

A still life composition featuring a glass bottle of oil, a woven basket, a yellow sponge, and a stack of white towels. The bottle is in the center, slightly out of focus, with a silver cap. The basket is on the left, the sponge is on the right, and the towels are stacked on the right. The background is a soft, out-of-focus green and white.

health, mind & body

A special supplement to the

Lake Mills Graphic

The Link Between Periodontal Disease and Other Health Conditions

Periodontal disease (also known as gum disease) occurs when the buildup of plaque bacteria irritate the gums and trigger an inflammatory response characterized by reddened tissue, swelling, and bleeding. Bacteria erode gum and bone tissue in severe cases, causing gum recession, spaces between the teeth and gums, loosening and shifting teeth, and eventually tooth loss.

Your periodontal health can have an impact on your overall health and vice versa. This relationship is what periodontists call the perio-systemic link. Research continually finds that periodontal disease shares an association with a number of other conditions.

Diabetes

Periodontal disease is often considered a complication of diabetes, an inflammatory-condition in which the body is unable to produce or properly use insulin to convert sugar into energy. People with diabetes are two to four times more likely to develop periodontal disease. Research also finds that people with both diabetes and periodontal disease tend to experience more severe levels of bone loss and more aggressive periodontal disease advancement, which can ultimately lead to tooth loss.

Periodontal disease also raises a person's systemic inflammatory signals, which increase blood sugar. Treating periodontal disease can be key for optimal metabolic control.

Cardiovascular disease and stroke

People with periodontal disease are nearly twice as likely to develop cardiovascular disease. Many researchers believe that oral bacteria are at the root of this link. These bacteria can enter the bloodstream and travel to other parts of the body, triggering an inflammatory response and the development of plaque that narrows and hardens the arteries. These slow-building blockages can eventually lead to a heart attack or stroke.

Cancer

Studies have found a link between periodontal disease and various types of cancer, most notably pancreatic cancer and lung cancer. One well-known study found that men with a history of periodontal disease are 14 percent more likely to develop cancer than men with healthy gums. A direct cause-and-effect relationship between periodontal disease and cancer has yet to be established, and it's important to note that the two conditions share risk factors such as tobacco use, age, and genetics.

Other associations

Periodontal disease also shares documented associations with rheumatoid arthritis, kidney disease, Alzheimer's disease, respiratory disease, osteoporosis, and pregnancy complications. You should notify your periodontist if you are being treated for these ailments.

Caring for your gums with the help of a periodontist is a key component of ensuring your well-being beyond the mouth.

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Assisted living is an option for the elderly who may require help with some activities of daily living—things like cooking meals, housekeeping, laundry, shower assistance and medications.

Forest Plaza may be a wise choice if you need more personal care services than what is found in an independent living community, but you don't need round-the-clock medical supervision of a nursing home.

Forest Plaza offers the safety and security of 24-hour support and access to care. Day or night, help is only a call away. However, privacy and independence provide you the freedom to do what you can for yourself.

At Forest Plaza Assisted Living, a country setting welcomes tenants, while only being a few minutes from downtown.

The caring and highly-trained staff make sure you receive personal attention for management of your medication, or help with bathing and dressing; staff are here with a smile to start each day.

Tenants at Forest Plaza have their choice of apartment type, meals and service package. The apartments are available for rent on a month-to-month basis, with no "buy-in" fees or long-term leases.

The monthly rent includes a full range of amenities. All apartments include large bathrooms, kitchenette areas, individual climate control, cable television, and utilities (except telephone).

Assisted living services at Forest Plaza include: 24-hour nursing availability; ongoing health and wellness program; personal emergency response system; three nutritious meals daily; diabetes management; social and activity programs; barber/beauty salon; complimentary laundry facilities; reading room, TV lounges, coffee bars; patio and courtyard with seating; and onsite, independently-operated medical clinic and pharmacy.

Forest Plaza Assisted Living was acknowledged by DIA for having an insufficiency-free monitoring visit during the most recent biennial re-certification period, in the course of the on-site state regulatory review.

Forest Plaza is licensed and certified by the State of Iowa Department of Inspections and Appeals as an Assisted Living provider since opening in 2001, and is locally owned and operated.

Forest Plaza is a proud member of the Iowa Center for Assisted Living and Iowa Health Care Association.

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The relationship between eating and exercise

Diet and exercise are each vital components of a healthy lifestyle. While these components tend to be looked at separately, diet and exercise are actually interconnected.

According to the American College of Sports Medicine, adequate food and fluid should be consumed before, during and after exercise. Following that advice can help men and women maintain their blood glucose concentration during exercise, which allows them to maximize their performance and improves their recovery time.

