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Last Updated Month 10, 2018 **Read time: 24 mins** **+ Add to favorites**

Blog copy goes here and the font is big and easy to read because it spans the whole width. Being more aware of your feelings and thoughts, rather than ignoring them, is what is referred to as mindfulness. It can help you to react better to situations in your life and get so much more enjoyment out of the every day things in life. Fear can hold us back from so much in life, and it can be debilitating. Research from AXA PPP healthcare shows that 1 in 5 (20 per cent) of Brits think about their biggest fear every single day. But it doesn't have to hold you back!

What is mindfulness?

Mindfulness is all about knowing what is going on inside our bodies, and happening around us, moment by moment. Being present in that moment and being aware of what is actually happening, rather than what we think is happening and it's a way to gain more enjoyment from life. One of my worst traits is being too inside my head, thinking I know what is happening and what people are thinking, which is where my fear of being in front of the camera comes from. It is the main source of my anxiety and depression and something I have been working on for a while.

We can get caught up by those feelings and they can take over our emotions and really affect our relationships with others. Being more mindful means re-connecting with our bodies, how they feel when we do certain things and really taking things back to basics with noticing the sounds, smells and sights around us. Too often we rush through life, through experiences, and we miss all of that.

[IMAGE / VIDEO / INFOGRAPHIC]

Stop living in the past or future

How can you be more present if you are always living in, and worrying about, the past or thinking about and predicting the future? The answer is, you can't. For years I have been trapped in the past, never being able to let go of things people have done. Or I have spent too much time worrying about what is going to happen in the future, even when it was out of my control. Sometimes those feelings can be beneficially, but mostly they aren't. Try living more in the moment, letting go of past situations and not worrying about what is still to come.

Notice the small things

Meditation, and practising mindfulness, has allowed me to notice the small every day things that we might take for granted. It can be something like noticing the way your body moves when you breathe or the smell of the trees when out for a walk. Sometimes we can feel like we just exist, living our lives on auto-pilot and just getting stuff done. Trying to be more mindful and noticing the small things like the smells and noises around us can interrupt this autopilot. That can allow us to see our world in a different way. We are missing out on so much in life by just "getting through the day". Stop, listen, smell, engage – see things in a different way.

Do something different

One of the reasons it is so hard for us to break from auto-pilot and notice different things is because we are always doing the same thing. We get in a routine, and stuck in ruts, and that can be a huge pull on our mental health. Try doing something different. It doesn't have to be anything major, just something like walking a different way to work or going to a different coffee shop. Change is good and it can make you more mindful of your surroundings.

[IMAGE / VIDEO / INFOGRAPHIC]

Body scans

This sounds way more medical than it actually is. It's one of the real basic (but effective) mindfulness practises that I like to start my day with. Sit somewhere quiet and starting from your head, focus on each of your body parts and how they feel. Work your way down to your toes, stopping at your neck, shoulders, chest, arms, stomach, hips and legs. Do any of them ache? That's okay – you are not trying to change that, just being aware of it. How do they feel when you take a deep breath in and out? How do they serve you? This has really helped me be present in that moment and focus on all the amazing things my body can do, rather than just how it looks.

Get outside

What better way to live in the moment and notice what's going on around you than in the great outdoors. You don't have to sit in a quiet room for 10 minutes every morning to practice mindfulness, you can go out for a walk to practise it. Be aware of the sound your feet make when they meet the ground with every step. How do the trees sound when they sway in the wind? Can you hear your breathing as you walk a bit faster? Try to block out all the extra brain chatter and just focus on what is happening there and then.

Commit to it

Pick a certain time each day that you are going to dedicate to being more mindful. After a while it will become like second nature, and you will do it without even thinking about it. But in the beginning you will need to set aside some time to really focus on it. That is why the app is so great, because it is 10 minutes to focus on just that. But even if you don't have the app, set aside 10 minutes every morning and sit somewhere quiet and focus on your breathing. Focus on the way your body moves and the sounds around you.

[IMAGE / VIDEO / INFOGRAPHIC]

Don't expect to get it right away

Being mindful and living in the now can be really difficult for many. I found it almost impossible to begin with, but it got easier really quickly. I found myself have a lot of intrusive thoughts about the past, or thinking about the day/week/month ahead rather than concentrating on what is happening right now. But that's okay, you mind is always going to want to be busy. As soon as you start to notice this happening, just bring yourself back to the moment with no judgement for letting your mind slip. Mindfulness is all about returning to the present moment over and over again. No matter how many times it wanders off, and always being kind to yourself when you come back.

Practising mindfulness is really simple, and can be done anywhere without any special equipment, but that doesn't mean it is easy. It will take some time and practise, but the impact it has already had on my life is honestly profound. It has been more than worth investing 20 minutes a day in. This has been the biggest change as part of my Own Your Fears challenge. I can't wait to share my final post on the challenge next month. That will be an update on how I feel about posting photos of myself online now.

Here's a key call-to-action related to this blog post.

It's never too early or too late to get help

Primary call to aciton

Optional secondary

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Sally Daniels, RN

About me

I am a Family Medicine physician with a special interest in Obesity Medicine and weight-related medical conditions (diabetes, high blood pressure, high cholesterol, etc). I graduated from the University of Minnesota Medical School in 2010 and completed a Preceptorship in Obesity Medicine through Harvard Medical School. I am welcoming all types of new patients into my practice. I enjoy patients who are motivated to explore the full potential of their health, and wish to partner together to achieve their goals.

I enjoy spending time with my husband and two children, friends, and extended family. We're on a journey to start raising chickens, grow our own vegetables, and possibly keeping bees in an attempt to keep our food sustainable and home grown.

My recent posts

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If we ever fail to live up to our values, please tell us so we can work to make it better.

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Melrose Center heals eating disorders

Why Melrose Center?

Melrose Center has been healing eating disorders for more than 30 years. We understand the complicated relationship with food, the carefully built walls and the hesitation to find help.

We are your doctors, your tough love, your big hugs. Through compassionate care and science-based treatment, we've guided thousands of people on their journey to recovery. And we see the path forward for you, too.

Experienced care team

You will receive the highest-quality care from specialized psychologists, physicians, nutritionists and more.

Variety of treatment options

From outpatient to residential treatment, we will find the best option for you.

Healing for 30+ years

We've been helping people recover from eating disorders since 1986.

5 locations

We can help you at any of our five, convenient Twin Cities locations.

Schedule an Appointment at Melrose Center

It's never too early or too late to get help

Make an Appointment

Call 952-993-6200

Concerned you have an eating disorder?

Take a self-assessment

What we treat

Melrose Center treats a range of eating disorders.

An eating disorder follows you day and night, whispering things in your ear that simply aren't true. And soon it's hard to know where the eating disorder ends and reality begins. Learn more about common eating disorders and how we customize treatment plans.

Anorexia >

Bulimia >

Binge-eating >

Avoidant/restrictive food intake disorder (ARFID) >

Body dysmorphia >

Learn more

How we treat eating disorders

Melrose Center provides psychological therapy, medical monitoring and dietary counseling in a peaceful, healing environment. We have a variety of specialized treatment options in five locations in the Twin Cities area.

Learn more about treatment options >

Is this an eating disorder?

Eating disorders are complex and may appear in a variety of ways. Coupled with the many misconceptions about eating disorders, often times getting help is delayed. The truth is no two eating disorders are the same. And the earlier you get help the better.

Take a self-assessment

If any of the statements below sound familiar, it may be time to talk to someone.

I only have one symptom, it's not a problem yet.

I'm not too skinny so this isn't an issue.

I'm just going through a phase, it'll pass.

I'm a guy - only women have eating disorders.

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Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

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Convenient Care Options

Have a health concern you need treated now, but it's not life threatening? Visit one of our HealthPartners urgent care clinics or our online virtuwell clinic.

Patient & Guest Support

We're here to help. Get information about preparing for surgery, support services, food and hotel options, guest lounges and more.

Explore Resources

How are we doing?

Your feedback helps us understand what we do well and what we can do even better when it comes to your care.

Share Your Thoughts

Getting to Regions Hospital

We're conveniently located on the edge of downtown St. Paul, Minnesota. You can easily get to us from I-35E or I-94

Directions & Parking

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Have questions? Call us anytime at 651-254-3456.

See all contact info

"I'm grateful for the doctors that helped me through my recovery."

Sarah's story

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Jane Brattain Breast Center

Overview

Breast health is vital to overall health and well-being. At Park Nicollet Jane Brattain Breast Center, we understand that women may delay getting a mammogram because of their busy lives or fear of the unknown. Mammography is still the best tool to detect breast cancer in its earliest, most curable stages. That is why we recommend annual screening mammograms for women starting at age 40.

Walk-in mammograms available at all mammography locations.

Jane Brattain Breast Center is designed by women, for women, with the latest technologies and experienced professionals dedicated to breast imaging and breast health. Your comfort and convenience are a priority.

A legacy of hope

Jane Brattain and her husband, Don, are long-time supporters of Park Nicollet. In 1991, they donated money to purchase a state-of-the-art biopsy machine that promised a less invasive way to detect breast cancer. Jane never imagined she'd be the first person to use the new technology. When a routine screening mammogram revealed a suspicious lump in her breast, a biopsy was performed using the new machine and cancer was discovered in time for early intervention. More than 20 years later, Jane remains cancer-free and active in Park Nicollet Jane Brattain Breast Center activities and events. Today, our center bears her name and shares her passion for early detection.

Our doctors

see all

Dr. Sari Witzke, MD **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD**

Our locations

We can help you at any of our locations which include clinics, specialty centers and hospitals.

Clinic Near Me

Park Nicollet

Location 2

Jane Brattain Breast Center

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Internal Medicine
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Family Practice
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

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Jane Brattain Breast Center

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Filter by City **OR** Zip Range… Sort by distance

Park Nicollet Jane Brattain Breast Center

OB/GYN, +5 more

1.3 miles away
3850 Park Nicollet Blvd 4th floor, St Louis Park, MN
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

Park Nicollet Jane Brattain Breast Center

Cancer Treatment

1.3 miles away
3850 Park Nicollet Blvd 4th floor, St Louis Park, MN
Closed - opens tomorrow at 8:00 am

Wait Time:
00 hours 37 minutes

Save my spot
Get Directions

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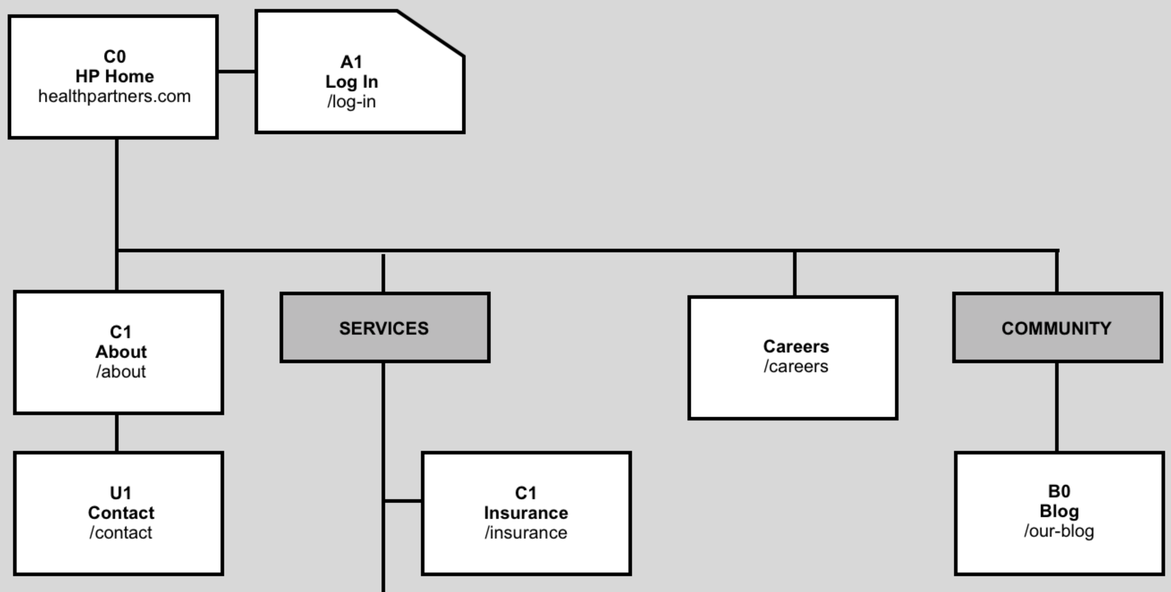

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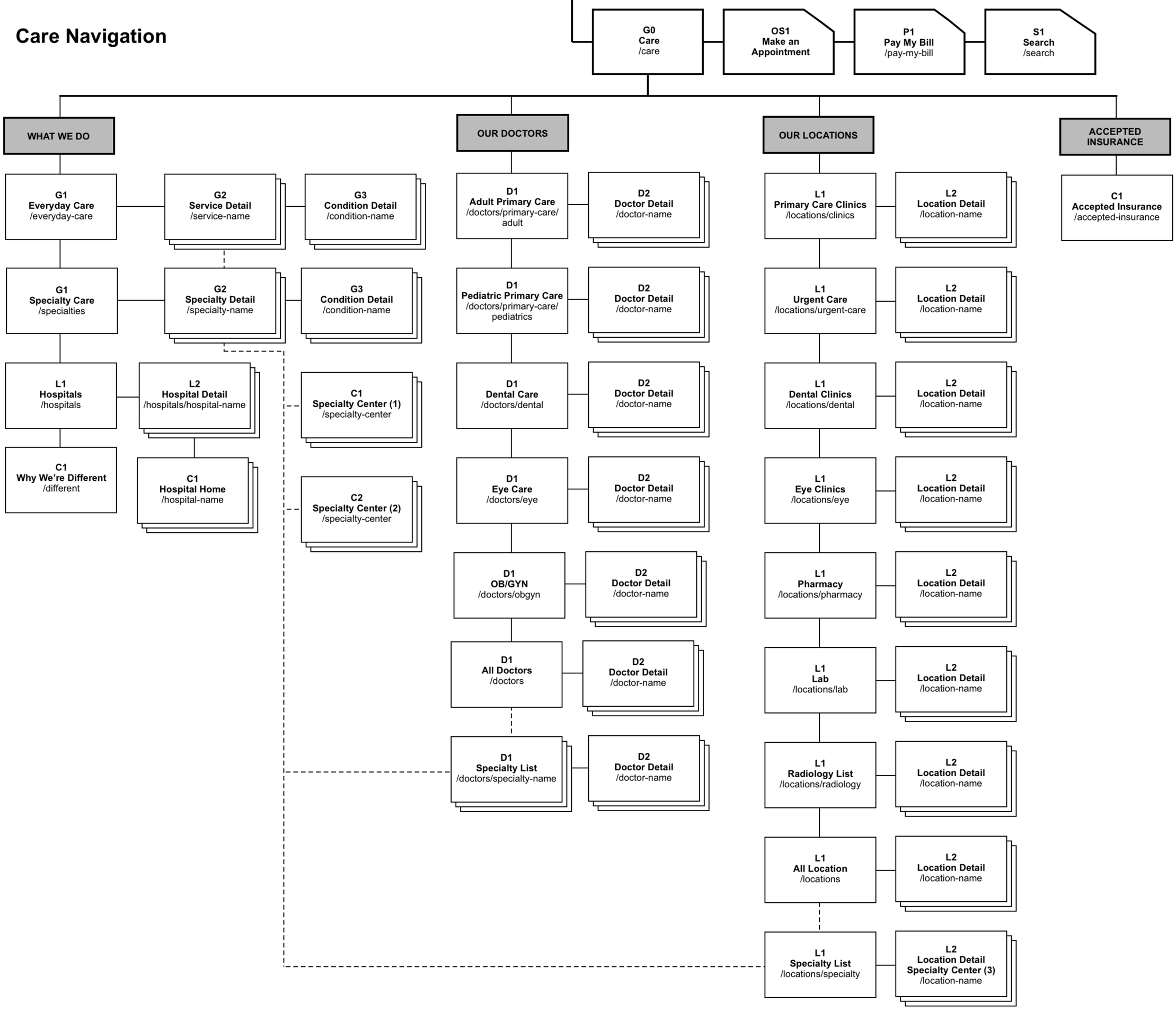

