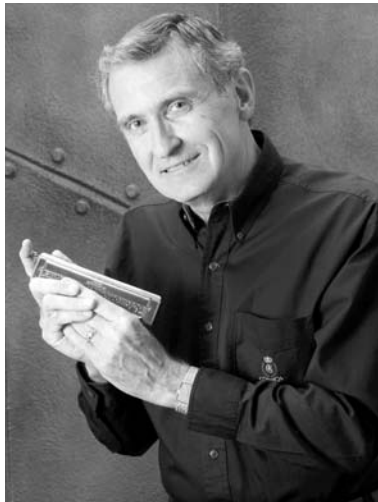


Executive Health Notes

Executive Health Program at Mayo Clinic in Scottsdale

When Early Detection Hits Home



Tom Stryker, an executive and jazz harmonica player, is now cancer-free.

Cancer creeps in silently and may stay that way for years. The symptoms can be subtle, if they're perceptible at all. In Tom Stryker's case, this reality made his diagnosis of thyroid cancer all the more amazing.

Stryker, a 63-year-old executive for Motor Information Systems in Reno, Nev., is a patient of Dr. Michael

Covalciuc in the Executive Health Program. When Stryker came for his annual physical in 2002, he didn't expect any surprises. As Dr. Covalciuc completed Stryker's physical, he stood back for a second and took a closer look. Something caught his attention, and when he felt Stryker's neck, he noticed a very small nodule. An ultrasound taken later that day showed a mass on Stryker's thyroid.

At Dr. Covalciuc's suggestion, Stryker contacted a local endocrinologist for a biopsy which detected an early stage thyroid cancer. Stryker was referred to a thyroid surgeon in San Francisco who performed two surgeries. Today, Stryker is living a full life and is cancer-free.

Says Dr. Covalciuc, "In the Executive Health Program, we allow time and do a very thorough medical examination.

Thanks to this diligence, a potentially life threatening condition was identified early. As in life, when it comes to achieving the best results and the highest quality outcomes, there are no shortcuts."

The devastating diagnosis of cancer was especially difficult for Stryker who's also a professional musician. As a jazz harmonica player, any damage to his throat could have affected, or even prevented, his ability to perform.

"I had three of the best in medicine taking care of me," says Stryker. "My surgeon commented that I must have had one heck of a physical at the Mayo Clinic for this nodule to have been detected. The willingness of my doctors to work together was certainly one of the keys to success in my case."

Five in a Row! Mayo Clinic Hospital Wins Consumer Choice Award

For the fifth consecutive year, since opening in 1998, Mayo Clinic Hospital in Phoenix has been named the number one choice of hospitals by consumers in the Phoenix metropolitan area.

Each year, the National Research Corporation (NRC) honors those hospitals rated by consumers in categories including best quality, doctors, nurses and overall image, based on a national study of more than 140,000 households. The 2003 NRC study surveyed households representing 400,000 consumers throughout the United States.



Dear Executive Health Program Patients:

As I write this, it's 10:30 a.m. and I'm waiting to see my urologist – doctor as patient. The reason – follow-up for my prostate cancer which was diagnosed in January 2003 and treated surgically a month later.

Many of my patients have asked me how the cancer was found. The answer – prevention. My PSA had gradually been rising over two years, and by January it was 4.0, the upper limit of normal. It was time for a prostate ultrasound and biopsy, which showed the cancer.

Though I had the option of surgery or radiation, I opted for surgery. Radiation can still be used after surgery, if necessary, but surgery generally cannot be done after radiation. I like having a fallback strategy.

My colleagues and I have discovered many executives with prostate cancer at an early stage when it can still be treated effectively. In my opinion, a PSA and digital rectal every year after age 50 are essential exams for every man.

As for my post-surgery check-up, thankfully, it came out fine – a fact which I attribute to the power of early detection.

