Diet Culture

Diet culture is a society that focuses over health and well-being. We all live in this culture whether we realize it or not. You may have heard the phrase "diets

And, they don't.

They are a short-term solution to a problem that may or may not even exist for an individual. Our society tends to equate smaller body sizes with health, and there is so much more to overall health than the shape or size of our

Diet culture will have us believe that we are not good enough unless we are somehow trying to mold ourselves into something that may be impossible to achieve in a healthy way.

And, because even the driving force of diet culture is aware that dieting is not effective, the messages can be disguised to seem like it's all about health.

Do Not Be Fooled

Diet culture includes (but is not limited to) the following behaviors:

• Labeling foods as good or bad and therefore labeling yourself as good or bad because you ate a certain food

 Eliminating entire food groups or certain foods within a food group. Following external food rules of what,

when, and how much to eat. Ignoring internal cues from your body such as hunger, fullness, and sat-

 Believing that you have to take certain supplements or drink special shakes in

 Allowing a number on the scale or the size of your clothes to determine

 Exercising to burn calories or to punish yourself for eating rather than for

 Feeling the need to justify your eating. Believing that your worth is somehow related to the size and shape of

Because diet culture is so normal and accepted, it is sometimes difficult to

It is important to know that engaging in diet mentality can be dangerous, and that it promotes the opposite of health and well-being over time.

The diet industry is a \$40 billion industry that spends a lot of money on marketing to make you feel bad. Why? Because, when you feel bad about yourself, you will buy into the products and services that are being promoted in an effort to feel better.

Learning to have a good relationship with food and your body is not always easy. It can be difficult to work your way out of the diet cycle if you're in it.

Listening to your body about what foods to choose and knowing that all foods fit, moving your body because it feels good and is fun, rejecting images that make you feel bad about what you look like, eating when you're hungry and stopping when you're satisfied... it all takes practice.

Choosing not to buy into the diet culture in which we live doesn't mean that you've given up or let yourself go.

It means that you choose taking good care of yourself over taking good care of a number on the scale or a clothing size. There is a difference.

Source: www.mysignaturenutrition.com

For more, call Dawn Hedlund, RDN, LD, at (218) 463-4773 or Paula Hedlund, RN, at (218) 463-4301.

LIFECARE REHABILITATION SERVICES

Rehab Dept. grows following LifeCare renovation project

Thirty years ago, LifeCare Rehab Services consisted of two-to-three staff members and a work space measuring only about 1,440 sq. ft.

Today, the same department has twentyeight on staff, occupies a significant chunk of the lower level of LifeCare's main campus, and fills additional space in Warroad

"The recent expansion project at LifeCare has provided much needed space for the Rehab Services department and the community," says Jeremy Anderson, DOTR/L.

As Director of LifeCare Rehab Services, Anderson is delighted with his department's steady growth.

"The drive for wellness has increased over the past ten years, and we see that trend continuing in the next ten years too," he says.

This major growth has allowed LifeCare to expand its rehab services farther than ever before, according to Anderson.

Services include physical therapy, occupational therapy, speech language pathology, athletic training, and community gym space as well as specialized therapy in nutritional consultation and wellness coaching.

"Providers and patients have seen great and services," he says. outcomes with the use of therapy services," Anderson says.

Patients, he says, are able to return to full function after an illness without having to experience invasive surgical procedures or addicting medications.

"With the opioid crisis, providers are consciously trying to help patients find alternate treatment to pain without the use of medication."

Occupational and physical therapy services

do wonders for patients recovering from inju-

ry or the effects of aging. But they also benefit

Pediatric OT and PT services play a huge

role in helping children through all stages of

"We specialize in treating and caring for pa-

tients starting as early as infant all the way to

young adult," says LifeCare's Sarah Blakeslee

MOTR/L. "We treat conditions related to ge-

netic, developmental, neurological and ortho-

Pediatric PT focuses on improving pa-

tients gross motors skills, strength, endurance,

balance, coordination, motor control, body

awareness, pain relief, gait mechanics, orthot-

Pediatric OT is beneficial as well, offering

pediatric patients a list of services to improve

sensory integration, cognition, endurance,

fine motor skills, hand function, visual-spatial

These services are also extremely important

"At LifeCare we are happy to see our phy-

as they affect development and growth.

awareness, hand-eye coordination, attention, cupational therapy," she says.

the younger generation.

growth and development.

ics training, and wound care.

pedic disorders."

and social skills.

