



Advice, tips, and resources from your physicians to help you monitor your family's health

**DID YOU KNOW:  
After Hours and Weekend  
Care Available at 2 Clinics**

Family HealthServices is pleased to announce an additional location for after hours care. Beginning **November, 2008** patients from all clinic locations will have two locations to choose from. . . **North St Paul** and **Inver Grove Heights**.

We will continue to provide services for our patients in the *north metro* at our location in **North St Paul at 2601 Centennial Drive**, and we are adding a location for patients in the *south metro* at our **Inver Grove Heights clinic, located at 2980 Buckley Way**.

Both locations are easily accessible, offer the benefit of being staffed by our providers, and with our electronic medical record, no matter what office you call home, we have complete access to your health history and treatment. Family HealthServices After Hours Care can be accessed by **calling your primary care clinic phone number** (see back for more information).

We are available for scheduling appointments from 5 pm-8:30 pm Monday through Friday, 8 am-5 pm Saturday, and 8 am-4 pm Sunday.

Please visit our website at **www.fhsm.com** for more information.

# FACT or fiction?

By Jane Kilian, M.D. - Larpenteur Clinic

*I'm writing this article a few weeks before Halloween. It is that funny time of year when costumes can mask one's identity, when shadows become scary, and black cats may seem suspect. It is a time when we are aware that not everything is what it may appear to be.*

*Every day at work I hear statements from people that they think are true, but which really are false or misleading. Medicine, just like Halloween, can be mysterious. I am hoping to dispel some medical myth mystery this month.*

## Feed a cold, starve a fever.



### False.

If you are sick, you need good nutrition in order to recover. If you are running a fever, you actually need more fluids than usual, because

a fever can cause you to become dehydrated. Chicken soup (or any soup) can actually help cold symptoms because the hot fluid helps to clear sinus congestion.

## Cheap vitamins are just as effective as expensive ones.



### True.

One of our pharmacy instructors in med school stressed this point over and over. Inexpensive

vitamins, aspirin, ibuprofen, acetaminophen, just about any

medication work just as well as the brand name or more expensive ones. Many drugs have both a brand name and a generic available. For the most part, generic medications work just fine. Occasionally someone will find that this is not true for him or her.

## Breastfeeding women cannot get pregnant.



### False.

Each woman is different in terms of how much and how long she breast feeds. A breastfeeding woman may take longer to resume

periods after delivery, but ovulation happens before that first post-partum period and there is no way to predict when that will happen. So breastfeeding or not, if you do not want to get pregnant, either don't have intercourse, or use some form of contraception.

## Calendar of Events 2008

### National Health Observances

#### October:

**National Breast Cancer Awareness Month**  
www.nbcam.org

**National Mammography Day**  
( Oct. 17)  
www.cancer.org

**Healthy Lung Month**  
www.lungusa.org

**National Fire Prevention Week**  
(Oct. 5-11)  
www.firepreventionweek.org

**Sudden Infant Death Syndrome Awareness Month**  
www.firstcandle.org

#### November:

**American Diabetes Month**  
www.diabetes.org

**National Hospice Palliative Care Month**  
www.nhpco.org

**Lung Cancer Awareness Month**  
www.lungcanceralliance.org

**Pulmonary Hypertension Awareness Month**  
www.phassociation.org

**Great American Smokeout**  
( Nov. 20)  
www.cancer.org

**GERD Awareness Week**  
(Nov. 25-Dec 1)  
(Gastroesophageal Reflux Disease)  
www.aboutGERD.org

#### December:

**World AIDS Day** (Dec. 1)  
unaids@unaids.org

# “Dear Physician”

**Q** I hurt my back lifting something too heavy for me. How long will the pain last and what can I do to help myself heal faster?

**A** When the pain is caused by a muscle it can last up to 6-8 weeks. To help heal the pain, we recommend initially rest in bed for a day or two and then gradually get back to normal activity, avoid things that make the pain worse like sitting for long periods of time, lifting heavy objects, bending or twisting. Gentle walking helps you to get better more quickly. Medication can be used like OTC (over-the-counter) meds for the pain and swelling. These would include Ibuprofen (Advil/Motrin), Naproxen (Aleve) or Acetaminophen (Tylenol).

