishing you and your family a wonderful holiday filled with health, happiness and peace, and the knowledge that we are here to support you.

Sincerely,

Robert Orford, M.D.
Director, Executive Health Program

Leading Edge Imaging Technology at Mayo Clinic in Scottsdale

Fantastic Voyage? No, It's Breakthrough Medical Diagnostics

In a procedure worthy of a scene in a futuristic movie, a patient at Mayo Clinic Scottsdale swallows a plastic capsule containing a disposable, miniature camera in order to visualize his digestive system.

Eight hours later, a Walkman-sized digital recording device and a collection of electronic sensors are released from the patient's waist and torso, and a team of physicians view high-resolution color images that reveal a previously undiagnosable cause for bleeding in the patient's digestive tract.

But it's not a futuristic movie. It's a new procedure called Capsule Endoscopy, and Mayo Clinic in Scottsdale was one of the first three medical centers in the country to begin using it.

"Capsule Endoscopy is one of the most revolutionary advances in the GI field in over 50 years," says David Fleischer, M.D., chair, Gastroenterology, at Mayo Clinic in Scottsdale. "This

procedure is the medical equivalent of space exploration of the moon. We are now able to see things that have never been seen before."

Approximately the size of a large vitamin, the capsule includes a miniature color video camera, a light, a battery and transmitter. Images captured by the video camera are transmitted to a number of sensors attached to the patient's torso and recorded digitally on a recording device similar to a Walkman that is worn around the patient's waist.

The patient swallows the capsule with a drink of water, and within approximately eight hours, after the capsule has progressed through the small intestine, the recorder is removed from the patient and the information captured it is downloaded onto a computer for examination.

Although not a substitute for Gastrointestinal (GI) Endoscopy, Capsule Endoscopy serves as an

additional diagnostic tool for patients who have been suffering from GI disorders, such as bleeding, without a definitive diagnosis.

"Capsule endoscopy enables physicians to view portions of the small intestine that were impossible to view and evaluate," says Dr. Fleischer. "Now that we can see those areas, we can more accurately diagnose and treat our patients."



"This procedure is the medical equivalent of space exploration of the moon. We are now able to see things that have never been seen before."

*~ David Fleischer, M.D., chair, Gastroenterology,
Mayo Clinic in Scottsdale, Arizona*

How Do You Compare with Executive Health Patients?

You compare business and market data with your peers and competitors often, but have you ever wondered how you compare with other business leaders in health issues? Do you wonder if health matters that are important to you are unique or if you share common health concerns with your peers?

Executive Health Program physicians at Mayo Clinic in Scottsdale find that there are a few common characteristics among their patients' most significant health issues.

See if you're surprised by the results!

Top 5 problems Executive Health program patients come with:

- Overweight/de-conditioned
- Heart disease
- For women – menopause symptoms
- Heartburn/GERD
- Excess fatigue

Top 5 ways they neglect themselves:

- Lack of exercise
- Poor diet: overeating, eating out too often, eating the wrong things
- Excess alcohol consumption
- Smoking
- Too much stress: not enough sleep, fatigue and workaholism

Top 5 fears they have:

- Fear of cancer (breast in women, prostate in men)
- Family history of significant diseases, especially heart disease and cancer that might affect them
- Fear they have a disease the doctors won't be able to diagnose or treat
- Concern they're not making enough time for their family
- Apprehension that the doctors won't take their complaints seriously

Top 5 recommendations from Executive Health Program physicians:

- Consume food and alcohol in moderation
- Increase exercise
- Begin preventive health maintenance – schedule routine exams, use sunscreen and complete follow-up care with their primary care doctors
- Take more time for relaxation
- Follow up on any additional recommended testing

Top 5 reasons patients choose the Mayo Clinic Executive Health Program:

- Reputation of Mayo Clinic worldwide and extremely high qualifications of medical staff
- Comprehensiveness of the examination
- Speed (1 - 2 days), with all or most test results available for review the afternoon of the visit
- Ability to schedule additional tests and consults if an abnormality is detected by the screening exam in a world renowned medical clinic
- Arizona location because they can schedule a vacation in conjunction with healthcare

It's never a good idea to ignore a nagging or lingering health issue. And 40 is the best age to book a comprehensive physical exam to establish a baseline of test results for cardiovascular problems, diabetes and cancer. Thereafter, most doctors recommend scheduling four comprehensive exams in your 40s, five in your 50s and then annual exams after age 60.



RELIABLE HEALTH INFORMATION – A KEYSTROKE AWAY

Wondering about hormone replacement therapy (HRT)? Confused by conflicting medical information you hear in the media? Trying to find information about a recently diagnosed condition?

For reliable medical information, Mayo Clinic provides a number of options:

- For a convenient source of health information on almost any health topic, log onto www.mayoclinic.com.
- Log onto www.health-store.com for Mayo Clinic Health Books and monthly Health Letters, covering a wide range of topics. Check out the possibilities.

Mayo Clinic Health Books and Health Letters make a nice holiday gift for someone you care about, too!

Cosmetic Surgery at Mayo Clinic in Scottsdale?

You Bet!

Mayo Clinic in Scottsdale provides a complete range of facial rejuvenation and body contouring procedures using the techniques proven to be most successful. If you or your spouse are considering cosmetic surgery, you may be able schedule it to coincide with your Executive Health Program Exam at Mayo Clinic.

Each year, thousands of American men and women decide to change the way they look by electing to have cosmetic surgery to improve the appearance of facial and body features and, in doing so, enhance self-image and self-esteem.

When you are interested in cosmetic surgery, however, you should choose your surgeon carefully. Select someone who is board-certified by an approved board that trains, examines and certifies cosmetic surgeons. Have the surgery performed in an accredited surgical facility. You can contact the Mayo Clinic Cosmetic Surgery Center in Scottsdale at 480-301-8281 for information about cosmetic surgery or to schedule an appointment.

Who to Call

Questions/Concerns/Appointments

Suzanne Forth	Coordinator	480-301-6412
Kimberly Schmall	Assistant Coordinator	480-301-4034
Marianne Pearce	Assistant Coordinator	480-301-4465
Executive Health Scheduling		480-301-9107

Fax Number	480-301-9644
Web Address	www.mayoclinic.org/executivehealth-sct/

Billing Questions

Laura Stodolak	Financial Services Coordinator	480-301-8165
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Physicians and Administrative Assistants

Dr. Robert Orford	Kim St. John, Assistant	480-301-7379
Dr. Michael Covalciuc	Laura Taylor, Assistant	480-301-8285
Dr. Connie Mariano	Maddy Williams, Assistant	480-301-4481

Fax Number	480-301-7569
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Did you know...

You can log onto our website –

www.mayoclinic.org/executivehealth-sct/ – for a wealth of information about the Executive Health Program. All four of our newsletters are available, as well as information about our physicians' backgrounds, hotels in the area, travel information and a description of our services.



Mayo Foundation

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