Client Base

The largest client base for Rehabilitation Services includes patients with lower back,



neck, and shoulder pain.

Patients with acute injuries like sprains or train our staff," Anderson says. strains are also common, as are those recovering from recent surgery, says Anderson.

"LifeCare Rehab Services treats patients of all ages from pediatrics to geriatrics, and is able to offer them cutting edge methods

Among these services are Dry Needling, Ostomy care and education, wound care, of these facilities to go on site several times Blue Shield, Medicare, Minnesota Care, and and lymphedema treatment. Additional services include the Graston Technique, Kinesiotaping, and a variety of other treatment

Latest & Greatest

LifeCare therapist Kaci, MOTR/L

works with a pediatric patient in

can help with the growth and

the new Rehab. Early intervention

development of younger patients.

sicians intervening earlier when it comes to

Blakeslee encourages parents to talk to their

providers about any developmental concerns

and if necessary, make an appointment for an

referring pediatric patients to physical and oc- PT and OT ensures they stay on track with

newest, most effective rehabilitation treatments as well as investing in the education of staff members to ensure patients get the More Discoveries Ahead

"We were extremely fortunate to have one realm, more and more patients will be able Services, call (218) 463-4787

of the pioneers of Dry Needling recently to benefit from these services.

Another way LifeCare's rehab depart-

"Local industries including Central Boiler, Marvin, and Polaris see the importance of appointment." being proactive," says Anderson. "LifeCare a week to assess work areas, make recom- AARP. mendations on proper ergonomics, catch injuries early, and be available for follow-up needed to schedule an appointment. questions and concerns."

work place, patients avoid travelling off site tients and employers, Anderson says.

As new discoveries are made in the rehab

"As a child grows and develops, pediatric

development, as well as catch and treat prob-

To learn more about LifeCare Rehabilitation

lems as early as possible," says Blakeslee.

Services, call (218) 463-4787.

"Rehabilitation services can be helpful to so many people," says Anderson. "If you ment has grown is in its contracts with local think you could benefit from rehab services talk to your regular health care provider or call LifeCare Rehabilitation and make an

related services.

With a referral, rehab services are covered Rehab Services has contracts with all three under most insurance including Blue Cross

However, in most cases a referral is not

"Rehab Services gives patients a new Having these services available at their lease on life," says LifeCare President/CEO Keith Okeson. "As the area's leading health-LifeCare is constantly seeking out the for appointments, making it easier on pa- care provider, LifeCare is excited to see the department grow and improve to serve the people of the community for years to come."

To learn more about LifeCare Rehabilitation

PT or OT?

Physical Therapy (PT) and Occupational Therapy (OT) are two of the primary services available through LifeCare Rehab. Yet many people are unsure which is which.

Historically, OT treated conditions of the shoulders, elbows, wrists, and hands and PT managed conditions of the head, neck, back, shoulders, hips, knees, ankles, feet, and balance issues. Now, PT's and OT's even use similar methods and tools to reach the end goal for

"For example, we both may treat areas such as lymphedema, wound care, Dry Needling, industrial rehab, and shoulders," says LifeCare's Rehab Manager Amanda Kvien, DPT.

"The main difference is that PT focuses on improving one's ability to perform movements of the human body, whereas OT works with patients on activities of daily living.'

PT's are movement experts. They use evidence based treatments to restore a patient's movements, address pain, and improve strength to help prevent disability. OT's, by contrast, help patients develop, recover, and improve the skills needed for daily living and working.

"All of our rehab staff work alongside our doctors and nurses as part of the same healthcare team," Kvien says. "By utilizing treatments and tools, LifeCare's PT, OT, and other rehab services are helping individuals live productive and satisfying lives.'



Technique on PTA coworker Chelsey

Medical services available right here at LifeCare

LifeCare Medical Center believes in providing exceptional local medical care. Top notch medical professionals and support staff, excellent equipment, and new technology make LifeCare the provider of choice for our area. Thanks to an impressive number of services, most patients find no need to take long road trips for medical care. Here are just some of the services available right here on the LifeCare campus.

