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Your link to better health care

August 2009  
Issue 1

### Special Interest Articles

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**Duluth Family  
Practice Center**

is now on the

**WEB**

at:

www.  
duluthfamilypracticecenter.com

## Welcome to our new physicians

The Duluth Family Practice Center is very pleased to announce and welcome our new physicians.

**Jay J. Bauder, M.D.**

**Christopher L. Baumbach, M.D.**

**Amy L. Kaczmarowski, M.D.**

**Jared E. Lund, M.D.**

**Kristin J. Lusian, D.O.**

**Edward J. Mauch, D.O.**

**Matthew G. Penning, M.D.**

**Darcy A. Schonfeld, M.D.**

**Daniel C. Wallace, M.D.**

**Jeffrey A. Wallhoff, M.D.**

## ASK THE PHYSICIAN

This section is for you, the patient, to write in and ask a physician a question you have on a medical issue. Please submit your questions to: **Ask the physician**, 330 North Eighth Avenue East, Duluth, MN 55805

### ***Q. What is the best way to protect our eyes from the sun?***

**A.** The sun can cause some eye problems right away and others slowly over time. The most serious immediate eye problem is permanent blind spots caused by looking directly at the sun or at an eclipse of the sun. Another early problem is from damage to the clear part of the eye, the cornea. Usually the person will feel fine until suddenly, 8 to 10 hours after being in the sun, their eyes become very painful and vision gets blurry. This kind of damage is the same as "welders' flash" and "snow blindness" – it is caused by UV rays burning the thin skin over the cornea in the same way it causes redness and blistering on the face. Pain and blurriness usually go away in a day or two. Bright sun can also slowly lead to eye damage over time. This can increase the chance to get cataracts by a small amount and may cause tumors in some people. Both kinds of sun problems can be reduced by wearing a hat with a visor or brim and a good pair of sun glasses. "Good" sun glasses are the right size and shape to shield the eyes from reflected glare and have lenses that block UV rays. Remember, UV rays are more intense higher above sea level, closer to the Equator and near reflecting surfaces like snow, water, sand and glass windows.

### ***Q. How can we be protected from the swine flu this fall?***

**A.** The H1N1 influenza (originally called "swine flu" although it doesn't come from pigs) is passed from person to person directly from coughing or from touching things a sick person may have coughed on. That means if you need to be around sick people, you are highly protected by wearing an N-95 mask (which filters out droplets) and washing your hands before touching anything that can come in contact with your nose, mouth or eyes. If you do not need to be near sick people but there is a lot of H1N1 flu around, you should be sure to wash your hands before touching your face. Soap and water is fine but if you can't get to a sink, the waterless hand sanitizers work fine. The public health industry is gearing up to give shots this fall. When they come out, it will be important to go get one.

### **IMPORTANT NOTICE ABOUT PNEUMOVAX !**

Before "flu" season gets here.... If you are over age 65, smoke or have diabetes, heart, lung, or kidney disease--**you will need a pneumovax shot.** If you have any questions, please ask your doctor.

**Free**

Prenatal



Classes

Prenatal classes give parents an opportunity to learn what to expect during their pregnancy, labor, delivery, and postpartum after delivery.

Due to limited class size these classes are available only for Duluth Family Practice Center patients.  
*To register or obtain more details, please call Donna at 529-9109.*

### **Schedule of Sessions for 2009** **Tuesdays 6:30 to 8:30 p.m.**

Summer Session -----August 11, 18, 25

Fall Session -----November 17, 24 & December 1

#### **Keeping Food Safe During Buffets or Picnics**

Buffets or picnics can be a great way to serve lots of different, delicious foods to large gatherings of people for special occasions, such as holidays or graduations. But they can also be a means to transmit disease among your guests if care is not taken in how the food is handled. Common causes of food-borne illnesses include norovirus, *Salmonella* and *E. coli* O157:H7

Here are some tips to help you have a SAFE party.

#### **Handle Food Safely**

- Always wash your hands before and after handling food.
- Keep the kitchen, dishes and utensils clean.
- Always serve food on clean plates.

#### **Cook Thoroughly**

- Fresh and frozen raw meat, poultry and fish should be cooked hot enough to kill the bacteria, parasites and viruses that may be in the product. The temperatures shown below are recommended for home preparation of food. Always use a meat thermometer to check temperatures.

#### **Keep Hot Foods HOT, Cold Foods COLD**

- Divide cooked foods into shallow containers to store in the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165°F.
- Hot foods should be held at 140°F or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays.
- Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them with cold foods from refrigerator when food is needed.

#### **Observe the Two-Hour Rule**

- Foods should not sit at room temperature for more than two hours.
- Replace empty platters rather than adding fresh food to a dish that already had food in it.

