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/

Call for an appointment today: 651-788-4444
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

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.

- Neuro-Musculoskeletal: Discuss and implement best clinical 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!*

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.

For more information:
Ask your provider about this vaccine. Is it covered? Check with your insurance about coverage.

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.

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:
- Extra Family Clinics-East Side: Alicia Turenne, MD
- Entira Family Clinics-West St. Paul: Edwin Burrell, MD
- Entira Family Clinics-Woodbury: John Dickecht, 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, May 15, 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. Patients, please 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 to enjoy some fun at local parades and events!

Grand 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

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 lcomings@entirafamilyclinics.com or call 651-772-1572.

• Obstetrics (OB): Discuss and implement best clinical practices in pregnancy care.
• Neuro-Musculoskeletal: Discuss and implement best clinical 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.

New Updated Website!

We are excited to announce that we have a new and improved website! Plus, patients can easily navigate and 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

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.

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.

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

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 Belloire Avenue
North St. Paul
Woodbury

2018 Holiday Schedule Cyclic 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 – North St. Paul
2960 Buskirk Way
2960 Centennial Dr., Ste. 100
North St. Paul, MN 55109
Appointments: 651-457-2748
Fax: 651-457-0822
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
2780 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

Community Events

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

Grand 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

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 lcomings@entirafamilyclinics.com or call 651-772-1572.

• Obstetrics (OB): Discuss and implement best clinical practices in pregnancy care.
• Neuro-Musculoskeletal: Discuss and implement best clinical 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.

New Updated Website!

We are excited to announce that we have a new and improved website! Plus, patients can easily navigate and 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

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.

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.

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

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 Belloire Avenue
North St. Paul
Woodbury

2018 Holiday Schedule Cyclic 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 – North St. Paul
2960 Buskirk Way
2960 Centennial Dr., Ste. 100
North St. Paul, MN 55109
Appointments: 651-457-2748
Fax: 651-457-0822
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
2780 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
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 starting Monday, November 5, 2018, these providers will be

- Entira Family Clinics-East Side: Alicia Turemne, MD
- Entira Family Clinics-West St. Paul: Edwin Burrell, MD
- Entira Family Clinics-Woodbury: John Dickhardt, MD; Cameron McConnell, MD; and Mike Butler, PA-C

Reiring:
Mark Steinhauer, 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.

CAO CORNER
Len Kaiser

Our fabulous providers, as well as helpful health info and find information out about our clinic locations and hours, Check it out at: entirafamilyclinics.com/primary-care-clinics/ наличная информация о наших клиниках и часах работы.

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 lcoumings@entirafamilyclinics or call 651-772-1572.

- 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

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

- June 2: Grande Old Day Parade
- June 15: Manitou Day Parade
- June 21: Kaposisa Day Parade
- June 22: Rose Day Parade

UPCOMING:
Woodbury Days Grand Parade, August 26

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

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 narrowing which increases your blood pressure.

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 knows as Herpes Zoster). The vaccine is administered to:
- Patients over 50 years of age.
- Those patients who previously had chicken pox.
- Those patients who previously had the Zostavax vaccine.

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.

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/

Com/ 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)

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 – North St. Paul
2980 Banning Way
2601 Centennial Dr., Ste. #100
North St. Paul, MN 55076
North St. Paul, MN 55109
Appointments: 651-457-2748
Fax: 651-457-0822
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
2720 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
Advice, tips, and resources from your providers to help you monitor your family's health.

New In This Issue:
- CAO Update
- New Website
- Vaccines Available
- Community Events
- Provider Update
- High Blood Pressure

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/

Entera Express Clinic - Oakdale
Entera Express Clinic - Cottage Grove
Entera Express Clinic - Maplewood/Battle Creek
Entera Express Clinic - Vadnais Heights
Entera Express Clinic - North St. Paul
Entera Express Clinic - West St. Paul
Entera Express Clinic - Woodbury
Entera Express Clinic - South St. Paul

Call for an appointment today:
651-788-4444

Entera Family Clinics
entirafamilyclinics.com
Community Events
Summer is a busy month, but our staff and providers got to enjoy some fun at local parades and events!

- June 2: Grande Old Day Parade
- June 15: Manitou Day Parade
- June 21: Kaposia Day Parade
- June 22: Rose Day Parade

UPCOMING: Woodbury Days Grand Parade, August 26

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 lcummins@entirafamilyclinics or call 651-772-1572.

- Neuro-Musculoskeletal: Discuss and implement best clinic practices including, but not limited to injuries of the bone and muscle, pain, osteoporosis, and dementia.

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.
- Those patients who previously had the Zostavax vaccine.

The vaccine is a 2 dose series with doses 2-6 months apart.

For more information:
- Ask your provider about this vaccine.
- Is it covered?
- Check with your insurance about coverage.

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

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:

- Alicia Tuurenne, MD
- 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:

- Jeanne Anderson, MD
- 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.

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 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.

**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.

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. Patients, please carefully 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

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.

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/

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
North St. Paul
Woodbury
East Side
Vadnais Heights
Highland
West St. Paul
Inver Grove Heights
White Bear Lake-Banning Avenue
Maplewood/Battle Creek
White Bear Lake Bellaire Avenue

2018 Holiday Schedule Clinic Closed:
- New Year’s Day
- Labor Day (Sept. 3)
- Memorial Day (May 28)
- Independence Day (July 4)
- Christmas Day (Dec. 25)

Appointments
651-788-4444
Advice, tips, and resources from your providers to help you monitor your family’s health.

New In This Issue:
- CAO Update
- New Website
- Vaccines Available
- Community Events
- Provider Update
- High Blood Pressure

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/

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/

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/

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/