LifeCare's laboratory provides

detailed, real time results

to aid providers in making

accurate diagnoses. Lab is

available for patients and

providers in these areas:

Blood transfusion

Emergency Medical Services

Services include:

Convenience Care

After hours care for

Monday – Friday

• Saturday – Sunday

into four areas:

non-emergency patients:

5:00 p.m. to 8:00 p.m.

9:00 a.m. to 5:00 p.m.

- Level IV trauma center • 24-hour Emergency
- Department
- Advanced life support
- Chemistry and Emergency air transport Immunology provided by Valley Med
 - Hematology Clinical microbiology

Laboratory

- and virology
- Urinalysis
- PT/INR and coagulation
- studies

Roseau County. Duties

• Assuring an adequate

local public health

Promoting healthy

infectious disease

Protecting against

environmental health

• Responding to disasters

Foot and ankle surgery

• Sites in Roseau, Warroad,

injury and post-operative

rehab, wound care, pelvic

floor dysfunction, and

neurological conditions

• Occupational Therapy for

fine motor coordination,

stroke rehab, custom

behaviors and healthy

Preventing the spread of

infrastructure

communities

hazards

Services include

Rehabilitation

Services include

and Greenbush

• Physical Therapy for

Podiatry

- Rapid molecular testing
- Drug testing
- Pre-employment and DOT
- Inpatient Care is categorized chain of custody collection **Public Health**
- Birthing Center with LifeCare Public Health Certified Lactation provides service to all of Counselors
- Inpatient medical
- Inpatient surgical
- Sub-acute and respite care
- **Outpatient services** General and laparoscopic
- surgeries: - Cataract
- Urological
- Gynecological - Obstetric
- Endoscopy procedures: Gastroscopy
- Colonoscopy
- Foot and ankle surgery
- Telemedicine with service by Altru
- Infusion therapy including:
- IV antibiotics
- Fluid replacement
- Women's Health A calming area within the
- Imaging Department with services that include:
- Pelvic, breast, and 3D obstetrical ultrasound
- Full field digital & 3D Tomosynthesis
- splinting, mobility mammography equipment, and training
- Bone density screening Education on breast cancer awareness

Senior Services

- Greenbush Assisted Living
- LifeCare Greenbush Manor • LifeCare Roseau Manor

Centers - Reimbursement

Occupational Therapy Nutrition Counseling Athletic development • 24/7 Community Wellness

LifeCare Hospice provides end-of-life care to patients and families focusing on a healthcare team approach which includes volunteers and spiritual care.

Includes imaging equipment

that rivals or surpasses the

• 128-slice CT scanner

• Nuclear medicine

Digital fluoroscopy

• Interventional pain

Aspiration and biopsy

• Cardiac Rehab phase I

• Cardiac Rehab phase III

Pulmonary function testing

Stress testing studies

Teleradiology

management

procedures

Respiratory Care

Services include:

Sleep studies

• Pulmonary rehab

• Assessment, diagnosis

psychological and

Psychological testing

Evaluations related to

gastric bypass procedure

• Evaluations of attention

deficit hyperactivity

Providing assessments

Working closely with

schools, social services,

courts, law enforcement,

and community agencies

LifeCare Home Care delivers

in-home care to maximize ar

independent lifestyle through:

Home Care and Hospice

disorder

for disability

Skilled Nursing

Social Worker

• Palliative Care

Physical and

• Home Health Aides

• Rehabilitation Services

and treatment plans of

emotional conditions

Behavioral Health

Services include:

Cardiac Rehab

• General and 3D ultrasound

• Vascular & Echo ultrasound

region's best:

To learn more about the services available at LifeCare Medical Center, call (218) 463-2500 and ask to speak to the department that interests you.

through insurance plans,

programs and employers

Shared Ventures

LifeCare Medical Center is proud to partner with Altru Health System to meet the **Renal Dialysis** unit located on the LifeCare campus are two shared ventures that demonstrate the success of this teamwork approach.

Know the signs of stroke

LifeCare's Emergency Department wants everyone to know the signs of stroke and has unveiled a new campaign to help people remember.

The campaign revolves around the BE FAST slogan being promoted through the Minnesota Department of Health.