#### **Cook Thoroughly**

- Cook foods thoroughly to safe temperatures. Always use a food thermometer. Follow the guide below:

#### **FOOD**

#### **SAFE INTERNAL TEMPERATURE \***

Whole poultry	180°F
Chicken breasts	170°F
Ground turkey and poultry	165°F
Ground beef hamburgers	160°F
All cuts of pork	160°F
Beef, veal, lamb steaks, roasts and chops	160°F **
All other meat and fish	160°F

- Regulated facilities may cook to different temperatures because staff are trained in the use of time and temperature to reach safe standards.  
 \*\* Medium done.

**Duluth Family Practice Center**

330 N. 8<sup>th</sup> Ave. E.  
Duluth, MN 55805

**PHONE**  
**(218) 723-1112**

**HOURS**  
**Monday – Friday**  
8:00 – 5:00 p.m.  
**Saturday**  
9:00 – noon

**PROFESSIONAL LIST**

- Jay Bauder, M.D.
- Christopher Baumbach, M.D.
- Danielle Bergman, M.D.
- Shannon Bradley, M.D.
- Jennifer Brown, M.D.
- Kimberly Campbell, M.D.
- Jeremy Carlson, M.D.
- Mathew Czechowicz, M.D.
- Devon Dannen, M.D.
- Christine Day, RN., MS.
- Thomas Day, M.D.
- Aanders Dommer, M.D.
- Katherine Franklin, M.D.
- Kurt Habben, M.D.
- Matthew Horning, M.D.
- David Hutchinson, M.D.
- Amy L. Kaczmarowski, M.D.
- Bonnie Keeling, M.S.W.
- Eric Kirchner, M.D.
- Kim Kruger, M.D.
- Nathan Laposky, M.D.
- Addie Licari, M.D.
- Jared Lund, M.D.
- Kristin Lusian, D.O.
- Megan Mahoney, M.D.
- Edward Mauch, D.O.
- Jordan Moe, M.D.
- Robert Nesheim, M.D.
- Matthew Penning, M.D.
- Heather Pett Taylor, M.D.
- Justin Quade, M.D.
- Paul Remark, EdD
- Darcy Schonfeld, M.D..
- Andrew Snider, M.D.
- John Tieben, M.D.
- Benjamin Turner, M.D.
- Megan Undeberg, Pharm D.
- Patti Urbanski, R.D., C.D.E.
- Roger Waage, M.D.
- Daniel Wallace, M.D.
- Jeffrey Wallhoff, M.D.



**DIABETES SUPPORT GROUP MEETINGS**  
**Mondays, 10:00 –11:00 am**

August 10, 2009  
September 14, 2009  
October 12, 2009  
November 9, 2009  
December 14, 2009



**IMPORTANT NOTICE!**

If you are admitted to the hospital by a *specialist*, (other than your Duluth Family Practice Center doctor), **please, notify the Duluth Family Practice Center.** Our physicians are interested in your well being and will need this information to assist in coordinating your healthcare needs.

**You and Your Blood Pressure – What do the Numbers Mean?**

Blood pressure is the force of blood moving through your arteries. The first number-called *systolic pressure*-is the pressure of your blood when your heart beats (when your blood is under the most pressure). The second number-called *diastolic pressure*-is when your heart is resting between beats (the lowest pressure).

**Blood pressure readings should be below 140/90.** An even lower blood pressure (less than 130/80) is recommended for people with diabetes or kidney problems.

If one or both of these numbers is above the recommended guidelines, you have high blood pressure or *hypertension*. If your blood pressure is too high, it puts extra stress on your heart and other important organs. If your blood pressure is high when you come to see your doctor, it may be taken again. It is especially helpful to have you sit for 10 minutes or so before a repeat BP reading is taken. Please bring your medications with you to your doctor appointments.

Talk to your doctor about ways to lower your blood pressure if it is high. Lifestyle changes like exercise, not smoking, eating healthy (low fat, low salt diet), and losing weight can help. Your doctor will work with you to help you make healthy lifestyle changes. Call us anytime you have questions!

**RECIPE for Vanilla Fruit Parfait**

**This cool summer treat is a good source of vitamin C, and a great way to add fruit to your diet!**

**Vanilla Fruit Parfait**

- 2 cups cubed peaches
- 1 cup sliced strawberries
- 1 cup lowfat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup raisins
- 1/4 cup sliced almonds, toasted

**Directions:**

In glasses, layer peaches, strawberries, yogurt, banana and raisins. Sprinkle with almonds.

**Servings:**

Serves 4. Each serving: 1 cup.

**Diabetic Exchanges:**

Carbohydrate Choices: 3  
48 grams carbohydrate

**Total Preparation & Cooking Time: 15 min.**

Nutrition Information	
Calories	181
Total Fat	4g
Saturated Fat	0.6g
Trans Fat	0g
Cholesterol	4mg
Sodium	46mg
Carbohydrates	47.5g
Dietary Fiber	4g
Sugars	38.4g
Protein	4.5g
Vitamin A	1007.8iu (20%)
Vitamin C	35.6mg (59%)
Calcium	145mg (14%)
Iron	0.9mg (5%)