

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 a fun way to encourage healthy habits in your children and ways to protect your skin from the sun's ultraviolet rays. You will meet Becca Kittelson who is taking action to prevent skin cancer and encouraging others to do the same. 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.

For Becca Kittelson, spinning and skin care go together

When Becca Kittelson leads her spin class, she reminds her spinners to wear sunscreen year-round between shout-outs to "go for speed" and "finish strong." For this certified personal trainer, proactive skin care is an important part of her health routine.

In early 2017, she scheduled her first appointment at Mankato Clinic Dermatology to get her skin checked. A member of her spin class battled stage four melanoma, the deadliest form of skin cancer. Today he is cancer free.

"He inspired me to get my skin checked," Becca said.

At 35 years old, Becca is married and a busy mom of three school-aged children in North Mankato. She understands a lot of women her age don't take time for themselves because they're taking care of everybody else.

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Committed to the health of this region.

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For Becca Kittelson, spinning and skin care go together

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As a program coordinator and instructor at Fitness for \$10 in Mankato, she is a positive role model for members. With a place in front of the class, she regularly reminds participants—including busy moms—to get skin checks and wear sunscreen.

“If I can just inspire one person,” Becca said.

Fair-skinned, Becca began to notice moles and blemishes. She has had several moles removed from her back, legs and chest. Her biopsy results have identified the moles as precancerous. That’s good news.

“I look at my scars now and it’s peace of mind that I’ve taken care of myself,” Becca said.

She sees Crista Wilkening, APRN, CNP, in Mankato Clinic Dermatology. Upon Crista’s recommendation, Becca schedules skin checks every six months. Crista expects Becca will graduate to annual skin exams in the future.

“A patient’s risk for skin cancer does increase with a history of precancerous lesions,” Crista said. “Removing precancerous moles is preventive care.”

Crista tells people to look for the “ugly duckling” or the mole that looks different. Watch for new moles and growths. Notice if the mole is changing, itching, burning or bleeding. Other warning signs for moles are asymmetrical, irregular border, variation in color or larger than a pencil eraser. If you spot it, get it checked out.

“I am starting to notice things that look different. Crista is really good about taking the time to listen,” Becca said. “So far everything is OK. It’s very reassuring that we’re catching it before it does turn into something worse.”

There are three types of skin cancer. Basal cell carcinoma is the most common and usually develops on the scalp, face, nose, neck and hands. Squamous cell carcinoma usually develops on the face, ears, lips, hands, arms and legs. Melanoma is the most serious form of skin cancer.

“The earlier skin cancer is caught, the better the prognosis,” Crista said.

While Becca was never a tanner, she got sunburns in high school and college. She also enjoyed the sun when she took her kids to the pool. In fact, most of our skin damage occurs in our teens and 20s.

The American Academy of Dermatologists says a tan is your body’s way of protecting your skin when your skin is damaged by the sun’s rays. “Tanned skin is damaged skin,” Crista said.

These last two summers, Becca has been the palest she has ever been. When her family took an island vacation recently, she enjoyed being outside but she stayed covered. Taking Crista’s advice, she returned with no tan!

She wears a wide-brimmed hat to cover her ears, scalp and neck. She will sometimes throw a towel across her lap or shoulders poolside. Becca seeks shade and loads up on sunscreen. While you can’t always keep kids in the shade, she teaches her kids to protect their skin and wear sunscreen.

“We go through a lot of bottles of sunscreen,” Becca said.

A full skin check can help detect skin cancer early when it is most treatable. Risk factors for skin cancer include fair skin, sunburns, excessive sun exposure, moles or a family history of skin cancer.

To learn more, visit www.mankatoclinic.com/dermatology or call 507-389-8538.

UPCOMING EVENTS

Thursday, April 25, 2019 | 9:00 a.m.-5:00 p.m. **Eyewear Trunk Show**

Shop the latest designer frames at the Mankato Clinic Optical Center, second floor at Wickersham Health Campus. You will receive 50 percent off all Trunk Show frames with the purchase of lenses. Outside prescriptions are welcome.

Saturday, April 27, 2019 | 9:30 a.m.-Noon **Mankato Family YMCA Healthy Kids Day**

Join us for Healthy Kids Day at the Chesley Skate Park, 161 Jaycee Court. This will be a fun event for kids and families. It’s free and open to the public.