BE FAST stands for Balance (loss of

balance, headache or dizziness), Eves (blurred vision), Face (one side of the face is drooping), Arms (arm or leg weakness), Speech (speech difficulty), Time (time to call for ambulance immediately).

Watch for more LifeCare sponsored stroke awareness, education, and promotion throughout the summer.

What to look for in determining a child's need for Pediatric PT or OT services

- · Unable to meet expected developmental milestones for rolling, sitting, standing, walking during the
- Difficulty keeping up with their peers during play.
- jumping, skipping. Frequent trips/falls when walking.
- · Unable to perform at a prior level of function following an injury.

gross motor tasks.

- · Difficulty using small muscles of the hands for fine motor tasks like dressing or feeding themselves.
- require intervention for safety. · Higher or lower sensitivity to touch,

and have frequent meltdowns that

• They present as a picky eater and eat less than 20 foods.



Pediatric PT & OT treats LifeCare's younger patients

- first year of life.
- head to one side or using one side of their body. Walking on the balls of their feet or in an atypical or awkward manner.

Strong preference for turning their

- Unable to match peers in performing gross motor tasks like hopping,
- Complain of pain when performing

- Difficulty managing their emotions
- smell, sounds, and/or movement than their peers.



Madicyn Holmgren



Kiana Flaig Lisa Boonchanh

LifeCare Medical Center has awarded scholarships to four 2019 Roseau County high school graduates with plans for a career in healthcare. Each will receive \$750 in scholarship funds to go toward the cost of their education.

Hanna Black of Greenbush has been accepted at Northland Community and Technical College in Thief River Falls as she begins her career in healthcare by pursuing a registered nursing degree.

Madicyn Holmgren of Roseau plans to work toward a career as a physician by attending the University of Minnesota in the Twin Cities.

Kiana Flaig of Roseau will pursue her bachelor's degree in clinical laboratory science at Concordia College in Moorhead.

Lisa Boonchanh of Warroad is enrolled in the two-year Licensed Practical Nursing Program at Hennepin Technical College in Eden Prairie.

Future Applicants

The LifeCare Medical Center Scholarship Fund is offered to area high school students planning to pursue a career in healthcare.

Scholarships are funded through sales at the LifeCare Neighborhood Nook Gift and Coffee Shop, which is located at the hospital and staffed by volunteers.

Winners were selected by a scholarship committee based on application criteria and the content of the application.

Later this year, LifeCare will award \$1,500 Medical Student Scholarships to two students enrolled in a post-secondary or graduate academic program. Applicants must be in a healthcare related field and have completed at least one year in their major field of study.

Applications and info are available online at www.lifecaremc.org/careers

CLINICS & CLASSES

Blood Pressure, Blood Sugar, and Foot Care Clinics

Tues. July 9 North Star Apts. 8:30 am Thur. July 11 Young Manor Apts. 8:30 am Thur. July 18 Sunburst Apts. 8:30 am Tues. July 23 Elderbush Apts. 9:00 am Fri. July 26 Warroad Com. Ctr.* 11:00 am *Indicates no foot care clinic

Roseau Area Cancer Support Tues. July 2 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145 **Breast Cancer Support Group** Tues. July 9 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145

Blood Pressure, Blood Sugar, and Foot Care Clinics Thur. Aug 1 Badger Creek Apts. 8:30 am 8:30 am Tues. Aug 13 North Star Apts. Thur. Aug 15 Sunburst Apts.

Roseau Area Cancer Support Tues. Aug 6 LifeCare

Fri. Aug 23 Warroad Com. Ctr.* 11:00 am Tues. Aug 27 Elderbush Apts. 9:00 am

Info: Call Connie: (218) 463-2500, ext. 4145 Breast Cancer Support Group Tues. Aug 13 Roseau 6:00 – 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145

Blood Pressure, Blood Sugar,

and Foot Care Clinics Thur. Sept 5 Young Manor Apts. 8:30 am Tues. Sept 10 North Star Apts. 8:30 am Thur. Sept 19 Sunburst Apts. 8:30 am Tues. Sept 24 Elderbush Apts. 9:00 am Fri. Sept 27 Warroad Com. Ctr.* 11:00 am