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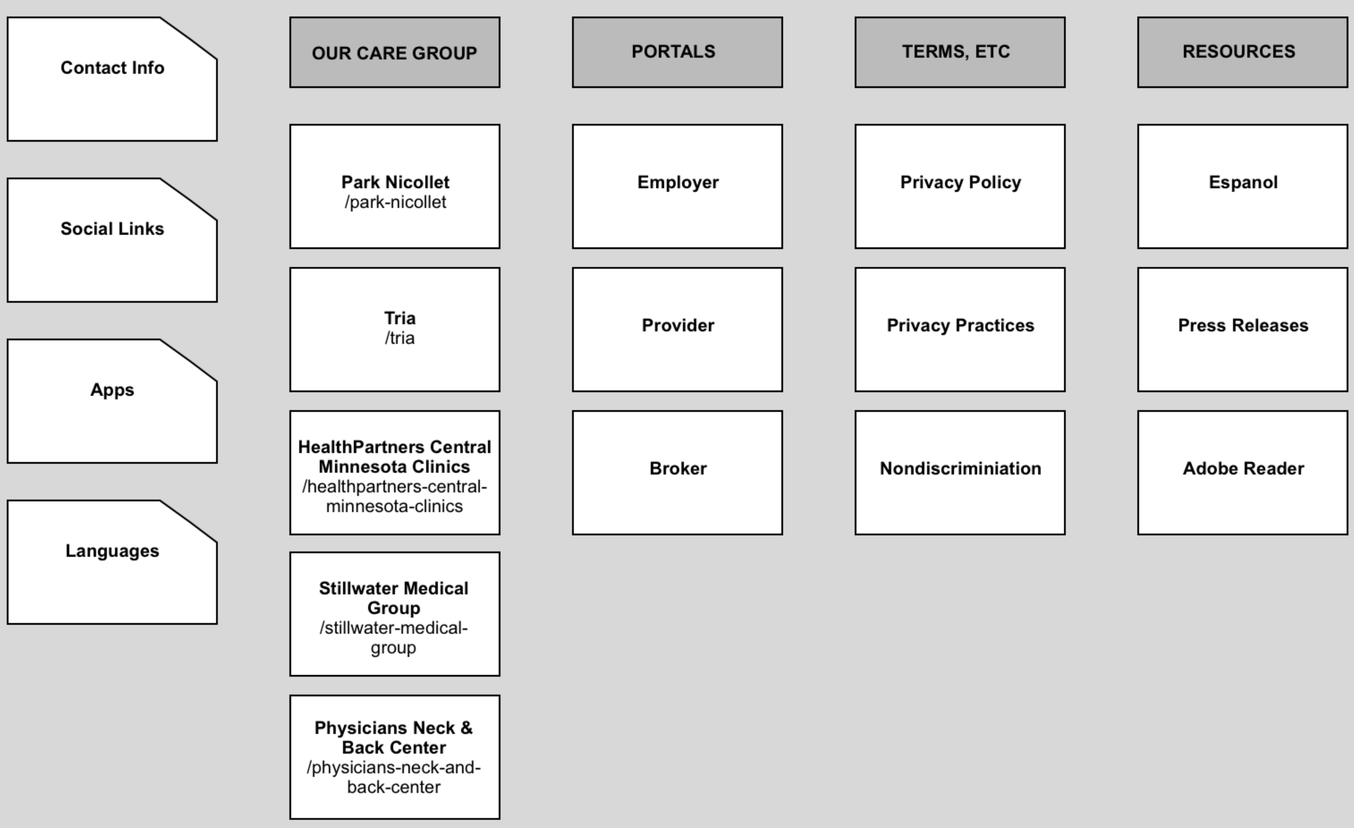

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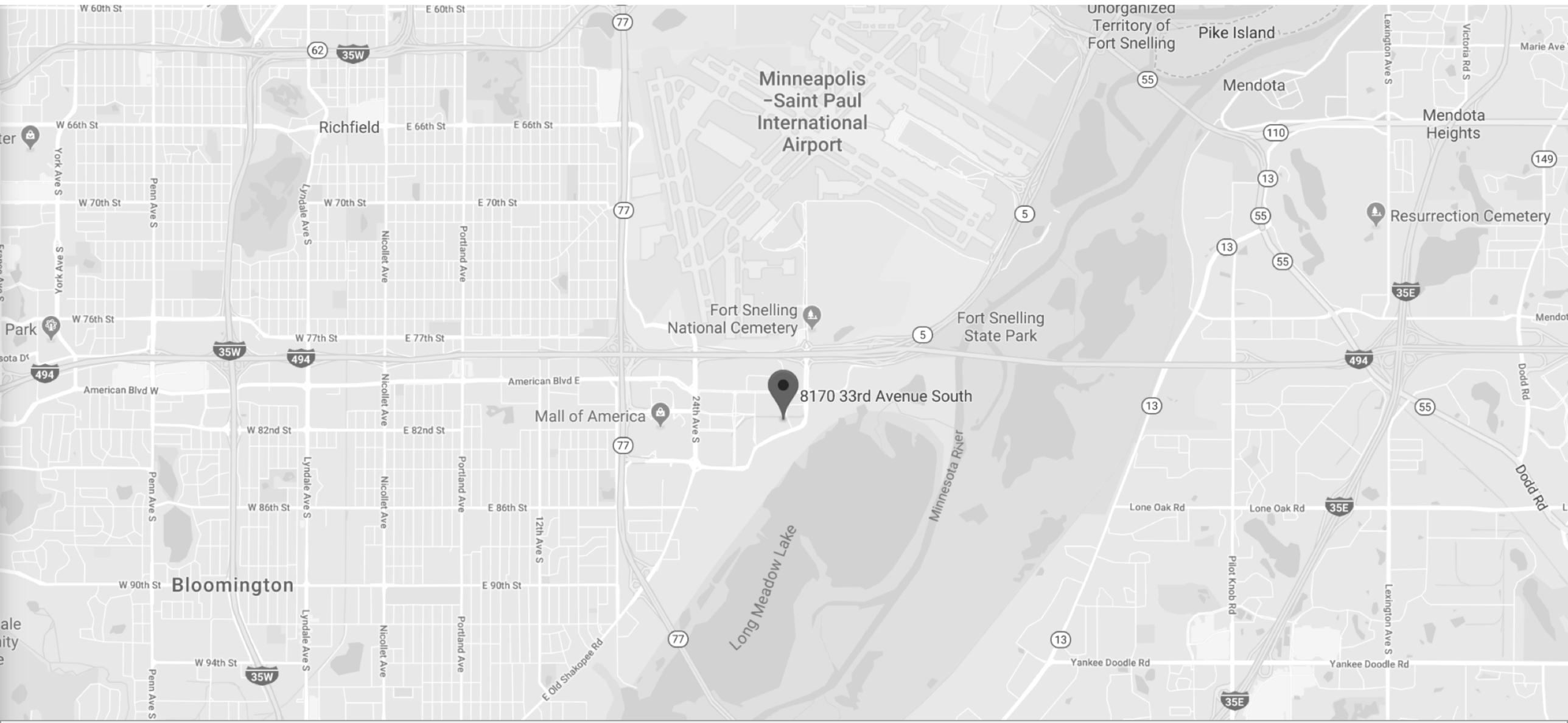

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800-551-0859 (toll free)

24/7 Pregnancy and new baby care

612-333-2229

800-845-9297 (toll free)

771 (TTY/TTD)

24/7 online care

virtuwell

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Thursday:
9:00 a.m. – 5:00 p.m. (Central Time)

651-265-1999

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877-655-2669 (toll free)

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800-862-7412 main line

952-993-7672 billing

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Screen resolution: 1024x768

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Last Updated Month 10, 2018 **Read time: 24 mins** **+ Add to favorites**

Blog copy goes here and the font is big and easy to read because it spans the whole width. Being more aware of your feelings and thoughts, rather than ignoring them, is what is referred to as mindfulness. It can help you to react better to situations in your life and get so much more enjoyment out of the every day things in life. Fear can hold us back from so much in life, and it can be debilitating. Research from AXA PPP healthcare shows that 1 in 5 (20 per cent) of Brits think about their biggest fear every single day. But it doesn't have to hold you back!

What is mindfulness?

Mindfulness is all about knowing what is going on inside our bodies, and happening around us, moment by moment. Being present in that moment and being aware of what is actually happening, rather than what we think is happening and it's a way to gain more enjoyment from life. One of my worst traits is being too inside my head, thinking I know what is happening and what people are thinking, which is where my fear of being in front of the camera comes from. It is the main source of my anxiety and depression and something I have been working on for a while.

We can get caught up by those feelings and they can take over our emotions and really affect our relationships with others. Being more mindful means re-connecting with our bodies, how they feel when we do certain things and really taking things back to basics with noticing the sounds, smells and sights around us. Too often we rush through life, through experiences, and we miss all of that.

[IMAGE / VIDEO / INFOGRAPHIC]

Stop living in the past or future

How can you be more present if you are always living in, and worrying about, the past or thinking about and predicting the future? The answer is, you can't. For years I have been trapped in the past, never being able to let go of things people have done. Or I have spent too much time worrying about what is going to happen in the future, even when it was out of my control. Sometimes those feelings can be beneficially, but mostly they aren't. Try living more in the moment, letting go of past situations and not worrying about what is still to come.

Notice the small things

Meditation, and practising mindfulness, has allowed me to notice the small every day things that we might take for granted. It can be something like noticing the way your body moves when you breathe or the smell of the trees when out for a walk. Sometimes we can feel like we just exist, living our lives on auto-pilot and just getting stuff done. Trying to be more mindful and noticing the small things like the smells and noises around us can interrupt this autopilot. That can allow us to see our world in a different way. We are missing out on so much in life by just "getting through the day". Stop, listen, smell, engage – see things in a different way.

Do something different

One of the reasons it is so hard for us to break from auto-pilot and notice different things is because we are always doing the same thing. We get in a routine, and stuck in ruts, and that can be a huge pull on our mental health. Try doing something different. It doesn't have to be anything major, just something like walking a different way to work or going to a different coffee shop. Change is good and it can make you more mindful of your surroundings.

[IMAGE / VIDEO / INFOGRAPHIC]

Body scans

This sounds way more medical than it actually is. It's one of the real basic (but effective) mindfulness practises that I like to start my day with. Sit somewhere quiet and starting from your head, focus on each of your body parts and how they feel. Work your way down to your toes, stopping at your neck, shoulders, chest, arms, stomach, hips and legs. Do any of them ache? That's okay – you are not trying to change that, just being aware of it. How do they feel when you take a deep breath in and out? How do they serve you? This has really helped me be present in that moment and focus on all the amazing things my body can do, rather than just how it looks.

Get outside

What better way to live in the moment and notice what's going on around you than in the great outdoors. You don't have to sit in a quiet room for 10 minutes every morning to practice mindfulness, you can go out for a walk to practise it. Be aware of the sound your feet make when they meet the ground with every step. How do the trees sound when they sway in the wind? Can you hear your breathing as you walk a bit faster? Try to block out all the extra brain chatter and just focus on what is happening there and then.

Commit to it

Pick a certain time each day that you are going to dedicate to being more mindful. After a while it will become like second nature, and you will do it without even thinking about it. But in the beginning you will need to set aside some time to really focus on it. That is why the app is so great, because it is 10 minutes to focus on just that. But even if you don't have the app, set aside 10 minutes every morning and sit somewhere quiet and focus on your breathing. Focus on the way your body moves and the sounds around you.

[IMAGE / VIDEO / INFOGRAPHIC]

Don't expect to get it right away

Being mindful and living in the now can be really difficult for many. I found it almost impossible to begin with, but it got easier really quickly. I found myself have a lot of intrusive thoughts about the past, or thinking about the day/week/month ahead rather than concentrating on what is happening right now. But that's okay, you mind is always going to want to be busy. As soon as you start to notice this happening, just bring yourself back to the moment with no judgement for letting your mind slip. Mindfulness is all about returning to the present moment over and over again. No matter how many times it wanders off, and always being kind to yourself when you come back.

Practising mindfulness is really simple, and can be done anywhere without any special equipment, but that doesn't mean it is easy. It will take some time and practise, but the impact it has already had on my life is honestly profound. It has been more than worth investing 20 minutes a day in. This has been the biggest change as part of my Own Your Fears challenge. I can't wait to share my final post on the challenge next month. That will be an update on how I feel about posting photos of myself online now.

Here's a key call-to-action related to this blog post.

It's never too early or too late to get help

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Sally Daniels, RN

About me

I am a Family Medicine physician with a special interest in Obesity Medicine and weight-related medical conditions (diabetes, high blood pressure, high cholesterol, etc). I graduated from the University of Minnesota Medical School in 2010 and completed a Preceptorship in Obesity Medicine through Harvard Medical School. I am welcoming all types of new patients into my practice. I enjoy patients who are motivated to explore the full potential of their health, and wish to partner together to achieve their goals.

I enjoy spending time with my husband and two children, friends, and extended family. We're on a journey to start raising chickens, grow our own vegetables, and possibly keeping bees in an attempt to keep our food sustainable and home grown.

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Dr. Sari Witzke, MD **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD**

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+ What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

+ What health conditions can be treated online?

+ What if I need a specialist?

+ What are women’s health screenings and how often should they be done?

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

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— Can a primary care doctor treat women’s issues?

Yes, primary care doctors are trained to treat a range of women’s health conditions. It’s common for women to visit a primary care doctor for a variety of things including pap tests, UTI treatment, birth control and even prenatal care. Visiting a primary care doctor that specializes in women’s health typically saves you money over visiting a specialist.

+ What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

+ What health conditions can be treated online?

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Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD

+ Can a primary care doctor treat women’s issues?

— What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

A primary care or family medicine doctor treats a broader range of health needs from screenings and well-checks to helping you recover from the office cold. Because of this, they tend to have a more detailed understanding of your overall health.

Family doctors are also trained in both obstetrics and gynecology so they can provide prenatal care, deliver babies and perform most gynecological procedures.

An OB/GYN is a doctor who specializes in women’s reproductive health. They care for women before, during and after pregnancy, and have additional training so they can perform surgeries when-needed.

Some OB/GYNs practice within a primary care clinic while others work in a specialty office.

+ What health conditions can be treated online?

+ What if I need a specialist?

+ What are women’s health screenings and how often should they be done?

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

Women’s health blog posts

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Women’s health

For everyone

Everywhere. Not sure where to go for that ache, itch, birth control or annual exam? With more than 60 clinics in the Twin Cities and western Wisconsin, getting better is right around the corner.

At every hour. Neither the office cold or prenatal question follow a 9-5 schedule, so neither do we. We’ve got you covered with 24/7 online care through virtuwell or same-day appointments at one of our primary care clinics.

For everyone. Some of our doctors take turns driving the soccer carpool, while others can’t wait to turn the pages of the latest bestseller. But they all love helping you get better. With more than 1,800 board-certified physicians, we have a doctor for you.

What we treat

- Allergies
- Anxiety & depression
- Back pain
- Birth Control
- Breast health & mammograms
- Checkups, physicals & immunizations
- Flu
- Incontinence
- Infertility
- Periods & menopause
- Prenatal care
- Sinus, cough, cold
- Urinary tract infections (UTIs)

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Our women’s health doctors

see all

Dr. Sari Witzke, MD **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD**

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— What health conditions can be treated online?

Most common conditions can be treated online saving you time and money. Virtuwell can help you with acne, flu, sinus infections, allergies, birth control and many more all without leaving your couch.

If medication is required, we’ll send a prescription to your pharmacy and you’ll be on your way to feeling better. Learn more about online treatment from virtuwell.

+ What if I need a specialist?

+ What are women’s health screenings and how often should they be done?

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+ How do I make an appointment?

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— What if I need a specialist?