(See page 3 for more information on Low Back Pain).

**Q** My son has a bed wetting problem. What is the usual age that children are dry at night?

**A** At five years of age, 15% of children wet the bed, but by age 15 only 1-2% of children wet the bed. It is a common childhood problem seen twice as often in boys compared to girls.

(See page 5 for more information on Bed Wetting in Children).

**Q** What is whooping cough, how do I avoid it, and what makes it different from the common cold?

**A** Pertussis (or Whooping cough) causes runny nose, cough and fever. The best treatment is prevention (vaccination), but it can be treatable with antibiotics. Bouts of coughing can last up to 1 minute and at the end of each coughing episode, the person gasps for air with a whooping sound. The cough usually lasts up to 6 weeks.

(See page 7 for more information on Whooping Cough).

“DEAR PHYSICIAN” The Monitor was designed to provide YOU, our patients, with medical information to improve YOUR health care. We would like to give you the opportunity to ask health questions and concerns about medical care.

“Dear Physician” will become a regular column of The Monitor, and the Family HealthServices Minnesota medical staff will answer your health questions (formerly East Metro and MinnHealth). Please submit these questions to

The Monitor, “Dear Physician”  
Family HealthServices Minnesota, P.A.,  
2025 Sloan Place,  
St. Paul, Minnesota 55117. 

#### Your comments and suggestions are wanted!

Please let us know how we are doing.

Patient satisfaction is our # 1 goal.

If you are happy with us, we'd like to know.

If you are not happy with us, we need to know.

 Call 651-772-1572



# Low Back Pain

By Thomas Lundsten, M.D. - Maryland Clinic

Low back pain is one of the most common appointments to a family practice. Low back pain affects 5.6% of adults daily and over 70% of people relate an episode of low back pain. The most common cause of sudden onset of low back pain is caused by muscle strain. If you strain a muscle in your back, it can hurt to move. The pain is usually only in the lower back.



Another cause of sudden onset of low back pain is a **bulging disc**. A disc is a cushion between each spinal vertebrae (bones).

When the disc bulges it herniates and can irritate a nerve. This can cause the low back pain but usually causes irritation down your thigh or leg. This can be pain, numbness, tingling or even weakness of the leg. This radiating symptom is called sciatica.

The injury to your back usually comes from straining to lift heavy objects or by twisting your back. People often hurt their backs when they are moving heavy furniture, playing sports, gardening or involved in a motor vehicle accident. When the pain is caused by a muscle it can last up to 6-8 weeks. Usually an xray is not necessary immediately.



There should be improvement in a few weeks. If there is not much improvement with simple measures an xray or scan (CT or MRI) may be ordered.

To help heal the pain, we recommend initially rest in bed for a day or two and then gradually get back to normal activity. We recommend avoiding things that make the pain worse like sitting for long periods of time, lifting heavy objects, bending or twisting. *Gentle walking helps you to get better more quickly.* Medication can be used like OTC (over-the-counter) meds for the pain and swelling. These would include Ibuprofen (Advil/Motrin), Naproxen (Aleve) or Acetaminophen (Tylenol).

You may be prescribed some stronger medications for pain or muscle spasm. Moist heat, such as a warm bath or shower, is also good. You also may be given some information on gentle exercises to stretch your back muscles and make them stronger. At times you may be referred to a physical therapist or chiropractor for more extensive therapy.

The best treatment of low back pain is **prevention**. You should stay active, keep in shape, lose weight if necessary and exercise regularly. Being inactive can lead to low back pain. Biking, walking and swimming are excellent for your

### To Serve You Better...

Family HealthServices has launched a new FHSM website! You'll find updated physician profiles, improved searches, A-Z patient education and more. The website will be under construction over the next year as we continue to add content.

