



Executive Health Notes

Mayo Clinic Scottsdale Executive Health Program

Welcome to the kick-off edition of *Executive Health Notes!*

We're looking forward to providing you with health tips, useful healthcare information and updates about new programs and services at the Mayo Clinic Scottsdale Executive Health Program.

Taking Time to Stay Healthy

Since we first began the Executive Health Program at Mayo Clinic Scottsdale in 1987, we've learned that our staff and our patients from throughout the U.S. and around the world share some common goals.

We share your desire to catch potential medical problems at the earliest stages. We want you to have the most current information about ways to prevent medical problems. And we understand your need to receive thorough and accurate diagnostic and treatment services in the most expedient way possible.

Generally, the people who come to the Executive Health Program are healthy and want to stay that way. That's why we've developed a streamlined, yet comprehensive program designed to address nearly every question or concern you may have—most often in no more than two days.

Please take a few moments to read and enjoy this, and every, semi-annual edition of *Executive Health Notes*. I welcome your thoughts about the kinds of articles and information you'd like to see in the future, and invite you to write us or call 480-301-6412 with your suggestions.

Robert R. Orford, M.D.

Director, Executive Health Program, Mayo Clinic Scottsdale

Our Staff

MEET



Robert R. Orford, M.D., M.S., M.P.H.
Medical school: McGill University, Montreal

Special interests: Executive health, aerospace medicine (FAA senior aviation medical examiner), occupational and environmental medicine, preventive medicine and public health

Did you know? Dr. Orford is chair of the Division of Preventive and Occupational Medicine. He was Deputy Minister of Community and Occupational Health in Alberta, Canada before 1988 when he joined the Mayo team.



Michael A. Covalciuc, M.D., M.P.H.

Medical school: University of Nebraska College of Medicine, Omaha

Special interests: Executive health, occupational and environmental medicine, workers' compensation, wellness examinations and health counseling

Did you know? In high school, Dr. Covalciuc was an all-state football player in Nebraska. He was chair of the Division of Preventive and Occupational Medicine at Mayo Clinic Scottsdale from 1989 to 1999.



Quinton C. Callies, M.D.

Medical school: University of Wisconsin Medical School, Madison

Special interests: Executive health, allergy and immunology

Did you know? Dr. Callies is an allergist and a past chair of the Allergy Division at Mayo Clinic Scottsdale.



Joining us soon!

Connie Mariano, M.D., formerly the physician to the President of the United States and director of the White House

Medical Unit, will join the Mayo Clinic Scottsdale Executive Health Program team later this summer. Having served as an Executive Health Physician for over eight years at the White House, Dr. Mariano brings a wealth of experience to our team. Dr. Mariano will be profiled in the Fall/Winter issue of *Executive Health Notes*.

On the Forefront – New Procedures for Your Health

Detecting Heart Disease Early

Early detection of coronary artery disease improves treatment outcomes dramatically. And a sophisticated tool to measure artery blockage is now available at Mayo Clinic Scottsdale.

Coronary artery calcium assessment, also known as helical CT scanning, measures even the smallest particles of calcium that have built up in the coronary arteries, indicating the early development of heart disease.

“It’s a fantastic test,” says Dr. Robert Orford. “It gives an actual score to indicate a person’s risk for heart attack. It catches a lot of conditions in their early stages and provides a ‘red flag’ that further testing is needed.”

Prime candidates for the helical CT scan are men over the age of 35 and women over 40 who have risk factors such as family history of heart disease, smoking, high blood pressure, high cholesterol, diabetes, obesity or inactivity. Screening for executives without risk factors usually starts about 10 years later.

Colonoscopy – Preventive Screening for a Deadly Cancer

Because colon cancer is one of the leading causes of death in the U.S. today, colonoscopy is now recommended for patients over age 50. Previously, those patients received a flexible sigmoidoscopy and colon X-ray, unless they had risk factors or symptoms.

“A lot of colon cancers are preventable,” explains Dr. Michael Covalciuc. “Finding benign polyps and removing them is one of the primary goals of colon cancer prevention.”

Colonoscopy is more thorough and accurate in finding small polyps than colon X-ray. “It’s the gold standard – the single most accurate diagnostic test,” Dr. Covalciuc says.

Also, colonoscopy allows for the simultaneous removal of polyps. “We can do screening and treatment at the same time,” Dr. Covalciuc says.

Treadmill Testing – a Dynamic Measure of Cardiovascular Function

You probably use a treadmill regularly at the gym or at home. So how useful is the treadmill testing you get at the Executive Health Program, and why is it considered a routine test for most patients?

“The treadmill test is an excellent measure of not only a person’s aerobic fitness but their overall cardiovascular functioning,” says Dr. Quinton Callies.

Because the volume of patients using our treadmill facility has increased substantially, our facility was recently renovated and doubled in size. Treadmill testing serves as a valuable tool to detect conditions such as coronary artery disease and cardiac arrhythmias.

Heard It Through the Grapevine

“A glass of wine every day is actually good for your heart.” Maybe you thought this was an old wives’ tale. Or, is it breakthrough medical research?

Dr. P.J. Palumbo, chair of the Department of Internal Medicine at Mayo Clinic Scottsdale, says the jury is still out on this one. “Regular moderate alcohol consumption (from two to four drinks per day) may provide beneficial health effects, especially in reducing the risk of cardiovascular disease,” says Dr. Palumbo, “but despite promising research, the apparent advantage of alcohol consumption remains controversial.”

Heavier alcohol use (defined as five or more drinks per day) is associated with an increased risk of death from non-cardiovascular causes such as cancer, cirrhosis, and other causes, such as motor vehicle accidents and homicide.

