

# Executive Health Notes

Executive Health Program at Mayo Clinic in Scottsdale

## Staying Healthy for Present and Future Generations



Wanda Bowen sets the example for daughter, Natalie and granddaughter, Sophia.

Wanda Bowen is taking steps to ensure history doesn't repeat itself. Her mother survived breast cancer, but her sister died of the disease two years ago. As a result of lumps found twice in her Executive Health Program exams, she herself has had two breast biopsies and a lumpectomy. Everything thus far has been benign, but the presence of possible pre-cancerous cells has been indicated. So, when asked to volunteer for a clinical trial designed for postmenopausal women at high risk of developing breast cancer, she agreed.

Bowen was one of the early Mayo Clinic participants in the STAR Study which began in 1999. The STAR Study stands for the Study of Tamoxifen and Raloxifene. The study compares the effectiveness of each drug in preventing breast cancer, as well as the side effects of each.

Executive Health Program participants for the past 10 years, Bowen and her husband Robert started in the program in Rochester and continued in Scottsdale when they moved to Arizona in 1996.

"I feel I am being monitored very closely, which is reassuring," says Bowen. "The Executive Health Program and the care through the clinical trial have both been great. Everyone seems so organized and efficient. I feel confident that if anything shows up, they will find it."

As a participant in the STAR Study, Bowen is seen twice a year by the oncologist and to have an annual mammogram, gynecologic exam and lab work. Her health will continue to be monitored even beyond the end

of the five-year study which closes this summer.

According to Lynn Bower, RN, clinical research coordinator, there are a number of reasons why people choose to participate in clinical trials.

"For one thing, you know your health is being very closely monitored," she says. "For another, you know you're going to be helping future generations. For those of us who've seen parents and grandparents suffer from cancer, it's a great legacy to ensure that we and our children don't face the same fate."

Bowen couldn't agree more, especially now that she has a new baby granddaughter, Sophia.

"Because of my history, I'm very concerned about my daughter, my nieces and now my granddaughter," she says. "I've told them all that this is something to be aware of and that early detection is critical, especially when you're at high risk. Having my health closely monitored has just become habit."

Clinical trials in many areas are ongoing at Mayo Clinic. For a listing, visit [www.mayoclinic.org](http://www.mayoclinic.org) and click on "Research at Mayo Clinic." If you're interested in participating, talk to your physician for more information.

### Recent Advance in Breast Cancer Treatment *Intraoperative Radiation Used Successfully During Surgery*

Patients undergoing surgery for early stage breast cancers can now receive one of the world's most advanced, effective and rare forms of cancer-fighting radiation therapy, Intraoperative Electron Radiation (IOERT). Mayo Clinic Hospital in Phoenix has one of only nine FDA-approved mobile IOERT machines in the world. Patients treated with this device receive a powerful, concentrated beam of electron radiation delivered directly to cancerous tumors while they are exposed during surgery. IOERT maximizes the dose of radiation given to the tumor while minimizing the amount of radiation damage to surrounding tissues.



### ***Dear Executive Health Program Participant:***

It's one thing to make the commitment to your annual exam...but what do you do after the exam is over? Do you think, "Well, that's it for another year," and return to a busy work and family life? Or do you think about what you have learned about your health and not only plan to change your diet, exercise and other health behaviors, but actually *do* it?

Dr. Lester Breslow, one of the most eminent preventive medicine specialists in the United States, has said, "It is what you do hour by hour, day by day, that largely determines the state of your health, whether you get sick, what you get sick with and perhaps when you die."

Approximately 50 percent of the deaths in this country are attributable to lifestyle factors, behaviors that can be changed. It takes about three weeks to change a behavior and three months to solidify the change. So, when you have your next executive health exam, make a point of choosing at least one behavior to change and work conscientiously to change it for at least three weeks. For example, tie a ribbon to your steering wheel to remind you to buckle up or hire a personal trainer for a few weeks to get you on the right track for your exercise program. You'll be glad you did and so will your doctors when we see you back for next exam!

Robert Orford, M.D.  
*Director, Executive Health Program  
Mayo Clinic in Scottsdale*

## **To Supplement or Not?**

*Mayo Clinic in Scottsdale Provides 10 Tips for Using Vitamins and Supplements Wisely*

The reports are everywhere and the recommendations are often contradictory and confusing. Magazine articles, Web sites and friends are all urging you to supplement your diet with vitamins, minerals and herbs. But should you do it? And if so, how much should you take?

Supplements are not inherently good or bad. It all depends on how you use them. If you're considering supplements, here are some factors to consider:

- 1) **Look at your overall health habits.** Stop smoking. Start exercising. Clean up your diet. After you've done these things, then it may be reasonable to think of taking supplements.
- 2) **Whole foods are your best source of nutrients.** Fill your diet with whole grains, lean meats and dairy products. Most importantly, eat plenty of fruits and vegetables – the more colorful, the better.
- 3) **Avoid "megadoses."** More is not necessarily better. Check dosages with your physician.
- 4) **Consider just one good multi-vitamin supplement.** Choose one that provides about 100% DV (daily value) of all the vitamins and minerals.
- 5) **Emphasize quality.** The USP symbol ensures that supplements meet standards for strength and purity established by the U.S. Pharmacopeia (USP).
- 6) **Track effectiveness.** Let your physician take a look at your supplement bottles. Discuss the effect you're hoping to obtain. Track your observations and choose an end-point for evaluating whether or not it was effective.
- 7) **Remember – just because it's natural, that doesn't mean it's safe.** Many supplements interfere with medications and even with each other. Check with your physician about potential interactions.
- 8) **If you are at risk for heart disease, consider fish oil.** Research shows that fish oil supplements may be helpful in protecting against heart disease. Still, eating fish twice a week may be just as effective.
- 9) **If you're planning on getting pregnant, take folic acid.** The research is very strong that folic acid helps prevent neural tube defects.
- 10) **For women, calcium is important.** Women should get 1,200 mg. of calcium each day. But consider that you may already be getting an adequate amount from dairy products and green leafy vegetables.