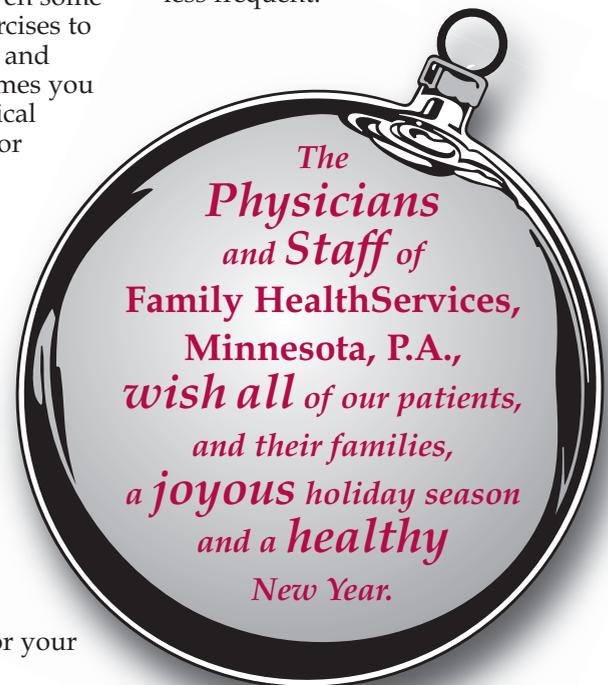
Visit us at

[www.fhsm.com](http://www.fhsm.com)

We would like your feedback on the website. Click on "About FHSM" and then "Feedback."

back. Proper lifting of heavy objects is also important. You should lift by using hips and knees then squat to pick up the object. Keep your back straight and hold the object close to your body. Don't twist while you are lifting.

In conclusion most people have episodes of low back pain but with proper preventative measures, understanding of the causes and treatment the flare-ups will be far less frequent.



# HALLOWEEN SAFETY

Here are a few tips from the U.S. Consumer Product Safety Commission on how you can protect your children when they are trick-or-treating this Halloween:

**Treats:**

- Warn children not to eat any treats before they are carefully examined by an adult for evidence of tampering.

**Flame Resistant Costumes:**

- When purchasing a costume, beards, masks, wigs, look for the label Flame Resistant. Although this label doesn't mean that these items won't catch fire, it does indicate that the items will resist burning and should extinguish quickly once removed from the ignition source.

**Costume Designs:**

- Purchase or make costumes that are light, and bright enough to be clearly visible to motorists.
- For greater visibility decorate and trim costumes with reflective tape that will glow in the dark.
- To be easily seen, children should carry flashlights.
- Costumes should be short enough to prevent tripping and falling.
- Wear well-fitting sturdy shoes for safe walking.
- Hats and scarves should be tied securely to prevent slipping over the children's eyes.
- Apply a natural mask of cosmetics rather than a loose fitting mask which may restrict breathing or obscure vision. If a mask is worn, make sure it fits securely and has eyeholes large enough to allow full vision.