Roseau Area Cancer Support Tues. Sept 3 LifeCare

Info: Call Connie: (218) 463-2500, ext. 4145 **Breast Cancer Support Group** Tues. Sept 10 Roseau 6:00 - 7:30 pi Info: Call Connie: (218) 463-2500, ext. 4145 6:00 - 7:30 pm

UPCOMING CLASSES. Register for any of these programs at www.lifecaremc.org/classes

CLASSES

PREPARING FOR CHILDBIRTH: July 29 & Aug 5, 6:00 - 9:00 PM
CARING FOR YOUR NEWBORN: Aug 12, 6:00 - 9:00 PM
BREASTFEEDING BASICS: Aug 19 from 6:30 - 8:30 PM
DADDY BOOT CAMP: Aug 26 from 6:30 - 9:00 PM

A career may be waiting for you! **TO ENROLL** or ask for more info, call Heidi: 218-463-4728



LifeCare offers: CPR, AED, BLS Renewal, Heartsaver® First Aid, and Heartsaver® Pediatric First Aid/CPR/AED communit classes. More info and sign up: www.lifecaremc.org/classes

UPCOMING

AUGUST 1 Women & Girls Self Defense Class Ages 13 & up / 5pm – 7pm Roseau City Center

SEPTEMBER 19 Community Speaker Mark Scharenbroich

Roseau School / Time TBD

"Enjoy the Ride"

SAVE DATE

Medication Take Back Event.

The public is encouraged to clean out their medicine cabinets and rid their homes of potentially dangerous expired, unused, and unwanted prescription or over-the-counter medications. **Drive-up and drop-off** your medications at one of these locations.

Tuesday, Aug. 6, 2019 • 12:00 pm - 4:00 pm

- Roseau City Center (north parking lot)
- Warroad Law Enforcement Center
- Greenbush Fire Hall





Sponsors: LifeCare Public Health | Altru Clinics — Roseau, Warroad, Greenbush | Team EPIC Roseau County Sheriff's Office | Roseau Police Department | Warroad Police Department

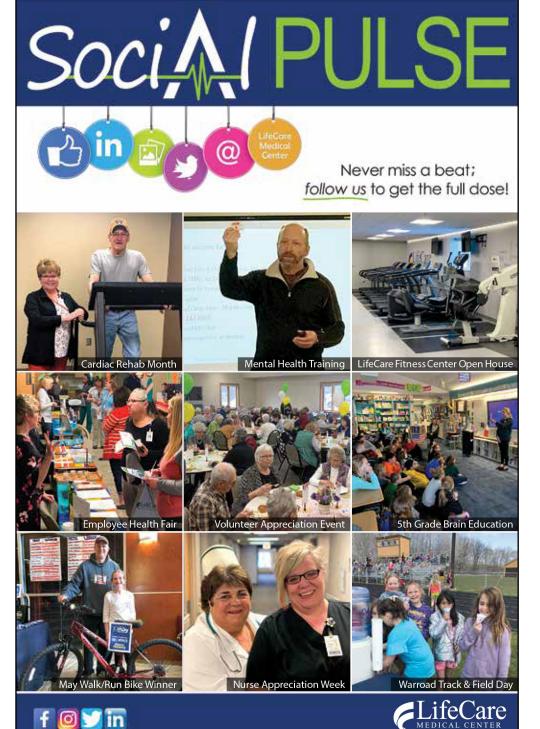


Dr. Kenneth Wright joins

LifeCare's medical staff

LifeCare

POSTAL CUST



Rehabilitation Services expands

following LifeCare renovation

SUMMER 2019 healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

LifeCare welcomes Kenneth Wright, MD to medical staff

LifeCare Medical Center is proud to announce the addition of Kenneth Wright, M.D. to its medical staff.

Firmly established in Family Medicine, Dr. Wright also has a keen interest in factory and workplace safety.

"I am very interested in seeing how systems within factories work," he says, "and helping them come up with ideas on how to make the work place safer."

The son of an international businessman, Dr. Wright spent his youth moving about the country, often joining his father on tours of American factories and overseas distributors.

After high school, he enlisted in the United States Marines and proudly served until 1986. During that time he also enrolled in college, fully intent on following his dad's example with a career in business.