No one likes to think about needing a specialist, but sometimes it’s good to take a second look. If that’s the case, your doctor will recommend a specialist and we’ll help you schedule the appointment.

At HealthPartners and Park Nicollet we have the largest care group in the Twin Cities, with over 50 trusted specialty clinics.

+ What are women’s health screenings and how often should they be done?

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

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— What are women’s health screenings and how often should they be done?

Research shows that risk factors increase at certain ages, so doctors recommend the following screenings for women:

- Cholesterol screening every 5 years for women ages 20 to 45
- Colorectal cancer screenings after age 45
- Cervical cancer test (Pap test) every 3 years beginning at age 21
- Self-breast exams monthly and an annual mammogram for women over 40.

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

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Women’s health

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+ What are women’s health screenings and how often should they be done?

— Can primary care doctors prescribe birth control?

You bet. Our primary care doctors prescribe birth control in our clinics, and online for women ages 18 to 34.

+ How do I make an appointment?

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+ Can primary care doctors prescribe birth control?

— How do I make an appointment?

With over 60 locations in the Twin Cities, central Minnesota and western Wisconsin, we have options for you near work, near home and even online.

Click here to make an appointment online or call XXX-XXXX.

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Orthopedics

Orthopedic Treatment

Pain is your body's way of communicating with you when something isn't quite right.

Sometimes you know exactly what went wrong, like that time you missed a stair and your ankle paid the price. Other times the pain might appear slowly over time and connecting the dots on what's wrong gets a little trickier.

Figuring out what the problem is and how to fix it can be overwhelming. After all the ankle bone is connected to the knee bone, the knee bone is connected to the thigh bone, and so on.

Orthopedics makes sense of the entire bone and musculoskeletal system, and our orthopedic and sports medicine specialists can help you identify the injury, create a customized treatment plan and guide you through surgery if that's necessary.

What we treat

- Broken Bones / Fractures
- Back Pain / Back Surgery
- Hip Replacement
- Joint Replacement
- Knee Replacement
- Physical Therapy
- Sports Injuries
- Torn Ligaments

Our orthopedic doctors

see all

Dr. Sari Witzke, MD
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Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD

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Our orthopedic locations

We can help you at any of our 24 locations which specialize in orthopedics, including clinics, specialty centers and hospitals.

see all

Tria

PNBC

Regions Orthopedics

Methodist Hospital

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Bladder Infection (UTI)

Frequent urination? Check. Pelvic pain? Check. Lower back ache? Yep. Separately those symptoms may mean different things, but together, you know the deal: bladder infection. Bladder infections (also known as Urinary Tract Infections or UTI's) are one of the most commonly treated health conditions, and when caught early they can usually be resolved quickly.

What is a bladder infection?

A bladder infection is a type of Urinary Tract Infection (UTI) caused by a collection of bacteria in the bladder. When enough bacteria is present, the bladder becomes irritated and swells, causing a variety of not-so-fun symptoms. If left untreated, the infection can travel up the ureters and into the kidneys where it can become more severe and potentially more serious.

What are the symptoms?

What are the causes?

How is it diagnosed?

What are the treatment options?

24/7 online clinic

Skip the trip and start your visit anytime with any device. virtuwell treats over 60 conditions, and the most you'll pay is $49.

Start your virtuwell visit

Urgent care

Sometimes it just can't wait. Get fast, convenient care at one of our 13 Twin Cities locations. Save your spot and avoid the wait.

Save your spot

Our doctors

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Meet our doctors

Serving the Southeast metro

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By region: Southeast metro

By city, state or Zip: Miles

Results 429

Female | Male | Specialty | Condition | Locations | All doctors | Language | More filters

Dr. Sari Witzke, MD
Family medicine
✓ Scheduling new patients

Dr. Sari Witzke, MD
Family medicine
✓ Scheduling new patients

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Corporate Headquarters
8170 33rd Avenue S Bloomington, MN 55425
952-883-6000
Email us

Our care group
HealthPartners Central Minnesota Clinics
Park Nicollet
Physicians Neck & Back Center
Methodist Hospital
Regions Hospital
Stillwater Medical Group
TRIA

Resources
Press releases
Blog
Espanol
Get iPhone app
Get Andriod app
Get Adobe Reader

Portals
Employer portal
Broker portal
Provider portal

Language | Language | Language | Language | Language | Language
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Meet our doctors

Serving the Southeast metro

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By region: Southeast metro

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By region: Southeast metro

By city, state or Zip: Miles

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Scheduling new patients | Hospitals | Doctor name

Scheduling new patients × Family medicine × Park Nicollet ×

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Family medicine
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Scheduling new patients

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Dr. Sari Witzke, MD

Oncologist

✓ **Scheduling new patients**

Female

About me

I'm an oncologist, and Co-Executive Medical Director for HealthPartners. I've known since I was a kid growing up in Austin, Minnesota, at I wanted to be a doctor. I've always been attracted to the challenge of diagnosing health problems and the opportunity to help people on a one-on-one level. As an Oncologist for over 30 years, I see firsthand the challenges people face when dealing with difficult medical diagnoses. My priority is guiding my patients and their loved ones through tough times by empowering them with information, strength and hope. I've been at HealthPartners since 1995 in multiple roles, and all of them have been focused on providing the highest quality care for our patients.

More about me

Why did you become a doctor? I truly care about people. It's important to provide compassionate medical care, but it's also important to help people navigate the complex health care system and make it as affordable as possible.

Where is your hometown? Austin, Minnesota

What are you happiest doing when you're not working? Reading, biking, running and spending time with my family and our two dogs.

Who is someone you admire, and why? I've always really admired my grandfather. He was also a doctor, and his compassion for his patients was inspiring.

What advice do you give patients? Good health is marathon, not a sprint. Instead of following a short-term diets or workout plans, mold your daily lifestyle around smaller healthy choices and it will begin to feel effortless.

How would your friends describe you? Probably as the nice guy of the group who's always listening and giving advice.

What are some of your top achievements? I'm proud to be a board member for several organizations, including the HealthPartners Board of Directors, the Regions Hospital Board of Directors and the Institute for Clinical Systems Improvement (ICSI) Board of Directors.

Specialty

Oncologist

Education

University of Minnesota

Years practicing

30

Languages spoken

English

Spanish

Where I practice

HealthPartners Eagan Clinic

Office visit

Physical exam

Internal Medicine
1653 Diffley Rd Ste 100, Eagan
1.3 miles away
Get directions

Closed - opens tomorrow at 8:00 am

HealthPartners St. Louis Park Clinic

Office visit

Physical exam

Internal Medicine
1665 Utica Ave S, St Louis Park
1.3 miles away
Get directions

Closed - opens tomorrow at 8:00 am

More about me

- Hospitals where I work

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

- Medical groups I work in

HealthPartners

- My certifications

Am Bd of Orthopaedic Surgery

Am Bd of Orthopaedic Surgery-Orthopaedic Sports Medicine

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Our Locations

Serving the Southeast Metro

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Results 301

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HealthPartners Eagan Clinic
Internal Medicine, Dermatology, +5 more
1.3 miles away **map**
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Make an appointment
Call to schedule 000-000-0000

HealthPartners Eagan Clinic
OB/GYN, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care
Internal Medicine, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Closed - opens tomorrow at 8:00 am
Wait Time:
00 hours 37 minutes
Save my spot
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Call for info 000-000-0000
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Our Hospitals

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See accepted insurance

Results 6

Hide map

Southeast… OR Zip/city… Range… Brand… Type… Specialty… Sort by distance

Regions Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Methodist Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

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Amery Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
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Hudson Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Westfield Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

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HealthPartners Eagan Clinic

1653 Diffley Road

Eagan, MN 55454

Make an appointment | Call to schedule 000-000-0000 | Get Directions

Hours

Open - until 5:00 pm today

Regular Clinic Hours

Monday - Friday: 8:00am - 5:00pm
Saturday - Sunday: Closed

Specialties & Services

- Lorem ipsum dolor sit amet
- Consectetur adipiscing
- Sed do eiusmod
- Tempor incididunt ut labore et dolore
- Magna aliqua

About

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Getting there

Public transportaiton

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Parking

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See the clinic

Our Doctors

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Dr. Lorem Ipsum

HealthPartners Eagan Clinic

1653 Diffley Road

Eagan, MN 55454

Make an appointment | Call to schedule 000-000-0000 | Get Directions

Hours

Open - until 5:00 pm today

Regular Clinic Hours

Monday - Friday: 8:00am - 5:00pm
Saturday - Sunday: Closed

Specialties & Services

- Lorem ipsum dolor sit amet
- Consectetur adipiscing
- Sed do eiusmod
- Tempor incididunt ut labore et dolore
- Magna aliqua

About

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Getting there

Public transportaiton

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Parking

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See the clinic

Our Doctors

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Melrose Center heals eating disorders

Why Melrose Center?

Melrose Center has been healing eating disorders for more than 30 years. We understand the complicated relationship with food, the carefully built walls and the hesitation to find help.

We are your doctors, your tough love, your big hugs. Through compassionate care and science-based treatment, we've guided thousands of people on their journey to recovery. And we see the path forward for you, too.

Experienced care team

You will receive the highest-quality care from specialized psychologists, physicians, nutritionists and more.

Variety of treatment options

From outpatient to residential treatment, we will find the best option for you.

Healing for 30+ years

We've been helping people recover from eating disorders since 1986.

5 locations

We can help you at any of our five, convenient Twin Cities locations.

Schedule an Appointment at Melrose Center

It's never too early or too late to get help

Make an Appointment

Call 952-993-6200

Concerned you have an eating disorder?

Take a self-assessment

What we treat

Melrose Center treats a range of eating disorders.

An eating disorder follows you day and night, whispering things in your ear that simply aren't true. And soon it's hard to know where the eating disorder ends and reality begins. Learn more about common eating disorders and how we customize treatment plans.

Anorexia >

Bulimia >

Binge-eating >

Avoidant/restrictive food intake disorder (ARFID) >

Body dysmorphia >

Learn more

How we treat eating disorders

Melrose Center provides psychological therapy, medical monitoring and dietary counseling in a peaceful, healing environment. We have a variety of specialized treatment options in five locations in the Twin Cities area.

Learn more about treatment options >

Is this an eating disorder?

Eating disorders are complex and may appear in a variety of ways. Coupled with the many misconceptions about eating disorders, often times getting help is delayed. The truth is no two eating disorders are the same. And the earlier you get help the better.

Take a self-assessment

If any of the statements below sound familiar, it may be time to talk to someone.

I only have one symptom, it's not a problem yet.

I'm not too skinny so this isn't an issue.

I'm just going through a phase, it'll pass.

I'm a guy - only women have eating disorders.

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Regions Hospital

Better Care Begins Here

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Emergency Center

We're a Level 1 Adult and Pediatric Trauma Center. That means we provide top care for your whole family for injuries and illnesses, from minor to complex.

Convenient Care Options

Have a health concern you need treated now, but it's not life threatening? Visit one of our HealthPartners urgent care clinics or our online virtuwell clinic.

Patient & Guest Support

We're here to help. Get information about preparing for surgery, support services, food and hotel options, guest lounges and more.

Explore Resources

How are we doing?

Your feedback helps us understand what we do well and what we can do even better when it comes to your care.

Share Your Thoughts

Getting to Regions Hospital

We're conveniently located on the edge of downtown St. Paul, Minnesota. You can easily get to us from I-35E or I-94

Directions & Parking

Contact Us

Have questions? Call us anytime at 651-254-3456.

See all contact info

"I'm grateful for the doctors that helped me through my recovery."

Sarah's story

More Stories

Top-Level Specialty Care for All Your Needs

Neuroscience Care >
Heart Center >
Cancer Care Center >
Burn Care >
Birth Center >
Breast Center >

Learn more

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Jane Brattain Breast Center

Overview

Breast health is vital to overall health and well-being. At Park Nicollet Jane Brattain Breast Center, we understand that women may delay getting a mammogram because of their busy lives or fear of the unknown. Mammography is still the best tool to detect breast cancer in its earliest, most curable stages. That is why we recommend annual screening mammograms for women starting at age 40.

Walk-in mammograms available at all mammography locations.

Jane Brattain Breast Center is designed by women, for women, with the latest technologies and experienced professionals dedicated to breast imaging and breast health. Your comfort and convenience are a priority.

A legacy of hope

Jane Brattain and her husband, Don, are long-time supporters of Park Nicollet. In 1991, they donated money to purchase a state-of-the-art biopsy machine that promised a less invasive way to detect breast cancer. Jane never imagined she'd be the first person to use the new technology. When a routine screening mammogram revealed a suspicious lump in her breast, a biopsy was performed using the new machine and cancer was discovered in time for early intervention. More than 20 years later, Jane remains cancer-free and active in Park Nicollet Jane Brattain Breast Center activities and events. Today, our center bears her name and shares her passion for early detection.

Our doctors

see all

Dr. Sari Witzke, MD **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD**

Our locations

We can help you at any of our locations which include clinics, specialty centers and hospitals.

Clinic Near Me

Park Nicollet

Location 2

Jane Brattain Breast Center

Our locations

Filter by City **OR** Zip Range… Sort by distance

Park Nicollet Jane Brattain Breast Center

OB/GYN, +5 more

1.3 miles away
3850 Park Nicollet Blvd 4th floor, St Louis Park, MN
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

Park Nicollet Jane Brattain Breast Center

Cancer Treatment

1.3 miles away
3850 Park Nicollet Blvd 4th floor, St Louis Park, MN
Closed - opens tomorrow at 8:00 am

Wait Time:
00 hours 37 minutes

Save my spot
Get Directions

© 2018 HealthPartners

Jane Brattain Breast Center

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Internal Medicine
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Family Practice
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

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Binge eating disorder treatment begins at Melrose

You might eat unusually large amounts of food. Or eat alone because you're embarrassed by how much you eat. If you eat until you're uncomfortably full, you could have binge eating disorder. It's a mental health diagnosis. And it can happen to anyone, no matter your age or gender.

Call Melrose Center to learn more about binge eating and how to get help.

Call 952-993-4100

Optional secondary

Do I have binge eating disorder?

Nearly one-third of people seeking weight-loss treatment are actually dealing with binge eating disorder. Signs and symptoms of binge eating are:

- Continuing to eat even after you're comfortably full
- Overeating and then feeling ashamed, depressed or guilty
- Eating more rapidly than normal
- Eating an unusually large amount of food in a short period of time
- Eating alone because you're embarrassed by how much you eat
- Losing and regaining weight

Meet our care team

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Internal Medicine
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Family Practice
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Melrose Center locations

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Don't hide binge eating, start healing

A healing environment

You'll find a peaceful, safe and trusting environment that encourages a return to a rich quality of life.

Why Melrose Center >

A variety of treatment options

From outpatient to residential care, you'll get the right level of care to heal from an eating disorder.

Learn about treatment options >

An approach focused on you

Your recovery comes first. You'll partner with our compassionate team members to best understand your unique situation.

Getting started >

Where is your bill from?

HealthPartners Clinic

Park Nicollet Clinic

Regions Hospital

Methodist Hospital

Lakeview Hospital

Amery Hospital & Clinics

Hudson Hospital & Clinics

Westfield Hospital & Clinics

Stillwater Medical Group

To see your billing history or pay a dental bill, log on.
To pay by phone or mail, visit billing info.

What is your account number? It should be on your bill.

enter account number

Continue

How would you like to pay?

amount you'd like to pay

name on credit card

credit card number

zip code

zip code *ccv*

Expiration date

MM / DD / YYYY

Submit payment

Thank you for your payment!

You will receive confirmation once it's been processed.

Create an Account

HealthPartners

4 6 Jane Doe Search...

Home | My Care | My Plan | Healthy Living | Find Care

CareLine: 612-339-3663
Member Services: 952-883-5000

Good afternoon, Karen.

Make an appointment | My test results | My prescriptions | My benefits | My claims | Pay a bill

My appointments

Current

See all

AUG 21
Linda J Draxton
Tue, Aug. 21, 2018
10:10 am
Woodbury General Dentistry

Past

See all

NOV 27
Martina E Hartmark
Mon, Nov. 27, 2017

Free shipping on prescriptions

When you order from any Park Nicollet or HealthPartners pharmacy.

