

Executive Health Notes

Executive Health Program at Mayo Clinic in Scottsdale

Preventive Health – As Important as Preventive Maintenance



*Todd Winter,
Executive Health
Program patient*

“We take better care of our cars than we do of ourselves!” says Todd Winter, president of Mid-Continent Instruments, an aircraft instrument manufacturer in Wichita, Kan. “As busy people we tend to put off regular healthcare, though we wouldn’t shortchange regular maintenance

of expensive machinery in our businesses or on our cars. We really don’t have time to be sick.”

A 44-year-old father of three teenage sons who travels world-wide with his business, Winter knows first hand how easy it is to get caught up in unhealthy eating habits and lack of regular exercise. Long hours and irregular schedules often result in eating on the run.

When Winter came to the Executive Health Program at Mayo Clinic in Scottsdale, his physician, Dr. Robert Orford, told him he was basically healthy but suggested he lose weight. Although this is a common recommendation for his patients, Dr. Orford was thrilled when Winter returned for his next physical a couple of years later 60 pounds lighter.

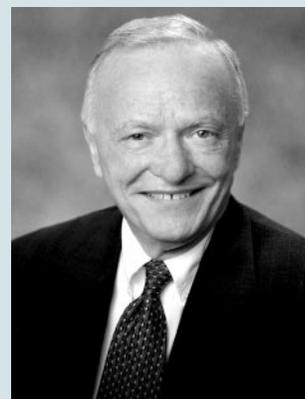
Winter says his weight loss was so dramatic that many people didn’t recognize him. “I found I had to re-introduce myself to former colleagues,” he says.

He adds that one of the best parts of his new fitness is that he can now participate in heavy-duty physical activities with his sons, such as a 10-day, 90-mile backpacking trip at Philmont Scout Ranch in New Mexico. Because of the strict physical requirements to be accepted on this hike, he’s sure he wouldn’t have been accepted before his weight loss.

Winter adds, “Beyond my immediate family, I have 160 employees and their families, along with more than 8,000 customers,” he adds. “They’re depending on me, too.”

Dr. Pat Palumbo joins Executive Health Program staff

Patients in the Executive Health Program are fortunate to have Dr. Pasquale “Pat” Palumbo join our staff. Returning from retirement to join our staff, Dr. Palumbo was previously a consultant in the Department of Internal Medicine and Endocrinology at Mayo Clinic in Scottsdale. He has had a long and distinguished career at Mayo Clinic in Rochester and in Scottsdale and most recently served as chair of Internal Medicine at Mayo Clinic in Scottsdale. Welcome to the Executive Health Program, Dr. Palumbo!





Dear Executive Health Program Patients:

In February, I had the somewhat unexpected experience of needing to undergo surgery at Mayo Clinic Hospital. This put me on the other side of the hospital bed from my usual role, and gave me an invaluable lesson about what it means to be a patient at Mayo Clinic.

I'm pleased to say that I was impressed by the excellent medical and nursing care that I received. Each of my surgeons was extremely thorough in explaining my options and helping me select the best one, and they visited me daily to provide detailed explanations of their findings.

The nursing care was superb. Their positive attitudes and helpful, but not intrusive, care were just what I needed. Small touches like the heated blankets and leg compressors to prevent blood clots just before surgery, and more warm blankets in the recovery room, were appreciated. One of the nurses created incentive charts on a whiteboard in my room to mark my progress in getting up and moving every day. I used that incentive to mark my progress when I got home.

Five weeks after surgery I came back to work after an uneventful recovery, more convinced than ever that at Mayo Clinic "the best interest of the patient is the only interest to be considered."

To all who sent their best wishes, I'd like to express my deepest thanks. I truly believe I returned to work a better physician thanks to my experience as a Mayo Clinic patient.

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

Making a Living or Making a Life?

How and Why to Create a Work-Life Balance

Work hard, show up and the company will take care of you in retirement.

That was then. This is now: *You're replaceable, disposable and mobile, and you can anticipate a minimum of five career shifts.* It's no wonder we feel stressed!

Studies show that 70 percent of workers say they're totally used up by the end of the day and half describe themselves as "highly stressed." Stress-related illnesses such as cardiovascular problems, sleep disorders, headaches, digestive disorders and drug/alcohol abuse account for approximately 75 percent of all doctor visits.

Is stress affecting your health?

See if any of these apply to you:

- Poor diet – overeating, eating the wrong things, eating out too often
- Excess alcohol consumption and/or smoking too much
- Not making time for exercise
- Too little sleep causing extreme fatigue

The good news is that there are tactics to help you on your quest to de-stress. Ask yourself a few fundamental questions: *What gives your life enduring meaning? What motivates you to complete your work? What would you be doing if you could do anything today?* Focus on personal power, rather than just positional power.

Five tips for living a balanced and healthy life:

- Find a physician you know and trust and have regular check-ups. As a rule of thumb, most doctors recommend scheduling four comprehensive exams in your 40s, five in your 50s, and annual exams after age 60.
- Know your blood pressure and cholesterol levels, and be sure your immunizations are complete.
- Eat a healthy diet, take your vitamins, get regular exercise and stay physically fit.
- Emphasize prevention of diseases, rather than detection and treatment, and don't postpone cancer screenings.
- Don't sweat the small stuff...and enjoy life's pleasures!

