

The MONITOR

Advice, tips, and resources from your providers to help you monitor your family's health.



New In This Issue:

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Entira[®]
FAMILY CLINICS

Where generations thrive[®]

entirafamilyclinics.com





CAO CORNER

Len Kaiser



At Entira Family Clinics, we put our patients first. We have decided to consolidate the Maplewood Battle Creek and White Bear Lake-Bellaire Avenue clinics into nearby clinic locations. Our clinics have served our communities well, but we have decided due to needing more space and our leases ending that this is the best solution for our patients and our staff. We want our patients to know that our commitment to provide them with the same quality of care will continue, no matter the clinic to which each provider relocates. In addition, Entira Family Clinics is excited to announce that a new clinic will be opening in 2019 near the current East Side location. We will keep our patients updated with the exact location and date of this new clinic opening.

Maplewood/Battle Creek

Starting Monday, September 24, 2018, these providers will be relocating as follows:

Entira Family Clinics-East Side:

Alicia Turenne, MD

Entira Family Clinics-West St. Paul:

Edwin Burrell, MD

Entira Family Clinics-Woodbury:

John Dickhudt, MD; Cameron McConnell, MD; and Mike Butler, PA-C

Retiring:

Mark Steinhauser, MD (his last day is Friday, September 21, 2018)

White Bear Lake-Bellaire Avenue

Starting Monday, November 5, 2018, these providers will be relocating as follows:

Entira Family Clinics-North St. Paul:

Jeanne Anderson, MD

Entira Family Clinics-Shoreview:

Cynthia Frane, MD*

Bruce Leppink, MD*

Matthew Monteiro, MD*

**Time split between Vadnais Heights and Shoreview clinics until April 2019. After April 2019, at Shoreview clinic.*



New Updated Website!

We are excited to announce that we have a new and improved website! Not only is it great looking, our goal is that our patients will find it easy to navigate. Plus, patients can easily

find information out about our clinic locations and hours, our fabulous providers, as well as helpful health info and community events!

Check it out at: entirafamilyclinics.com

Community Events

Summer is a busy month, but our staff and providers got out to enjoy some fun at local parades and events!



Grande Old Day Parade
June 2



Manitou Day Parade
June 15



Kaposia Day Parade
June 21



Rose Day Parade
June 22

UPCOMING:

Woodbury Days Grand Parade, August 26

Put the Squeeze on High Blood Pressure



What do you need to do?

- Ask your doctor what number is best for you.
- Check your blood pressure often and keep a record of your numbers.

Focus on self-monitoring using proper technique.

- Take your blood pressure in the morning before taking medication and in the evening before dinner.
 - Take two blood pressure readings one minute apart.
- For best results, remain still for at least 5 minutes. Sit with your back straight and supported, with both of your feet flat on the floor.
- When you measure your blood pressure, rest your arm on a flat surface (such as a table) so your upper arm is at heart level.

Take your blood pressure medicines as your doctor prescribed to control your blood pressure.

Eat more fresh or frozen fruits and vegetables – ask your doctor for information on the DASH diet.

- Use less salt (sodium).
- Eat fewer ready-made and canned foods that are high in salt (sodium).
- Choose low salt options – fast foods are very high in salt (sodium).

Stop smoking (or don't start)

- Smoking or chewing tobacco immediately raises your blood pressure temporarily.
- Chemicals in tobacco can damage the lining of your artery walls causing them to narrow which increases your blood pressure.

Do you want to be part of the change in Health Care?

Join a Committee!

Entira Family Clinics is looking for interested patients. We have two committees that have openings for a patient representative. They meet quarterly on a Tuesday from 7:00-8:30 am. We would love to have you join us and provide feedback. If you are interested, please email lcummings@entirafamilyclinics or call 651-772-1572.



- **Obstetrics (OB):** Discuss and implement best clinical practices in pregnancy care.
- **Neuro-Musculoskeletal:** Discuss and implement best clinic practices including, but not limited to injuries of the bone and muscle, pain, osteoporosis, and dementia.

"The worst part of the colonoscopy is the prep. Other than that....it is no big deal. Do yourself a favor and just do it."

Andrea

Talk to your provider to see when you should get your colonoscopy scheduled.

Vaccines Now Available!



Flu Vaccine

It's that time of year again... the flu season is fast approaching. Get your flu shot today!

Shingrix vaccine

The Shingrix vaccine is for shingles (also known as Herpes Zoster)

The vaccine is administered to:

- Patients over 50 years of age.
- Those patients who previously had chicken pox.
- It is a 2 dose series with doses 2-6 months apart.
- Note: Those patients who previously had the Zostavax vaccine.

*For more information:
Ask your provider about this vaccine.*

*Is it covered?
Check with your insurance about coverage.*

Provider News

Entira Family Clinics Provider Retirement



Dr. John Vukelich, Inver Grove Heights Clinic, retired from patient practice in December 2017. He has been with Entira for over 36 years. He states, *"I will truly miss the clinic, the patients and staff, as it has been a great place to work. I have been blessed to work with many caring and compassionate people over the years."*



Dr. Robert Weber, Shoreview Clinic, retired August 5, 2018 due to declining vision from glaucoma. He states, *"I have been honored to be able to serve you as a family medicine doctor for the past 33 years. I have had much joy in helping you manage your medical care over the years and will miss our visits in the clinic."*

Entira Family Clinics Welcomes New Providers

We are excited to have many new providers.
For more information, please see our website at:
www.entirafamilyclinics.com/providers/



