

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 the not-so-sweet facts about sugar, ways to cut back on sugar and how to ease into exercise. You will meet Jim Levandowski who has found mindful eating and exercise have made a big impact on his health. 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.

Mindful eating and exercise lead to a healthy, active life

When Jim Levandowski of North Mankato was diagnosed with diabetes in 2014, he transformed his life with mindful eating, exercise and support.

"I live an active lifestyle now. Before I was sedentary. The writing was on the wall that I wasn't going to be around much longer if I stayed on that path," Jim said.

Today his diabetes is controlled through healthy eating and exercise. He is grateful for his wife Susan for being his rock and cheerleader. He is closer to his three sons because he can participate more fully in their lives. Before he could not attend their choir concerts and sports events. Now he can. He even volunteers at his youngest son's school. Two of his sons are grown now and he can visit them by car and plane. That wasn't possible in 2014.

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Committed to the health of this region.

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Mindful eating and exercise lead to a healthy, active life

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Mankato Clinic Family Physician Dr. Michael Fraley referred Jim to the Diabetes and Nutrition Education Center. He learned to manage his diabetes through blood glucose monitoring and understanding how food choices impact his blood glucose levels. He also learned to balance carbohydrates with protein, vegetables and a healthy fat to slow down digestion and prevent blood sugar spikes. Within six months, he did not require insulin therapy.

“I really had a better idea what I was doing as far as my diet,” Jim said. To prepare for bariatric surgery in 2016, Jim returned to the Diabetes and Nutrition Education Center to work with Erin Gonzalez, RD, LD, to assist with long-term behavioral change. Erin introduced Jim to mindful eating, an approach that focuses on understanding his relationship with food. Erin partners with Connie Meyer, licensed independent clinical social worker, and Darcie Jacobs, Psy.D., to give patients the tools of mindful eating.

“Mindful eating allows us to become more present and intentional around our food choices while relearning to be the expert of our own nutritional needs and body cues. Our goal is to feel better at the end of eating than we did when we started. If we become present and notice how eating experiences impact our energy, mood, sleep, health, we are more likely to make eating decisions that balance eating for enjoyment and nourishment. Your body naturally seeks balance if you listen to it,” Erin said.

Mindful eating changed Jim’s life. He had tried diets, but the diets were short-term fixes not a long-term solution. He learned to listen to his body cues to tell him when to eat and when he was full.

“When I reach a comfortable level, I stop and evaluate if I’m full. If I wait 15 minutes and I’m still hungry, then I can eat a little more,” Jim said.

Jim realized he was mindlessly eating and reaching for food out of boredom, stress, sadness or anxiety. He addressed his mental health issues by seeing professionals in the Mankato Clinic Psychology and Psychiatry departments.

“You do need that support. You can’t fight mental health on your own,” Jim said.

Jim was challenged by back pain which made it difficult to exercise. He went to a physical therapist and began exercising in a therapy pool. Eventually Jim progressed to a mix of cardiovascular exercises, strengthening and stretching which he does five times a week. His physical therapist developed the workouts to target his range of motion. He also

walks in the Madison East Center and recently joined a gym. He still needs medication to manage his back pain, but just enough so he can exercise.

“Exercise has given me a lot more energy, drive and stamina to do daily life activities. Before I was stuck in my chair,” he said.

“I’ve learned so much during this process. I knew I wanted to share this with other people so they could experience this same success.”

All told, Jim lost 240 pounds with diet, exercise and surgery. He is sharing what he learned by leading a mindful eating support group in the community. They meet regularly for open discussion, workbook activities and expert speakers.

“I’ve learned so much during this process. I knew I wanted to share this with other people so they could experience this same success. We’ve seen people follow through with their goals and make substantial changes,” he said.

Jim was not one to ask for help. Now his advice to others who are struggling with obesity and chronic conditions is to reach out for professional help and look for resources in your community.

“I feel like I’m 30 again,” Jim said. “When my sons have grandkids I’ll be able to play with them.”

To learn more, visit www.mankatoclinic.com/diabetes-and-nutrition-education-center.



Tuesday, March 19, 2019
Sleep Center Open House
4:30-6:30 p.m.

Join us for an open house from 4:30-6:30 p.m. at the J. Scott Sanders Center for Sleep Medicine in Mankato. Get the facts on sleep apnea and its effects on your health and safety. You may tour the center and learn about sleep studies and advances in CPAP machines. Dr. Lisa Davidson and Dr. Rachel Ziegler will present information.