Mail my prescriptions

Get treated online now

virtuwell

Your 24/7 online clinic is ready to treat over 60 common conditions like pink eye, sinus and bladder infections

Who’s this appointment for?

John Doe

Jane Doe

Fred Doe

Why do you need to go to the doctor?

Office visit
Illness, injury, health concern, or follow-up appointment

Physical
General check-up, screening, or sports and school physical

Women's health
Annual exam or Pap test

Specialty care
From cancer to knee pain to pregnancy – and everything in between.

Need to see someone sooner?

Online care
Pink eye or sinus infection? Get care online 24/7. No waiting room – and no more than $49.

Start my visit

Urgent care
Get care right away for strep throat, cold and flu symptoms, or minor injuries and burns.

See urgent care wait times

Emergency
Call 911 right away if you're experiencing an emergency or a severe health problem.

Tell us more about why you need to see a doctor.

This will help you get the right care.
Need an interpreter? Let us know that here, too.

This field is required.

Ex. I have a sore throat

Continue

What clinic do you want to go to?

Clinics I've been to before

HealthPartners Eagan Clinic
1654 Diffley Rd Ste 100
Eagan, MN 55122
952-967-7477
1.1miles

Park Nicollet Clinic
1885 Plaza Dr
Eagan, MN 55122
952-993-4001
2.8 miles

Other clinics near me

Chanhassen MN or ZIP Code

HealthPartners Eagan Urgent
1654 Diffley Rd Ste 100
Eagan, MN 55122
952-853-8800
1.1miles

Park Nicollet Clinic - Eagan-MTM
1885 Plaza Dr Eagan,
MN 55122
952-993-2000
2.8 miles

HealthPartners Hospice and Palliative Care
8170 33rd Ave S
Minneapolis, MN 55440
952-883-6877
6.5 miles

Park Nicollet Clinic - Airport Clinic
7550 34th Ave S
Minneapolis, MN 55450
952-993-7000
7.1 Miles

See more clinics

What doctor do you want to see at <clinic name>?

Doctors I've seen at this clinic

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Other doctors at this clinic

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

See more doctors

What doctor do you want to see at <clinic name>?

Doctors I've seen at this clinic

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Other doctors at this clinic

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

Dr. Sari Witzke
Family Medicine

See more doctors

What time works best with <insert doctors name>?

Appointments are shown in order of first available dates and times.

Dr. Sari Witzke

Family Medicine

Monday, August 13

8:00 a.m. | 8:20 a.m. | 9:00 a.m. | 9:20 a.m.

9:40 a.m. | 10:20 a.m. | 10:40 a.m.

See more times

Is your contact info right?

Edit

Address:
23451 Main Street S
Minnetonka, MN 55423

Phone:
952-555-6987

Email:
yourname@domain.com

Yes

Update my contact info

Street

23451 Main Street S

City

Minnetonka

State

Minnesota

Zip code

55423

Home phone

952-555-6987

Work phone

952-555-6987

Mobile phone

952-555-6987

Email

yourname@domain.com

Save and continue

Almost done!

Do your appointment details look right?

Dr. Sari Witzke
Family Medicine

Edit

Who:
John Doe

Edit

Visit type:
Office visit

Edit

Location:
HealthPartners Eagan Clinic
1653 Diffley Rd Ste 100
Eagan MN 55122

Edit

Date and time:
Monday, August 13
8:00 AM

Schedule my appointment

You're set!

Your appointment is scheduled. Watch for a confirmation email shortly.

Dr. Sari Witzke

Family Medicine

Who:
John Doe

Visit type:
Office visit

Location:
HealthPartners Eagan Clinic
1653 Diffley Rd Ste 100
Eagan MN 55122

Date and time:
Monday, August 13
8:00 AM

Add to my calendar

See my appointments

Select a date and time

View calendar

Monday, August 13

8:00 a.m. | 8:20 a.m. | 9:00 a.m. | 9:20 a.m.

9:40 a.m. | 10:20 a.m. | 10:40 a.m.

See more times

Let’s get your info.

Log On to autofill this info.

First and last name

Phone number

email

Continue

Almost done! Do you appointment details look right?

Dr. Sari Witzke
Family Medicine

Edit

Who:
John Doe

Edit

Visit type:
Office visit

Edit

Location:
HealthPartners Eagan Clinic
1653 Diffley Rd Ste 100
Eagan MN 55122

Edit

Date and time:
Monday, August 13
8:00 AM

Edit

Schedule my appointment

You're set!

Your appointment is scheduled. Watch for a confirmation email shortly.

Dr. Sari Witzke

Family Medicine

Who:
John Doe

Visit type:
Office visit

Location:
HealthPartners Eagan Clinic
1653 Diffley Rd Ste 100
Eagan MN 55122

Date and time:
Monday, August 13
8:00 AM

Add to my calendar

See my appointments

Everyday care services

Women's health

Stay healthy with comprehensive care, including screenings, treatment for common illness, help with family planning, nutrition, sleep and more.

Men's health

No more living in pain to avoid the pain of going to the doctor. Our doctors specializing in men's health make staying healthy quick and easy.

Kid's health

Your favorite super hero deserves the best. From well-checks to fighting the sniffles to blasting past milestones, we're here for it all.

Dental

We believe dental health is connected to overall health. Our doctors and dentists stay connected to provide whole body health and well-being.

Eye

Need to see it to believe it? Let us show you a quick and affordable way to care for your eyes, from vision tests to contacts and glasses.

Skin health

Protect what protects you. Skin screenings and treatment for a variety of skin conditions including acne, rashes, psoriasis and more.

Mental health

You're not alone. One in four people struggle with a mental illness. We're here to help you get answers and take the first step to feeling better.

Sports medicine

Runner's knee. Tennis elbow. Sprains and Strains. Don't let aches and pains keep you from what you love.

Urgent care

Sometimes it just can't wait. Get fast, convenient care at one of our 13 Twin Cities locations. Save your spot and avoid the wait.

24/7 online clinic

Skip the trip and start your visit anytime with any device. virtuwell treats over 60 conditions, and the most you'll pay is $49.

Don't see what you're looking for?

We treat over 65,000 symptoms and conditions.
Let's start finding the care you need.

Make an appointment
Find a doctor

© 2018 HealthPartners

Everyday care services

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Make an appointment
Find a doctor

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Everyday care services

Women's health
Birth Control, Family Planning, Periods and Breast Health

Men's health
Health Screenings, Sexual Health and Heart Care

Kid's health
Well-checks, Immunizations, Coughs and Colds

Dental
Teeth Cleanings, Tooth Aches and Gum Disease

Eye
Eye Exams, Contacts and Glasses

Skin health
Skin Screenings, Moles, Psoriasis and Acne

Mental health
Anxiety and Depression

Sports medicine
Aches, Pains, Strains and Sprains

Urgent care
Minor illness, injuries and burns

24/7 online clinic
Pink Eye, UTIs, Sinus Infections, Rashes

Primary care
Asthma, Cold, Flu, Sinuses, Immunizations

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Make an appointment
Find a doctor

© 2018 HealthPartners

Healthy, made easy

At HealthPartners, we're committed to helping you live a healthier life with health care and insurance options that are simple and affordable, whether you have our insurance, see our doctors or both.

HealthPartners Insurance

The quality coverage you want, at a price you can manage. We're here to help you get the most out of your coverage whether you're covered through work, buying your own or selecting a Medicare plan.

Learn more >

+

HealthPartners & Park Nicollet

The quality care you need, made easy. From online to on your way home we offer care options that fit your schedule including online visits, primary care, specialty care, chiropractic and dental.

Learn more >

Together, we're making healthy easier to achieve and more affordable.

We're analyzing health data every day from doctor's visits and the insurance that helps pay for it so we can help our community prevent illness and reduce the worry that surrounds medical bills.

Take your health assessment

Walking 20 minutes a day can add 3-7 years to your life

Not sure where to find the time? Try squeezing in 20 minutes before work, over lunch, or even while your little one is at practice.
More >

You can save up to XX% by treating a common condition with a primary care doctor vs a specialist

Primary care doctors can prescribe treatment for acne, help you select birth control.
More >

80% of people with sleep apnea go undiagnosed

Snoring is more than a nighttime nuisance. Sleep apnea is a problem because it's linked to diabetes, heart disease, weight gain, and memory issues.
More >

HealthPartners Community Impact

Collaborating with health care systems to improve mental health

HealthPartners is proud to partner with other Minnesota health care organizations to address opioid overuse and access to mental health treatment. We know we can tackle significant issues affecting our members and patients more effectively… **more >**

More community stories >

More About Living Healthy

See All

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

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Getting better, made easy

Board Certified Physicians • Affordable 24/7 Care • “Locations and Access”

Choose a location to find a doctor near you:

Minneapolis	St. Paul	North Metro	South Metro
West Metro	East Metro	St. Cloud	Western Wisconsin

Our Services

Everday Care

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Our Clinics

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Specialty Care

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Accepted Insurance

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

We’re about 1 thing. Getting better.

1 click access to care 24/7

Sickness doesn’t stick to an 8-5 schedule and neither do we. We’re here to help you get better with online and telemedicine options.

1 health care partner

From primary care to dental, to urgent and specialty care when needed, we’re near work, near home and online.

1 health record

Enjoy one, easy to access health record that follows you (not the other way around).

Everyday care services

Women's health

Stay healthy with comprehensive care, including screenings, treatment for common illness, help with family planning, nutrition, sleep and more.

Men's health

No more living in pain to avoid the pain of going to the doctor. Our doctors specializing in men's health make staying healthy quick and easy.

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Let's start finding the care you need.

Make an appointment
Find a doctor

© 2018 HealthPartners

Specialty care services

OB/GYN	Mental Health	Cancer	Heart & Vascular
Orthopedics	Neuroscience	Dermatology	ENT
Gender Services	Sleep	Chiropractic	Orthodontics
Midwifery	Breast Health	Lung Health	Endocrinology/Diabetes
Senior Care	Gastroenterology	Hospice	Home Care

Don’t see what you’re looking for?

See all specialties

© 2018 HealthPartners

Specialty care services

OB/GYN	Mental Health	Cancer	Heart & Vascular
Orthopedics	Neuroscience	Dermatology	ENT
Gender Services	Sleep	Chiropractic	Orthodontics
Midwifery	Breast Health	Lung Health	Endocrinology/Diabetes
Senior Care	Gastroenterology	Hospice	Home Care

Don’t see what you’re looking for?

Hide all specialties

A
Allergy & asthma
Audiology
B
Bariatric Surgery and Weight Center
Breast health
Behavioral health
C
Cancer care
Caring for Mom and Baby
Center for Memory and Aging
Chiropractic
Community Senior Care
Cosmetic and plastic surgery
D
Dentistry
Dermatology
E
Ear, nose and throat
Endocrinology
Eye care
F
Family medicine
G
Gastroenterology
H
Heart care and heart surgery
Home care
Home Medical Equipment
Hospice
I
Infectious diseases
Internal medicine
Internal medicine pediatrics
K
Kids’ health
L
Laboratory services
M
Medical spine care
Men’s health
Midwives
N
Nephrology
Neuroscience
Neurology
Neurosurgery care
Nutrition
O
Obstetrics and gynecology
Occupational medicine
Orthodontics
Orthopedics and Sports Medicine
P
Pain management
Parkinson’s Center
Pediatrics
Physical medicine and rehabilitation
Plastic and hand surgery
Podiatry & foot and ankle surgery
Pulmonary medicine
R
Radiology
Rheumatology
S
Senior health
Sleep medicine
Surgery
Surgical spine
T
Travel medicine
U
Urogynecology
Urology
V
Vascular surgery and vein care
W
Women’s health

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Bladder infection (UTI)

What is a bladder infection?

Bladder infections have a way of getting your attention. You make countless trips to the bathroom, and still you feel like you have to go again. And once you're in there, instead of mindlessly going about your business, you feel burning or stinging every time you pee.

When you get a bladder infection, it leads to cystitis, which is when your bladder swells and gets irritated.

Women get bladder infections more than men. Usually, the infections are more annoying than they are serious, and antibiotics are the treatment. But they can travel up the ureters to the kidneys and cause more severe problems, so it's important to treat them right away.

What are the symptoms?

What are the causes?

How is it diagnosed?

What are the treatment options?

Find Your Best Care Option

Bladder Infection (UTI)

enter zip code

use current location

Check all that apply to your situation:

- ☐ Female
- ☐ Male
- ☐ Under age 15
- ☐ Pregnant
- ☐ Had a bladder infection in past month
- ☐ On medication that impact immune system

Show me options

Women's health blog posts

See All

Category
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Bladder infection (UTI)

What is a bladder infection?

Bladder infections have a way of getting your attention. You make countless trips to the bathroom, and still you feel like you have to go again. And once you're in there, instead of mindlessly going about your business, you feel burning or stinging every time you pee.

When you get a bladder infection, it leads to cystitis, which is when your bladder swells and gets irritated.

Women get bladder infections more than men. Usually, the infections are more annoying than they are serious, and antibiotics are the treatment. But they can travel up the ureters to the kidneys and cause more severe problems, so it's important to treat them right away.

What are the symptoms?

What are the causes?

How is it diagnosed?

What are the treatment options?

Find Your Best Care Option

virtuwell

Answer questions from anywhere on any device. Get a diagnosis, treatment plan, and prescription if needed from board-certified nurse practitioners. All in about 30 minutes.

Get Started

In-person appointments

Tues June 6

HealthPartners Eagan Clinic

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot
Get Directions

Start Over

Women's health blog posts

See All

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Serving the South Metro

Home / Care / Our locations

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OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care
Internal Medicine, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Closed - opens tomorrow at 8:00 am

Wait Time:
00 hours 37 minutes

Save my spot
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

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1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
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Our Hospitals

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See accpeted insurance

Results 6

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Regions Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Methodist Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

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Hudson Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Westfield Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

