

Care to Know

Welcome to Mankato Clinic's *Care to Know*. This quarterly newsletter features a patient story, health tips, physician notes and more. In this edition, you'll learn about Pediatric Therapy Services, annual mammograms and the top five ways to prevent diabetes. You will be inspired by Jim Hansen who at age 70 is managing diabetes with exercise, diet and medications. Visit us online at www.mankatoclinic.com for more health information and resources for all of our locations and departments.



Mankato Clinic
Together we thrive.

Jim Hansen is "Living Well with Diabetes"

Jim Hansen of Elysian was diagnosed with type 2 diabetes about seven years ago. He balances healthy eating with regular exercise to help manage his diabetes. He admits he's not perfect, but he's on the right track and he's always learning.

"As you're older and you get health issues, you've got to be proactive. I want to be around as long as I can, as healthy as I can," Jim said.

This summer he took the Living Well with Diabetes course offered at VINE Adult Community Center in Mankato. The six-week class meets for about two hours once a week. He learned more about menu planning, reading food labels, exercise and diet with others who have diabetes.

"I always know I need to improve. This gave me a little more insight to better understand what I need to do," Jim said.

He's been watching calories, sugar, good and bad fats. In the class, he learned to read labels more closely and now he's looking at carbohydrates.

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Committed to the health of this region.**

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Jim Hansen is “Living Well with Diabetes”

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His classmates talked about rescue food they carry in case their blood sugar drops. He’s considering keeping rescue food in his car.

“You have to do everything you can to add to the repertoire,” Jim said.

A retired agricultural banker, Jim had a sedentary job and knew he needed to exercise more. He was pre-diabetic for several years before he was diagnosed with diabetes by Eric Storvick, MD, Mankato Clinic Internal Medicine.

“Jim has been willing to take advice from his appointments to make powerful lifestyle changes—portion control, better choices for side dishes and regular exercise,” Dr. Storvick said. “Jim is doing so well with his blood sugar, blood pressure and cholesterol that we only meet every six months.”

Jim checks his blood sugar every night before bed. He doesn’t use insulin, but he does take medications to help control his blood sugar. The medications are to be used along with diet, exercise and weight management.

Jim has also lost 30 pounds. Weight loss makes a big impact because it allows the body to be more receptive to insulin. He would like to lose 10-15 pounds more, but he wants to lose the weight gradually so he can maintain it.

He enjoys healthier options such as non-fat cottage cheese with fruit.

He swapped Thousand Island and French dressings with Balsamic vinegar and oil for less calories and sugar. He’s big on grapes and bananas.

He orders thin instead of thick crust pizza.

When he was first diagnosed, he saw a dietitian in the Mankato Clinic Diabetes and Nutrition Education Center. He may visit our dietitian again, but this time with his wife Joanne.

“It’s a team effort,” Jim said.

Jim eats three square meals—morning, noon and 5 p.m. He watches his salt intake, carbohydrates, good fats, bad fats and sugars. When he snacks in the late afternoon, he eats cashews, dry roasted nuts, hard cheese and whole grain crackers.

“I encourage patients with pre-diabetes and diabetes to reduce portions, especially sugars and liquid calories. As we age we are not burning as many calories. Regular physical exercise is essential. Move more, but start slow and build up as your overall health allows,” Dr. Storvick said.

At age 70, Jim walks daily. He currently averages 9,000 steps a day with a goal of 10,000 steps. He uses his smartphone, but he thinks getting a Fitbit

What is type 2 diabetes?

Type 2 diabetes is a chronic condition that affects how the body turns food into energy. Food is broken down into sugar or glucose. Then the pancreas releases insulin to help glucose reach our cells to be used for energy. In type 2 diabetes, the body doesn’t make enough insulin or cannot use it well. So too much glucose stays in the bloodstream which over time can cause serious health problems.

to track his activity may help him reach his goal. Besides being active, he walks on the treadmill for one hour, five days a week and lifts light weights three days a week at PMI Total Fitness in Waterville.

An avid golfer, Jim golfs both here and Panama City Beach, Florida, where he and his wife winter. He keeps trail mix in his golf cart and gets extra walking on the course by not driving right up to the golf ball. He also walks the beach.