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

Staying Healthy as You Travel

Whether it's a dream vacation or an important business trip, the last thing you want is to get sick while travelling. While some illnesses are simply unavoidable, there are things you can do to maximize your odds of staying healthy as you travel. Here are a few of the most common travel-related health concerns and some tips on preventing them:

- **Dehydration** – Drink plenty of water or fruit juice. Avoid, or minimize, alcohol and caffeine use.
- **Jet Lag** – Before you leave, gradually adjust your sleep schedule to more closely match that of your destination.
- **Traveler's Diarrhea** – Eat only well-cooked foods. Avoid creamy dressings, buffets and dairy foods. Drink carbonated water, soft drinks, beer and wine, only if served in their original, unopened containers.
- **Heat Exhaustion** – Pace yourself and go slow the first few days. Plan regular “shade” breaks. Drink lots of liquids – even before you feel thirsty.
- **Blisters** – Wear comfortable shoes and cotton or wool socks dusted inside with talcum powder.
- **Altitude Sickness** – Take time to adjust to a higher altitude because when you're not used to it, even carrying luggage can make you breathless.
- **Sunburn** – Use sunscreen with a SPF of 15 or higher. Apply 30 minutes prior to sun exposure and reapply after swimming or perspiring heavily.

By following these simple tips, you should be well prepared for a worry-free vacation or business trip. For more information on travel-related health issues, visit www.MayoClinic.com.

Snoring – It Could be Hazardous to Your Relationship AND Your Life!

Snoring may do more than annoy the person on the other side of the bed. It could be a clue that you have obstructive sleep apnea, a potentially life-threatening problem.

Most snoring is harmless, but loud snoring, especially when it's interrupted by periods of silence, may be a sign of a serious problem.

A new treatment called continuous positive airway pressure (CPAP) can help. The procedure prevents upper airway closure, improving sleep quality and reducing daytime sleepiness.

“Many bed partners choose to

sleep in separate rooms rather than endure continuous sleepless nights caused by sleep apnea,” says James M. Parish, MD, FCCP, Director of the Sleep Disorders Center at Mayo Clinic in Scottsdale. “With this new therapy, patients and their partners can experience restful nights, which can ultimately benefit both of them, physically and mentally.”

If snoring is a problem for you or for your relationship, mention it to your physician to rule out a serious problem like sleep apnea and to look into appropriate treatment.

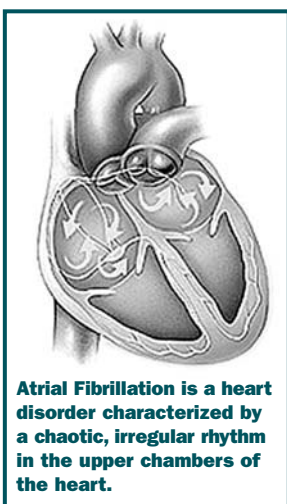
Cardiology Update

New Treatment Option for Atrial Fibrillation

Mayo Clinic in Scottsdale now provides Atrial Fibrillation Ablation, a non-pharmacologic treatment for patients who suffer with intermittent episodes of atrial fibrillation (AF). AF ablation uses radiofrequency energy to disconnect electrical activity and allow the heart to renew normal function.

Because AF can lead to a higher incidence of stroke and heart problems, in addition to being very uncomfortable, it's important that it be treated, according to Gregory Altemose, M.D., a Mayo Clinic cardiologist who specializes in electrophysiology. AF Ablation has potential risks, but it can eliminate symptoms of heart racing, breathlessness, dizziness and fatigue.

"Patients who seem to have the best results from this procedure are



those who suffer intermittent, but not permanent, bouts of AF for whom medications have not been successful," says Dr. Altemose.

The procedure typically requires two cardiologists and may take anywhere from four to eight or more hours to complete. The patient generally is only required to be hospitalized overnight and can resume normal activity within days.

"We've come a long way from the days when this type of treatment was done by an open heart procedure," says Dr. Altemose.