HealthPartners Eagan Clinic

1653 Diffley Road

Eagan, MN 55454

Make an appointment | Call to schedule 000-000-0000 | Get Directions

Hours

Open - until 5:00 pm today

Regular Clinic Hours

Monday - Friday: 8:00am - 5:00pm
Saturday - Sunday: Closed

Specialties & Services

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About

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Getting there

Public transportaiton

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Parking

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See the clinic

Our Doctors

Dr. Lorem Ipsum

Dr. Lorem Ipsum

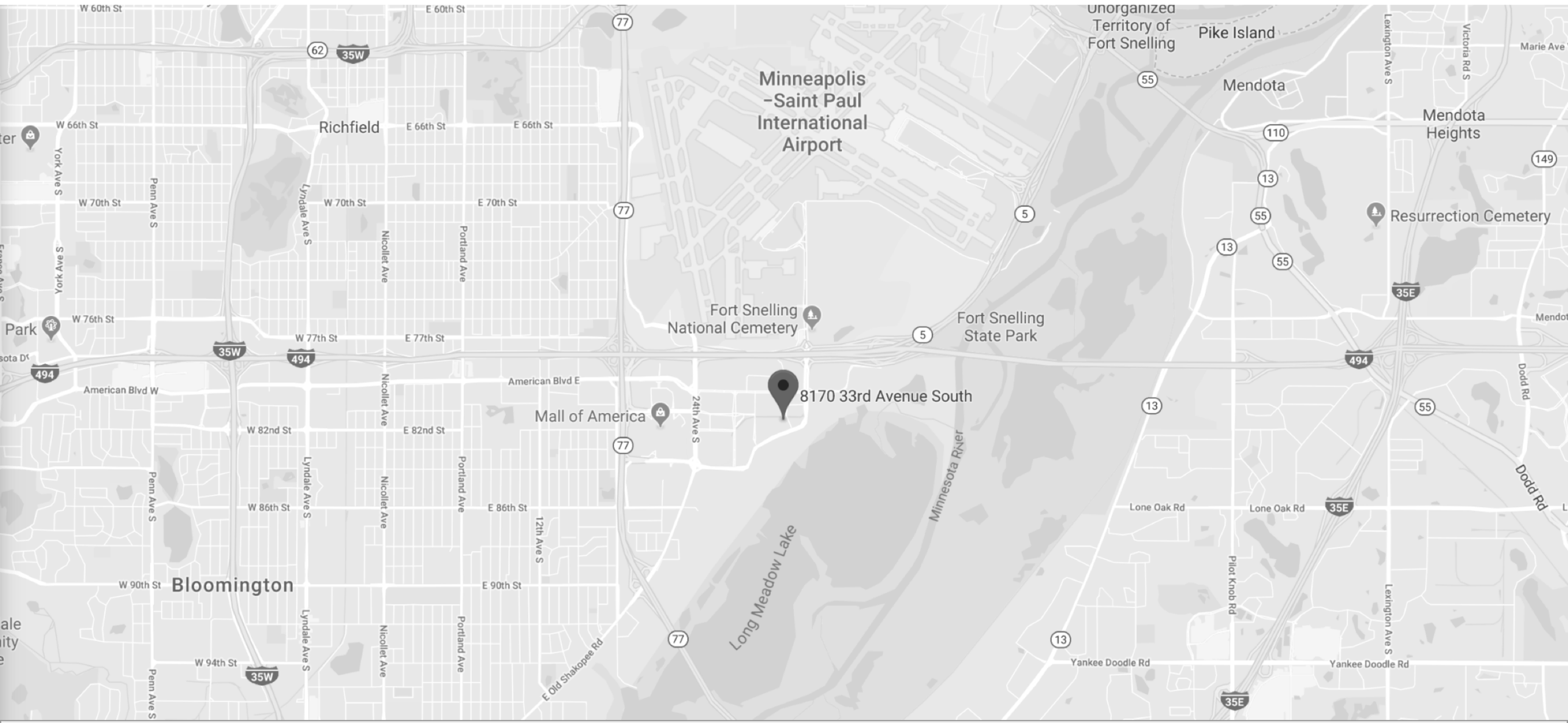
Dr. Lorem Ipsum

Contact us

HealthPartners Corporate Headquarters

8170 33rd Avenue S Bloomington, MN 55425

000-000-0000 Email us Get directions



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Binge eating disorder treatment begins at Melrose

You might eat unusually large amounts of food. Or eat alone because you're embarrassed by how much you eat. If you eat until you're uncomfortably full, you could have binge eating disorder. It's a mental health diagnosis. And it can happen to anyone, no matter your age or gender.

Call Melrose Center to learn more about binge eating and how to get help.

Call 952-993-4100

Optional secondary

Do I have binge eating disorder?

Nearly one-third of people seeking weight-loss treatment are actually dealing with binge eating disorder. Signs and symptoms of binge eating are:

- Continuing to eat even after you're comfortably full
- Overeating and then feeling ashamed, depressed or guilty
- Eating more rapidly than normal
- Eating an unusually large amount of food in a short period of time
- Eating alone because you're embarrassed by how much you eat
- Losing and regaining weight

Meet our care team

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Internal Medicine
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Family Practice
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Melrose Center locations

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Don't hide binge eating, start healing

A healing environment

You'll find a peaceful, safe and trusting environment that encourages a return to a rich quality of life.

Why Melrose Center >

A variety of treatment options

From outpatient to residential care, you'll get the right level of care to heal from an eating disorder.

Learn about treatment options >

An approach focused on you

Your recovery comes first. You'll partner with our compassionate team members to best understand your unique situation.

Getting started >

Melrose Center heals eating disorders

Why Melrose Center?

Melrose Center has been healing eating disorders for more than 30 years. We understand the complicated relationship with food, the carefully built walls and the hesitation to find help.

We are your doctors, your tough love, your big hugs. Through compassionate care and science-based treatment, we've guided thousands of people on their journey to recovery. And we see the path forward for you, too.

Experienced care team

You will receive the highest-quality care from specialized psychologists, physicians, nutritionists and more.

Variety of treatment options

From outpatient to residential treatment, we will find the best option for you.

Healing for 30+ years

We've been helping people recover from eating disorders since 1986.

5 locations

We can help you at any of our five, convenient Twin Cities locations.

Schedule an Appointment at Melrose Center

It's never too early or too late to get help

Make an Appointment

Call 952-993-6200

Concerned you have an eating disorder?

Take a self-assessment

What we treat

Melrose Center treats a range of eating disorders.

An eating disorder follows you day and night, whispering things in your ear that simply aren't true. And soon it's hard to know where the eating disorder ends and reality begins. Learn more about common eating disorders and how we customize treatment plans.

Anorexia >

Bulimia >

Binge-eating >

Avoidant/restrictive food intake disorder (ARFID) >

Body dysmorphia >

Learn more

How we treat eating disorders

Melrose Center provides psychological therapy, medical monitoring and dietary counseling in a peaceful, healing environment. We have a variety of specialized treatment options in five locations in the Twin Cities area.

Learn more about treatment options >

Is this an eating disorder?

Eating disorders are complex and may appear in a variety of ways. Coupled with the many misconceptions about eating disorders, often times getting help is delayed. The truth is no two eating disorders are the same. And the earlier you get help the better.

Take a self-assessment

If any of the statements below sound familiar, it may be time to talk to someone.

I only have one symptom, it's not a problem yet.

I'm not too skinny so this isn't an issue.

I'm just going through a phase, it'll pass.

I'm a guy - only women have eating disorders.

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Regions Hospital

Better Care Begins Here

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Emergency Center

We're a Level 1 Adult and Pediatric Trauma Center. That means we provide top care for your whole family for injuries and illnesses, from minor to complex.

Convenient Care Options

Have a health concern you need treated now, but it's not life threatening? Visit one of our HealthPartners urgent care clinics or our online virtuwell clinic.

Patient & Guest Support

We're here to help. Get information about preparing for surgery, support services, food and hotel options, guest lounges and more.

Explore Resources

How are we doing?

Your feedback helps us understand what we do well and what we can do even better when it comes to your care.

Share Your Thoughts

Getting to Regions Hospital

We're conveniently located on the edge of downtown St. Paul, Minnesota. You can easily get to us from I-35E or I-94

Directions & Parking

Contact Us

Have questions? Call us anytime at 651-254-3456.

See all contact info

"I'm grateful for the doctors that helped me through my recovery."

Sarah's story

More Stories

Top-Level Specialty Care for All Your Needs

Neuroscience Care >
Heart Center >
Cancer Care Center >
Burn Care >
Birth Center >
Breast Center >

Learn more

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Everyday care services

24/7 online clinic

Skip the trip and start your visit anytime with any device. virtuwell treats over 60 conditions, and the most you'll pay is $49.

Dental

We believe dental health is connected to overall health. Our doctors and dentists stay connected to provide whole body health and well-being.

Eye

Need to see it to believe it? Let us show you a quick and affordable way to care for your eyes, from vision tests to contacts and glasses.

Kid's health

Your favorite super hero deserves the best. From well-checks to fighting the sniffles to blasting past milestones, we're here for it all.

Men's health

No more living in pain to avoid the pain of going to the doctor. Our doctors specializing in men's health make staying healthy quick and easy.

Mental health

You're not alone. One in four people struggle with a mental illness. We're here to help you get answers and take the first step to feeling better.

Primary care

Your most affordable option for all the most common health needs. From cold and flu, to birth control and back pain.

Skin health

Protect what protects you. Skin screenings and treatment for a variety of skin conditions including acne, rashes, psoriasis and more.

Sports medicine

Runner's knee. Tennis elbow. Sprains and Strains. Don't let aches and pains keep you from what you love.

Urgent care

Sometimes it just can't wait. Get fast, convenient care at one of our 13 Twin Cities locations. Save your spot and avoid the wait.

Women's health

Stay healthy with comprehensive care, including screenings, treatment for common illness, help with family planning, nutrition, sleep and more.

Don't see what you're looking for?

We treat over 65,000 symptoms and conditions.
Let's start finding the care you need.

Make an appointment
Find a doctor

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Specialty care services

Search for a specialty

Search

A | B | C | D | E | F | G | H | I | J | K | L | M | N

O | P | Q | R | S | T | U | V | W | X | Y | Z

Breast Health	Cancer	Chiropractic	Dermatology
Endocrinology/Diabetes	ENT	Gastroenterology	Gender Services
Heart & Vascular	Home Care	Hospice	Lung Health
Mental Health	Midwifery	Neuroscience	OB/GYN
Orthodontics	Orthopedics	Senior Care	Sleep

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See all specialties

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Specialty care services

Breast Health	Cancer	Chiropractic	Dermatology
Endocrinology/Diabetes	ENT	Gastroenterology	Gender Services
Heart & Vascular	Home Care	Hospice	Lung Health
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Specialty care services

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Mental Health	Midwifery	Neuroscience	OB/GYN
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Specialty care services

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Breast Health	Cancer	Chiropractic	Dermatology
Endocrinology/Diabetes	ENT	Gastroenterology	Gender Services
Heart & Vascular	Home Care	Hospice	Lung Health
Mental Health	Midwifery	Neuroscience	OB/GYN
Orthodontics	Orthopedics	Senior Care	Sleep

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Specialty care services

Search for a specialty

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Breast Health	Cancer	Chiropractic	Dermatology
Endocrinology/Diabetes	ENT	Gastroenterology	Gender Services
Heart & Vascular	Home Care	Hospice	Lung Health
Mental Health	Midwifery	Neuroscience	OB/GYN
Orthodontics	Orthopedics	Senior Care	Sleep

Don't see what you're looking for?

See all specialties

A
Allergy & asthma
Audiology
B
Bariatric Surgery and Weight Center
Breast health
Behavioral health
C
Cancer care
Caring for Mom and Baby
Center for Memory and Aging
Chiropractic
Community Senior Care
Cosmetic and plastic surgery
D
Dentistry
Dermatology
E
Ear, nose and throat
Endocrinology
Eye care
F
Family medicine
G
Gastroenterology
H
Heart care and heart surgery
Home care
Home Medical Equipment
Hospice
I
Infectious diseases
Internal medicine
Internal medicine pediatrics
K
Kids' health
L
Laboratory services
M
Medical spine care
Men's health
Midwives
N
Nephrology
Neuroscience
Neurology
Neurosurgery care
Nutrition
O
Obstetrics and gynecology
Occupational medicine
Orthodontics
Orthopedics and Sports Medicine
P
Pain management
Parkinson's Center
Pediatrics
Physical medicine and rehabilitation
Plastic and hand surgery
Podiatry & foot and ankle surgery
Pulmonary medicine
R
Radiology
Rheumatology
S
Senior health
Sleep medicine
Surgery
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U
Urogynecology
Urology
V
Vascular surgery and vein care
W
Women's health

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Find a location near you:

Choose a location | **Choose a doctor**

Tues June 6

Zip Code

Enter Zip Code

HealthPartners Eagan Clinic

1.3 miles away
1653 Diffley Rd Ste 100, Eagan

Open - until 5:00 pm today

Get Directions

Call to schedule 000-000-0000

Make an appointment

HealthPartners Eagan Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan

Open - until 5:00 pm today

Wait Time:
00 hours 37 minutes

Get Directions

Save my spot

Start Over

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Everday Care

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Hospitals

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Tues June 6

Zip Code

Enter Zip Code

Dr. Sari Witzke, MD

OB/GYN, Internal Medicine

1.3 miles away
1653 Diffley Rd Ste 100, Eagan

Open - until 5:00 pm today

Get Directions

Call to schedule 000-000-0000

Make an appointment

Dr. Eve Polastri, MD

OB/GYN, Internal Medicine

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1653 Diffley Rd Ste 100, Eagan

Open - until 5:00 pm today

Wait Time:
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Blog name

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Corporate Headquarters
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952-883-6000
Email us

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Physicians Neck & Back Center
Methodist Hospital
Regions Hospital
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Category name

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Category name

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Author Name

Last Updated Month 10, 2018 **Read time: 24 mins** **+ Add to favorites**

Blog copy goes here and the font is big and easy to read because it spans the whole width. Being more aware of your feelings and thoughts, rather than ignoring them, is what is referred to as mindfulness. It can help you to react better to situations in your life and get so much more enjoyment out of the every day things in life. Fear can hold us back from so much in life, and it can be debilitating. Research from AXA PPP healthcare shows that 1 in 5 (20 per cent) of Brits think about their biggest fear every single day. But it doesn't have to hold you back!

What is mindfulness?

Mindfulness is all about knowing what is going on inside our bodies, and happening around us, moment by moment. Being present in that moment and being aware of what is actually happening, rather than what we think is happening and it's a way to gain more enjoyment from life. One of my worst traits is being too inside my head, thinking I know what is happening and what people are thinking, which is where my fear of being in front of the camera comes from. It is the main source of my anxiety and depression and something I have been working on for a while.

We can get caught up by those feelings and they can take over our emotions and really affect our relationships with others. Being more mindful means re-connecting with our bodies, how they feel when we do certain things and really taking things back to basics with noticing the sounds, smells and sights around us. Too often we rush through life, through experiences, and we miss all of that.

[IMAGE / VIDEO / INFOGRAPHIC]

Stop living in the past or future

How can you be more present if you are always living in, and worrying about, the past or thinking about and predicting the future? The answer is, you can't. For years I have been trapped in the past, never being able to let go of things people have done. Or I have spent too much time worrying about what is going to happen in the future, even when it was out of my control. Sometimes those feelings can be beneficially, but mostly they aren't. Try living more in the moment, letting go of past situations and not worrying about what is still to come.

Notice the small things

Meditation, and practising mindfulness, has allowed me to notice the small every day things that we might take for granted. It can be something like noticing the way your body moves when you breathe or the smell of the trees when out for a walk. Sometimes we can feel like we just exist, living our lives on auto-pilot and just getting stuff done. Trying to be more mindful and noticing the small things like the smells and noises around us can interrupt this autopilot. That can allow us to see our world in a different way. We are missing out on so much in life by just "getting through the day". Stop, listen, smell, engage – see things in a different way.

Do something different

One of the reasons it is so hard for us to break from auto-pilot and notice different things is because we are always doing the same thing. We get in a routine, and stuck in ruts, and that can be a huge pull on our mental health. Try doing something different. It doesn't have to be anything major, just something like walking a different way to work or going to a different coffee shop. Change is good and it can make you more mindful of your surroundings.

[IMAGE / VIDEO / INFOGRAPHIC]

Body scans

This sounds way more medical than it actually is. It's one of the real basic (but effective) mindfulness practises that I like to start my day with. Sit somewhere quiet and starting from your head, focus on each of your body parts and how they feel. Work your way down to your toes, stopping at your neck, shoulders, chest, arms, stomach, hips and legs. Do any of them ache? That's okay – you are not trying to change that, just being aware of it. How do they feel when you take a deep breath in and out? How do they serve you? This has really helped me be present in that moment and focus on all the amazing things my body can do, rather than just how it looks.

Get outside

What better way to live in the moment and notice what's going on around you than in the great outdoors. You don't have to sit in a quiet room for 10 minutes every morning to practice mindfulness, you can go out for a walk to practise it. Be aware of the sound your feet make when they meet the ground with every step. How do the trees sound when they sway in the wind? Can you hear your breathing as you walk a bit faster? Try to block out all the extra brain chatter and just focus on what is happening there and then.

Commit to it

Pick a certain time each day that you are going to dedicate to being more mindful. After a while it will become like second nature, and you will do it without even thinking about it. But in the beginning you will need to set aside some time to really focus on it. That is why the app is so great, because it is 10 minutes to focus on just that. But even if you don't have the app, set aside 10 minutes every morning and sit somewhere quiet and focus on your breathing. Focus on the way your body moves and the sounds around you.

[IMAGE / VIDEO / INFOGRAPHIC]

Don't expect to get it right away

Being mindful and living in the now can be really difficult for many. I found it almost impossible to begin with, but it got easier really quickly. I found myself have a lot of intrusive thoughts about the past, or thinking about the day/week/month ahead rather than concentrating on what is happening right now. But that's okay, you mind is always going to want to be busy. As soon as you start to notice this happening, just bring yourself back to the moment with no judgement for letting your mind slip. Mindfulness is all about returning to the present moment over and over again. No matter how many times it wanders off, and always being kind to yourself when you come back.

