

Entira Health News

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November 2013

Volume 1, Issue 2

Welcome to November Health News!

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6. Holiday Hours
and more...

We invite your input in this newsletter especially patient stories! Please submit your ideas to marketing@entirafamilyclinics.com.

Health News

We Deliver!

By Constance Erdmann, M.D.

Some of our patients are unaware that we deliver babies! We provide a “one stop shop” where you can get care for your pregnancy as well for your cough or sore shoulder. We have close working relationships with obstetricians if complications arise, and will co-manage special situations such as twin pregnancies.



Most of our physicians deliver their own babies whether the patient delivers in the middle of the night, on weekends or on that physician’s day off, so being delivered by the on-call doctor is not the routine practice. We do, however, have a designated backup physician on call 24/7, to answer questions or be a backup for delivery on the rare occasion that your physician is unavailable. [Read More](#)

November 21 is the Great American



Smokeout.

The American Cancer Society encourages "smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 43.8 million Americans still smoke cigarettes — Nearly 1 in every 5 adults.”

A Son's Story of Loss

By Bruce Cunningham, D.O.

On June 23, I carried her up the stairs, the last time she would make that trip. It had been a day of celebration, a party on the lawn, unspoken “goodbyes” and “I love you's”. She was just too tired to walk the stairs that one last time.

It started many years earlier, it was cool, it was her right, and she was stubborn. She was a smoker.

Eleven days later she left the house the way she always said she would, feet first into the hearse. [Read More](#)

November is American Diabetes Month

By Bruce Leppink, M.D.

Why take a month to focus on diabetes? The reason is that one third of the population of the United States has diabetes or pre-diabetes. It is likely that you are a diabetic or you know someone who has diabetes. Newspapers, magazines, TV news and the Web are full of stories about the “Diabetic Epidemic”. The statistics are overwhelming. According to the American Diabetes Association (ADA):

- 1) Nearly 26 million children and adults have diabetes (8.3% of the population).
- 2) Another 79 million Americans have prediabetes and are at risk for developing Type 2 Diabetes.
- 3) 3.4% adults have diabetes and do not know it.
- 4) The ADA estimates that the total national cost of diagnosed diabetes in the US is 245 billion.
- 5) According to the CDC, diabetes is the 7th leading cause of death in the United States. [Read more](#)



What's New

Welcome Dr. Ryan Dick!

Entira Family Clinics is pleased to announce the addition of



Ryan Dick, MD at our Highland Clinic. Dr. Dick practiced for five years for HealthEast before coming to Entira and will be providing a full spectrum of family medicine with a special interest in pregnancy. He is bringing back obstetrics to the Highland Clinic!

"I know that it is important to families that they get a large amount of support during pregnancy and labor. I give my pregnancy patients priority during clinic hours and attend all of my deliveries," explains Dr. Dick. He also gives free diaper changes at each appointment! [Read more](#)

Honoring Choices

Who will speak for you if you can't? Who is your health care agent? If you were unable to communicate to me, who would be in charge of making decisions for you?

If you were in an accident and unable to make decisions on your health care, what would you want done?

If something happens to you and the best of Doctors inform you that nothing can be done- how do you want to live out your life?

Thinking about these things ahead of time can ease tension amongst your family members if something should happen.

Advanced care planning is really a conversation (discussion) that shares and identifies your wishes regarding end of life care with your loved ones and your health care provider.

For more information, go to [Honoring Choices Minnesota](#).

National Caregiving Month

By Wilder Foundation

Currently, **78% of older adults** living in the community and in need of long-term care depend on family and friends as their only source of help. Specifically in Minnesota, **family and friends provide 92%** of the long-term care provided to older adults.



November is National Caregiving Month, and the Wilder Foundation would like to recognize caregivers for their dedication to helping older adults have the best quality of life possible. [Read More](#)

[Healthy Thanksgiving Recipe](#)



Roasted Vegetables:

By Cameron McConnell, M.D.

Choose a selection of 4-5 pounds of seasonal vegetables. Some good suggestions for fall would be carrots, beets, squash (winter or summer), tomatoes, potatoes, onions, Brussels sprouts, eggplant and parsnips. Peel and cut into bite sized pieces. (Beets are easier to peel after wrapping in foil and cooking for 20 minutes at 375 or boiling for 15- 20 minutes.) Chop 3 cloves of garlic and chop fresh herbs such as rosemary, sage, parsley or tarragon (or can use a teaspoon of dried herbs) Toss all the chopped veggies, herbs and garlic with about ½ cup of olive oil, season with salt and pepper and place in a 13 x 9” pan or an aluminum roasting pan and cook at 375 degrees in the oven or on the grill for 1 hour stirring every 20 minutes to prevent sticking. Cook all the veggies until golden brown or soft. Serve as a side dish. Yummy!

Community Involvement

Food Shelf Challenge

October is the time Entira Family Clinics employees get into gear for the annual Food Shelf Challenge! We are once again pleased to contribute to people in need of help providing food for their tables.



All Entira Family Clinics locations participated in the Challenge. It was fun to watch the donations grow. We contributed 6,614 pounds of food/money donations to food shelves in the east metro area!

We look forward to next year’s Challenge and making a difference in the fight against hunger!

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
Saturday	Closed	8 am - 5 pm
Sunday	Closed	8 am - 5 pm

After Hours Care/Holiday Schedule

<u>Holiday/Date</u>	<u>Entira Clinic Hours</u>	<u>Holiday After Hours Care</u>
		(No. St. Paul & Inver Grove Heights)
Thanksgiving <i>Thurs-Nov. 28</i>	Closed	8 am - 2 pm

Christmas Eve <i>Tues-Dec. 24</i>	8 am - 12 pm	12 pm - 4 pm
Christmas Day <i>Wed-Dec. 25</i>	Closed	Closed/On-Call MD Available
New Year's Eve <i>Tues-Dec. 31</i>	Regular Hours (8 am - 5 pm)	5 pm - 9 pm
New Year's Day <i>Wed-Jan. 1, '14</i>	Closed	8 am - 2 pm
Good Friday <i>Fri-April 18, '14</i>	Regular Hours (8 am - 5 pm)	5 pm - 9 pm
Easter Sunday <i>Sun-April 20, '14</i>	Closed	8 am - 2 pm

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