Some people understandably may feel that eating before exercising seems counterintuitive, as food may contribute to feelings of sluggishness that would make it hard to maximize a workout. But what people eat, and drink, prior to working out is important, as the right foods can make a positive impact while the wrong foods can have the opposite effect.

The American Heart Association and the ACSM recommend hydrating with water prior to working out. The ACSM recommends drinking between two and three cups of water two to three hours before exercising. Adults accustomed to working out in the early morning can try to wake up earlier so they can give their bodies time to hydrate before they begin exercising. It's also important to continue hydrating during a workout, as the ACSM recommends drinking between one-half and one cup of water every 15 to 20 minutes during a workout (amounts can be adjusted based on variables such as the weather and individuals' body sizes). After a workout, the ACSM recommends drinking two to three cups of water for every pound lost during the exercise session.

Food also plays a vital role in maximizing a workout and improving recovery time. The AHA recommends fueling up on healthy carbohydrates, such as whole-grain cereals, whole-wheat toast or low-fat or fat-free yogurt, two hours before exercising. Doing so might pose a problem for early morning exercise enthusiasts, and in such instances the AHA advises eating a piece of fruit such as an apple or banana five to 10 minutes before beginning a workout. Avoid saturated fats and a lot of healthy protein prior to working out, as it takes longer for these fuels to digest in the stomach. Until foods are digested, muscles may not get all of the oxygen and energy-delivering blood they need during a workout, so it's best to stick with foods that the body can digest more quickly.

The Mayo Clinic notes that it's also important to make food a part of your post-workout routine. Eating a post-workout meal that contains both carbohydrates and protein can aid muscle recovery and replace glycogen stores that help increase energy levels after working out.

The most effective way to exercise involves healthy foods, which can improve performance and lead to quicker post-workout recovery.

HM201571

Preventive care involves safeguarding mental health as well

Preventive care is often looked at through the needs people need to do to protect their physical well-being. For example, a healthy diet and routine exercise, while beneficial to mental health, are often viewed as lifestyle choices that can make people feel better physically. But taking steps to protect one's mental health also is vital to a long, productive life.

The U.S. Department of Health and Human Services notes that positive mental health and mental wellness can have a profoundly positive impact on a person's life. Positive mental health can help people realize their full potential, cope with the stresses of life and make meaningful contributions to their communities.

What can I do to protect my mental health?

Learning to recognize the early warning signs of mental health problems can help prevent such problems from escalating and compel people to seek help. The DHHS advises anyone feeling these signs or recognizing these signs in others to seek help for themselves or their loved ones:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or as if nothing matters
- Unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Severe mood swings that cause problems in relationships
- Persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- An inability to perform daily tasks, such as taking care of your children or getting to work or school

Taking steps to protect one's mental wellness is a vital component of preventive care. More information about mental health is available at www.mentalhealth.gov.

HM201608

Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all, in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But, before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

- **Speak with your physician.** The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

- **Begin with low-intensity exercises.** Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

- **Choose the right places to exercise outdoors.** Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

- **Stay hydrated.** The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

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Get moving

Our mind and body are very closely intertwined. Research has shown time and time again that movement and exercise can positively impact not only our physical health, but our mental health as well.

There are many conditions such as osteoarthritis, chronic pain, Parkinson's and many women's health related conditions that can be positively impacted by movement and exercise. Per recommendations by the ACSM, a well-rounded exercise program should contain components of strengthening, balance, flexibility, and cardio such as walking, running or biking. Physical therapists can work with you to not only alleviate pain, but build strength to improve your ability to perform day to day activities. We can guide you in how to safely start a well-rounded exercise program despite conditions.

One area that we can help with that be often over looked is women's health related conditions such as urinary incontinence. This condition can greatly reduce quality of life. Most women don't realize it's not normal to leak and that there is something we as physical therapists can do about it.

Remember when it comes to movement and exercise, something is better than nothing. For most people, it is safe to start a walking program. Whether that means, walking a couple laps around your home during the day or walking 15 minutes on the treadmill. The bottom line is . . . get moving. Your mind and body will thank you later.

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5 ways to protect against hearing loss

A certain degree of hearing loss can be a normal part of the aging process. However, people who take steps to protect their hearing long before Father Time takes his toll, can prevent the extreme hearing loss suffered by millions of seniors across the globe.