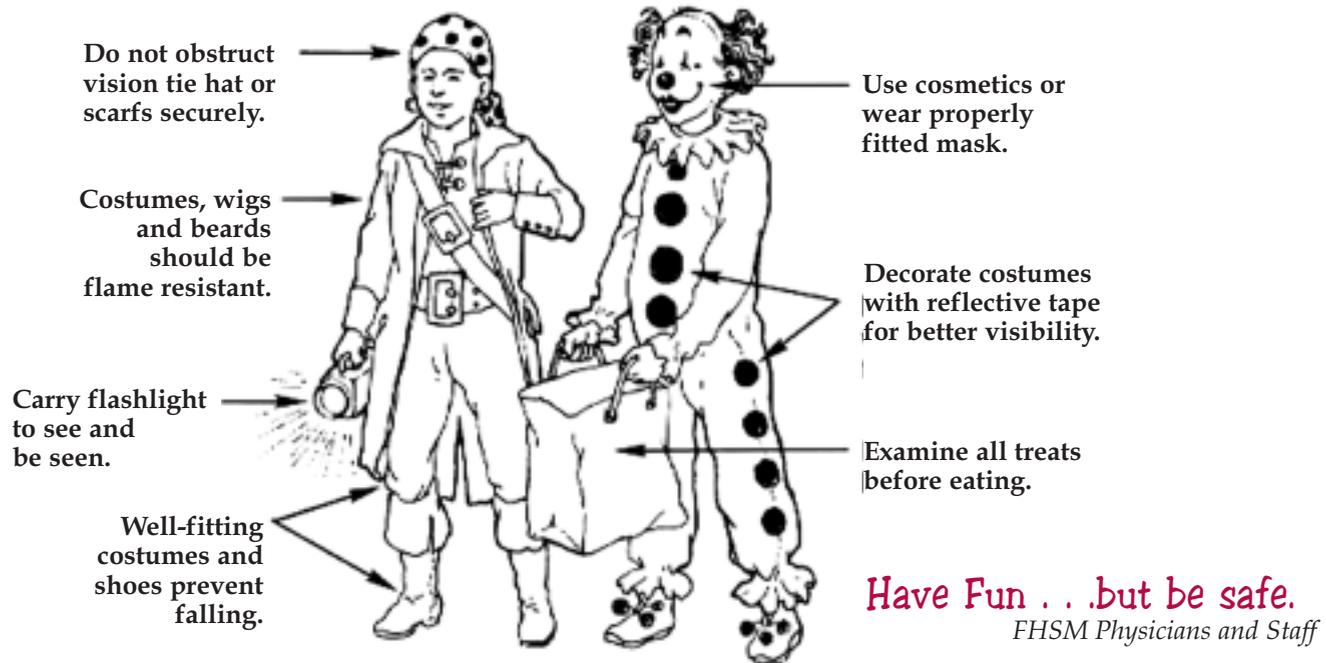
- Swords, knives, and similar accessories should be made of soft and flexible material.

**Pedestrian Safety:**

- Young children should always be accompanied by an adult or older responsible child.
- All children should WALK, not run from house to house. Use a sidewalk if available rather than walking in the street. Children should be cautioned against running between parked cars, or across lawns and yards where there are ornaments, furniture or clotheslines which may present dangers.

**Choosing Safe Houses:**

- Children should only go to homes where residents are known and have outside lights on as a welcoming sign.



If you have children under 8, you may want to visit [HalloweenMagazine.com](http://HalloweenMagazine.com) for an interactive Halloween Safety Quiz.



## The Brain: More Than Just a Thinker

**Y**ou don't feel with your heart. Feelings and emotions are stored in your brain. You don't think with your head. You think with your brain, which is inside your head.

You see with your eyes and hear with your ears, but your eyes must send a message to your brain in order for you to see, and your ears must send a message to your brain in order for you to hear.

Your brain weighs 2 percent of your total body weight. It uses 20 percent of your body's energy.

## The Human Body!

Find the hidden words  
(Search up, down, sideways and diagonally!)

B W C S H C O S B S A T F Z S  
 A O M M H G W B O L P N Y N R  
 E R D I U O X U N W A E K H K  
 A N N Y R I K T E N F D C L F  
 H K I B A N A T O M Y Y D I E  
 X U E T J A W O S R A E N E B  
 O Y V M S B A C K O K G T A R  
 E O G W L E H K E I E R S O F  
 N O L O C G T L A R R U A R W  
 A L L I X A P N S E A M E T T  
 S M S J V M N W I T D E R A C  
 R C H E I G H T S N N F B H Z  
 H G S D Y P W I O A A S E L Y  
 X H I I T E R N T H H S D M M  
 L C X T D I E H K G T Z I Z N

- ANATOMY
- ANKLE
- ANTERIOR
- AORTA
- ARMS
- AXILLA
- BACK
- BICEPS
- BLADDER
- BODY
- BONE
- BREAST
- BUTTOCK
- CHEST
- CHIN
- COLON
- DIMPLE
- DISCS
- EARS
- EYEBROWS
- EYES
- FEMUR
- FINGERS
- HAND
- HEIGHT
- INTESTINE
- IRIS
- JAW

### Find me

Find the hidden art (Score on back)  
Write the page number beneath each picture.