“I encourage patients with pre-diabetes and diabetes to reduce portions, especially sugars and liquid calories. As we age we are not burning as many calories. Regular physical exercise is essential. Move more, but start slow and build up as your overall health allows.”

In Florida, they socialize and eat out more often. Sometimes the Hansens will split meals at restaurants. When they know they are going out, they will eat lightly at other meals.

Jim’s advice to others who are diagnosed with pre-diabetes or diabetes: “Learn as much as you can about it in classes like this. Learn what you need to guide you in the right direction.”

To learn more about Living Well classes, visit www.mankatoclinic.com/thrive-schedule.

IMPROVE YOUR HEALTH

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TOP 5 WAYS TO HELP PREVENT TYPE 2 DIABETES

1. WEIGHT LOSS

Being overweight increases your risk for type 2 diabetes. Losing a little weight—10-15 pounds—can make a big difference. Eat breakfast, reduce portions and add more lean proteins, fruits, veggies and whole grains to your plate. You may be surprised by how tasty healthy eating can be.

2. BE ACTIVE

Daily physical activity can help your body use insulin more effectively. Start slowly and increase your activity as your health allows. Walking is a great place to start. Being active will soon become a habit. Work your way up to 2.5 hours of heart-pumping physical activity per week.

3

Pediatric therapy can help our children thrive



By: Nancy Dobson, Physical Therapist, Mankato Clinic Pediatric Therapy Services

I cofounded Pediatric Therapy Services in 1991 and I am as passionate today as I was then to help our kids overcome challenges so they can move, play, communicate, learn and just be kids. The smiles of our patients and families show me how important these services are to our community.

That's why I am excited to see our work continue as part of Mankato Clinic. In September, the Pediatric Therapy Services staff joined Mankato Clinic. We are still located on St. Andrews Court with a satellite office at Children's Health Center.

Since our organizations had a strong partnership, this was a great way to move forward together. We believe we can better collaborate with Mankato Clinic pediatricians and specialists for the health of our children.

Our mission remains the same: To provide therapy to children in a kid-friendly environment and empower caregivers and families to help their children reach their potential.

Here's what Mankato Clinic Pediatric Therapy Services offers:

- **Physical therapy:** Physical therapy helps children who have movement problems due to an injury, illness or disability. Physical therapists help children strengthen muscles, gain range of motion and improve balance, coordination, mobility and function.
- **Speech language therapy:** Speech language therapy helps children who find it difficult to understand language, process verbal information, express themselves, articulate speech sounds, speak fluently or communicate. We also address feeding and swallowing.
- **Occupational therapy:** Occupational therapy helps children develop skills needed for daily self-care, play or school. Play is a child's occupation as it is vitally important to learning and development. Occupational therapists can identify strengths, interests and skills to balance areas of need to help a child progress.

If you have any concerns about your child's movement, speech, language or development, I encourage you to talk with your child's primary care provider. Our therapists are here to help. A referral is needed to make an initial consult appointment.

Together, we can help our children thrive.

To learn more, visit www.mankatoclinic.com/pediatric-therapy-services.

PEPTALK



Katie Keepers, MD
Obstetrics and Gynecology

Make time for a mammogram

Mammograms are one of the most effective ways to detect breast cancer. Better yet, mammograms can detect cancer in its earliest stages when it is small and easier to treat successfully.

Annual mammograms are recommended beginning at age 40. If you have a family or personal history of breast cancer, talk with your provider about getting mammograms earlier.

At Mankato Clinic, we offer 3D tomosynthesis mammograms to screen for breast cancer. This technology is proven to detect more breast cancers in women of all breast types. If you know the anxiety of being called back for further imaging after a mammogram, you can rest easy. The 3D technology reduces callbacks by 40 percent!

If you are due for a mammogram, call your primary care provider. Then simply stop in at the Diagnostic Imaging Center at our Main Street location. They will be ready for you. For your convenience, we offer *Saturday Muffins and Mammograms* on the second Saturday of each month. An appointment is needed for Saturday mammograms. Please call 507-389-8570.

You'll feel better knowing you had your annual mammogram.

To learn more, visit www.mankatoclinic.com/breast-health-imaging-1.

3. CONNECT WITH OTHERS

Look for people in your life who can support you in leading a healthy lifestyle. Your spouse, family and friends can join you in walks, bike rides, swimming and fitness classes. Plan your weekly menu of healthy meals and snacks with your spouse and family. It's easier to make healthy choices together.

