

HEALTH ^{BEAT}

Your Trusted Health And Wellness Partner

Baldwin
AREA MEDICAL
CENTER

WINTER 2011

WHAT'S INSIDE:

Vitamin D

Get Your Fiber Fix

Love Your Heart

Health and Wellness

Setting Goals

Winter Blues



*Need a clinic appointment?
Call our 24 Hour Appointment Line
715-684-3311*

Vitamin D: The Sunshine Vitamin



More and more of you are hearing about the health benefits of Vitamin D in the news. It has been estimated that as many as 80-90% of Americans do not receive enough Vitamin D to reap the benefits it can provide to their health.

Vitamin D is most famous for its contribution to joint and bone health by helping the body absorb calcium. Vitamin D is also known as “the sunshine vitamin” because the body produces it naturally when the skin is exposed to sunlight. Studies have shown that the body only needs 15 minutes of direct sunlight to produce adequate amounts of Vitamin D in the body. Although, in the winter the sun is not strong enough so supplementation of the vitamin is beneficial.

Many people are low in Vitamin D but don't realize their deficiency until they go for a physical and take a blood test. Weak bones, fractures, muscle pain, fatigue, and depression can be symptoms of low Vitamin D levels.

Along with bone disorders like osteoporosis, researchers are suggesting a low Vitamin D level may be connected to a number of serious diseases including: several cancers, multiple sclerosis, joint pain, Parkinson's disease, Type 1 diabetes, and seasonal affective disorder (winter blues). Adequate Vitamin D may also help postmenopausal women prevent weight gain.



Dr. Clemma Nash, Family Practice Physician

Dr. Nash is a board certified family medicine physician. She graduated from the Medical College of Wisconsin in Milwaukee, WI. She completed her medical residency at Columbia Hospital in Milwaukee, WI. Dr. Nash takes a special interest in general family medicine with focus on preventative medicine, nutrition and women's health.

Here are some frequently asked questions:

What foods are sources of Vitamin D?

Animal products rich in Vitamin D include fatty fish, cod liver oil, and egg yolk. Other food products include orange juice, cereals and margarine that are fortified with Vitamin D. Some brands of milk indicate they have Vitamin D, so it's important to read labels when selecting milk.

Can I get enough Vitamin D from sunshine?

In Wisconsin, in the summer, a fair skinned person needs 15 minutes of sunshine on the hands and face to produce enough Vitamin D in the skin. In the winter, our sun is not strong enough so supplementation of Vitamin D will likely be beneficial.

Can you get too much Vitamin D?

Yes, don't take more than 1000 IU daily as an adult unless you discuss it with your health care provider.

What is the optimal level?

Previously a level above 30 ng/mL was thought to be adequate but now it is thought that 45-50 ng/mL may be best.

How do I find out if I need more Vitamin D?

It is measured through a simple blood test ordered by your medical provider.



This free lunchtime seminar series will be held on the second Friday of each month at the Roberts Medical Clinic. Light Refreshments will be served.

February 11, 2011 – 12:15 pm - 1:00 pm

Women's Health

Clemma Nash, MD

April 8, 2011 – 12:15 pm - 1:00 pm

Are you Getting Enough Fiber in Your Diet?

Natasha Ward, Registered Dietitian

March 11, 2011 – 12:15 pm - 1:00 pm

Tips for Managing a Busy Lifestyle –

Start with Chocolate

Mary Del Vecchio, PsyD, CRC, LPC

May 13, 2011 – 12:15 pm - 1:00 pm

Shape Up Your Summer

Center for Personal Wellness Fitness
Center Staff

GET YOUR Fiber-Filling FIX!

When you think of fiber, the first thing you might think of is the fact that it helps regulate bowels. This is certainly an important role of fiber, but it does so much more! Diets high in fiber, particularly soluble fiber, are associated with an improvement in cholesterol, glucose, and insulin levels in people who are overweight or diabetic. It also may help promote weight loss as fiber makes you feel full and more satisfied, and many high fiber foods are generally lower in calories. This may be the one change that helps you stick to your weight loss New Year's resolution!

Fiber is an indigestible carbohydrate and lignan found in plants. While it is a carbohydrate, it does not provide the same amount of calories and is not processed the same as other carbohydrates.

There are two forms of fiber—soluble and insoluble fiber:

- Insoluble fiber increases the movement of material through the intestines and provides bulk to stool. Good sources include: whole wheat products, bran, nuts, seeds, and the skin of apples, pears, and potatoes, cabbage, carrots, cauliflower, and most other fruits and vegetables.

- Soluble fiber dissolves in water to form a gel-like substance. This allows it to help tie up fats and excess glucose before they are stored by the body during digestion. Soluble fiber can be more challenging to obtain, and the very best source is cooked beans such as black beans, kidney beans, or lima beans. Other sources include: oats, barley, brussels sprouts, apples and pears (the pulp), citrus fruits, strawberries, and ground psyllium seeds.