John's Hopkins Medicine states that approximately 15 percent of adults aged 18 years and older, report some difficulty hearing and up to 39 percent of adults in their 60 have hearing problems. Lost hearing cannot be restored, though hearing aids and other devices can help people with hearing loss hear better. Hearing aids are not always an accessory people look forward to needing, so it's good to know that a few simple strategies can protect people's hearing over the long haul.

1. Get a baseline hearing exam. Speak with an audiologist, who can test your hearing and establish a baseline level against which future tests will be measured. This way, it is easier to see if hearing loss is increasing over time.

2. Turn down the volume. Audio devices can contribute to hearing loss. Earbuds are particularly dangerous because they fit directly next to the eardrum. The World Health Organization says that 1.1 billion teens and young adults worldwide are at risk for noise-induced hearing loss from unsafe use of audio devices. Set the maximum volume on audio devices below 60 percent and wear headphones for no more than an hour a day. Keeping music low on other devices is also advisable.

3. Wear protective gear. Protective gear includes ear plugs and protective ear-phones. This gear should be worn whenever you expect to encounter loud noises, such as when you mow the lawn, go hunting or shooting, attend rock concerts, or visit construction sites.

4. Limit use of cotton swabs. Ear wax is beneficial to the ears and can stop dust and other particles from entering the ear. Furthermore, using a cotton swab can potentially cause damage to sensitive organs in the ear if they are inserted too far or too roughly, advises the hearing testing service Ear-Q.

5. Avoid loud noises. Steer clear of fireworks, noisy city centers, loud performances, and other situations if you do not have hearing protection.

Remember, hearing loss often doesn't produce immediate symptoms or pain. However, over time, hearing loss can become noticeable. A proactive approach can help people avoid significant hearing loss as they age.

TF19A364

Winnebago County Public Health provides a wide range of services for all ages

Winnebago County Public Health provides a wide range of services for all ages, whether you are young or old.

Healthy Family Winnebago County is a free program we offer to expectant mothers and families with children birth to the age of five. Weekly home visits by family support workers offer information on child development, family goal planning, and access to community resources, funded by Early Childhood North Central Iowa.

Public Health is a great source of information on topics that affect health. The topics included for healthy homes are: mold, radon, pest control, and asthma triggers. Radon kits are available for a fee, so homes can be checked for cancer causing levels of radon.

Though our Environmental Health specialist offers free water testing, we also issue well and septic permits and offer assistance with well renovations and for plugging wells to protect our ground water. We also inspect pools. All of this is to help ensure a healthy environment for people who live in our county.

Seniors and their families need to be aware of the extensive services offered, in hopes that patients will be able to remain in their homes. These services include in-home vaccinations, diabetic and cardiovascular assessments, IV therapy, blood draws, mental health care, skin and wound care in addition to other services. Julie Sorenson, Administrator, reports having a great team that works together to promote healthy living and education tailored to the client's needs. Our professional nurses work in accordance with physicians' orders to determine the frequency and extent of care needed for home visits.

In addition to the in-home care, Sorenson said that her office also offers regular clinics both in the office and throughout the county. Foot clinics are the second Wednesday and Thursday at Mills Harbor in Lake Mills. Forest City office has foot clinics the last Wednesday and Thursday of each month. Services are provided by a nurse who will assess the condition of the feet and cut the nails, and consists of a service similar to a pedicure. Call for an appointment to 641-585-4763. We do offer foot clinics in the home for people who are home bound.

Our Tobacco Prevention Coordinator provides education to youth groups, including public schools, 4-H, Girl Scouts, Boy Scouts and church groups. She also works with childcare facilities, public schools/Waldorf University, and other local businesses to update current policies or adopting a new Tobacco Free Nicotine Policy. QuitLine Iowa Posters are distributed to schools/Waldorf and businesses throughout Winnebago County. Visit QUITLINEIOWA.ORG OR CALL 1-800-QUIT-NOW FOR MORE INFORMATION.

Call Winnebago County Public Health at 641-585-4763 for any questions on services.

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Blood donation: Simple and selfless act to save lives

BY DAVID MCALPINE, M.D.

EMERGENCY MEDICINE PHYSICIAN

MAYO CLINIC HEALTH SYSTEM IN ALBERT LEA AND AUSTIN



**David
McAlpine,
M.D.**

It's not often that you have the opportunity to do something simple that can save another person's life. But that's what occurs every time you donate blood. Every blood donation can help save or improve the lives of at least three people.

Physician scientists have built incredible, novel medications over the past few years, but donated blood products continue to provide proteins and clotting factors that are different than anything manufactured in a lab or designed in a pharmacy. These blood products continue to be life-saving and life-changing. There is no gray area about it: Blood products save lives.