4. CRACK DOWN ON SUGAR

It's easy to grab a cookie or soda in the afternoon. Instead seek foods that fuel. Try to swap cookies and candy for nuts, fruits, veggies or cheese. Trade sweetened beverages like soda, coffee drinks and even sports drinks for water or flavored sparkling water. Enjoy sweet drinks and baked goods for an occasional treat.

5. KNOW YOUR DIABETES RISK

The more you know, the more power you have to get and stay healthy. Take the **Know More Diabetes Risk Test** on our website. You can estimate your personal risk of developing diabetes, learn about risk factors and how to improve them. Visit www.mankatoclinic.com/know-more.

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Should you get a flu vaccine?

Yes. The Centers for Disease Control and Prevention recommends annual flu vaccines for everyone six months of age and older. The vaccine protects us from getting the flu and missing work or school. When you get a flu vaccine, you also help protect people around you who may be more vulnerable including babies and older people. Several studies also show a flu vaccine can reduce the severity of the illness if you do get sick.

To learn how you can get your flu vaccine at Mankato Clinic, visit www.mankatoclinic.com/flu-vaccine.

UPCOMING EVENTS

SAVE THE DATE
women's health FORUM
Tuesday, October 22, 2019

Join us for an evening of health and wellness at the Country Inn and Suites, Mankato. This annual free event features a wellness expo, complimentary light supper and program. It's topic is Brave, Strong, Imperfect Women—Stories of moms, wives and caregivers keeping it all together even when it is really, really hard. Space is limited. Register at www.mankatoclinic.com or call 507-625-1811.

Thursday, October 24, 2019 | 7:45 a.m.-5:00 p.m.
Thursday, December 12, 2019 | 7:45 a.m.-5:00 p.m.
Mental Health First Aid

Mental Health First Aid is an eight-hour training which teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. You will gain skills to provide initial support to someone who may be experiencing a crisis. The workshop is held at the Mankato Clinic for a fee of \$60, which includes lunch and materials. Mary Beth Trembley, RNC, of the Mankato Clinic Psychiatry department, teaches the course.

The course is open to all community members. Join the national Mental Health First Aid movement and be the difference!

To learn more and register for either course, visit www.mankatoclinic.com/mental-health-first-aid.

Mental Health First Aid is made possible by the Mankato Clinic Foundation.



Foundation awards grants during third quarter of 2019

The mission of the Mankato Clinic Foundation is to encourage and support the health and well-being of the community through health initiatives that promote and improve community wellness.

To support organizations that align with this mission, the Foundation has awarded \$25,700 in grants to 13 deserving organizations within the area during quarter three.

Receiving grants for quarter three are:

- Blue Earth County Human Services – RealCare Baby Curriculum (\$1,000)
- Connecting Kids – Youth sports and arts scholarships (\$4,000)
- Deva Nation – NicBluCares, online database of community resources (\$5,000)
- Feeding Our Communities Partners (\$2,500)
- House of Hope – Shared Solutions Addiction Summit (\$1,000)
- Lake Crystal Wellcome Memorial Schools – Positive Behavioral Interventions and Supports (\$1,500)
- Lutheran Social Service of Minnesota – Foster Care Mentorship (\$2,500)
- Nicollet Alliance for Prevention Against Alcohol, Tobacco and Other Drugs (\$500)
- One Bright Star – Children's Memorial Service (\$2,500)
- Options for Women Mankato – Foundations of Fatherhood (\$1,700)
- South Central Minnesota Pride Youth Division (\$1,000)
- Southern MN Independent Living Enterprises – SMILES Pedestrian Safety Chalkfest (\$2,000)
- St. Peter Area Food Shelf – Fresh Produce Distribution (\$500)

GRANT GUIDE

To be eligible for a Mankato Clinic Foundation grant, an initiative must meet one or both of the following criteria:

- It must be health related or directly improve the wellness and/or well-being of community members.
- It must support education focused on physical or mental wellness.

Grants are awarded on a quarterly basis and are considered through an application process.

More information and applications can be found at mankatoclinic.com/mankato-clinic-foundation.

The Foundation's next grant application deadline is December 1, 2019.

