Internal medicine sounds like it should cover just about everything, and really it does. “When a patient comes in, I really look at the whole person, from head to toe,” says Dr. Arlin Myrmoe, an internal medicine specialist at Avera Internal Medicine Specialists in Aberdeen.

With Avera Internal Medicine Specialists adding two more physicians to its experienced team of internal medicine specialists, patients can expect to receive even more specialized care focusing on conditions that affect adults.

Doctors who practice internal medicine have some similarities to a family physician, but family practice doctors see patients from a wide range of ages. Doctors specializing in internal medicine focus exclusively on taking care of adults. They receive more specialized training in non-surgical, non-trauma health aspects concerning adults.

Doctors of internal medicine, also known as internists, have earned a reputation as the mystery solvers of the medical field. Internists are often presented with patients experiencing a group of symptoms, rather than just one, and must try to come up with a diagnosis based on symptoms that can seem to be unrelated. Internists often see patients who are difficult to diagnose.

Dr. Myrmoe recalls an instance where a patient traveled to Aberdeen to see him: “She was experiencing severe neck pain. That was her only symptom. She had seen three or four different doctors and had been diagnosed with different issues. She came to me, and I took her history, and really talked with the patient.” Suspicious of heart disease, Dr. Myrmoe ordered a stress test and confirmed his diagnosis. The patient later required a bypass operation.

“We really take the time to listen to the patient. You may not know the exact diagnosis, but if you listen, they will oftentimes tell you what the problem is,” he remarks. Although internists do see some atypical cases, Dr. Myrmoe says the bulk of what internists deal with is common internal medicine diseases such as high blood pressure, stomach issues and diabetes.

Rather than being seen as the mystery solvers of medicine, Dr. Myrmoe likens internists to forest rangers, preventing fires rather than putting them out. “The longer I’ve been in this business, the more the work has focused on prevention rather than waiting for the disease and treating it,” he adds.

Internists put a real focus on wellness as a whole. Despite what the patients may have come in for, internists encourage patients to manage their blood pressure, maintain a healthy diet and weight and try to counsel them to quit smoking if they use tobacco. The focus on prevention, or catching a disease early, can decrease the risks of complications for the patient and frequently comes at a lower cost to the health care system.

READ MORE. ➤➤ Turn to page 2 to read about Avera St. Luke’s newest Internal Medicine specialists.
NEW FACES AT Avera Internal Medicine Specialists

Dr. Fatima Kidwai and Dr. Natalia Lazik are now part of the staff at Avera St. Luke’s Hospital, joining five other internists at Avera Internal Medicine Specialists in Aberdeen, part of Avera Medical Group.

Dr. Kidwai received her medical degree from Fatima Jinnah Medical College in Lahore, Pakistan. She completed an internship and an internal medicine residency at Medical Education and Research Center, Grand Rapids, Mich. She is board-eligible in internal medicine and has a special interest in women’s health. Dr. Kidwai likes to travel, cook, play with her boys, read and research updated medical advances, watch movies, listen to music and meditate.

Dr. Lazik received both a medical degree and a doctorate from Siberian State Medical University, Tomsk, Russia. She completed an internal medicine residency then served as assistant professor of internal medicine at Kemerovo State Medical Academy, Russia. She also completed a residency at Lincoln Medical & Mental Health Center, Bronx, N.Y. Dr. Lazik is board-certified by the Russian Board of Internal Medicine and is board-eligible by the American Board of Internal Medicine. Her hobbies include traveling, jogging, photography, music, reading and gardening.

Both physicians can be contacted at (605) 622-5458, along with the other five internists who make up Avera Internal Medicine Specialists:

- John Adams, MD
- Arlin Myrmoe, MD, FACP
- Ronald Rovang, MD
- Robert Suurmeyer, MD, FACP
- Timothy Waterman, MD

Now Two Cath Labs to Serve You Better

Cardiac catheterization is one of the most valuable diagnostic tests available for viewing the condition of the heart. Now Avera St. Luke’s has two Cardiovascular/Special Procedures Laboratories to handle a growing need for these services, along with interventional radiology and coronary procedures.

In the past year, Avera St. Luke’s worked with nearly 1,000 patients in our “Cath Lab,” handling about 500 diagnostic heart caths, more than 150 interventional coronary procedures and 400 interventional radiology procedures.

“Our new Cath Lab 2 is predominately for cardiac caths, pacemaker procedures and implantable defibrillators. Cath Lab 1 is being used mostly for interventional radiology procedures,” says Mary Goehring, clinical coordinator of the Cath labs. “We can diagnose and treat peripheral vascular disease with the latest techniques, using cutting-edge technologies with the newest versions of recording technologies.”

Avera St. Luke’s Cath labs have been upgraded to the latest advanced digital-imaging technology, offering features that enhance the quality of the image and convenience of operation for the staff, as well as comfort for patients.

Avera St. Luke’s Cardiovascular/Special Procedures team of experts works to bring this region the absolute best in cardiovascular, peripheral-vascular and pain management care. The team includes:

- Interventional cardiologists
- Interventional radiologists
- Pain management specialists
- Cardiovascular specialists, including nurses and technologists

Delicious and nutritious, SWEET POTATOES are a good choice in the fall.

Sweet potatoes are a nutritional powerhouse, but many people only eat them at Thanksgiving. Incorporate more sweet potatoes into your diet while they are in season this fall and receive the full benefits of one of the most nutritious vegetables available.

Sweet potatoes are high in beta-carotene, vitamin C and fiber. They’re packed with antioxidants, which are good for heart health, and they can even help lower blood pressure. The vegetables work well as savory main or side dishes. You also can sprinkle them lightly with cinnamon and sugar for a sweet dessert.

To learn more about meeting your nutritional needs, make an appointment with a dietitian at Avera St. Luke’s. Call (605) 622-5556 or (605) 622-5588.
Multi-faceted ... Comprehensive ... Full-Service.

These are terms used to describe what is expected by consumers today. At Avera St. Luke's Hospital we continue to add to and improve our wide range of services in order to meet those expectations. For example, it's Breast Cancer Awareness month and Avera St. Luke's is here for you — from education services about prevention, to the availability of experts in family medicine, internal medicine and OB/GYN physicians, to a beautiful Imaging Center with the latest fully digital mammography technology and local radiologists, to oncologists for treatment, to expert surgeons for treatment and reconstruction. Follow-up care is provided, too. All of these multi-faceted services are right here, right now. We do all of this so you and your family don't have to travel far for sophisticated expert health care.

Ron L. Jacobson,
President and CEO

Visitors to Avera St. Luke's Hospital are seeing a new look — plus enjoying the tempting smell of fresh coffee — with the opening of a specialty coffee bar, MUGS – The Coffee House, now located in the hospital's renovated west lobby.

FIND TEMPTING BEVERAGES, TREATS AT MUGS

MUGS offers the specialty beverages popular in the main Aberdeen store near Northern State University, such as coffee, tea, iced coffee and smoothies, plus a few unique baked goods.

"We have been looking into this concept for some time," says Tim Pierson of MUGS. "We knew that hospitals were becoming a growing opportunity for the coffee business, but it wasn't until I was approached by one of my friends on staff at the hospital that we really began working with the hospital's administration."

The shop serves the needs of visitors, volunteers and employees at the hospital.

"I love the idea of getting to know my customers and working with 'regulars' who come back for their favorite beverages," Tim says.

The hospital leases the space to MUGS, which financed the coffee shop construction. In conjunction with this development, Avera St. Luke's Auxiliary provided funding for lobby upgrades to refresh the environment and make it more user friendly and inviting to patients and visitors.