James Benzie, MD
West St. Paul



Michael Butler, PA-C
Maplewood/Battle Creek
and Woodbury



John Rotilie, MD
West St. Paul



Nicole Staloch, FNP-C
Express Clinics



Lynn Sedlack, FNP-C
Shoreview



Andrew Seliga, PA-C
Inver Grove Heights



Michelle Swiglo MD
Highland



Aaron Ulland, MD
Highland



Casandera Wiek, FNP-C
Express Clinics

Entira Family Clinics | Primary Care Clinics

Hours

Monday – Friday: 8 am – 5 pm

Early and late appointments available

Saturday & Sunday: Closed; see AHC or Express Clinics

See website for more details for each clinic at:

entirafamilyclinics.com/primary-care-clinics/

Como/Roseville

Shoreview

East Side

Vadnais Heights

Highland

West St. Paul

Inver Grove Heights

White Bear Lake Banning Avenue

Maplewood/Battle Creek

White Bear Lake Bellaire Avenue

North St. Paul

Woodbury

2018 Holiday Schedule Clinic Closed:

New Year's Day

Labor Day (Sept. 3)

Memorial Day (May 28)

Thanksgiving (Nov. 22)

Independence Day (July 4)

Christmas Day (Dec. 25)

Appointments

651-788-4444

After Hours Care Clinics (AHC)

Monday – Friday 5 pm – 9 pm (appointments begin at 6 pm)

Saturday & Sunday 8 am – 5 pm (appointments begin at 9 am)

After-Hours Care –

Inver Grove Heights

2980 Buckley Way

Inver Grove Heights, MN 55076

Appointments: 651-457-2748

Fax: 651-457-0822

After-Hours Care –

North St. Paul

2601 Centennial Dr., Ste. #100

North St. Paul, MN 55109

Appointments: 651-777-7414

Fax: 651-748-5839

See website for more details at

entirafamilyclinics.com/after-hours-care-clinics/

See reverse side for map

Entira Express Clinics

Convenience care for patients 18 months and older

No appointment necessary

Open daily from 7 am – 7 pm

Locations:

Entira Express Clinic - Cottage Grove

Located inside Cottage Grove Hy-Vee store

7280 East Point Douglas Road South

Cottage Grove, MN 55016

651-202-2160

Entira Express Clinic - Oakdale

Located inside Oakdale Hy-Vee store

7180 10th Street North

Oakdale, MN 55128

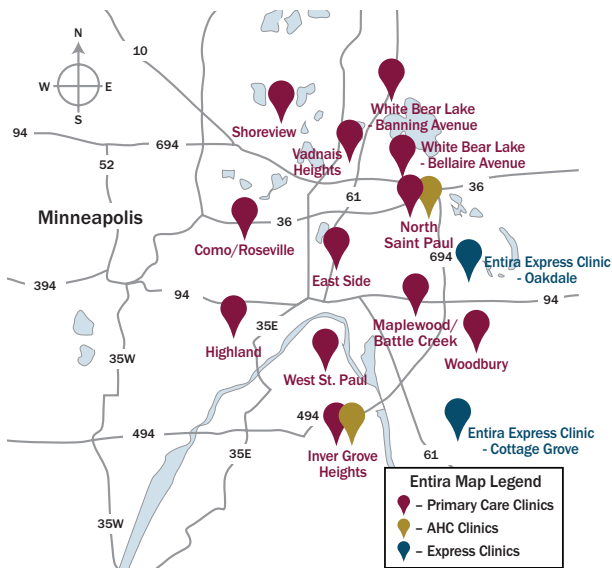
651-242-5890

See website for more details at

entirafamilyclinics.com/express-clinics/

See reverse side for map

Our Family Physicians are conveniently located!



Como/Roseville

1050 W. Larpenteur Avenue

St. Paul, MN 55113

Appts: 651-487-2831

Billing: 651-487-1615

East Side

911 East Maryland Avenue

St. Paul, MN 55106

Appts: 651-776-2719

Billing: 651-776-4493

Highland

1540 Randolph Avenue

St. Paul, MN 55105

Appts: 651-699-8333

Billing: 651-698-2601

Inver Grove Heights

After Hours Care (AHC)

2980 Buckley Way

Inver Grove Heights, MN 55076

Appts: 651-457-2748

Billing: 651-366-6713

Maplewood/Battle Creek

2716 Upper Afton Road

Maplewood, MN 55119

Appts: 651-739-5050

Billing: 651-739-4594

North St. Paul

After Hours Care (AHC)

2601 Centennial Drive, Ste. 100

North St. Paul, MN 55109

Appts: 651-777-7414

Billing: 651-777-0298

Shoreview

404 West Highway 96

Shoreview, MN 55126

Appts: 651-483-8283

Billing: 651-483-8293

Vadnais Heights

3550 Labore Road, Suite 7

Vadnais Heights, MN 55110

Appts: 651-766-0520

Billing: 651-766-9450

West St. Paul

234 East Wentworth Avenue

West St. Paul, MN 55118

Appts: 651-455-2940

Billing: 651-455-2920

White Bear Lake

Banning Avenue

4786 Banning Avenue

White Bear Lake, MN 55110

Appts: 651-426-6402

Billing: 651-426-8761

White Bear Lake

Bellaire Avenue

3220 Bellaire Avenue

White Bear Lake, MN 55110

Appts: 651-777-8149

Billing: 651-777-5235

Woodbury

8325 City Centre Drive

Woodbury, MN 55125

Appts: 651-731-0859

Billing: 651-731-3584

Call for an appointment today:

651-788-4444



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