Remember, supplements are not substitutes. They can't replace the hundreds of nutrients in whole foods which you need for a nutritionally balanced diet. But, in conjunction with a healthy lifestyle, supplements can be used effectively to bolster your health.

## Mayo Clinic Collaborates with Arizona Community

Collaboration is in full bloom this spring as Mayo Clinic moves forward in forging partnerships with several key entities such as Arizona State University (ASU), the Translational Genomics Research Institute (TGen) and Hospice of the Valley. Here are some highlights:



Leaders from Mayo and the community hold groundbreaking ceremonies for new building projects.

- **The Mayo Clinic Collaborative Research Building** is a 110,000-square-foot biomedical research building to be located on the Scottsdale campus of Mayo Clinic. Scheduled to open in early 2005, it will house research laboratories for a subsidiary of Phoenix-based TGen, Mayo Clinic and other research collaborations.
- **Hospice of the Valley** is building a 12- bed hospice home on the Mayo Clinic Hospital campus. The structure will be a home-like setting for patients whose needs are better met in an inpatient environment. As with all Hospice of the Valley inpatient units, families will be welcome around the clock.
- A **Mayo Clinic/ASU Memorandum of Understanding**, brings together clinical and investigative interests directed toward medical research and development. Potential collaborations include neuroimaging, receptor biology, microdevices and vaccine development. Arizona Technology Enterprises and Mayo Medical Ventures will work in partnership to bring technologies developed through this collaboration to the market place.

## Fortune Names Mayo Clinic Top Employer

*Fortune* magazine has named Mayo Clinic as one of the nation's top 100 places to work – number 35 to be exact. Mayo Clinic was one of only a handful of health care organizations to be honored. *Fortune* based its ranking primarily on employee surveys which gave high marks to Mayo Clinic management and retention.

Victor Trastek, M.D., chair of the board of governors of Mayo Clinic in Scottsdale, himself a 27-year veteran of Mayo Clinic, credits the organization's founders with its success.

"Why does anybody go into health care? To take care of people," he says. "It doesn't matter whether you're a doctor, nurse or house-keeper, you are always taking care of patients. Mayo focuses on patients. In fact, our founders, William and Charles Mayo, developed the 'patient-centered' concept that increasingly influences modern day healthcare decisions."

Here's what *Fortune* had to say about Mayo Clinic in its brief summary:

*What makes it so great? Doctors' fixed salary means they spend more time with patients. Perks include serene natural settings (and predator protection: five alligators and 42 rattlesnakes were caught last year at clinics in Florida and Arizona, respectively!).*

Now that's reason for Mayo Clinic employees and patients to celebrate!

## Who to Call

Appointments  
480-301-4465

Questions/Concerns  
480-301-6412  
Suzanne Forth, Coordinator

General Information  
480-301-8088 (recording)

Fax Number  
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[www.mayoclinic.org/executivehealth/scottsdale.html](http://www.mayoclinic.org/executivehealth/scottsdale.html)

Billing Questions  
480-301-8165  
Laura Stodolak,  
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Jim Hammond, Director

### Physicians and Administrative Assistants

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## Estrogen's Effects on Chronic Diseases Remains Unclear

Over the past several decades, the practice of "replacing" estrogen lost at menopause has been thought to prevent not only the symptoms of menopause itself, but also a host of other health issues such as coronary heart disease and hip fractures. Results of the largest study on the issue to date show this link remains unclear. Results of the estrogen-only arm of the Women's Health Initiative Study were recently published in the April 14, 2004 issue of the *Journal of the American Medical Association*.

The randomized study began eight years ago following postmenopausal women using estrogen (estradiol) and progesterone (medroxyprogesterone acetate) and in those who had had a hysterectomy, 0.625 mg. of conjugated estrogen only. The first arm of the study with progesterone and estrogen was halted early due to risks outweighing benefits, especially in terms of cancers and coronary artery disease and stroke. The estrogen-only arm continued and was stopped in January 2004, 10 months early. The study

showed that in women taking estrogen alone, there was a small increase in the incidence of stroke and a small decrease in the number of hip fractures. Surprisingly, the effect of estrogen only on breast cancer appeared to be a decrease and will require further study since this result has not been observed in other studies to date.

Marcia Ko, M.D., Mayo Center for Women's Health, has been an investigator with Women's Health Initiative. She says the study is providing further data for patients and doctors advising patients about hormone replacement and its effects.

"Does the study substantially change how we are practicing? This is an individual decision that needs to be viewed in a comprehensive way in terms of circumstances and risk factors," she says. "Although we know that hormone replacement relieves the symptoms of menopause, the other risks and benefits of therapy must be weighed and discussed. As always, we recommend the smallest dose for the shortest duration."

### Did you know...

Appointments with Mayo Clinic specialists and surgeons, including the Executive Health Program physicians, are more readily available during the months of May through September than at other times of the year. And hotels and restaurants in the Scottsdale area are more accessible, too. To schedule your Executive Health Program appointment call 480-301-4465.



**Mayo Foundation**  
**Mayo Clinic Scottsdale**  
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