Practising mindfulness is really simple, and can be done anywhere without any special equipment, but that doesn't mean it is easy. It will take some time and practise, but the impact it has already had on my life is honestly profound. It has been more than worth investing 20 minutes a day in. This has been the biggest change as part of my Own Your Fears challenge. I can't wait to share my final post on the challenge next month. That will be an update on how I feel about posting photos of myself online now.

Here's a key call-to-action related to this blog post.

It's never too early or too late to get help

Primary call to aciton

Optional secondary

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Sally Daniels, RN

About me

I am a Family Medicine physician with a special interest in Obesity Medicine and weight-related medical conditions (diabetes, high blood pressure, high cholesterol, etc). I graduated from the University of Minnesota Medical School in 2010 and completed a Preceptorship in Obesity Medicine through Harvard Medical School. I am welcoming all types of new patients into my practice. I enjoy patients who are motivated to explore the full potential of their health, and wish to partner together to achieve their goals.

I enjoy spending time with my husband and two children, friends, and extended family. We're on a journey to start raising chickens, grow our own vegetables, and possibly keeping bees in an attempt to keep our food sustainable and home grown.

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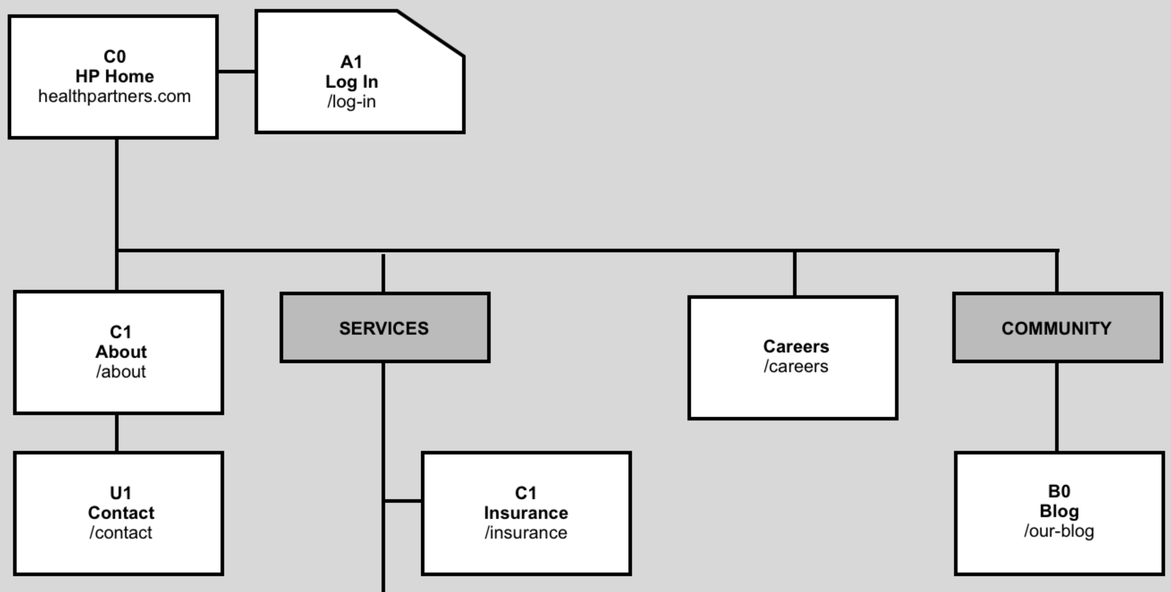

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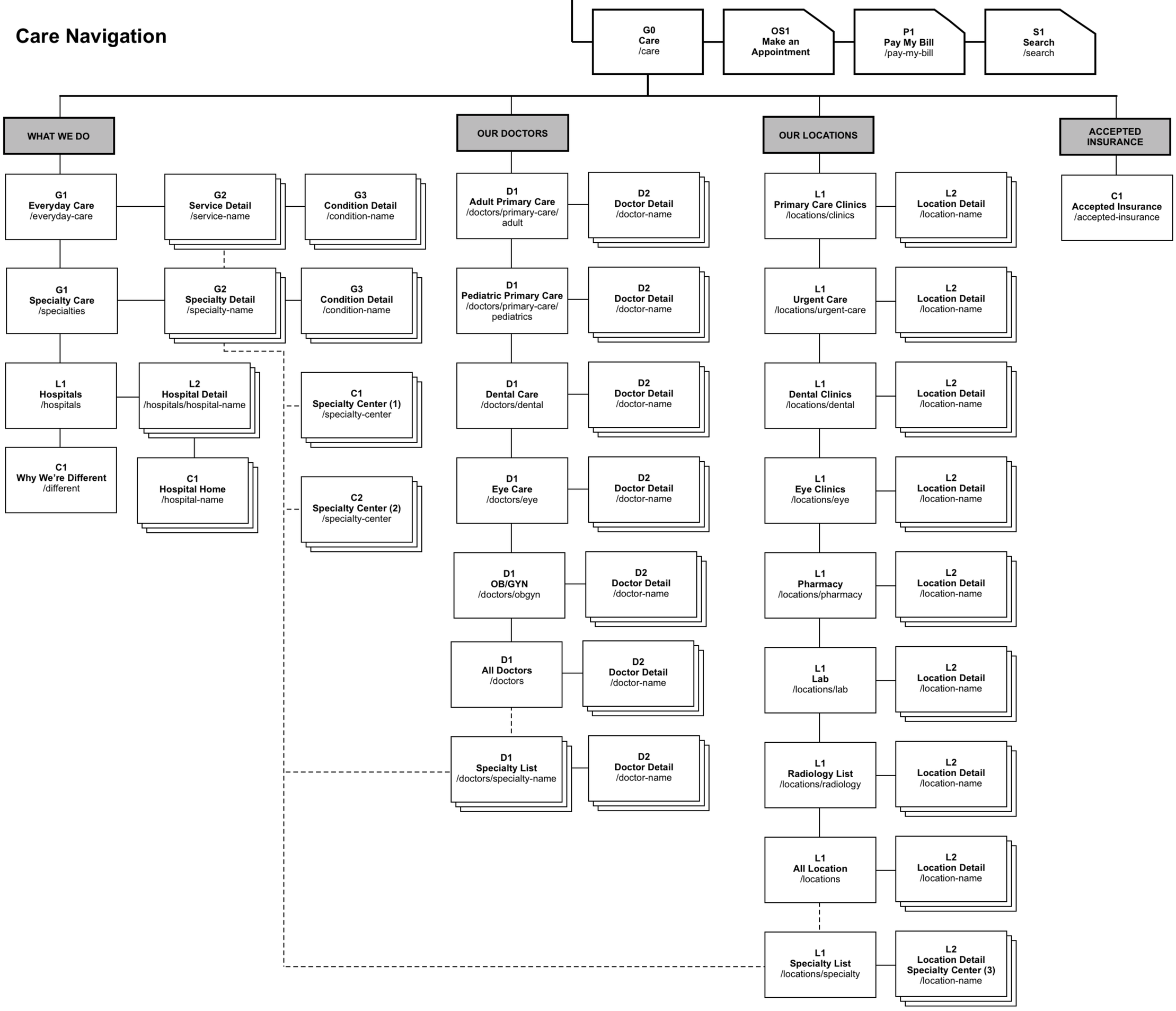

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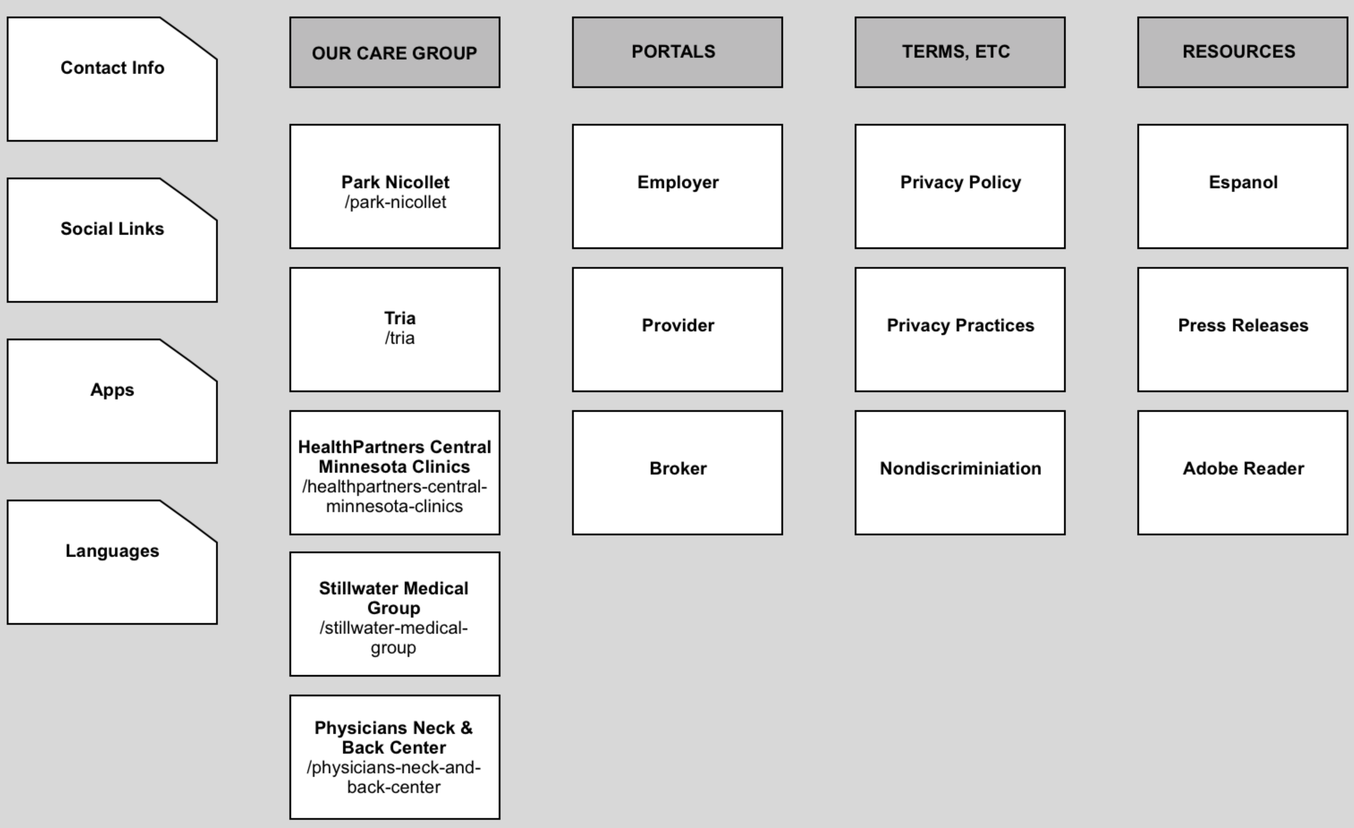

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Vision: Health as it could be, affordability as it must be, through relationships built on trust.

Values: excellence, compassion, partnership, and integrity

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"We have a strong team of 26,000 people who partner with our patients, members and the community to improve health and well-being for all."

- Andrea Walsh, President & CEO

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We are committed to living our values. That means you can expect certain things from each of us.

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If we ever fail to live up to our values, please tell us so we can work to make it better.

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Melrose Center heals eating disorders

Why Melrose Center?

Melrose Center has been healing eating disorders for more than 30 years. We understand the complicated relationship with food, the carefully built walls and the hesitation to find help.

We are your doctors, your tough love, your big hugs. Through compassionate care and science-based treatment, we've guided thousands of people on their journey to recovery. And we see the path forward for you, too.

Experienced care team

You will receive the highest-quality care from specialized psychologists, physicians, nutritionists and more.

Variety of treatment options

From outpatient to residential treatment, we will find the best option for you.

Healing for 30+ years

We've been helping people recover from eating disorders since 1986.

5 locations

We can help you at any of our five, convenient Twin Cities locations.

Schedule an Appointment at Melrose Center

It's never too early or too late to get help

Make an Appointment

Call 952-993-6200

Concerned you have an eating disorder?

Take a self-assessment

What we treat

Melrose Center treats a range of eating disorders.

An eating disorder follows you day and night, whispering things in your ear that simply aren't true. And soon it's hard to know where the eating disorder ends and reality begins. Learn more about common eating disorders and how we customize treatment plans.

Anorexia >

Bulimia >

Binge-eating >

Avoidant/restrictive food intake disorder (ARFID) >

Body dysmorphia >

Learn more

How we treat eating disorders

Melrose Center provides psychological therapy, medical monitoring and dietary counseling in a peaceful, healing environment. We have a variety of specialized treatment options in five locations in the Twin Cities area.

Learn more about treatment options >

Is this an eating disorder?

Eating disorders are complex and may appear in a variety of ways. Coupled with the many misconceptions about eating disorders, often times getting help is delayed. The truth is no two eating disorders are the same. And the earlier you get help the better.

Take a self-assessment

If any of the statements below sound familiar, it may be time to talk to someone.

I only have one symptom, it's not a problem yet.

I'm not too skinny so this isn't an issue.

I'm just going through a phase, it'll pass.

I'm a guy - only women have eating disorders.

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Regions Hospital

Better Care Begins Here

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Emergency Center

We're a Level 1 Adult and Pediatric Trauma Center. That means we provide top care for your whole family for injuries and illnesses, from minor to complex.

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Have a health concern you need treated now, but it's not life threatening? Visit one of our HealthPartners urgent care clinics or our online virtuwell clinic.

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We're here to help. Get information about preparing for surgery, support services, food and hotel options, guest lounges and more.

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Your feedback helps us understand what we do well and what we can do even better when it comes to your care.

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We're conveniently located on the edge of downtown St. Paul, Minnesota. You can easily get to us from I-35E or I-94

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"I'm grateful for the doctors that helped me through my recovery."

Sarah's story

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Jane Brattain Breast Center

Overview

Breast health is vital to overall health and well-being. At Park Nicollet Jane Brattain Breast Center, we understand that women may delay getting a mammogram because of their busy lives or fear of the unknown. Mammography is still the best tool to detect breast cancer in its earliest, most curable stages. That is why we recommend annual screening mammograms for women starting at age 40.

Walk-in mammograms available at all mammography locations.

Jane Brattain Breast Center is designed by women, for women, with the latest technologies and experienced professionals dedicated to breast imaging and breast health. Your comfort and convenience are a priority.

A legacy of hope

Jane Brattain and her husband, Don, are long-time supporters of Park Nicollet. In 1991, they donated money to purchase a state-of-the-art biopsy machine that promised a less invasive way to detect breast cancer. Jane never imagined she'd be the first person to use the new technology. When a routine screening mammogram revealed a suspicious lump in her breast, a biopsy was performed using the new machine and cancer was discovered in time for early intervention. More than 20 years later, Jane remains cancer-free and active in Park Nicollet Jane Brattain Breast Center activities and events. Today, our center bears her name and shares her passion for early detection.

Meet our doctors

See all

Dr. Sari Witzke, MD **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD**

Our locations

We can help you at any of our locations which include clinics, specialty centers and hospitals.

Clinic Near Me

Park Nicollet

Location 2

Jane Brattain Breast Center

Our care team

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Jane Brattain Breast Center

Our locations

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Park Nicollet Jane Brattain Breast Center

OB/GYN, +5 more

1.3 miles away
3850 Park Nicollet Blvd 4th floor, St Louis Park, MN
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

Park Nicollet Jane Brattain Breast Center

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Wait Time:
00 hours 37 minutes

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Get Directions

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Jane Brattain Breast Center

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Serving the South Metro

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Dr. Sari Witzke, MD
OB/GYN
New patients

Dr. Sari Witzke, MD
OB/GYN, Internal Medicine
New patients

Dr. Sari Witzke, MD
OB/GYN, Family Practice
New patients

Dr. Sari Witzke, MD
OB/GYN
New patients

Dr. Sari Witzke, MD
OB/GYN
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Dr. Sari Witzke, MD

OB/GYN

✓ **Accepting New Patients**

About me

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Interests

- Allergies and Asthma
- Anxiety, Depression, Insomnia
- Birth Control Counseling
- Cardiovascular Disease
- Diabetes, Hypertension, Lipid Disorders
- Exercise, Nutrition, Weight Management
- Skin Rashes and Biopsies
- Smoking Cessation

Specialty:

Internal Medicine

Education

University of Minnesota

Years Practicing

8

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HealthPartners St. Louis Park Clinic

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Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Specialty Care

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Over 300 Locations

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Everyday care services

24/7 online clinic

Skip the trip and start your visit anytime with any device. virtuwell treats over 60 conditions, and the most you'll pay is $49.