About 80 percent of those undergoing AF ablation experience relief from their symptoms. For those whose symptoms have persisted, episodes of AF occur less frequently and patients report better results from their medications.

Blood Pressure - The New Normal

Just when you thought you had the numbers down, new guidelines have come forth setting stricter guidelines for what's considered normal blood pressure.

If you're in the new category of pre-hypertension, it's time to give serious consideration to changing your lifestyle by exercising regularly, limiting your sodium intake, and increasing amounts of fruits, vegetables and low fat dairy products in your diet.

Here are the new guidelines:

	Systolic Blood Pressure		Diastolic Blood Pressure
Normal	Under 120	and	Under 80
Pre-hypertension	120 to 139	or	80 to 89
Stage 1 hypertension	140 to 159	or	90 to 99
Stage 2 hypertension	160 or higher	or	100 or higher

Calculate Your Risk for Heart Disease

Are you at risk for heart disease? You can estimate your risk of having a heart attack or dying of heart disease within the next 10 years using the new Heart Disease Risk Calculator at MayoClinic.com.

The Heart Disease Risk Calculator asks for your age range, gender, total cholesterol, HDL (good) cholesterol, systolic blood pressure (the top number), if you are a smoker or nonsmoker, and whether or not you are taking blood-pressure medication. It then scores your level of risk as a percentage. For example, if your risk level is one percent, it means that approximately one of 100 people with this level of risk will have a heart attack or die of heart disease within the next 10 years.

The Heart Disease Risk Calculator can be found in the Heart Center on MayoClinic.com along with a slide show on the secret life of your heart, a heart quiz, a blueprint for understanding the leading killer – heart disease – and more information on heart disease risk factors, screening and diagnostic testing.

Who to Call

Appointments

480-301-4465

Marianne Pearce, Assistant Coordinator

480-301-4034

Kimberly Schmall, Assistant Coordinator

Questions/Concerns

480-301-6412

Suzanne Forth, Coordinator

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Financial Services Coordinator

Physicians and

Administrative Assistants

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480-301-7379

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Maddy Williams, Assistant

Dr. Pasquale "Pat" Palumbo

480-301-7379

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480-301-7569

The Gift of Life

Organ Transplantation at Mayo Clinic in Scottsdale



Mayo Clinic in Scottsdale is a leader in the field of organ transplantation, providing liver, kidney and now, pancreas transplants.

The 25th living donor liver transplant was performed this fall at Mayo Clinic Hospital. The ability to perform this complex procedure makes this program a leader among liver transplant programs nationwide. In live liver donation, a portion of a liver is procured from a healthy, adult donor and then immediately transplanted into a recipient – most often a blood relative who suffers liver failure. In traditional liver transplantation, a patient is placed on a waiting list for a liver from a deceased donor, a wait

that can take months or even years.

The kidney transplant program continues its success. Survival rates place the program in the top two percent among the 236 kidney transplant programs performing more than 100 transplants per year.

The Mayo Clinic Transplant Program also recently began performing pancreas transplants. This provides a surgical alternative for type 1 diabetics suffering complications. A major benefit to patients who undergo a pancreas transplant is freedom from dependence on insulin.

For more information about organ transplantation at Mayo Clinic in Scottsdale, call (480) 342-0161 or visit www.mayoclinic.org/scottsdale/.

Did you know...

Patient privacy issues were brought to the forefront by passage of The Health Insurance Portability and Accountability Act of 1996 (HIPAA), in April 2003. But even prior to the implementation of HIPAA, Mayo Clinic has always considered patient privacy a fundamental part of its mission to serve the needs of the patient first. As always, Mayo Clinic takes necessary precautions against inappropriate use or disclosure of medical information, and only releases patient health information for continuing care purposes, as required by law, and/or with appropriate patient authorization.



MAYO CLINIC
Scottsdale, Arizona

Mayo Foundation

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