Donation Process

The voluntary donation process is quick and easy. You can donate at a community blood center or mobile local drive. You will be asked to complete a confidential medical history that includes questions about behaviors known to carry a higher risk of blood borne infections. You also will undergo a brief physical exam that includes checking your blood pressure, pulse and temperature. A small sample of blood is taken from a finger prick and is used to check hemoglobin, the oxygen-carrying component of your blood. If your hemoglobin concentration is normal and you've met all other screening requirements, you can donate blood.

The most common type of donation is about a pint of whole blood. Then it is separated into three components:

• Red blood cells

This is the component of blood that you may think of, because these cells give blood its distinctive red color. Red blood cells are used when a person is bleeding and needs blood replenished.

• Platelets

They are used to prevent or stop active bleeding.

• Plasma

This is the liquid portion of your blood. Plasma, which is full of clotting factors, is used to stop bleeding.

Use in Health Care

Blood products are used every day in health care. Every day, a life can be saved because every two seconds someone in the U.S. needs blood products. This always will be true, because there are so many reasons why people need blood. This includes ensuring safety during surgery and treating chronic diseases like kidney failure, anemia and cancer. From an emergency medicine physician perspective, giving blood products to critically ill or injured trauma patients is one of the most powerful and necessary interventions possible. Providing blood products to critically injured trauma patients saves lives every day and is particularly important for patients taking blood thinning medication such as warfarin.

Mayo Clinic Health System stocks blood products in all hospitals with an Emergency Department, including small, rural hospitals. Also, blood products are stocked in the Mayo One medical helicopter at all times. This is done so patients who require transfusions can receive this lifesaving intervention right away.

Common Concerns

It is estimated that less than three percent of age-eligible Americans donate blood each year. That's a problem because the need for blood products remains every day. I think there are three main reasons why people don't donate regularly:

• Infection

Some people are concerned that a donation will put them at risk for infection. A new sterile collection set, including the needle, is used for each donor. That means there is no risk of getting an infection or disease from needle use when donating blood.

• Worsening medical conditions

Others worry that donating will wear them out or worsen a current medical condition. Each person is screened and evaluated carefully to make sure that he or she can donate blood safely. Also, a typical donation is about one pint of blood and your body has between 10 and 12 pints. You have more than enough remaining blood in your body to transport nutrients and oxygen throughout your body and fight infection.

• Needles

Some people are worried about seeing blood or needles during the donation. These sights can make some people feel uneasy. During the donation process, you don't need to watch the needle being inserted or see any blood. Many people bring mobile devices or books to keep their focus elsewhere during their donation time.

You can find blood drives throughout the area with many sponsored by the American Red Cross. Search the American Red Cross website at redcross.org.

Principles of first aid everyone should know

Emergencies can strike at any time. When such situations arise, emergency care often must be administered to someone who is sick or injured, and that care can mean the difference between life and death.

Being prepared for emergencies means understanding basic first aid procedures that can help a person navigate a crisis—or at least stabilize the situation until paramedics arrive. The following are some first aid principles that individuals should know and practice, courtesy of the American Heart Association, American Red Cross and CPR Certified Indigo Medical Training. They should not replace formal first aid training, but can assist a person when he or she is providing medical care to someone in need.

Bleeding

Bleeding can almost always be controlled until more help is available. Severe bleeding can lead to shock and death, so bleeding needs to be addressed immediately. Cloth should be used to cover the wound, and direct pressure should be applied to stop the blood flow. Do not remove the cloth; add more layers as needed. Tourniquets may do more damage to a limb than good, so they are generally no longer recommended. Nosebleeds can be treated by pinching the nostrils for a few minutes until the bleeding stops. Wounds to the head and mouth tend to bleed a lot even if they are superficial. So keep a level head when addressing these areas.

CPR

Cardiopulmonary resuscitation is one of the most important medical procedures to know. If the heart is no longer pumping blood, a person can die quickly. Immediately start chest compressions hard and fast in the center of the chest, allowing recoil between compressions. Many buildings also have automated external defibrillator devices that can help save lives. If you're not trained in CPR, then provide hands-only CPR, says the Mayo Clinic. That means uninterrupted chest compressions of 100 to 120 a minute until paramedics arrive. People who are trained also may perform rescue breathing. The Red Cross and other medical groups offer first aid and CPR certification classes that train people on how to perform CPR and use an AED.

Fainting

Someone suffering from shock or fainting needs blood to get back to his or her brain. Victims should lie on their backs with their feet elevated.