The general goal for total fiber is 30-35 grams daily for most men and 25-30 grams daily for most women with at least 10 grams or more being soluble fiber. Most Americans do not even reach half of the daily fiber goal!



Tasha Ward, RD - Registered Dietitian

Tasha has a BA in Nutrition from the College of St. Benedict in St. Joseph, Minnesota. Tasha is certified in weight management through the American Dietetics Association. She sees inpatients and outpatients for any nutrition related issues such as diabetes, high cholesterol, hypertension, weight loss, celiac disease, and gastrointestinal disorders.



The key to increasing fiber is to do it slowly—by 5 grams or less per day, spread throughout the day. This will help allow your digestive track time to adjust to the change. For

example, try adding in one high fiber food daily, such as substituting steel cut oatmeal or shredded wheat for your usual donut or white bagel the first morning. Then, substitute an apple or pear for your daily afternoon snack the next day, and continue this process until you reach your daily fiber goal. Increasing the amount of water you drink during this diet change will also make the transition easier.

Balanced High Fiber Meal Plan

MEAL	MENU	FIBER	MEAL	MENU	FIBER	
<u>Breakfast</u>	1 cup. Oatmeal	4g	<u>Snack</u>	1 medium pear	5.1g	
	1 tbsp Raisins	.25g		Water	0	
	8 oz Skim Milk	0		<u>Supper</u>	3 oz Beef or chicken	0
	Coffee	0			cut in strips	0
<u>Snack</u>	6 oz. Yogurt	0	1 cup brown rice	3.5g		
	½ cup Blueberries		1 cup stir fried			
	and Raspberries	3.9g	vegetables	8g		
<u>Lunch</u>	Water	0	(carrots, broccoli,			
	Medium sized whole		snap peas,			
	wheat tortilla	4g	peppers, onions)			
	½ cup black beans	7.5g	1 Tbsp oil for stir fry	0		
	½ cup lettuce	0.3g	8 ounces skim milk	0		
	½ cup tomatoes	1.1g	Water, tea, or coffee	0		
	1 oz cheese	0	<u>Snack</u>	¼ cup almonds	3.3g	
½ cup raw carrots	1.6g					
Water	0		TOTAL FIBER	42.55g		

10 WAYS TO *Love* YOUR HEART

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health. The following are recommendations from the American Heart Association:

- 1. Be Active:** AHA recommends at least 30 minutes of moderate to vigorous physical activity a day.
- 2. Eat Smart:** Enjoy a diet low in sodium, saturated fat and trans fat, and rich in fruits, vegetables, fiber-rich whole grains, monounsaturated fat and polyunsaturated fat.
- 3. Don't Smoke:** Talk to your health care provider about tobacco cessation programs in your area. Many are free!
- 4. Know your Numbers:** Write down your blood pressure, cholesterol, glucose and body mass index. Discuss with your doctor healthy numbers for you and how to help keep your heart healthy.
- 5. De-Stress:** Stress can cause you to overeat, be sedentary or engage in other health-risk behaviors like smoking, all which can increase our risk of developing heart disease. Take control of stress by meditating, writing in a journal or going for a brisk walk.

6. Maintain a healthy weight: Excess weight can increase your risk of developing heart disease. Losing even a small amount of weight can help to decrease your risk.

7. Evaluate your risk: Age, gender, race/ethnicity, family history and other medical conditions can all increase your risk of developing heart disease. Know which factors affect you and what you can do to reduce them.

8. Listen to you heart: When warning signs pop up, pay attention to them. By visiting a doctor early, your chances of avoiding a serious condition increase.

9. Know the Facts: Read up on heart disease. By knowing about the culprit, you will be better prepared to help prevent and fight it.

10. Follow up regularly: Keep track of your heart health and risk factors by visiting your doctor regularly for medical checkups.

During American Heart Month in February, please visit the Cardiac Rehab Department for a free blood pressure test. For more information on ways to keep your heart healthy, contact us at 715-684-8676 or visit our website at www.healthybaldwin.org.

Cardiology Services at



Dr. Bilal Murad
Cardiologist



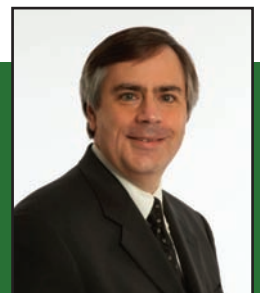
Dr. Salima Shafi
Cardiologist



Dr. Victor Tschida
Cardiologist



Dr. Charles Cliffe
Cardiologist



Dr. Michael Garr
Cardiologist

UNITED HEART & VASCULAR CLINIC

HEALTHEAST HEART CARE

For more information on cardiology services, please visit our website at www.healthybaldwin.org.