Pg.# \_\_\_\_\_

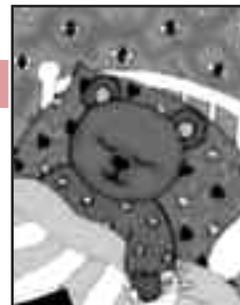
## Bed Wetting in Children

By Matthew C. Monteiro, M.D. - White Bear Clinic

**B**ed wetting, or nighttime enuresis, is a common childhood problem seen twice as often in boys compared to girls. For most children, bed wetting will resolve on its own and there is no underlying medical cause. At five years of age, 15% of children wet the bed, but by age 15 only 1-2% of children wet the bed. For children who have been dry at night consistently over time and then develop bed wetting, the most common cause is **stress** (*divorce of parents, new siblings, death of a family member*). Rarely, bed wetting can be due to medical causes such as diabetes, repeated bladder infections,

sleep disorders and hormonal abnormalities.

It's important to understand that bed wetting can be embarrassing, especially for older children. There are several behavioral techniques to reduce bed wetting. Start by limiting fluid intake after dinner. Sticker or reward charts for staying dry are often helpful in younger children. If bed wetting is predictable at certain hours, gently waking your child at night and taking them to the bathroom can train children to wake when the urge strikes. After bed wetting at night, encourage children to go to the bathroom. Specialized



bed wetting alarms that sense the first few drops of urine are very effective at reducing bed

wetting. When these behavioral techniques don't work, there are medication options to control problem bed wetting in older children. ⌚

**If you have any questions, please do not hesitate to contact your FSHM-Family HealthServices provider.**  
(See FSHM Clinic address and phone numbers on back page).

# FACT or fiction?

*Continued from page 1*

## Being outside in the cold and/or wind causes you to catch a cold.



**False.**

Even being outside in the cold with wet hair won't make you catch a cold. Colds are almost always caused by viruses, which you catch from other people. Usually by contact with their saliva or by touching something they have touched with unwashed hands. The best way to protect yourself from a cold is to wash your hands frequently. To prevent spreading cold viruses, cough onto your sleeve or into a tissue. Wash your hands if you cough or sneeze into your hand. Stay home/away from others if you are coughing and sneezing a lot.

## The flu shot cannot make you sick.



**True.**

This time of year I hear from lots of folks who insist they got the flu from the flu shot. It cannot happen because the flu vaccine is not live virus. Someone could develop an allergic reaction from the vaccine, but not the flu.

## An apple a day keeps the doctor away.



**Probably not.**

I heard that this statement was actually started as a marketing slogan for apples. While one apple every day will not protect you from all medical woes, a diet rich in fruits and veggies is still good for your overall health.

## Reducing salt in your diet might lower your blood pressure.



**True.**

Some people are especially sensitive to salt and it does raise their blood pressure. Salt is a hidden - or mystery - ingredient in some foods (*it's called sodium*). Be aware of processed foods/soups/microwave meals. Their salt content can be high. Even some soda beverages contain sodium. Pickles and olives are other salt culprits. If you stop using salt in your cooking, then adding just a little to your food before eating will still give you the salt taste, but less total sodium.

## Rest plays no role in recovery from illness.



**False.**

If you are sick, you need rest. You have heard this from me many times. If you are sick you should not go to work because you risk infecting others, and you may slow your own recovery. Many times rest is even more important than medicine. However, for back pain, bed rest sometimes delays your recovery.

## GARDASIL

**G**ardasil is a new vaccine which has gotten a lot of media coverage and has been available since June, 2006. This vaccine creates immunity towards several strains of the human papilloma virus which can cause genital warts and cervical cancer.



This shot is currently being offered to all females between the ages of 9 and 26. Studies are currently being done on males and older females to determine how the vaccine should be used in these groups. Gardasil is given in a series of 3 doses at 0, 2 and 6 months and must be completed within 12 months of starting the series. It can be given to women who have contracted HPV in the past as it provides immunity to more than one strain of the virus.



