



Diet Culture

Diet culture is a society that focuses on and values weight, shape, and size over health and well-being. We all live in this culture whether we realize it or not. You may have heard the phrase “diets don’t work.”

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 bodies.

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 satisfaction.
- Believing that you have to take certain supplements or drink special shakes in order to be healthy.
- Allowing a number on the scale or the size of your clothes to determine your happiness.
- Exercising to burn calories or to punish yourself for eating rather than for enjoyment.
- Feeling the need to justify your eating.
- Believing that your worth is somehow related to the size and shape of your body.

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

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, RD, 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 twenty-eight on staff, occupies a significant chunk of the lower level of LifeCare’s main campus, and fills additional space in Warroad and Greenbush.

“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 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 adding medications.

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

Client Base

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



Recent renovations at LifeCare cleared the way for a major expansion of the medical center’s Rehabilitation Services. Located in the lower level of the main LifeCare campus, the new rehab includes a 24/7 fitness center (shown here) and a much larger work-space for Physical and Occupational Therapy service providers and their patients. The space is also home to Speech Language Pathology, athletic training, and other related services.

neck, and shoulder pain.

Patients with acute injuries like sprains or 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 and services,” he says.

Among these services are Dry Needling, Ostomy care and education, wound care, and lymphedema treatment. Additional services include the Graston Technique, Kinesiotaping, and a variety of other treatment methods.

Latest & Greatest

LifeCare is constantly seeking out the newest, most effective rehabilitation treatments as well as investing in the education of staff members to ensure patients get the best care possible.

“We were extremely fortunate to have one

of the pioneers of Dry Needling recently train our staff,” Anderson says.

Another way LifeCare’s rehab department has grown is in its contracts with local industry.

“Local industries including Central Boiler, Marvin, and Polaris see the importance of being proactive,” says Anderson. “LifeCare Rehab Services has contracts with all three of these facilities to go on site several times a week to assess work areas, make recommendations on proper ergonomics, catch injuries early, and be available for follow-up questions and concerns.”

Having these services available at their work place, patients avoid travelling off site for appointments, making it easier on patients and employers, Anderson says.

More Discoveries Ahead

As new discoveries are made in the rehab realm, more and more patients will be able

to benefit from these services.

“Rehabilitation services can be helpful to so many people,” says Anderson. “If you think you could benefit from rehab services talk to your regular health care provider or call LifeCare Rehabilitation and make an appointment.”

With a referral, rehab services are covered under most insurance including Blue Cross Blue Shield, Medicare, Minnesota Care, and AARP.

However, in most cases a referral is not needed to schedule an appointment.

“Rehab Services gives patients a new lease on life,” says LifeCare President/CEO Keith Okeson. “As the area’s leading health-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 Services, call (218) 463-4787.

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 their patients.

“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 health-care team,” Kvien says. “By utilizing treatments and tools, LifeCare’s PT, OT, and other rehab services are helping individuals live productive and satisfying lives.”



Laura, DPT, demonstrates the Graston Technique on PTA coworker Chelsey.



Pediatric PT & OT treats LifeCare’s younger patients

Occupational and physical therapy services do wonders for patients recovering from injury or the effects of aging. But they also benefit the younger generation.

Pediatric OT and PT services play a huge role in helping children through all stages of growth and development.

“We specialize in treating and caring for patients starting as early as infant all the way to young adult,” says LifeCare’s Sarah Blakeslee MOTR/L. “We treat conditions related to genetic, developmental, neurological and orthopedic disorders.”

Pediatric PT focuses on improving patients gross motors skills, strength, endurance, balance, coordination, motor control, body awareness, pain relief, gait mechanics, orthotics training, and wound care.

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 awareness, hand-eye coordination, attention, and social skills.

These services are also extremely important as they affect development and growth.

“At LifeCare we are happy to see our phy-



LifeCare therapist Kaci, MOTR/L, works with a pediatric patient in the new Rehab. Early intervention can help with the growth and development of younger patients.

sicians intervening earlier when it comes to referring pediatric patients to physical and occupational therapy,” she says.

Blakeslee encourages parents to talk to their providers about any developmental concerns and if necessary, make an appointment for an assessment.