Saturday, May 18, 2019 | 9:00-11:30 a.m. **Bloom by Mankato Moms Blog**

Join us at the Mankato Clinic Children’s Health Center for Bloom, an event for expecting moms and moms who have had a baby in the last year. Visit with other moms like you, enjoy some pampering and swag. Mankato Clinic pediatricians and obstetricians will take part in Baby Talks, which will be casual conversations on feeding your newborn and toddler, safe sleep practices for babies and postpartum mental and physical health. For tickets, visit mankato.citymomsblog.com.

BE SUN SAFE

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TOP 5 WAYS TO PROTECT YOUR SKIN

1. SPREAD ON SUNSCREEN

Generously apply to all exposed skin, including your ears, neck, hands, feet and lips. Use broad-spectrum, water-resistant and an SPF of 30 or higher. Reapply every two hours or after swimming or sweating.

Look for shady spots especially from 10 a.m. to 2 p.m. when the sun’s rays are strongest. Make your own shade with an umbrella or wide-brimmed hat.

2. SEEK SHADE

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Help our kids thrive: Do the 5210 Healthy Habits calendar



By: Brian Williams, MD, Pediatrics, Children's Health Center

We understand that raising healthy kids in today's world can be challenging. At Mankato Clinic, we want to make it easier for parents and fun for kids to adopt healthy habits. That's why we created 5210 Daily for Healthy Habits!

Use our simple calendar to shoot for these healthy goals:



5 fruits and/or veggies



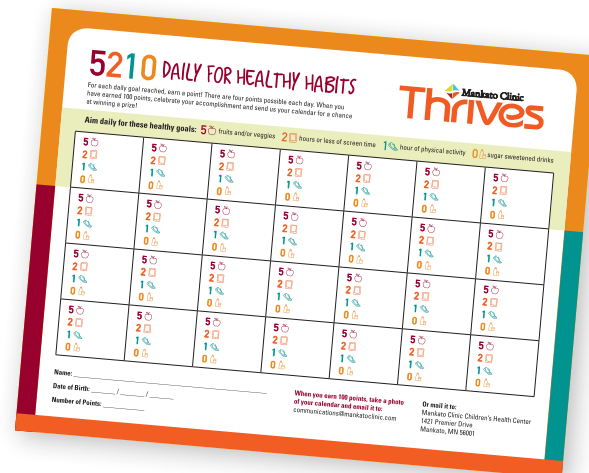
2 hours or less of screen time



1 hour of physical activity



0 sugar sweetened drinks



For each daily goal your kids reach, they earn a point! There are four points possible each day. When they earn 100 points, celebrate their accomplishment. Mail us your calendar for a chance at winning a prize. Or take a photo of your calendar and email it to us.

One of our major concerns for children is obesity. Obesity affects nearly one in five children in the United States and puts our children at a higher risk for diabetes, heart disease, asthma and bone and joint problems. Obesity can also lead to depression and lower self-esteem due to bullying and teasing.

Eating fruits and veggies, limiting screen time, being active and cutting out sugar-sweetened drinks can make a big difference in our children's health. As a family, you can make it fun. Go on bike rides, walk to the park, shoot hoops, kick the ball around, play football or tag. Eat a rainbow of fruits and veggies. Replace screen time with coloring, reading, playing, talking and goofing around.

Healthy habits today can help your children grow into healthy and happy adults tomorrow. Let's all thrive together.

Visit www.mankatoclinic.com/childrens-health-center-2 to download your 5210 Daily for Healthy Habits Calendar.

PEPTALK



Abel Alfonso, DO
Endocrinology

Take control of your diabetes

Whether you have been newly diagnosed with type 2 diabetes or managing the condition for years, it's a good idea to ask yourself if it's under control. Diabetes treatment usually includes exercise, a meal plan, medications, insulin injection and monitoring your blood sugar.

In 2018, the American Diabetes Association issued new guidelines that recommend patients take a more active role in their treatment and participate in more consistent, ongoing nutrition and lifestyle support. We are better understanding what it takes to manage type 2 diabetes.

