

# News Brief

Winter 2016

*Happy New Year!*

A new year always feels like a fresh start. Whether you are making resolutions, setting goals and priorities, or just enjoying life, we'd like you to be as healthy as possible. That's why this issue focuses on you.



# The importance of your primary care provider

Your primary care provider (PCP) is your main doctor. He or she is the person you go to for general care. Other names for your PCP include: regular health care provider, general practitioner, general doctor, family doctor or pediatrician.

## Why you need a PCP

It is important to have a PCP before you have a health problem. That way, if you do experience an illness or injury your PCP already knows you and can help guide you in your health care decisions.

Having a PCP can also help you to stay healthy through preventive care. He or she can make sure you have the regular exams, tests and screenings you need as well as talk with you about your daily habits and lifestyle choices.

Make appointments for the screenings and tests as recommended here to help find health problems early when they are most treatable. Allina Health offers primary care at 61 clinics throughout Minnesota and Western Wisconsin.

SCREEN OR TEST	Ages 19 to 39	Ages 40 to 64	Ages 65 and older
aspirin (to prevent heart disease)	Consider for women who have gone through menopause, men older than age 40, and younger men and women at risk for chronic heart disease.		
tobacco use	For men and women at any age. Your health care provider can give you resources for quitting tobacco use.		
colon/rectal cancer		Men and women ages 50 to 80 (starting at age 45 for African-Americans) – dates and screening method as recommended by health care provider.	
high blood pressure	Check every two years if blood pressure is less than 120/80. Check every year if blood pressure is between 120 to 139/80 to 89.		
problem drinking	For men and women at any age. Your health care provider can give you resources for problem drinking.		
vision check			Routine checks for adult ages 65 and older.
cervical cancer	<p>If you are not at an increased risk for cervical cancer, and you have no history of abnormal Pap test results, your health care provider will recommend the following schedule.</p> <ul style="list-style-type: none"> <li>▶ Ages 20 and younger: no screening needed, regardless of sexual history.</li> <li>▶ Ages 21 to 29: Pap test every 3 years.</li> <li>▶ Ages 30 to 65: Pap test every 3 years or Pap test and human papillomavirus (HPV) test (co-testing) every 5 years.</li> <li>▶ Ages 66 and older: no screening needed, regardless of sexual history, if you have had negative screenings for several years and no history of uterine or cervical cancer.</li> </ul>		
total cholesterol and HDL (good) cholesterol	Fasting screen for men older than age 34 every 5 years.	Fasting screen for men older than age 34 and women older than age 44 every 5 years.	
breast cancer	<p>If you are at average risk for breast cancer, Allina Health recommends the following schedule.</p> <ul style="list-style-type: none"> <li>▶ Ages 40 to 49: encouraged to have a screening mammogram every year or talk with your health care provider.</li> <li>▶ Ages 50 to 74: should have a screening mammogram every year.</li> <li>▶ Ages 75 and older: talk with your health care provider about how often to schedule a mammogram.</li> </ul>		
chlamydia	For all sexually active women ages 24 years and younger, and for older women at increased risk for infection.		
calcium (to prevent osteoporosis)	Consider for adult women to prevent bone breaks (fractures).		
osteoporosis screening test (DEXA scan)			Women ages 65 and older



Thanks to your support, the services offered at Allina Health United Medical Specialties (UMS) Clinic have grown and the clinic now cares for a larger number of people. The UMS Clinic moved to a new location last August. The larger space offers a more comfortable place for patients, doctors and staff. This clinic is widely recognized for clinical excellence and dedicated patient-centered care. With your continued support, this clinic will grow to serve even more people in the community.

## Excellent primary care and advanced care

Doctors who focus on diabetes, arthritis, thyroid cancer, pituitary disorders and internal medicine see patients at UMS. As the number of people looking for help in these areas grow, the clinic needs to grow, too.

### Why the clinic needs to grow

1. By the year 2020, there will be more people over the age of 60 than all the kids in elementary, middle and high school combined.\*
2. Potential complications of conditions like diabetes, cancer and arthritis makes early detection and treatment very important.

Preventive care also means cost savings for individuals.

A recent study\* found long-term care facilities could cost people at least \$73,000 – more than most people can afford. Active prevention and management of disease may slow or remove the need for a long-term care facility.

3. To help improve quality of life and slow the costs of disease by making primary care and chronic disease prevention more accessible at United Hospital.
4. Provide a door into United Hospital's specialty services, making it the hospital of choice for any health issue.

\* Source provided by Minnesota Department of Health

To make an appointment, call 651-241-5000.

## Your support helps this much-needed clinic in the heart of St. Paul

Help make a difference in the lives of many. Support this project by making a donation today. Call the United Hospital Foundation, 651-241-8022 or visit online: [allinahealth.org/unitedfoundation](http://allinahealth.org/unitedfoundation).

# 2016 Events

United Hospital  
Golf Classic:  
July 25



3M Championship:  
Aug. 1-7



Service to  
Humanity Gala:  
September 24



## United Hospital Foundation Mission

United Hospital Foundation exists to raise philanthropic support for United Hospital and its mission of providing exceptional medical care to our patients. The Foundation also represents itself and the hospital in the community.

## Vision Statement

United Hospital Foundation seeks to be a high-performing foundation. We do this by broadening our donor base, staying connected to our community and engaging our partners (donors, board members and physicians) in our mission.

## Values

Integrity • Stewardship • Respect • Trust • Compassion

You hold our future  
in your hands.

# DONATE TODAY!

United Hospital Foundation  
651-241-8022  
[allinahealth.org/unitedfoundation](http://allinahealth.org/unitedfoundation)

## United Hospital Foundation Staff



Back row (L-R): Janet Berg, Annual Giving Manager; Cindy Early, Major Gifts Officer; Jo Marcotte, Executive Assistant; Allison Herbst, Associate Development Officer.  
Front row (L-R): David Byrd, Vice President of Philanthropy, Allina Health; Jacob LaCroix, Director of Development.

[allinahealth.org/unitedfoundation](http://allinahealth.org/unitedfoundation)

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