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## Entira Health News

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January

Volume 2, Issue 1

### Welcome to January Entira Health News



There is something cleansing about the start of a new year. Many people use this opportunity to make positive health changes such as eating better, working out, cutting out bad habits and more. You may call it a New Year's resolution or just starting with a clean slate. If you want help making healthy changes to your life, your provider would be happy to discuss this with you.

However you view the new year, make it a good one!

In this Issue:

- 1) January is
  - a. Thyroid Awareness Month
  - b. Cervical Cancer Awareness Month
  - c. Birth Defect Prevention Month
- 2) Entira Family Clinics is committed to using data to improve the quality of care that we deliver to our patients.
- 3) Good Luck, Dr. Skildum!
- 4) Health Care Home Teams: What is the role of the Care Coordinator/Manager? and more...

**We will be sending out *Entira Health News* quarterly in 2014.** We invite your input in this newsletter especially patient stories! Please submit your ideas to [marketing@entirafamilyclinics.com](mailto:marketing@entirafamilyclinics.com).

**Health News**

**Thyroid Awareness Month**

## By Gloria Garcia, MD

Thyroid disease is more common than diabetes and heart disease. As many as 30 million Americans are affected by thyroid disease and more than half of those go undiagnosed.

Where or what is your thyroid? According to [thyroidawareness.com](http://thyroidawareness.com), "The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body's overall well-being."

[Read more.](#)



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## January is National Cervical Cancer Awareness Month

By Cynthia Frane, MD

*What causes cervical cancer?*

Human papillomavirus (HPV) is found in about 99% of cervical cancers. There are over 100 different types of HPV, most of which are considered low-risk and do not cause cervical cancer. High-risk HPV types may cause cervical cell abnormalities or cancer.

Cervical cancer is the second most common type of cancer for women worldwide, but because it develops over time, it is also one of the most preventable types of cancer.

The newest tool in the battle against cervical cancer is the HPV vaccine, approved by the FDA in 2006. This helps to prevent infection with certain strains of human papillomavirus associated with the development of cervical cancer, genital warts, and some less common cancers such as anal and penile cancers. The vaccine ideally should be given to girls and boys starting at age 11 or 12, before they become sexually active. [Read more.](#)



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## January is Birth Defects Prevention Month

By Natalie Bonfig, Healthcare Marketing Specialist

In our lives, there are moments in time when your life stops and your life changes in an instant. For the 1 out of 33 families who have a baby with a birth defect, they understand this all too well.

Most likely, you know a family who has a child with a birth defect or maybe you have a child (the age of the "child" does not matter) yourself.

I know when our family was told that our beautiful girl had a genetic disorder, our world changed forever. You become an expert in everything related to your child's illness even more so than the many doctors your child visits. You find yourself reading everything you can and bringing those ideas to the next doctor appointment. You easily achieve the title of "Medical mom" or "Medical dad" after a

short while. [Read more.](#)

## What's New

### Entira Family Clinics is committed to using data to improve the quality of care that we deliver to our patients.

Thank you to our staff at the West St. Paul Clinic for their participation in the following [video](#) put out by MN Community Measurement! Dr. Timothy Hernandez is also serving as Co-Chair of the Recommendations and Reporting Committee of MN Community Measurement.

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### Good Luck, Dr. Skildum!

Congratulations to Dr. Steven Skildum on his retirement on December 31, 2013! Dr. Skildum started at Entira Family Clinics (Highland Family Physicians) on November 1, 1983 under the guidance and direction of Dr. Werner Amerongen and Dr. Paul Rick.

"I learned so much from them and am so grateful for sharing their wisdom. In August 1984, Dr. Alden Tetlie joined our group. Those early years were quite challenging for both of us. Subsequently, Dr. Denise Lewis, Dr. Denise Long and Dr. Mary Tuohy joined. I have been blessed with outstanding partners over the past 30 years," Dr. Skildum said.

Dr. Ryan Dick joined Entira Family Clinics-Highland in October to help with Dr. Skildum's patients as well as the other Highland Clinic doctors.