How well is your treatment plan working for you? If you are having trouble controlling your diabetes, your medications, diet and activity may need to be tailored to you and your individual health traits. That's where an endocrinologist, a specialist in diabetes care, may be able to help.

Our Diabetes and Nutrition Education Center can also offer education, resources and support to help you better control your blood sugar through nutrition and lifestyle.

We all work together with your primary care provider. Start by talking to your primary care provider about your diabetes treatment.

3. WEAR SUN-SAFE CLOTHING

Throw on swim shirts, lightweight, long-sleeved shirts and pants as well as sunglasses with ultraviolet (UV) protection. Look for clothing with an ultraviolet protection factor or UPF of 30.

One indoor tanning session can increase your risk of developing melanoma by 20 percent. Tanning—indoors and out—can lead to premature aging and skin cancer. Try a self-tanning product instead.

4. FORGET TANNING

5. CHECK YOUR SKIN

Check your skin regularly for new or suspicious spots. Use a mirror or ask your partner to check your back and backs of your legs. If you notice anything that is changing, itching or bleeding, contact your provider.

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Meet our new providers



Katie Thompson, DO
Family Medicine, Main Street

Dr. Katie Thompson has joined Mankato Clinic Family Medicine at Main Street. While she is originally from St. Paul, Mankato has been her home for 10-plus years.

Dr. Thompson attended medical school at Des Moines University. She completed her residency at the University of Minnesota Family Practice Residency Program in Mankato. Since residency, Dr. Thompson has practiced at Mayo Clinic Health System in Le Sueur, Mankato and Eau Claire, WI.

Her clinical interests include women's health, anxiety, depression and pediatrics.

Dr. Thompson and her husband Scott have two young boys, Luke and Jake. The Thompsons recently returned from a six month working vacation in New Zealand.

"I enjoy running, spending time at the lake with family and baking with the boys," Dr. Thompson said. "In my free time, I also teach aerobics at the Mankato Family YMCA."

You may schedule an appointment with Dr. Thompson by calling Family Medicine at Main Street at 507-389-8587 or visit www.mankatoclinic.com/request-an-appointment.



Abby Tibodeau, RD, LD
Diabetes and Nutrition Education Center

Abby Tibodeau, RD, LD, has joined the Mankato Clinic Diabetes and Nutrition Education Center at Main Street. As a registered and licensed dietitian, she teaches patients with diabetes how food affects blood sugar. She also helps patients create the best nutritional plan to manage their diabetes.

Originally from Kimball, MN, she earned her bachelor of science degree in food and nutrition from Minnesota State University, Mankato. She completed a dietetic internship at the University of Delaware, Newark, DE. Most recently, Abby worked as a renal dietitian at DaVita Kidney Care in Mankato.

Her clinical interests include diabetes, chronic kidney disease and sports and performance nutrition.

Abby and her husband have three children. She coaches her daughter's hockey team and also helps coach her sons' teams.

You can learn more about the Diabetes and Nutrition Education Center at www.mankatoclinic.com/diabetes-and-nutrition-education-center.

Foundation awards grants during first quarter 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 \$89,334 in grants to 15 deserving organizations in the area during quarter one.

Receiving grants for quarter one are:

- Camp Sweet Life Adventures (\$5,000)
- Feeding Our Communities Partners (\$3,000)
- Greater Mankato Area United Way First Steps (\$30,000)
- Greater Mankato Area United Way Project Community Connect (\$1,000)
- Greater Mankato Diversity Council Promoting Respect Workshops (\$4,000)
- Leisure Education for Exceptional People scholarships (\$2,784)
- Maple River Loaves and Fishes (\$2,000)
- Maple River West Elementary Positive Behaviors Intervention Supports (\$2,500)
- Minnesota Brain Injury Force (\$2,500)
- Minnesota Council of Churches-Mankato Area Refugee Services (\$20,000)
- MRCI Adventure Education scholarships (\$1,800)

- S.S. Boutique Resource Center (\$1,000)
- South Central College student scholarships (\$10,000)
- South Central Service Cooperative SCRUBS Camp scholarships (\$750)
- The Salvation Army of Mankato Mobile Outreach Meals (\$3,000)

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 June 1, 2019.