To learn more about LifeCare Rehabilitation Services, call (218) 463-4787.

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 first year of life.
- Strong preference for turning their 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.
- Difficulty keeping up with their peers during play.
- Unable to match peers in performing gross motor tasks like hopping, jumping, skipping.
- Frequent trips/falls when walking.
- Complain of pain when performing gross motor tasks.
- Unable to perform at a prior level of function following an injury.
- Difficulty using small muscles of the hands for fine motor tasks like dressing or feeding themselves.
- Difficulty managing their emotions and have frequent meltdowns that require intervention for safety.
- Higher or lower sensitivity to touch, smell, sounds, and/or movement than their peers.
- They present as a picky eater and eat less than 20 foods.



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.

Emergency Medical Services

Services include:

- Level IV trauma center
- 24-hour Emergency Department
- Advanced life support ambulance service
- Emergency air transport, provided by Valley Med Flight

Convenience Care

After hours care for non-emergency patients:

- Monday – Friday 5:00 p.m. to 8:00 p.m.
- Saturday – Sunday 9:00 a.m. to 5:00 p.m.

Inpatient Care is categorized into four areas:

- Birthing Center with Certified Lactation 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
 - Infusion chemotherapy

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 mammography
- Bone density screening
- Education on breast cancer awareness
- Physical Therapy for injury and post-operative rehab, wound care, pelvic floor dysfunction, and neurological conditions
- Occupational Therapy for fine motor coordination, stroke rehab, custom splinting, mobility equipment, and training
- Nutrition Counseling
- Athletic development programs
- 24/7 Community Wellness Centers – Reimbursement through insurance plans, programs and employers

Senior Services

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

Laboratory

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
- Chemistry and Immunology
- Hematology
- Clinical microbiology and virology
- Urinalysis
- PT/INR and coagulation studies
- Rapid molecular testing
- Drug testing
- Pre-employment and DOT chain of custody collection

Public Health

LifeCare Public Health provides service to all of Roseau County. Duties include:

- Assuring an adequate local public health infrastructure
- Promoting healthy behaviors and healthy communities
- Preventing the spread of infectious disease
- Protecting against environmental health hazards
- Responding to disasters

Podiatry

Services include:

- Foot and ankle surgery

Rehabilitation

Services include:

- Sites in Roseau, Warroad, and Greenbush
- Physical Therapy for injury and post-operative rehab, wound care, pelvic floor dysfunction, and neurological conditions
- Occupational Therapy for fine motor coordination, stroke rehab, custom splinting, mobility equipment, and training
- Nutrition Counseling
- Athletic development programs
- 24/7 Community Wellness Centers – Reimbursement through insurance plans, programs and employers

Imaging

Includes imaging equipment that rivals or surpasses the region’s best:

- 128-slice CT scanner
- MRI
- Nuclear medicine
- General and 3D ultrasound
- Vascular & Echo ultrasound
- Teleradiology
- Digital fluoroscopy
- Interventional pain management
- Aspiration and biopsy procedures

Cardiac Rehab

- Cardiac Rehab phase II
- Cardiac Rehab phase III
- Stress testing studies

Respiratory Care

- Services include:
 - Sleep studies
 - Pulmonary function testing
 - Pulmonary rehab

Behavioral Health

Services include:

- Assessment, diagnosis, and treatment plans of psychological and emotional conditions
- Psychological testing
- Evaluations related to gastric bypass procedure
- Evaluations of attention deficit hyperactivity disorder
- Providing assessments for disability
- Working closely with schools, social services, courts, law enforcement, and community agencies

Home Care and Hospice

LifeCare Home Care delivers in-home care to maximize an independent lifestyle through:

- Skilled Nursing
 - Home Health Aides
 - Social Worker
 - Palliative Care
 - Rehabilitation Services: Physical and Occupational Therapy
- LifeCare Hospice provides end-of-life care to patients and families focusing on a healthcare team approach which includes volunteers and spiritual care.

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.

Shared Ventures

LifeCare Medical Center is proud to partner with Altru Health System to meet the health care needs of the community. The **Roseau Area Diabetes Center** and Altru’s **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), **Eyes** (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.