In Touch With Your Heart - Heart Health Screening

Evaluate and learn how to reduce your risk of heart disease!

Saturday, February 12, 2011

7:30 am - 10:00 am

BAMC Lower Level

Height and Weight • Blood Pressure and Heart Rate
Body Mass Index • Vascular Screening Questionnaire
Lipid Profile (fasting required) • Fitness Center Tours
Health and Wellness Information

FOLLOW - UP EDUCATION PROGRAM
Wednesday, February 23, 2011

6:30 pm - 8:00 pm

Mattison Conference Room

Review your results

Health and Wellness Presentations

Pre-registration is required. Call 715-684-8680. Cost \$30. Cash or check only. No credit cards please.

Registration includes a chance to win a fitness center membership.

Sponsored by Baldwin Area Medical Center and United Hospital's John Nasseff Heart Hospital.

FREE SCREENING FOR VARICOSE VEINS

Join us for a Free Screening on
WEDNESDAY, FEBRUARY 16, 2011

5:00 pm - 6:30 pm or

6:30 pm - 8:00 pm

at Roberts Medical Clinic



Do you experience discomfort, leg pain or swelling? Do you have varicose veins?

The underlying cause of varicose veins and heavy, achy legs can be treated with the VNUS Closure procedure.

Minimally invasive • Fast and mild recovery • Covered by most insurance



Please call 715-684-8680 to pre-register or register online at www.healthybaldwin.org.

Dr. Clint Semrau – General Surgeon

Dr. Semrau attended medical school at Des Moines University and did his internship in Lancaster, Pennsylvania at the Heart of Lancaster Regional Medical Center. He completed his General Surgery residency at Pontiac Osteopathic Hospital in Pontiac, Michigan. He is trained in General Surgery with a special interest in minimally invasive/laparoscopic surgery.

Resolve To Take Action By Setting Goals in 2•0•1•1



With Christmas past, most of us have started to focus on our plans for the coming year, making lists of resolutions to improve our lives. But let's face it, how many of us make resolutions only to abandon them a few months later? Research has shown that making goals and taking action on those goals is a much safer bet than making resolutions.

Resolutions, by nature, are extremely difficult. There's usually no endpoint to a resolution—it's simply an ongoing test of willpower. Goals on the other hand have a final destination. They're also measurable, and can be divided into shorter-term goals to help you get started.

Here are four tips to help you make goals for the upcoming year and beyond.

1. Brainstorm for a week

Thinking about your situation is an integral part to setting goals for yourself. Look honestly at your life and what changes you want to make. Spend a few days or even a full week on this. Consider why you want to make these changes and if they are realistic.

2. Get your goals down on paper (or the computer)

Once you have some goals in mind, write them down. Spend about a half-hour and write down several things you want to achieve. When you do this, don't limit yourself to small improvements or little ideas. Have a good mix, with a few goals you could achieve within

a week, or a month. And maybe one or two goals that will take longer to accomplish and will lead to lifetime changes.

3. Research anyone who has achieved similar goals

During the next five days set aside an hour per day for one of your goals. At first, all of that time should be set aside for research. This is VERY important. See how others got to the place you want to be. Find out everything you can about what you would have to change, what you'd have to learn, or where you'd have to go to achieve it.

4. Finalize a plan that you can work on daily

In the end, you should have several lists, one for each goal. Each list will contain all the steps (short-term goals) it will take to achieve that specific dream. Some of your goals will only have a few steps. Some will have more steps. The point is not to try to accomplish the really big ones right away, but simply to cross off a few steps each week, for one goal or another.

That's the secret to achieving your goals. Do a little bit at a time, each part building on the others until you've achieved what you set out to do. So don't make resolutions for 2011. Instead, plan out some goals, change your life, and make it the best year ever.

VOLUNTEER!

Baldwin Area Medical Center is seeking volunteers who desire to support our staff in providing exceptional patient care to Medical Center patients and visitors. If you would like to become a volunteer or find out more information, please contact Human Resources by calling 715-684-8689 or apply online at healthybaldwin.org.



COLOR ME BLUE

Are You Suffering from the Winter Blues?



SELF CHECKLIST

Feeling BLUE or down?

Do you have difficulty concentrating, and remembering things?

Trouble sleeping?

Lack of energy?

Are you more irritable?

If you are experiencing any of the above symptoms you may be suffering from the winter blues. This time of year, it's not uncommon for the winter blues to set in. All you want to do is stay in, curl into a ball, and eat. These tips, however, will help brighten things up!

GET MOVING!

Boosting your exercise in the winter can provide a powerful lift to your mood and your energy. Take up a winter sport such as sledding, skiing, snow shoeing or simply building a snow fort in the front yard. Rather stay indoors? How about a game of Wii, purchase a fun exercise DVD, put on music and dance, or join a gym.