Dr. Skildum says, "It has been a privilege for me to be your physician. I would like to thank you."

Entira Family Clinics appreciates all he has done over the years and thanks him for his service. Good luck, Dr. Skildum!

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### Health Care Home Teams: What is the role of a Care Coordinator/Manager? By Lou Ann Kycek and Wynne O'Neil

Health Care Home is a physician-led, patient-centered care team encouraging patient participation with follow-up support to provide the right care at the right time.

A **Health Care Home Team** is a group of health care professionals who plan and deliver patient care in a coordinated way in collaboration with the patient. The care team includes the patient, at least one primary care provider, a care manager and may include other health professionals based on the patient's needs.

You have probably seen these signs in the clinics with the Health Care Home Team visual and you might still have questions about what it

means.

[Read more.](#)



## Honoring Choices

(Who will speak for you regarding your health care wishes, if you cannot?)

Last month you may have read an article in Entira Family Clinics' *Entira Health News* explaining Honoring Choices. Entira Family Clinics provides Honoring Choices facilitators to assist you in discussing and completing end of life decision making. We will be offering free patient information sessions on the topic of Honoring Choices. Trained staff will be available to answer questions and assist with completing the forms in a group and individual setting.

**The Honoring Choices Sessions will be held at the Entira Administration Building located at 2025 Sloan Place, St Paul, MN 55117**

### Date

Tuesday, Feb 4<sup>th</sup>, 2014

Wednesday, Feb 12<sup>th</sup>, 2014

Thursday, Feb 20<sup>th</sup>, 2014

### Time

6:00 pm - 7:30 pm

3:00 pm - 4:30 pm

6:00 pm - 7:30 pm

**For more information or to register**, contact: Heather at [hilton@entirafamilyclinics.com](mailto:hilton@entirafamilyclinics.com) or call 651-772-1572 and ask for ext. 3207

## Community Involvement



### Toys for Tots Donation

Kudos to the Maplewood/Battle Creek clinic for donating a car load of toys to the Toys for Tots program. Employees donated a dollar to wear jeans every Friday for nine months and collected over \$250 to buy toys for needy kids.

Our Bellaire Clinic employees also collected Toys for Tots and bought new pajamas for the Ramsey County Womens shelter. Great job!

## Clinic Hours

### Regular Care Schedule

	<u>Entira Clinic Hours</u>	<u>After Hours Care</u>	
			(No. St. Paul & Inver Grove Heights)
Monday - Friday	8 am - 5 pm	5 pm - 9 pm	Appt start at 6pm
Saturday	Closed	8 am - 5 pm	Appt start at 9am
Sunday	Closed	8 am - 5 pm	Appt start at 9am

## After Hours Care/Holiday Schedule

<u>Holiday/Date</u>	<u>Entira Clinic Hours</u>	<u>Holiday After Hours Care</u>	
Good Friday <i>Fri-April 18</i>	Regular Hours (8 am - 5 pm)	(No. St. Paul & Inver Grove Heights) 5 pm - 9 pm	Appt start at 6pm
Easter Sunday <i>Sun-April 20</i>	Closed	8 am - 2 pm	Appt start at 9am
Memorial Day <i>Mon-May 26</i>	Closed	8 am - 2 pm	Appt start at 9am
Fourth of July <i>Fri-July 4</i>	Closed	8 am - 2 pm	Appt start at 9am
Labor Day <i>Mon-Sept 1</i>	Closed	8 am - 2 pm	Appt start at 9am
Thanksgiving <i>Thurs- Nov 27</i>	Closed	8 am - 2 pm	Appt start at 9am
Christmas Eve <i>Wed- Dec 24</i>	8 am - 12 pm	12 pm - 4 pm	Appt start at 1pm
Christmas Day <i>Thurs-Dec 25</i>	Closed	Closed/On-Call MD Available	
New Year's Eve <i>Wed-Dec 31</i>	Regular Hours (8 am - 5 pm)	5 pm - 9 pm	Appt start at 6pm
New year's Day <i>Thurs-Jan 1,2015</i>	Closed	8 am - 2 pm	Appt start at 9am

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