In addition, because alcohol can be addictive, and because there is a high mortality rate associated with heavy alcohol use, the medical community is reluctant to recommend it as prevention for coronary artery disease. The use of alcohol for health reasons needs to be determined on an individual basis.

“Nothing in excess,” or “everything in moderation,” remain the only reasonable recommendations at this time, according to Dr. Palumbo.

Patient Satisfaction Fuels Executive Program Growth

"This is a program built on service," says Dr. Michael Covalciuc, who directed the Executive Health Program at Mayo Clinic Scottsdale during its first 10 years. "We're constantly fine-tuning the program based on our patients' desires. Our outstanding growth is driven by our continued commitment to make it even better and more convenient for our patients."

Serving only 26 executives in 1987, the program now serves more than 2,400 executives annually. Much of the growth comes from the addition of participating corporations.

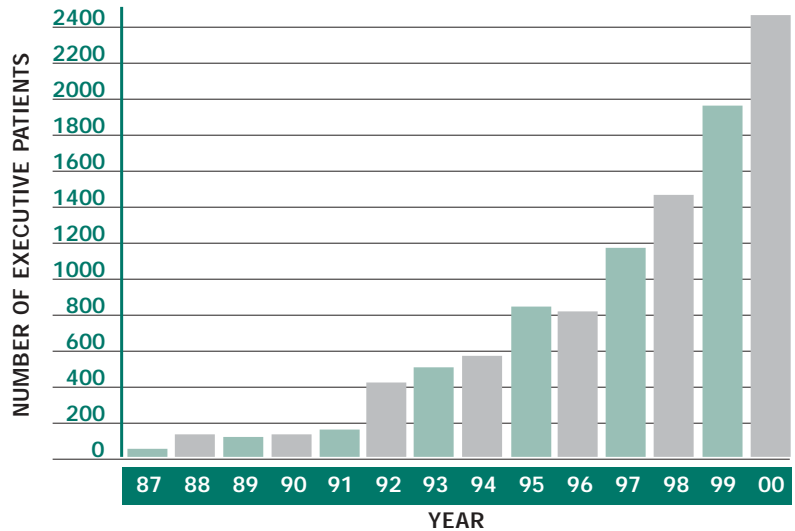
"In the two years I've been here, 50 new corporations have joined our program," says Suzanne Forth, executive coordinator.

Focusing on the needs of individual executives is key to having them return regularly. "I have people who have been my patients for 15 years, even though they have changed employers," Dr. Covalciuc says.

The secret to satisfying both companies and individuals is the program's commitment to delivering a special kind of healthcare service. "The Executive Health Program

created a style of care," current director, Dr. Robert Orford says. "We combine high-quality care, current technology and excellent customer service."

Growth in Executive Patient Population at Mayo Clinic Scottsdale



health tips for AIR TRAVELERS

- ▶ **Keep prescription medications in their original pharmacy containers.** This avoids problems if officials check for illicit drugs.
- ▶ **Carry a list of your medications and your eyewear prescription.** It will be easier to replace lost prescriptions and glasses if you have these documents.
- ▶ **Transport medications in carry-on luggage.** If your checked-in suitcase turns up missing, your medications won't.
- ▶ **Follow your diet.** Many airlines will prepare special meals (low-sodium, kosher), but you'll need to make arrangements in advance.
- ▶ **Accept beverages.** In the air, drink extra liquids to avoid dehydration, but avoid beverages with caffeine or alcohol. They increase dehydration and may disrupt your sleep.
- ▶ **Don't sit still.** Walk the aisle, especially on lengthy flights. Extended sitting can put you at risk for a life-threatening condition in which a blood clot forms in your leg, breaks loose and blocks an artery in your lung. Support hose can help prevent clots or swelling of your feet and ankles on lengthy flights. But avoid socks or stockings with elasticized tops that constrict blood circulation.

Source: 50 Head-to-Toe Health Tips From Mayo Clinic



for a BETTER NIGHT'S SLEEP

Techniques that help one person may not help another. Still, these measures are worth a try:

- ▶ **Reduce the time you spend in bed.** Too much time in bed can cause shallow sleep. Cutting your bedtime by an hour or two may give you a better night's sleep.
- ▶ **Deal with worries before bedtime.** If worries keep you awake or disrupt your sleep, reserve 30 minutes in early evening to be alone. Write down those primary worries. Then outline solutions. Once you identify solutions, you'll be less inclined to fret, and sleep may follow.
- ▶ **Avoid clock-watching.** If there's an alarm clock near your bed and you tend to watch it during the night, put the clock in a dresser drawer or under the bed.
- ▶ **Have a healthful bedtime snack.** Doctors don't know exactly why food may help bring on sleep. But experiments show both people and animals sleep better if they aren't hungry.
- ▶ **Avoid caffeine after your evening meal.** Caffeine (in cola, tea, coffee and cocoa) is a well-known cause of sleeplessness.

Source: 50 Head-to-Toe Health Tips From Mayo Clinic

Who to Call

Questions/Concerns/Appointments

Suzanne Forth	Coordinator	480-301-6412
Amanda Gore	Executive Health Scheduler	480-301-9017
Liz Smith	Executive Health Scheduler	480-301-9017
Fax Number		480-301-9644

Billing Questions

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

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

Did you know...



Take a look at the Mayo logo – three interlocking shields, with the central one slightly larger than the others. The center shield stands for patient care, and the other two shields represent education and research.

The significance of these intertwining shields is the fact that patient care is central to Mayo Clinic's mission, and that our research and education efforts are undertaken with the ultimate goal of improving patient care.