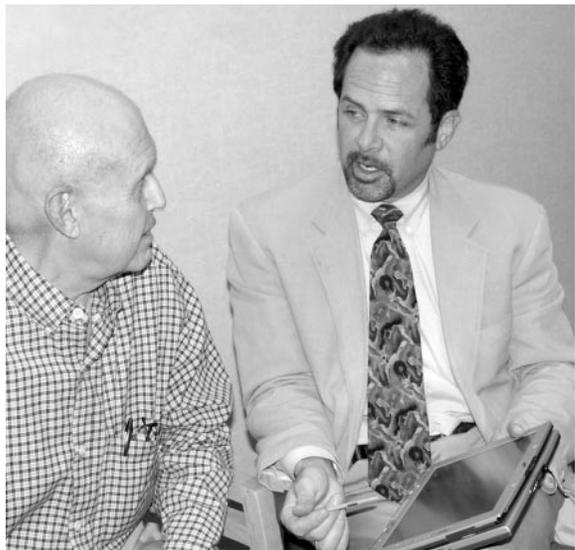
New Cardiac Screening Test Added

A new screening test for heart disease, high sensitivity C-reactive protein (CRP), is now part of the routine blood test panel for Executive Health Program patients. CRP, a protein made by the liver, has been found to be elevated in patients with inflammation in the lining of the blood vessels of their hearts. This elevated CRP level can lead to atherosclerosis and plaque rupture and can cause heart attack.

While elevated CRP levels are not always related to heart attack risk (they may also be elevated in other inflammatory conditions including recent trauma, pneumonia, inflammatory bowel disease and rheumatoid arthritis), the new test is an important addition to the arsenal of cardiac screening tests.

Using Technology to Improve Patient Care Creates Efficient Use of Patients' and Physicians' Time

Electronic Medical Records make a patient's record instantly available. Electronic X-ray images appear for interpretation on the computer less than 30 minutes after being taken.



A physician shows a patient his X-ray on the Tablet PC.

Wireless computers provide physicians with portability, convenience and 24-hour access to patients' records. These and other technological advances are leading the way to increased efficiency and improved patient care at Mayo Clinic in Scottsdale.

Physicians are currently participating in two pilot technology studies that may significantly alter the way their practices are run and result in better communication with patients

One study, focused on physician/patient e-mail communication, will be piloted in the Executive Health Program this summer. Patients will be able to receive routine communication regarding test results and future appointments via e-mail, and they can also e-mail questions directly to program administrators.

Electronic X-ray images appear for interpretation on the computer less than 30 minutes after being taken.

"Communication will take place through a secure server so confidentiality will be strictly maintained," says Dr. John Camoriano, chair of the Office of Advanced Technologies at Mayo Clinic in Scottsdale. "Although the phone is still best for urgent matters, e-mail communication for routine issues should make more efficient use of patients' and physicians' time."

The second study looks at physicians' use of wireless tablet PCs and laptops for remote access to clinical information. Nearly all physicians using this technology feel they are able to make better decisions when on-call because they have immediate access to patient records.

"The new technologies being employed here will greatly enhance

our Executive Health Program practice where busy executives need thorough but expedited care," says Dr. Robert Orford, director, Executive Health Program. "In business, technology has produced great strides in productivity and ultimately in customer satisfaction. Now, Executive Health Program physicians are taking advantage of technology to create an even more efficient practice to better meet the needs of our patients."



Be Sun Smart – Use Sun Protection

The dangers of getting too much sun include sunburn, premature wrinkling and increased risk of skin cancer. You can still enjoy outdoor activities, but learn to be Sun Smart. Try to avoid the period from 10 a.m. to 4 p.m. for outdoor activities, and wear sun-protective clothing, a wide brimmed hat and a sunscreen that protects against ultraviolet A (UVA) and ultraviolet B (UVB) sunlight.

Five tips about sunscreens that you may not know:

- Sunscreens should be applied 15-30 minutes before going outdoors, and need to be re-applied every two hours or more often if you're perspiring heavily or swimming.
- Use one ounce – enough to fill a shot glass with sunscreen – to cover all the exposed areas of your body properly, and be sure to use a sun protective lip balm, too.
- SPF refers to Sun Protection Factor. It compares the amount of time it takes to cause a burn on sunscreen-protected skin versus on unprotected skin. Use SPF 15 or higher.
- Protect your eyes by wearing sunglasses with at least 99 percent protection against both UVA and UVB sunlight.
- Sunscreen alone doesn't protect you from skin cancer, so don't assume it's safe to stay in the sun just because you're wearing it.

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

General Information

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Web Address

www.mayoclinic.org/executivehealth-sct/

Billing Questions

480-301-8165

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Financial Services Coordinator

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Administrative Assistants

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Dr. Michael Covalciuc

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Breast Clinic at Mayo Clinic in Scottsdale

A Team Dedicated to the Total Needs of Breast Cancer Patients

You or someone you love has probably had the frightening experience of finding an abnormal lump during a breast self-exam or learning that a mammogram shows a questionable mass. The statistics are startling. One in eight women will get breast cancer.

The Breast Clinic team at Mayo Clinic in Scottsdale is a multidisciplinary group that helps breast cancer patients work through the many available options for their care and to help ease the anxiety caused by waiting. The team includes women's health internists, medical and surgical oncologists,

radiation oncologists, social workers and a dedicated group of specialized oncology nurses who all work together. Patient education, ensuring the patient is a well-informed participant in decision-making, is also a feature of the program.

Patients at the Breast Clinic at Mayo Clinic in Scottsdale have access to the most advanced cancer research, diagnostic and treatment options available. If you or a loved one is facing breast cancer or other breast-related issues, contact the Mayo Clinic Breast Clinic at 480-301-6999.

Did you know...

Appointments with Mayo Clinic specialists and surgeons, including the Executive Health Program physicians, are more readily available during the months of May through September than at other times of the year. And hotels and restaurants in the Scottsdale area are more accessible, too. To schedule your Executive Health Program appointment, call 480-301-4465 or 480-301-4034.



Mayo Foundation

Mayo Clinic Scottsdale

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