

Executive Health Notes

Mayo Clinic Scottsdale Executive Health Program



Dear Executive Health Program Patient,

The comments and suggestions you've given us about *Executive Health Notes* are appreciated, and we look forward to continuing to hear from you. We've learned that you'd like to know more about other programs and services at Mayo Clinic Scottsdale.

There's a wide range of services at Mayo Clinic Scottsdale that you can access as a member of the Executive Health Program. Nearly 270 physicians in over 66 specialties are available to serve you. With laboratory, X-ray, diagnostic and treatment services all located in our Mayo Clinic Scottsdale campus, you and your family will find almost everything to meet your comprehensive healthcare needs.

In fact, many of our programs rank among the top in the nation. For example, the Organ Transplant Program that opened at Mayo Clinic Scottsdale in 1998, including liver and kidney transplantation and a pancreas transplant program to open soon, ranks in the top five percent of transplant programs in the country. Our comprehensive Cancer Center includes some of the most advanced cancer diagnosis and treatment programs in the country. A full range of cosmetic surgery capabilities and a Center for Reproductive Medicine with exceptionally high success rates for infertility issues are also available.

In the 15 years since Mayo Clinic opened its doors in Scottsdale, it has provided care for nearly 600,000 patients – including you! My colleagues and I look forward to continuing to serve you for many years to come.

Robert Orford, M.D.

Executive Health Program Director, Mayo Clinic Scottsdale



New BOD POD Measures Body Fat for Fitness

Providing important benefits from measuring fat and lean body mass, the new BOD POD Fitness Indicator at the Executive Health Program is an innovative new tool.

The BOD POD Fitness Indicator is based on the same whole-body measurement principle as underwater weighing, but uses air instead of water to accomplish this task. The patient enters the fiberglass-enclosed chamber, and in less than five minutes, the test is completed. During the test, the patient relaxes and breathes normally while the dual chamber machine measures body volume by changes in pressure.

Experts say it's important to know more than just your weight if you want to accurately measure fitness. An increase in body fat and loss of muscle mass can occur without noticeable weight change. A large muscular person, for example, can be overweight without having excess body fat, while another person can look trim yet have a high percentage of body fat. Test results from the BOD POD Fitness Indicator enable physicians to pinpoint patients' diet and exercise needs.

On the Forefront – New Information for Your Health

Eat Your Way to Health with New Food Pyramid

Serious about losing weight? Then stock up on filling, but low calorie foods as recommended by the new Mayo Clinic Healthy Weight Pyramid.

The pyramid offers an innovative tool to manage weight and improve health. The focus of the new Food Pyramid is on long-term healthy eating and activity habits. Not all foods within a group provide the same health benefits, even though they may contain the same number of calories, so healthier choices within each of the five food groups are emphasized.

Here are some unique features of the Mayo Clinic Healthy Weight Pyramid:

- It emphasizes healthier choices within each of the five food groups (fats, proteins/dairy, carbohydrates, fruits and vegetables) because foods within a group may provide different health benefits even though they may contain the same number of calories.
- Its focus is weight management.
- Fruits and vegetables, rather than carbohydrates, are located at the bottom of the pyramid because these foods are very low in calories and high in health-enhancing benefits.
- The pyramid allows unlimited intake of whole, fresh or frozen fruits and vegetables because they are packed with nutritional benefits and they help control overall calorie intake.

SWEETS

Up to 75 calories daily

FATS

3 to 5 daily servings

PROTEIN/DAIRY

3 to 7 daily servings

CARBOHYDRATES

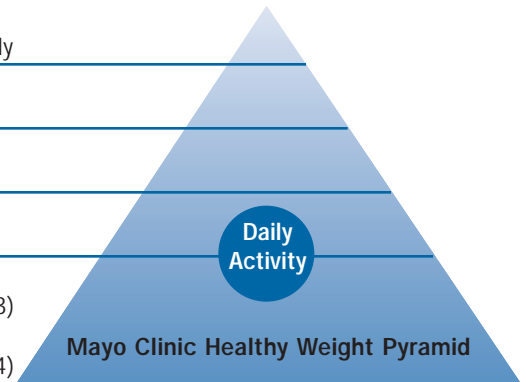
4 to 8 daily servings

FRUITS

Unlimited (minimum 3)

VEGETABLES

Unlimited (minimum 4)



- Because daily physical activity is central to managing weight and improving health, it is located right in the middle of the pyramid.

Managing weight and improving health – the two main goals of the pyramid approach – are almost inseparable. Many popular weight loss programs may show quick results but don't improve health. And they probably won't result in long-term success. By emphasizing healthy eating and activity habits, the Mayo Clinic Healthy Weight Pyramid provides success over the long-term.

For more information on-line about the new Mayo Clinic Healthy Weight Pyramid, visit www.MayoClinic.com.

Herbal Supplements

Think you know all about the herbal supplements you take? Maybe not, according to the March 2002 issue of *Mayo Clinic Health Letter*. Although 60 million Americans use over-the-counter herbal supplements, information on effectiveness and proper use is often vague, misleading and conflicting.

Here are some facts about common herbal supplements that you won't find on the product labels:

Ginkgo: Studies show that ginkgo can provide a modest improvement in memory. But, because herbal supplements aren't regulated, it's difficult for consumers to know if they are getting dosages and product quality similar to those proven effective.