Building a Career

Charmed by the world where his father worked, the young Mr. Wright earned two bachelor degrees; one in Business Administration and one in Economics.

2011, Dr. Wright



Family Medicine LifeCare Medical Staff used to serve his country.

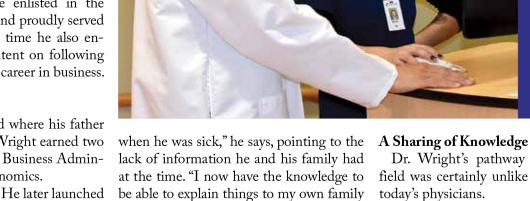
He is still part of the military.

Changing Course

Dr. Wright admits leaving the business world to pursue medicine was not part of his original plan.

Instead, perhaps, it was fate.

"My dad died of a very aggressive cancer and I didn't want any family to have to go through the same experience that we did



as well as others." Passionate about his field, Dr. Wright only to return to enjoys helping patients make informed school at the age decisions to improve their quality of life.

"The patients here really take an interest a physician. In in and are concerned about their care." He is also impressed with the local

joined the United healthcare system. States Air Force "LifeCare has a great administration Reserve where he and its healthcare providers have genuine felt his medical concern for their patients. They also have a degree could be very knowledgeable support staff."

> "Dr. Wright is a great addition to our medical staff and we proudly welcome him aboard.'

— Keith Okeson LifeCare President / CEO

medical staff in April and specializes in Family Medicine. Once an entrepreneur in corporate America, Dr. Wright also served in the U.S. Marines and is currently a member of the **United States** Air Force

Dr. Kenneth

LifeCare's

Wright joined

Dr. Wright's pathway to the medical field was certainly unlike that of most of

But thanks to a combined experience of business, military, and medicine, he now possesses a unique viewpoint on healthcare and opportunity.

"I hope to give the organization a new perspective on how to improve processes," he says. "I also enjoy being involved in community groups that support kids and young adults in social and recreational activities.'

Both are discussion topics welcomed by LifeCare President/CEO Keith Okeson.

"Dr. Wright is a great addition to our medical staff and we proudly welcome him aboard," says Okeson.

Dr. Wright looks forward to practicing in Roseau County and getting to know the local manufacturing industry as well as the community as a whole. He also enjoys fishing, hiking, and snowmobiling.

To learn more about LifeCare's medical staff, please call (218) 463-2500 or visit the website: lifecaremedicalcenter.org

16th Annual May Walk/Run is a hit

Nearly 275 people contributed to the and information related to healthy lifestyle success of the 16th annual May Walk/Run choices were also available for Diabetes, creating community awareness diabetes in Roseau County.

The day began with a buffet of scrambled eggs, ham, muffins, and yogurt parfait prepared and served by LifeCare staff with help from the Roseau Lions Club.

Festivities continued onsite with the Diabetes Health Fair, where vendors displayed diabetes-specific tools and provided education for the management and prevention of diabetes.

As part of its sponsorship, LifeCare included free glucose testing, blood pressure Diabetes Association's Camp Sioux. checks, and a diabetic foot clinic. Samples

Participants of the Walk/Run opted for for LifeCare's dedication in the fight against either the 1-mile short course or the full 5K route. "We encourage walkers, runners, baby strollers, rollerbladers, and dogs too," says Deb Haugen, LifeCare's Director of Community Relations. "It's a great opportunity for the whole family to get out and exercise together."

In addition to awareness, the event raised nearly \$5,500 to be distributed between the Roseau Area Diabetes Center, LifeCare Health Care Fund - Eagles Auxiliary Diabetes & Dialysis Fund, and the American

"We appreciate the opportunity to pro-



Melissa and Kavla, were excited for some exercise while aiding a good cause. vide diabetes education while increasing

Ethan and LifeCare staff members

awareness and raising funds to support diabetes related programs," says Haugen.



OUR MISSION: To provide care for a healthy life.

LifeCare is the region's healthcare center:

• Where physicians choose to practice.

• Where communities choose to be served. • Excellence

OUR VALUES: • Where employees choose to provide care. • Respect

ON THE COVER: Chancey (left) and oined by friends Mariah and Devin Valk/Run in Roseau. LifeCare's innual event creates awareness and