EAT BETTER

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TOP 5 WAYS TO EAT LESS SUGAR

1. SEEK SATISFACTION

Next time you go for a sweet, try giving the food all your attention, taking small bites and savoring each one. After two bites, see if it meets your expectations. If it doesn’t, why eat it? Stop eating it and promise yourself to get something that will meet your expectations another time.

Start your day with a protein-rich meal to keep you feeling more satisfied and your energy level more consistent. Take time on Sunday to hard boil eggs or bake muffin pans of scrambled eggs for the week. Oatmeal, cottage cheese, whole-wheat toast with peanut butter, plain Greek yogurt with nuts and fruit are also good fueling foods.

2. EAT A FUELING BREAKFAST

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The bitter truth about sugar



By: Manpreet Kanwar, MD, Cardiovascular Medicine

Sugar is prevalent in our everyday foods. Natural sugars found in fruits, vegetables, milk and grains are fine. However, sugars added to our processed foods, drinks and condiments may increase your risk for heart disease.

The American Heart Association recommends no more than 100 calories of added sugar per day (six teaspoons) for women and children and 150 calories (nine teaspoons) for men. Yet the average American consumes 355 calories of added sugar a day.

While soda is high in sugar, sports and fruit drinks also contain added sugar. Sugar is hidden in many foods such as yogurt, energy and granola bars, cereal and salad dressing. Then there are candy bars, cookies, ice cream and donuts.

Eating too much sugar puts you on a roller coaster ride of highs and lows. Sugar triggers feelings of happiness and pleasure in your brain. When the feeling subsides, you reach for more sugar. Some research shows the brain’s reaction to sugar resembles addiction.

Another problem is a diet high in sugar may lead to weight gain and obesity. Eating lots of added sugar increases our risks for high blood pressure, high cholesterol, diabetes and inflammation in the body. These factors put us at a higher risk for heart attack and stroke.

Small changes in your diet can make a big difference. Start by being aware of the sugar in your daily foods by reading the labels. Added sugars will end in the letters “ose.” Think fructose and dextrose. Syrup, molasses, cane juice and fruit juice concentrate are also added sugar.

I tell all my patients to eat whole foods and lots of fruits and vegetables packed with nutrients. You may find you feel more full and satisfied. Remember, you can still have some added sugar. Consider enjoying traditional desserts once a week.

Below, you’ll find the Top 5 Ways To Eat Less Sugar.

To learn more, visit www.mankatoclinic.com/thrive.

PEPTALK



Katie Swanson, PT, DPT
Physical Therapy

Ease into exercise

If exercising is your New Year’s resolution, you can set yourself up for success. Begin by setting realistic and specific goals. When you achieve a goal, reward yourself with new exercise apparel or equipment.

Start with short durations of exercise when beginning a new program. A walking program is an easy way to begin exercising as it does not require special equipment. Walking five to ten minutes a day, and gradually increasing your time, will reduce the risk of injury.

Exercise with a friend so you can hold each other accountable. If that’s not convenient, you can check in with your friend by phone or join an exercise group on social media. You’ll have more fun and receiving encouragement from others will keep you motivated.

Mix it up by trying different activities; this will also reduce your risk for injury. Trying a variety of activities will help you find a combination that you really like and enjoy. If you enjoy what you are doing, you will be more likely to stay consistent.

Always look for ways to bring movement into your day. Avoid prolonged sitting or park farther from the building. Doing a little bit every day is great start!

Talk to your provider before beginning an exercise program.

3. MAKE CHOICES, NOT HABITS

Choose sweetened beverages for an occasional treat instead of a daily habit. Anything you do daily will impact your health. Sweetened beverages are high in calories with little to no nutrition. A can of Coke has nine teaspoons of sugar. Many popular coffee drinks have more than that. Try sparkling water and unsweetened tea instead.

Do you graze on snacks between meals? Many favorite snacks lack nutrient balance. Track your snacks and see how long it takes you to reach for another. Snacks that balance carbohydrates with protein and a healthy fat will keep you satisfied longer. Greek yogurt, tuna, veggies and hummus, nuts and cheese, apples and peanut butter are fueling snacks.

4. EXPLORE FUELING SNACKS

5. FIND ENERGY IN MOVEMENT

Exercise can give you feelings of happiness and pleasure similar to an afternoon pick-me-up of a sweetened drink or candy bar. After lunch or late afternoon when you’d normally reach for a sweet treat, try a short walk to increase blood flow and oxygen to the brain.