Dental

We believe dental health is connected to overall health. Our doctors and dentists stay connected to provide whole body health and well-being.

Eye

Need to see it to believe it? Let us show you a quick and affordable way to care for your eyes, from vision tests to contacts and glasses.

Kid's health

Your favorite super hero deserves the best. From well-checks to fighting the sniffles to blasting past milestones, we're here for it all.

Men's health

No more living in pain to avoid the pain of going to the doctor. Our doctors specializing in men's health make staying healthy quick and easy.

Mental health

You're not alone. One in four people struggle with a mental illness. We're here to help you get answers and take the first step to feeling better.

Primary care

Your most affordable option for all the most common health needs. From cold and flu, to birth control and back pain.

Skin health

Protect what protects you. Skin screenings and treatment for a variety of skin conditions including acne, rashes, psoriasis and more.

Sports medicine

Runner's knee. Tennis elbow. Sprains and Strains. Don't let aches and pains keep you from what you love.

Urgent care

Sometimes it just can't wait. Get fast, convenient care at one of our 13 Twin Cities locations. Save your spot and avoid the wait.

Women's health

Stay healthy with comprehensive care, including screenings, treatment for common illness, help with family planning, nutrition, sleep and more.

Don't see what you're looking for?

We treat over 65,000 symptoms and conditions.
Let's start finding the care you need.

Make an appointment
Find a doctor

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Specialty care services

Search for a specialty

Search

Breast Health	Cancer	Chiropractic	Dermatology
Endocrinology/Diabetes	ENT	Gastroenterology	Gender Services
Heart & Vascular	Home Care	Hospice	Lung Health
Mental Health	Midwifery	Neuroscience	OB/GYN
Orthodontics	Orthopedics	Senior Care	Sleep

A | B | C | D | E | F | G | H | I | J | K | L | M | N

O | P | Q | R | S | T | U | V | W | X | Y | Z

Don’t see what you’re looking for?

See all specialties

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Specialty care services

Search for a specialty

Search

Breast Health	Cancer	Chiropractic	Dermatology
Endocrinology/Diabetes	ENT	Gastroenterology	Gender Services
Heart & Vascular	Home Care	Hospice	Lung Health
Mental Health	Midwifery	Neuroscience	OB/GYN
Orthodontics	Orthopedics	Senior Care	Sleep

A | B | C | D | E | F | G | H | I | J | K | L | M | N

O | P | Q | R | S | T | U | V | W | X | Y | Z

Don't see what you're looking for?

See all specialties

A
Allergy & asthma
Audiology
B
Bariatric Surgery and Weight Center
Breast health
Behavioral health
C
Cancer care
Caring for Mom and Baby
Center for Memory and Aging
Chiropractic
Community Senior Care
Cosmetic and plastic surgery
D
Dentistry
Dermatology
E
Ear, nose and throat
Endocrinology
Eye care
F
Family medicine
G
Gastroenterology
H
Heart care and heart surgery
Home care
Home Medical Equipment
Hospice
I
Infectious diseases
Internal medicine
Internal medicine pediatrics
K
Kids' health
L
Laboratory services

M
Medical spine care
Men's health
Midwives
N
Nephrology
Neuroscience
Neurology
Neurosurgery care
Nutrition
O
Obstetrics and gynecology
Occupational medicine
Orthodontics
Orthopedics and Sports Medicine
P
Pain management
Parkinson's Center
Pediatrics
Physical medicine and rehabilitation
Plastic and hand surgery
Podiatry & foot and ankle surgery
Pulmonary medicine
R
Radiology
Rheumatology
S
Senior health
Sleep medicine
Surgery
Surgical spine
T
Travel medicine
U
Urogynecology
Urology
V
Vascular surgery and vein care
W
Women's health

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HealthPartners Eagan Clinic

1653 Diffley Road

Eagan, MN 55454

Make an appointment | Call to schedule 000-000-0000 | Get Directions

Hours

Open - until 5:00 pm today

Regular Clinic Hours

Monday - Friday: 8:00am - 5:00pm
Saturday - Sunday: Closed

Specialties & Services

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- Consectetur adipiscing
- Sed do eiusmod
- Tempor incididunt ut labore et dolore
- Magna aliqua

About

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Getting there

Public transportaiton

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Parking

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See the clinic

Our Doctors

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Our Locations

Serving the South Metro

See accepted insurance

Results 301

Hide map

South Metro | OR | Zip/city… | Range… | Brand… | Type… | Specialty… | Sort by distance

HealthPartners Eagan Clinic
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care
Internal Medicine, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Closed - opens tomorrow at 8:00 am

Wait Time:
00 hours 37 minutes

Save my spot
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

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Call for info 000-000-0000
Get Directions

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Our Hospitals

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See accepted insurance

Results 6

Hide map

South Metro | OR | Zip/city… | Range… | Brand… | Type… | Specialty… | Sort by distance

Regions Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Methodist Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Amery Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Hudson Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Westfield Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Women’s health

For everyone

Everywhere. Not sure where to go for that bump, bruise, scrape, or check-up? With more than 60 clinics in the Twin Cities and western Wisconsin, getting better is right around the corner.

At every hour. Sickness doesn’t follow a 9-5 schedule and neither do we. We’ve got you covered with 24/7 online care through virtuwell, or same-day appointments at one of our primary care clinics.

For everyone. Some of our doctors love running marathons. Some of our doctors love TV show marathons. But they all love helping you get better. With more than 1,800 board-certified physicians, we have a doctor for you.

What we treat

- Checkups, physicals & immunizations
- Birth Control
- Periods & menopause
- Prenatal care
- Urinary tract infections (UTIs)
- Incontinence
- Allergies
- Anxiety & depression
- Back pain
- Flu
- Sinus, cough, cold
- Breasth health & mammograms
- Infertility

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Women’s health doctors in the South Metro

change location

Dr. Sari Witzke, MD | **Dr. Sari Witzke, MD** | **Dr. Sari Witzke, MD** | **Dr. Sari Witzke, MD** | **Dr. Sari Witzke, MD**

+ Can a primary care doctor treat women’s issues?

+ What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

+ What health conditions can be treated online?

+ What if I need a specialist?

+ What are women’s health screenings and how often should they be done?

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

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Women’s health

Our approach

Appointments when you need them. We’re eliminating the wait for answers. Our clinics offer same-day appointments and you can save your spot at any of our 11 urgent care locations. Want to skip the trip? Visit Virtuwell for 24/7 online treatment.

Treatment you can afford. We know you want the best care at a price you can afford. Starting treatment with a primary doctor saves you money, with our average clinic visit costing less than $XX.

Care you can trust. Our board-certified doctors are trained to help you with the majority of common conditions, from bronchitis to urinary tract infections to questions about your period, all within your neighborhood clinic.

What we treat

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Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD

— Can a primary care doctor treat women’s issues?

Yes, primary care doctors are trained to treat a range of women’s health conditions. It’s common for women to visit a primary care doctor for a variety of things including pap tests, UTI treatment, birth control and even prenatal care. Visiting a primary care doctor that specializes in women’s health typically saves you money over visiting a specialist.

+ What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

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Dr. Sari Witzke, MD
Dr. Sari Witzke, MD

+ Can a primary care doctor treat women’s issues?

— What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

A primary care or family medicine doctor treats a broader range of health needs from screenings and well-checks to helping you recover from the office cold. Because of this, they tend to have a more detailed understanding of your overall health.

Family doctors are also trained in both obstetrics and gynecology so they can provide prenatal care, deliver babies and perform most gynecological procedures.

An OB/GYN is a doctor who specializes in women’s reproductive health. They care for women before, during and after pregnancy, and have additional training so they can perform surgeries when-needed.

Some OB/GYNs practice within a primary care clinic while others work in a specialty office.

+ What health conditions can be treated online?

+ What if I need a specialist?

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+ What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

— What health conditions can be treated online?

Most common conditions can be treated online saving you time and money. Virtuwell can help you with acne, flu, sinus infections, allergies, birth control and many more all without leaving your couch.

If medication is required, we’ll send a prescription to your pharmacy and you’ll be on your way to feeling better. Learn more about online treatment from virtuwell.

+ What if I need a specialist?

+ What are women’s health screenings and how often should they be done?

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

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+ What health conditions can be treated online?

— What if I need a specialist?

No one likes to think about needing a specialist, but sometimes it’s good to take a second look. If that’s the case, your doctor will recommend a specialist and we’ll help you schedule the appointment.

At HealthPartners and Park Nicollet we have the largest care group in the Twin Cities, with over 50 trusted specialty clinics.

+ What are women’s health screenings and how often should they be done?

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

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— What are women’s health screenings and how often should they be done?

Research shows that risk factors increase at certain ages, so doctors recommend the following screenings for women:

- Cholesterol screening every 5 years for women ages 20 to 45
- Colorectal cancer screenings after age 45
- Cervical cancer test (Pap test) every 3 years beginning at age 21
- Self-breast exams monthly and an annual mammogram for women over 40.

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

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+ What health conditions can be treated online?

+ What if I need a specialist?

+ What are women’s health screenings and how often should they be done?

— Can primary care doctors prescribe birth control?

You bet. Our primary care doctors prescribe birth control in our clinics, and online for women ages 18 to 34.

+ How do I make an appointment?

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— How do I make an appointment?

With over 60 locations in the Twin Cities, central Minnesota and western Wisconsin, we have options for you near work, near home and even online.

Click here to make an appointment online or call XXX-XXXX.

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Orthopedics

Orthopedic Treatment

Pain is your body's way of communicating with you when something isn't quite right.

Sometimes you know exactly what went wrong, like that time you missed a stair and your ankle paid the price. Other times the pain might appear slowly over time and connecting the dots on what's wrong gets a little trickier.

Figuring out what the problem is and how to fix it can be overwhelming. After all the ankle bone is connected to the knee bone, the knee bone is connected to the thigh bone, and so on.

Orthopedics makes sense of the entire bone and musculoskeletal system, and our orthopedic and sports medicine specialists can help you identify the injury, create a customized treatment plan and guide you through surgery if that's necessary.

What we treat

- Checkups, physicals & immunizations
- Birth Control
- Periods & menopause
- Prenatal care
- Urinary tract infections (UTIs)
- Incontinence
- Allergies
- Anxiety & depression
- Back pain
- Flu
- Sinus, cough, cold
- Breast health & mammograms
- Infertility

See more >

Orthopedic doctors and care team

Our doctors and care team members are leading the way in orthopedic care.

Dr. Lorem Ipsum **Dr. Lorem Ipsum** **Dr. Lorem Ipsum** **Dr. Lorem Ipsum** **Dr. Lorem Ipsum**

Common orthopedic conditions and injuries

Orthopedic medicine can help you recover from injuries, chronic pain and wear and tear of the body including:

- Neck and Back
- Hand and Wrist
- Ankle
- Foot
- Knee
- Shoulder
- Hip

In addition, we have a team of sports medicine experts who can help you in the event of a sports injury such as broken bones, sprains, muscle tears and sports-related concussions.

+ Can a primary care doctor treat women's issues?

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— How do I make an appointment?

With over 60 locations in the Twin Cities, central Minnesota and western Wisconsin, we have options for you near work, near home and even online.

Click here to make an appointment online or call XXX-XXXX.

Our orthopedic locations

We can help you at any of our 24 locations which specialize in orthopedics, including clinics, specialty centers and hospitals.

Clinic Near Me

Tria

Regions Orthopedics

Methodist Hospital

Physicians Neck & Back Center

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Family Planning

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What is a bladder infection?

Bladder infections have a way of getting your attention. You make countless trips to the bathroom, and still you feel like you have to go again. And once you're in there, instead of mindlessly going about your business, you feel burning or stinging every time you pee.

When you get a bladder infection, it leads to cystitis, which is when your bladder swells and gets irritated.

Women get bladder infections more than men. Usually, the infections are more annoying than they are serious, and antibiotics are the treatment. But they can travel up the ureters to the kidneys and cause more severe problems, so it's important to treat them right away.

What are the symptoms?

What are the causes?

How is it diagnosed?

What are the treatment options?

Women's health doctors in the South Metro

Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD

Find your treatment

24/7 online clinic

Skip the trip and start your visit anytime with any device. virtuwell treats over 60 conditions, and the most you'll pay is $49.

Virtuwell >

Primary care

Your most affordable option for all the most common health needs. From cold and flu, to birth control and back pain.

Make your appointment >

Urgent care

Sometimes it just can't wait. Get fast, convenient care at one of our 13 Twin Cities locations. Save your spot and avoid the wait.

Save your spot >

Women's health blog posts

See All

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

Bladder Infection (UTI)

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Vestibulum facilisis risus ac laoreet ultrices. Suspendisse felis velit, lobortis quis dapibus in, dapibus vel erat. Ut diam nisi, varius imperdiet nisi at, luctus molestie magna. Nullam ut elit urna. Ut luctus ornare quam, ut sodales tellus aliquam a. Nam molestie ullamcorper luctus. Donec et tincidunt nunc. Nullam pretium volutpat dictum. Aenean urna ligula, pulvinar et elementum eu, fermentum eu neque. Cras sagittis auctor metus id luctus. Aenean eget lectus ultrices, cursus quam non, eleifend quam. Aenean risus tellus, eleifend at odio vitae, tempor fermentum odio. Vivamus feugiat, nunc et ultricies pretium, nulla turpis faucibus dui, eu condimentum turpis dui vitae mauris. Nunc vel tortor in libero molestie vestibulum.

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Dr. Sari Witzke, MD

Women's health blog posts

See All

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

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Bladder infection (UTI)

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Vestibulum facilisis risus ac laoreet ultrices. Suspendisse felis velit, lobortis quis dapibus in, dapibus vel erat. Ut diam nisi, varius imperdiet nisi at, luctus molestie magna. Nullam ut elit urna. Ut luctus ornare quam, ut sodales tellus aliquam a. Nam molestie ullamcorper luctus. Donec et tincidunt nunc. Nullam pretium volutpat dictum. Aenean urna ligula, pulvinar et elementum eu, fermentum eu neque. Cras sagittis auctor metus id luctus. Aenean eget lectus ultrices, cursus quam non, eleifend quam. Aenean risus tellus, eleifend at odio vitae, tempor fermentum odio. Vivamus feugiat, nunc et ultricies pretium, nulla turpis faucibus dui, eu condimentum turpis dui vitae mauris. Nunc vel tortor in libero molestie vestibulum.

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Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD

Find Your Best Care Option

Bladder Infection (UTI)

enter zip code

use current location

Check all that apply to your situation:

- [ ] Female
- [ ] Male
- [ ] Under age 15
- [ ] Pregnant
- [ ] Had a bladder infection in past month
- [ ] On medication that impact immune system

Show me options

Women's health blog posts

See All

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

Bladder infection (UTI)

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Vestibulum facilisis risus ac laoreet ultrices. Suspendisse felis velit, lobortis quis dapibus in, dapibus vel erat. Ut diam nisi, varius imperdiet nisi at, luctus molestie magna. Nullam ut elit urna. Ut luctus ornare quam, ut sodales tellus aliquam a. Nam molestie ullamcorper luctus. Donec et tincidunt nunc. Nullam pretium volutpat dictum. Aenean urna ligula, pulvinar et elementum eu, fermentum eu neque. Cras sagittis auctor metus id luctus. Aenean eget lectus ultrices, cursus quam non, eleifend quam. Aenean risus tellus, eleifend at odio vitae, tempor fermentum odio. Vivamus feugiat, nunc et ultricies pretium, nulla turpis faucibus dui, eu condimentum turpis dui vitae mauris. Nunc vel tortor in libero molestie vestibulum.