Choking

The Heimlich maneuver can be performed when someone is choking. Contrary to popular belief, people who are choking do not typically make any sounds. Stand behind the victim and wrap your arms around him. Place a fist between the person's rib cage and belly button, and place your other hand over the fist. Deliver a quick thrust upward, and keep doing this until the foreign object is dislodged. Choking in children is handled differently depending on the child's age. Parents can get training in child maneuvers.

Sprains and fractures

Sprains and fractures occur readily, especially among active adults and children. Immobilize the limb, apply a cold pack, elevate it, and offer anti-inflammatory drugs for discomfort and swelling. A doctor should be seen for further diagnosis and treatment.

Common first aid procedures can help save lives or reduce the severity of injuries when promptly offered.

TF201595

Short Stints of Exercise May Improve Your Heart Health—It's Never Too Late

Are you one of those people whose typical day includes doing chores around the house and yard, running errands, and caring for a spouse, grandkids, kids or pets? Having a busy, active life is one reason people think they don't need to set aside time devoted solely to exercise.

Being physically active is good but doing regular moderate exercise—ideally for at least 30 minutes six days of the week—can lower your blood pressure and many other risk factors linked to heart disease. Even if you've never done formal exercise, starting in the second half of life can still make a difference.

People tend to exercise less as they grow older. But bucking that trend may lower your risk of heart disease and stroke, according to a study published last November in the European Journal of Cardiology.

About two-thirds of the participants were physically inactive at both screenings. But those who started exercising one to two times per week by the second screening were five percent less likely to have events such as a heart attack or stroke during the follow-up period compared with adults who remained sedentary. And when people started exercising three to four times per week, their risk of heart-related problems dropped by 11 percent.

Lake Mills Family Fitness Center offers, walking/running track, basketball, pickleball, weightlifting, NuStep unit for rehab, two Peloton bikes, cardio equipment or dance/tumbling/indoor soccer for kids. You can always find something to do at the Lake Mills Fitness Center. Find an activity you enjoy that gets your heart rate up, whether it's walking, aerobics, or dancing. Using exercise equipment such as an elliptical machine or stationary bike can be a good option, especially when the weather's bad. People with physical limitations (such as low back pain or joint pain) may need to try different options to find a form of exercise that doesn't hurt. We have just put in a the NuStep machine just for these limitations.

Don't push yourself too hard. That old adage of "no pain, no gain" is not always true. You don't need to sweat; you just need to get your heart rate up high enough.

For people who aren't very active, a full half-hour of exercise can sound daunting. If you're brand-new to exercise, start by exercising for just five to 10 minutes a day. Try to increase that by two to three minutes, every few sessions. You can also split your exercise into two 15-minute sessions or do three 10-minute bouts of exercise throughout the day.

Exercising regularly, every day if possible, is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.

If you have a desire to change your life, come and see us at 712 N. Lake Street. It's affordable for everyone. You can watch cable programming while you walk on a treadmill or elliptical. Also, enjoy our FREE WIFI to stream your favorite cardio or weight workout.

Most members using that fitness center today, and the community, may not know the history of Lake Mills Family Fitness Center. It was established in the mid-1980's by Cummins Filtration as an employee "perk" to be able to exercise in town. It grew in popularity and expanded to all of Lake Mills and surrounding communities and became a non-profit organization operated by a board. Exercising, walking, lifting weights and working out to promote good health, probably wasn't as popular and widespread then as it is today. As of 2016, the fitness center serves nearly 900 adults and children through individual and family memberships, classes, community events and Parks n' Rec programs. We continue to grow and add new equipment due to your community support and the support of our sponsors. We continue to add new equipment.

Tours and membership sales can be arranged by calling Michelle at 641-592-7285 or stopping by during office hours at 712 N. Lake St., Lake Mills, on Tuesday from 3-8 p.m., or Thursday from 10:30 a.m.-4 p.m., or by appointment. We look forward to helping you reach your goals in 2020.

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LAKE MILLS FAMILY FITNESS CENTER
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For More Info: Call 641) 592-7285
www.lmfitness@wctatel.net



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Forest City Family YMCA

www.forestcityymca.org

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Convenient care is available for your family at the Lake Mills clinic. You can also connect with your provider, view lab results, manage prescriptions and receive online care for many common conditions through your online patient portal. When specialized or emergent care is needed, you'll find a 24/7 Emergency Department and a wide range of medical and surgical care options close to home at Mayo Clinic Health System in Albert Lea.

To learn more about the services provided in Albert Lea, visit mayoclinichealthsystem.org/albertlea.

To schedule an appointment in Lake Mills, call 641-592-2361.



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