HEALTHY DIET

Combine lean protein and complex carbohydrates in your meals. Make sure to include enough fruit and vegetables in your diet. Limit your consumption of alcohol, sugar, and high-fat foods, all of which may temporarily lift your mood but then leave you feeling tired soon after.

LIGHT THERAPY

Exposure to bright light daily is the treatment method most often recommended for patients whose winter blues are severe enough to affect their daily lives. Typically, patients must sit in front of the light for about a half an hour per day. For milder cases of winter blues a long daily walk outdoors or arranging your home or office so that you're exposed to a window during the day can also work.

BODYWORK

Bodywork therapies such as massage, healing touch, reiki and reflexology can help to cure the winter blues by rejuvenating your body and mind. Don't have enough money to see a trained person? Make it a family fun night and give each other hand and foot massages.

TAKE UP A NEW HOBBY

Learn a new hobby or craft. Take a class or start a small group with friends learning a new skill. Register for a community class, or check out your local churches for various activities.

SOCIAL SUPPORT

While you may not feel like getting out and being around people, you need to PUSH yourself to be with others. Don't underestimate the power of friends, family, mentors, co-workers, and neighbors. Who can you turn to when you're down and need a pick-me-up? Keep a mental list of these special people and don't be afraid to ask for help or encouragement when you need it.

If symptoms of the depression persist it is important to see your family doctor. Mary Del Vecchio, PsyD sees patients at Baldwin Area Medical Center for a variety of mental health issues including depression, mood disorders, and family issues.

To make an appointment with Mary Del Vecchio, PsyD, LPC, CRC, please call 715-684-3311 ext 130.

Healing Touch 101

Thursday, March 3, 2011

6:00 pm -7:00 pm

Mattison Conference Room

Learn the health benefits of healing touch with this hands on class presented by Mary Del Vecchio, PsyD
Please call 715-684-8680 to pre-register or register online at www.healthybaldwin.org



Mary Del Vecchio, PsyD, LPC, CRC

Mary has a Doctorate in Psychology from the Graduate Theological Foundation, a Masters in Theology and a Pastoral Ministry Certificate from the College of St. Catherine. She has a Masters in Rehabilitation Counseling from the University of Wisconsin – Stout. Mary is part of the Adjunct Faculty at the College of St. Catherine, and is also an Oblate at the St. Paul Monastery.



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HEALTH BEAT

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www.healthybaldwin.org

Our Services

Family Practice Physicians

Baldwin Area Medical Center's Clinic provides a wide range of medical services to residents of Baldwin and the surrounding communities.

For appointments call 715-684-5190.

Reid Berger, PA-C	Joel Stoeckeler, M.D.
Melissa Hatcher, M.D.	Shaima Sulemankhil, M.D.
Marvin Klingler, M.D.	Specialists
Russell Roloff, M.D.	Kevin Hallman, OB/GYN
Marrie Simpson, PA-C	Ann Wasson, OB/GYN

Clinic Hours

Monday - Thursday: 8:00 am - 6:00 pm

Friday: 8:00 am - 5:00 pm

Saturday: 9:00 am - 2:00 pm

Appointments: 715-684-5190

24 Hour Appointment Line: 715-684-3311

Roberts Medical Clinic

Roberts Medical Clinic offers a wide array of services including family practice, obstetrics, surgical consultations, digital x-ray services and an on-site laboratory.

Clemma Nash, M.D.

Roberts Medical Clinic Hours:

Monday, Wednesday and Friday: 7:00 am - 5:00 pm

Tuesday and Thursday: 7:00 am - 7:00 pm

Emergency Services

The Emergency Department at Baldwin Area Medical Center is equipped with three modern emergency rooms designed to handle any situation, from minor to severe. Our emergency room provides services 24 hours a day, 7 days a week.

Surgery

The Surgery Department offers personalized pre-operative instruction Monday - Friday from 7:00am - 3:00pm. For more information call 715-684-8684. Clint Semrau, D.O. - General Surgeon
Neal Melby, M.D. - General Surgeon

Specialty Services

BAMC has convenient access to some of the best specialty care physicians and services in the area. Please call us at 715-684-3311 ext 130 for a complete list of our services or visit our website at www.healthybaldwin.org.

Center for Personal Wellness

Monday - Thursday: 5:30 am - 9:00 pm

Friday: 5:30 am - 7:00 pm

Saturday: 7:00 am - 12:00 pm

Phone number: 715-684-8680

The 5,000 square foot fitness center is open to the public and offers a wide variety of programs. Trained exercise physiologists will work with you to design and monitor a program and help you achieve fitness goals. The fitness center has a wide variety of aerobic and strength equipment plus fitness classes and a therapeutic pool.