

# The Patient's Page

Summer 2009

## Our Clinics

**Fridley Medical Center**  
7675 Madison Street NE,  
Fridley  
Phone (763) 785-4500

**Blaine Medical Center**  
11855 Ulysses N.E.  
Blaine  
Phone (763) 785-4200

**Roseville Medical Center**  
1835 West  
County Road C,  
Roseville  
Phone (763) 785-4300

*Multicare Associates is a provider-owned and operated clinic offering high quality multi-specialty medical services in the northern suburbs of the Twin Cities.*

*Our 3 clinics are conveniently located in Fridley, Blaine and Roseville. We are primary care providers for many Minnesota insurance plans.*

*Check us out at [www.multicare-assoc.com](http://www.multicare-assoc.com).*

## Premiere Orthopaedic Group Now at Blaine Medical Center

Sports and Orthopaedic Specialists, team physicians for the Minnesota Twins and Minnesota Thunder, are now taking appointments and seeing patients at the Blaine Medical Center.

The Blaine Medical Center is proud to work with such highly recognized and well known orthopaedic physicians to serve patients in the Blaine community.

The Blaine Medical Center offers many different healthcare services in its new state of the art facility; including:

- Family medicine
- Pediatrics
- OB/GYN
- Urgent care
- Surgery
- Ophthalmology
- Pharmacy
- Diagnostic imaging
- Physical therapy.

The addition of orthopaedic services to the Blaine Medical Center compliments the existing services making it easier for patients with one convenient location for all their health care needs.

The doctors at Sports and Orthopaedic Specialists are fellowship-trained subspecialists, focusing his or her work on just one or two joints of the body. Because each doctor concentrates his or her practice they have become experts with in their specific area, often called upon to teach other doctors and publish their cutting edge research.

Sports and Orthopaedic Specialists use the most advanced practices, protocols and treatments to get patients back in the game of life as fast as possible.

Patients can call 952-946-9777 to schedule an appointment with Sports and Orthopaedic Specialists.

Visit us on the Web!  
[www.multicare-assoc.com](http://www.multicare-assoc.com)

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## Bring Your Meds to Your Appointments

For many of us it is just too difficult to remember the names of our medications, how often we take them, how many milligrams we take and the purpose of each medication.

Rather than write down all these details when you come for your next doctor's appointment, simply put all your medications in a bag and bring them with you.

The doctor wants to be sure your medications are all recorded in your medical chart and that you are getting the medications you need.

## School's Out!

### Now is the Time to Schedule Back-to-School Check Ups and Immunizations

Before you fill your family's calendar with camps, vacations and activities to keep everyone cool, take the time to schedule back-to-school appointments now. Immunization paperwork is typically required before school ever starts in September.

If your child(ren) has received immunizations from a healthcare provider other than Multicare, remember to bring your child's immunization record to his appointment. Consider bringing a copy of your child's school immunization record.

We are unable to give your child any immunizations without knowing what your child has already received. Immunizations are given on a specific time schedule.

## Prevention Pays

Your grandmother's advice to prevent illness was the best and stands the test of time:

- Wash your hands for 20 seconds several times throughout the day.
- Always cover your mouth when you cough or sneeze.

## When It's OK to Announce a Patient's Full Name

HIPAA is the *Health Insurance Portability and Accountability Act* that was passed by Congress in 1996. The law makes it easier for Americans to keep their health coverage, and protects their personal medical information.

HIPAA has two parts, or "Titles." Title I contains rules about health insurance coverage. Title II contains rules about medical records.

Recently a patient asked if HIPAA allowed medical staff to call patients from the waiting room for their appointments using the patient's first and last name. Doing so is not a HIPAA violation. In fact, it is sometimes completely necessary to use both a first and last name as there may be several patients with a familiar or common first or last name in the waiting room at the same time.

## Help Kids Make Good Meal Choices Over the Summer

By Lori Treb, Registered Dietician

Did you know that eating out now accounts for one-third of children's daily caloric intake, twice the amount consumed away from home 30 years ago? Subways meals came out the best. They don't offer soft drinks with kid's meals and offer healthy side items such as apple slices, raisins and yogurt. Many other chains have begun offering similar items as alternatives to French fries.

If you have children, cut back on the number of meals eaten outside the home. Encourage milk or water over soda, and fruit as a side dish to make the meal healthier