*Please contact your FHSM clinic/provider to discuss further, or to schedule an appointment.*

*You likely have other adages about which you wonder: fact or fiction? Please write to the FSHM Monitor, I would be happy to do another mythical article. Have fun. Stay happy and healthy. ✚*

# Whooping Cough (*Pertussis*)

By John Nichols, M.D. – Larpenteur Clinic

Whooping cough has been making a comeback over the last few years. It is a serious, contagious infection of the nose, throat and lungs. Pertussis can affect all ages, but usually affects children. Vaccination has greatly reduced the occurrence, and now when you get your tetanus booster, you will also get additional protection against pertussis. Pertussis causes runny nose, cough and fever. Bouts of coughing can last up to 1 minute and at the end of each coughing episode, the person gasps for air with a whooping sound. The cough usually lasts up to 6 weeks.

The best treatment is prevention, but it can be treatable with antibiotics. Even with treatment the illness usually causes a cough for 2 weeks of a standard cough, 2 weeks with the “whooping” cough, and 2 weeks recovery. Some may have coughs that last for months. Complications are most common in young children and may include dehydration, pneumonia, and in rare cases, brain damage and death.

Treatment depends on the severity of the symptoms. Severely ill infants may require hospital care. Most children can usually be treated at home. They should get extra rest, drink plenty of fluids and be

monitored for any complications. Erythromycin antibiotic is often prescribed. Return to day care, school or work is often permitted after taking antibiotics for 5 days. Often close contacts of infected persons are treated prophylactically with antibiotics.

As discussed above, the best treatment is prevention. So, if you are due for a **tetanus booster**, make sure you ask for one that has the “whooping cough” vaccine in it.

Any questions can be directed to a Family Health Services Minnesota office.

Sorting Out The Facts:

## FLU MIST Vaccination VS FLU Vaccination

### WHO SHOULD GET A FLU MIST VACCINATION:

People at high risk for complications from influenza, including:

- Healthy Children aged 2 years old on up
- Healthy People 18 to 49 years of age
- Longer lasting (up to 1 year)

Who Should **NOT** Get the Flu Mist:

- Pregnant women
- Any person over the age of 49

### WHO SHOULD GET A FLU VACCINATION:

People at high risk for complications from influenza, including:

- Children aged 6 months to 18 years of age
- Pregnant women
- People 18 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long term care facilities
- People who live with or care for those at high risk for complications from flu
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)
- Healthcare workers

Who Should **NOT** Get a Flu Shot

- Those who have ever had a *severe allergic reaction to eggs or to a previous flu shot* (example: anaphylaxis) after ingesting eggs or after receiving a previous dose of influenza vaccine or an influenza vaccine component.
- Those who have a history of *Guillain-Barre syndrome* (French Polio) within 6 weeks of a previous influenza vaccination.

**Written by your Doctors...**

this publication is a service of Family HealthServices Minnesota, P.A. a network of 13 Family Care Clinics, in order to better serve your health needs.

**Afton Road Office**  
2716 Upper Afton Road  
Maplewood, MN 55119  
Appts: 651-739-5050  
Billing: 651-739-4594

**Banning Office**  
4786 Banning Avenue  
White Bear Lake, MN 55110  
Appts: 651-426-6402  
Billing: 651-426-8761

**Gorman Office**  
234 East Wentworth Ave.  
West St. Paul, MN 55118  
Appts: 651-455-2940

**Highland Office**  
1540 Randolph Avenue  
St. Paul, MN 55105  
Appts: 651-699-8333

**Inver Grove Heights Office**  
2980 Buckley Way  
Inver Grove Heights, MN 55076  
Appts: 651-457-2748

**Larpenteur Office**  
1050 W. Larpenteur Ave.  
St. Paul, MN 55113  
Appts: 651-487-2831  
Billing: 651-487-1615

**Maryland Office**  
911 East Maryland Ave.  
St. Paul, MN 55106  
Appts: 651-776-2719

**North St. Paul Office**  
2601 Centennial Drive  
Suite 100  
North St. Paul, MN 55109  
Appts: 651-777-7414

**Shoreview Office**  
404 W. Highway 96  
Shoreview MN 55126  
Appts: 651-483-8283  
Billing: 651-483-8293

**Vadnais Heights Office**  
3550 Labore Rd, Suite 7  
Vadnais Heights MN 55110  
Appts: 651-766-0520  
Billing: 651-766-9450