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Meet our new providers



Nathan Evers, PharmD Medication Therapy Management

Nathan Evers, PharmD, is Mankato Clinic's first clinical pharmacist. A clinical pharmacist provides patient care that optimizes medication therapy and promotes wellness and disease prevention.

As a clinical pharmacist, Nathan practices medication therapy management. He reviews

patient records to ensure medications are appropriate and work effectively with other medications being used. His goal is to find the optimal medication therapy for each individual patient

"I believe that we can achieve great outcomes when our approach to health care is patient-centered and team-based. As a clinical pharmacist, I strive to use my knowledge of medication therapy to help the health care team achieve the best outcomes possible," Nathan said.

He began his career as a Hy-Vee pharmacist so he understands the burden high-cost medicines place on patients. That's why he looks for alternative medications that cost less while maintaining the quality of care.

His clinical interests include diabetes, chronic obstructive pulmonary disease (COPD) and heart failure.

Originally from Mason City, Iowa, Nathan graduated from the University of Iowa College of Pharmacy, Iowa City. To practice in a medical facility, he completed his pharmacy residency at Mercy Medical Center-North Iowa.

Nathan is married with two young children. He enjoys spending time with his family, outdoor activities, traveling to new places and learning about other cultures.



Nicole Fischbach, FNP Family Medicine, Wickersham

Nicole Fischbach has joined Family Medicine at Wickersham as a family nurse practitioner. For Nicole, the most rewarding aspect of family medicine is getting to know her patients and families and developing a trusting relationship.

"I thrive on helping patients reach their optimum health so they can enjoy life to its fullest extent. My goal is to take the time to truly understand each of my patient's goals and provide exceptional patient-centered care," she said.

Her clinical interests include pediatrics, family medicine and diabetes care.

Nicole joined Mankato Clinic in April 2014 as an RN medication lead. She earned her family nurse practitioner degree at the University of North Dakota, Grand Forks.

Originally from Cottage Grove, Nicole enjoys camping, traveling, being outdoors, yoga and spending time with her family.

You may schedule an appointment with Nicole Fischbach by calling Wickersham Family Medicine at 507-385-4060 or visit www.mankatoclinic.com/request-an-appointment.

2018 Mankato Clinic Foundation grants in review



In the last 10 years, The Mankato Clinic Foundation has provided more than \$1.4 million in grants and scholarships to worthwhile organizations, programs and projects within the areas they serve.

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.

The organizations that the Foundation supports are living out its mission with the work they do and the Mankato Clinic Foundation is proud to support them.

Organizations that the Mankato Clinic Foundation helped fund in 2018 include:

- Aging Services for Communities
- Arts Center of Saint Peter
- Camp Sweet Life Adventures
- Centenary United Methodist Church – Holy Grounds Breakfast
- City of Mapleton Park Board
- Connections Shelter
- ECHO Food Shelf
- Friends of Learning
- Greater Mankato Area United Way
- Greater Mankato Diversity Council
- Horn of Africa Aid and Rehabilitation Action Network
- House of Hope
- Jonathan Zierdt Cancer Fund
- Junior Achievement of Greater Mankato
- Lake Crystal Area Recreation Center
- LCWM Elementary School Positive Behavioral Interventions and Supports
- Leisure Education for Exceptional People (LEEP)
- Mankato Area Public Schools – Project Lead the Way
- Mankato Ballet Company

- Mankato Curling Club
- Mankato Family YMCA
- Minnesota River Area Agency on Aging
- Miracle League of North Mankato
- Minnesota State University, Mankato – Camp Maverick
- National Council for Behavioral Health – Mental Health First Aid
- PACT Ministries
- South Central College
- St. Peter Area Food Shelf
- St. Peter Recreation and Leisure Services Department
- Mapleton's Community Closet
- The Salvation Army of Mankato
- VINE Faith in Action
- Washington Elementary PTO
- Waterville Area Youth Football Team
- Wellcome Manor Family Services
- YWCA Mankato
- #growMANKato

Ongoing support of Project Grants for:

- Boys & Girls Club of Mankato
- Children's Museum of Southern Minnesota
- ImPACT – Concussion management program
- South Central College Foundation – Scholarships for students entering the healthcare field
- United Way – First Steps Program

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.