Echinacea: There's no evidence that echinacea will prevent or cure a cold, but it might shorten the duration of or lessen severity of cold symptoms. There's concern that echinacea can become toxic to

the liver if used for more than eight consecutive weeks.

Ginseng: There's no proof for claims that ginseng increases athletic or sexual stamina or reduces the effects of aging. Studies have shown that it may have a positive effect on the immune system and may aid slightly in the body's ability to cope with stress. However, it can also cause hypertension, insomnia, increased heart rate, and in excessive amounts ginseng addiction.

Ephedra (ma-huang): This heart stimulant is marketed as a safe way to lose weight. Any small benefit it generates in weight loss is outweighed by many increased health risks including headaches, high blood pressure, insomnia, heart attack, seizures, psychosis and stroke. It's even riskier if you have diabetes, heart disease, hypertension or seizure disorder.

Beat Melanoma with Awareness

When it comes to melanoma, a deadly form of skin cancer, early detection is key. If caught early, melanoma can be successfully treated. Check your skin regularly, noting the pattern of moles, freckles and other marks, and see your doctor promptly if you notice changes in color, size or shape. Any unusual sore, lump, blemish, marking or change can be a serious warning sign.

If you have one or two of these six risk factors, odds of developing melanoma increase by more than three times:

- A family history of melanoma
- Having red or blonde hair
- Marked freckling on your upper back

- A history of three or more blistering sunburns before age 20
- A history of three or more years working at an outdoor summer job as a teenager
- Pink or red blemishes, called actinic keratoses, that are sharply outlined, flat or elevated above the surrounding skin, and rough in texture

The good news: Melanoma can be cured if diagnosed and treated before spreading into deeper tissues. Timing is everything. So take some extra time to check your skin every month and visit your doctor annually for a more thorough exam.



Dr. Callies Retires

Executive Health Program physician Dr. Quinton Callies, retired this year after more than 28 years of service to Mayo Clinic. He joined Mayo Clinic in Rochester, MN, as an allergy specialist in 1974, and transferred to the Scottsdale facility when it opened in 1987. Since 1999, Dr. Callies has been a member of the Executive Health Program team. He will be greatly missed by all.

Personalized Assistance for International Patients

International patients coming to Mayo Clinic Scottsdale can count on highly personalized assistance at the Alberto Baillères International Patients Center. Services include help with scheduling appointments, assistance with questions about billing, insurance and hotel accommodations, and arranging for an interpreter in a variety of languages – including sign language.

To take advantage of these free services, available to International patients at both the outpatient Clinic and at the Mayo Clinic Hospital, please call 480-301-7101 and have the following patient information available:

- Patient's name, as it appears on passport
- Address
- Date of birth
- Brief explanation of current medical problem
- Preferred date of appointment



health
tips

CIGAR SMOKING

Source: MayoClinic.com

Did you know...

- Cigar smoking in the United States has increased nearly 50 percent since 1993. Adults with higher income levels and education contribute to much of this increase, while the newest smokers are teens and young adult males.
- Like cigarette smoking, health risks from cigar smoking increase with the number of cigars smoked daily. While many cigar smokers don't fully inhale, they're still exposed to smoke in their oral cavity, as well as secondhand smoke in the smoking environment.
- Cigar smoke contains as many poisonous chemicals as cigarette smoke, so cigar smokers are at risk for the same smoking-related illnesses and are four to ten times more likely to die from lung and laryngeal cancers than nonsmokers.

FAQs about Executive Health Program Visits

What Should I Wear?

Casual comfortable clothing is best. You'll be changing into hospital gowns often during your visit here, so wear something easy to take on and off. Remember, the Clinic temperatures can be cool, even during summers, so it's best to bring a sweater. Comfortable shoes help, and you'll need running shoes and a tee shirt if you're having a treadmill test, and a bathing suit if you're having body fat analysis.

What information should I bring with me?

Prior to your visit, you'll be asked to complete healthcare questionnaires and return them via mail or fax so your exam can be scheduled. When you come for your visit, however, please bring copies of your primary care physician's clinical notes, X-rays, CT and MRI scans.

Is there a place I can do work between appointments?

Because your appointments are expedited, it's unlikely you'll have a lot of time between appointments. Unfortunately, there is not an area for executives to plug in a laptop computer.

Who to Call

Questions/Concerns/Appointments

Suzanne Forth	Coordinator	480-301-6412
Kimberly Schmall	Assistant Coordinator	480-301-4034
Marianne Pearce	Assistant Coordinator	480-301-4465
Chris Kowalski	Executive Health Scheduler	480-301-9107
Nicole Ukens	Executive Health Scheduler	480-301-9107
Fax Number		480-301-9644

Billing Questions

Laura Stodolak	Financial Services Coordinator	480-301-8165
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Physicians and Administrative Assistants

Dr. Robert Orford	Kim St. John, Assistant	480-301-7379
Dr. Michael Covalciuc	Laura Taylor, Assistant	480-301-8285
Dr. Connie Mariano	Maddy Williams, Assistant	480-301-4481
Fax Number		480-301-7569

Did you know...

Spouses may attend the Executive Health Program at Mayo Clinic Scottsdale too!

Spouses may complete the same medical exam and testing that executives do, adjusted for their age and gender. For information about scheduling an Executive Exam for a spouse, call 480-301-8088.