**White Bear Office**  
3220 Bellaire Avenue,  
White Bear Lake MN 55110  
Appts: 651-777-8149  
Billing: 651-777-5235

**Woodbury Office**  
8325 City Centre Drive  
Woodbury MN 55125  
Appts: 651-731-0859  
Billing: 651-731-3584

**Woodlane Office**  
2056 Woodlane Drive  
Woodbury, MN 55125  
Appts: 651-731-2020

**Visit Our Clinics Online:**  
You can visit your clinic on the web at:  
[www.fhsm.com](http://www.fhsm.com)

**FAMILY HEALTHSERVICES MINNESOTA, P.A.**

**Family HealthServices Monitor**

Office of the Editor

2025 Sloan Place, Ste. 35  
Saint Paul, MN 55117-2058

Postage here

**FAMILY HEALTHSERVICES MINNESOTA, P.A.**

2025 Sloan Place, Ste. 35  
St. Paul, MN 55117-2058  
Bus: 651-772-1572  
Fax: 651-772-1889

**CLINIC LOCATIONS/PHONE** **Monitor** Fall 2008 8

**After Hours Care**

Family HealthServices Minnesota, P.A. has two After Hours Care facilities to serve you:

**North Saint Paul:** 2601 Centennial Drive, Suite #100, North St. Paul, Minnesota, 55109

**Inver Grove Heights:** 2980 Buckley Way, Inver Grove Heights, Minnesota, 55076 (Opening in November, 2008)

All after hours calls should be directed through your primary clinic. These calls will be automatically routed to the After Hours Care clinic during its scheduled hours, or the on-call physician if the clinic is not available. If a physician has NOT contacted you within 30 minutes of placing your call, please call back so we can be attentive to your medical needs. The Family HealthServices (FHSM) After Hours Care is to serve you, our patients. It offers a convenient way to

seek care for illness or injury that occurs after your regular clinic hours. FHSM's After Hours clinic is staffed by our own primary care providers, offering you the continued evaluation and treatment you have come to expect during regular office hours. Should you require follow-up care with us, or additional care from a subspecialist, our providers and staff will assist you in scheduling these appointments. All clinic phone numbers listed above.

Regular Hours	Clinic Hours	After Care Hours (No. St. Paul & Inver Grove Hgts.)	After Care Phone Hrs. ☎
Monday-Friday	8:00-5:00 pm	6:00 pm-8:30 pm	5:00 pm- 8:30 pm
Saturday	Closed	9:00 am-5:00 pm	8:00 am-4:00 pm
Sunday	Closed	9:00 am-4:00 pm	8:00 am-3:00 pm
HOLIDAY HOURS	Clinic Hours	HOLIDAY After Care Hours (No. St. Paul Location ONLY)	HOLIDAY Aft. Care Phone Hrs.
Thanksgiving Thurs., Nov. 27	Closed	9:00 am- 2:00 pm	8:00 am-1:00 pm
Christmas Eve Wed., Dec. 24	8:00 am-12:00 pm	1:00 pm -5:00 pm	12:00 pm-4:00 pm
Christmas Day Thurs., Dec. 25	Closed	Closed-On-call M.D. available	
New Years Eve Wed., Dec. 31	Regular Hours (8-5)	6:00 pm-8:30 pm	5:00 pm- 8:30 pm
New Years Day Thurs., Jan. 1	Closed	9:00 am -2:00 pm	8:00 am-1:00 pm
Good Friday Fri., Apr.10	Regular Hours (8-5)	6:00 pm - 8:30 pm	5:00 pm - 8:30 pm
Easter Sun., Apr. 12	Closed	9:00 am - 2:00 pm	8:00 am-1:00 pm

The purpose of Urgent Care is to offer our patients after-hour care for illness and injuries that require immediate attention that cannot wait until our usual clinic hours. Our Urgent Care Clinic is NOT an emergency medical facility; CALL 911 for any life-threatening situations. ☎ Poison Control Center 1-800-222-1222 (24 hour service).

**Score: Find me** (From page five)

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