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Find Your Best Care Option

virtuwell

Answer questions from anywhere on any device. Get a diagnosis, treatment plan, and prescription if needed from board-certified nurse practitioners. All in about 30 minutes.

Get Started

In-person appointments

Tues June 6

HealthPartners Eagan Clinic

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot
Get Directions

Start Over

Women's health blog posts

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Blog post title lorem ipsum

Category
Blog post title lorem ipsum

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HealthPartners Eagan Clinic

1653 Diffley Road

Eagan, MN 55454

Make an appointment | Call to schedule 000-000-0000 | Get Directions

Hours

Open - until 5:00 pm today

Regular Clinic Hours

Monday - Friday: 8:00am - 5:00pm
Saturday - Sunday: Closed

Specialties & Services

- Lorem ipsum dolor sit amet
- Consectetur adipiscing
- Sed do eiusmod
- Tempor incididunt ut labore et dolore
- Magna aliqua

About

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Getting there

Public transportaiton

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Parking

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

See the clinic

Our Doctors

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Our Locations

Serving the South Metro

See accepted insurance

Results 301

Hide map

South Metro | OR | Zip/city… | Range… | Brand… | Type… | Specialty… | Sort by distance

HealthPartners Eagan Clinic
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care
Internal Medicine, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Closed - opens tomorrow at 8:00 am

Wait Time:
00 hours 37 minutes

Save my spot
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

HealthPartners Eagan Clinic
OB/GYN, Dermatology, +5 more

1.3 miles away
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OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

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Our Hospitals

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat.

See accepted insurance

Results 6

Hide map

South Metro | OR | Zip/city… | Range… | Brand… | Type… | Specialty… | Sort by distance

Regions Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Methodist Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Amery Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Hudson Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Westfield Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Binge eating disorder treatment begins at Melrose

You might eat unusually large amounts of food. Or eat alone because you're embarrassed by how much you eat. If you eat until you're uncomfortably full, you could have binge eating disorder. It's a mental health diagnosis. And it can happen to anyone, no matter your age or gender.

Call Melrose Center to learn more about binge eating and how to get help.

Call 952-993-4100

Optional secondary

Do I have binge eating disorder?

Nearly one-third of people seeking weight-loss treatment are actually dealing with binge eating disorder. Signs and symptoms of binge eating are:

- Continuing to eat even after you're comfortably full
- Overeating and then feeling ashamed, depressed or guilty
- Eating more rapidly than normal
- Eating an unusually large amount of food in a short period of time
- Eating alone because you're embarrassed by how much you eat
- Losing and regaining weight

Meet our care team

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Internal Medicine
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Family Practice
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Melrose Center locations

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Don't hide binge eating, start healing

A healing environment

You'll find a peaceful, safe and trusting environment that encourages a return to a rich quality of life.

Why Melrose Center >

A variety of treatment options

From outpatient to residential care, you'll get the right level of care to heal from an eating disorder.

Learn about treatment options >

An approach focused on you

Your recovery comes first. You'll partner with our compassionate team members to best understand your unique situation.

Getting started >

Let's get your info.

Log On to autofill this info.

First and last name

Phone number

email

Date of birth: 01 / 01 / 1978

Female | Male

Need a language interpreter or other assistance?

Continue

Your appointment has been scheduled.

You will receive a confirmation email with a link to appointment details.
We'll text you a reminder 48 hours before your appointment.

Create an Account

Details

WHEN

Wednesday, April 5th
9:10 a.m. (20 mins)

Add to my calendar

WHERE

HealthPartners Arden Hills Clinic
3930 Northwoods Drive, Arden Hills

Get directions

SEEING

Dr. James Baxter, MD

FOR

New Patient Exam
Cholesterol Screening

Cancel or reschedule

What to Bring

- [ ] **Insurance card**
- [ ] **Picture ID**
- [ ] **A list of medications**
  Include the amount you're taking as well as vitamins

Download pre-visit paperwork

Additional information

If a copay or outstanding balance is due, you will be asked to make a payment at the time of check-in.

If services not related to this preventive care visit are performed, you may be billed for a separate office visit or other tests, which may result in a co-pay or deductible.

If you need to cancel or reschedule an appointment, please provide 24 hour notice.

PAP: Please do not insert creams, tampons, douche, or have intercourse 24 hours before your PAP test appointment. If you are experiencing normal menstrual bleeding on the day of your appointment, please call and reschedule. If you are spotting, you do not need to reschedule.

What kind of care do you need?

Illness or Injury

Physical

Eye

Dental

Other

Tell us a little about your situation.

e.g. sore throat, rash, tummy ache, etc.

Continue

Tell us a little about you.

Date of birth

MM / DD / YYYY

Gender

Female

Male

Continue

How would you like to get care?

Start an online visit at virtuwell

See a doctor

Save my spot at Urgent Care

Find a doctor near you:

enter zip code, or city, state

Continue

Or search for a doctor by name:

doctor name

Continue

Let's get your info.

Log On to autofill this info.

First and last name

Phone number

Need a language interpreter or other assistance?

Continue

Your spot has been saved.

Create an Account

Details

WAIT TIME

0 hours 30 minutes

WHERE

Healthpartners Arden Hills Clinic
3930 Northwoods Drive, Arden Hills

Get directions

Cancel or reschedule

What to Bring

- [ ] **Insurance card**
- [ ] **Picture ID**
- [ ] **A list of medications**
  Include the amount you're taking as well as vitamins

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Find an Urgent Care near you:

enter zip code, or city, state

Continue

Choose a time at a doctor near you:

Tues June 6

Dr. Sari Witzke, MD
OB/GYN

HealthPartners Eagan Clinic
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

12:00PM
Call to schedule 000-000-0000
Get Directions

Dr. Sally Strong, MD
OB/GYN

HealthPartners Eagan Clinic
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

12:00PM
12:00PM
Call to schedule 000-000-0000
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12:00PM
12:00PM
Call to schedule 000-000-0000
Get Directions

Save a spot at an Urgent Care near you:

Tues June 6

HealthPartners Eagan Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot

HealthPartners St. Louis Park Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot

HealthPartners Eagan Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot

HealthPartners St. Louis Park Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot

HealthPartners Eagan Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot

HealthPartners St. Louis Park Urgent Care

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 8:00 pm today

Wait Time:
00 hours 37 minutes

Save my spot

Let's get your info.

Log On to autofill this info.

First and last name

Phone number

email

Need a language interpreter or other assistance?

Continue

Where is your bill from?

HealthPartners Clinic

Park Nicollet Clinic

Regions Hospital

Methodist Hospital

Lakeview Hospital

Amery Hospital & Clinics

Hudson Hospital & Clinics

Westfield Hospital & Clinics

Stillwater Medical Group

To see your billing history or pay a dental bill, log on.
To pay by phone or mail, visit billing info.

What is your account number? It should be on your bill.

enter account number

Continue

How would you like to pay?

amount you'd like to pay

name on credit card

credit card number

zip code

zip code *ccv*

Expiration date

MM / DD / YYYY

Submit payment

Thank you for your payment!

You will receive confirmation once it's been processed.

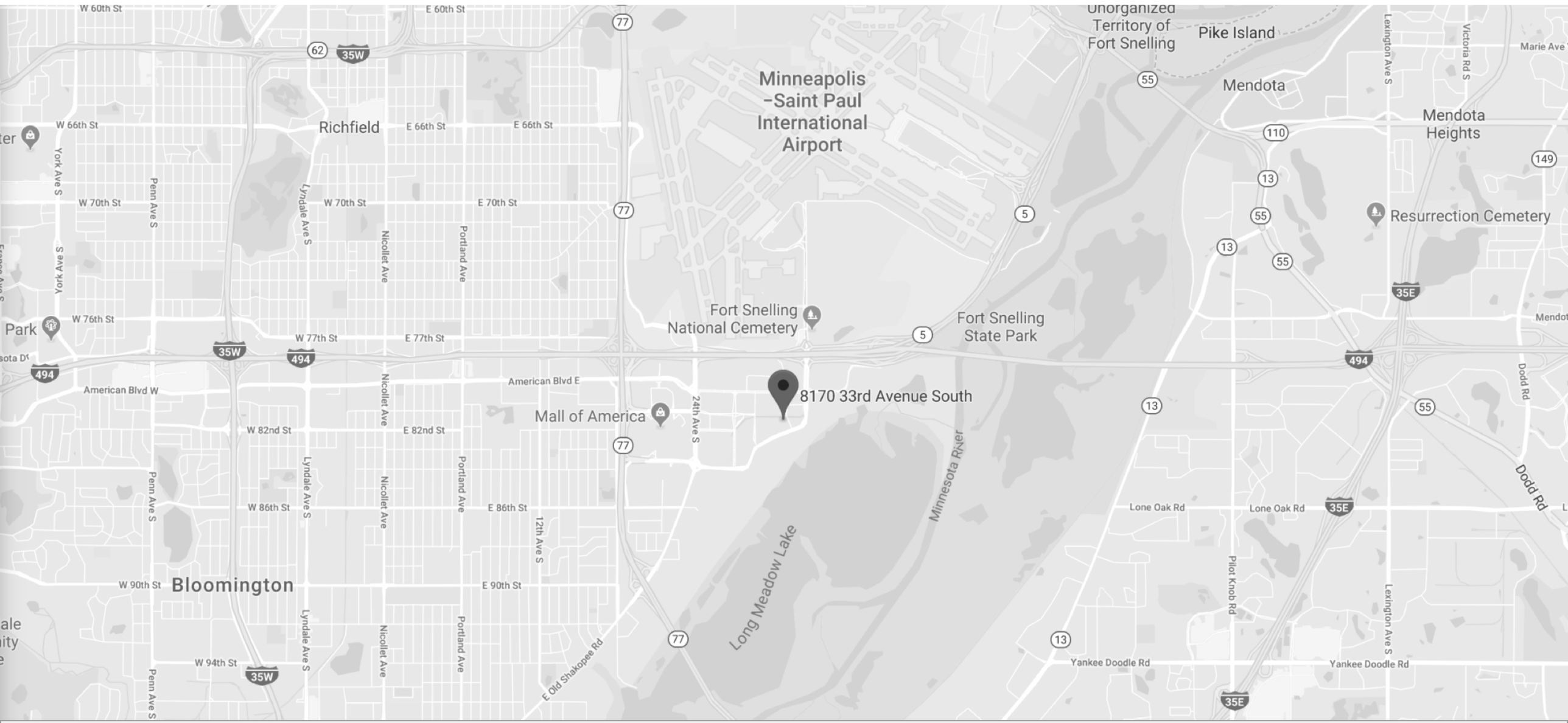
Create an Account

Contact us

HealthPartners Corporate Headquarters

8170 33rd Avenue S Bloomington, MN 55425

000-000-0000 Email us Get directions



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Contact us

HealthPartners & Park Nicollet

Make an appointment

24/7 Nurse line

612-339-3663

800-551-0859 (toll free)

24/7 Pregnancy and new baby care

612-333-2229

800-845-9297 (toll free)

771 (TTY/TTD)

24/7 online care

virtuwell

In just minutes our certified nurse practitioners diagnose and treat dozens of conditions.

HealthPartners billing questions

Monday – Wednesday & Friday:
8:00 a.m. – 5:00 p.m. (Central Time)

Thursday:
9:00 a.m. – 5:00 p.m. (Central Time)

651-265-1999

800-627-3529 (TTY)

877-655-2669 (toll free)

Email billing services

Park Nicollet contacts

800-862-7412 main line

952-993-7672 billing

952-993-5541 patient relations

952-993-0725 MyChart support

952-993-5000 media relations

Submit a question

How was your visit?

HealthPartners Patients

Our leaders would like to hear about your recent visit to our medical or dental clinic. Your medical response goes right to Brian Rank, Executive Medical Director, and your dental response goes right to Let David Gesko, Senior Vice President and Dental Director.

Send feedback

Park Nicollet Patients

If you have a concern about patient care and safety that has not been addressed, please contact The Joint Commission.

800-994-6610

Email The Joint Commission

Find a location contact info

Clinics | Urgent care | Hospitals | All locations

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Contact us

HealthPartners Insurance

If you have questions about benefits, claims, networks, or plan materials, log on to your member account and use the secure Contact Us form. You will typically receive a response within one business day.

Log on on to send a question

Medicare plans

952-883-7979

800-233-9645 (toll free)

952-883-6060 (TTY)

Empower plans

952-883-7000

866-443-9352 (toll free)

Medical assistance plans

952-967-7998

866-885-8880 (toll free)

952-883-6060 (TTY)

Question about…	Call	Online
- Our coverage, claims or account balances - Finding a doctor, dentist or specialist in your network - Health plan services	**Member Services** **Monday–Friday: 7 a.m. to 7 p.m., CT** 952-883-5000 800-883-2177 (toll free) 952-883-7050 (Español) 866-898-9119 (Español gratis) Or call the Member Services phone number listed on the back of your ID card.	**Log on >**
- Whether you should see a doctor - Home treatment options - A medicine you are taking	**CareLine SMS Service** **Nurses available 24/7, 365 days a year** 612-339-3669 800-551-0859 (toll free)	**Health library >**
- Understanding your health care and benefits - How to choose a treatment option	**HealthPartners Nurse Navigator program** **Monday–Friday 7 a.m. to 7p.m., CT** 952-883-5000 800-883-2177 (toll free)	**Decision support >**
- Your pregnancy - The contractions you are having - Your new baby	**BabyLine Phone Service** **Available 24/7, 365 days a year** 612-333-2229 800-845-9297 (toll free)	**Health library >**
- Finding a mental or chemical health care professional in your network - Your behavioral health benefits	**Behavioral Health Navigators** **Monday–Friday 8 a.m. to 5 p.m., CT** 612-333-2229 800-845-9297 (toll free)	**Log on >**

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Contact us

Need help with your online account?

Retrieve username | Retrieve password | Create an account

Website support

Monday – Friday:
8:00 a.m. – 5:00 p.m. (Central Time)

952-853-8888

877-726-0203 (toll free)

Email your question
24/7

Email member support

Email patient support

Site technical requirements:

Browser: Internet Explorer 11.0 or higher; latest version of Firefox, Chrome, or Safari.

Encryption: cookies must be on

Screen resolution: 1024x768

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Meet our doctors

Serving the Southeast metro

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By region: Southeast metro

By city, state or Zip: Miles

Results 429

Female | Male | Specialty | Condition | Locations | All doctors | Language | More filters

Dr. Sari Witzke, MD
Family medicine
✓ Scheduling new patients

Dr. Sari Witzke, MD
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✓ Scheduling new patients

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Dr. Sari Witzke, MD
Family medicine
✓ Scheduling new patients

Corporate Headquarters
8170 33rd Avenue S Bloomington, MN 55425
952-883-6000
Email us

Our care group
HealthPartners Central Minnesota Clinics
Park Nicollet
Physicians Neck & Back Center
Methodist Hospital
Regions Hospital
Stillwater Medical Group
TRIA

Resources
Press releases
Blog
Espanol
Get iPhone app
Get Andriod app
Get Adobe Reader

Portals
Employer portal
Broker portal
Provider portal

Language | Language | Language | Language | Language | Language
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About us | Privacy policy | Notice of privacy practices | Nondiscrimination notice

Dr. Sari Witzke, MD

Oncologist

✓ **Scheduling new patients**

Female

About me

I'm an oncologist, and Co-Executive Medical Director for HealthPartners. I've known since I was a kid growing up in Austin, Minnesota, at I wanted to be a doctor. I've always been attracted to the challenge of diagnosing health problems and the opportunity to help people on a one-on-one level. As an Oncologist for over 30 years, I see firsthand the challenges people face when dealing with difficult medical diagnoses. My priority is guiding my patients and their loved ones through tough times by empowering them with information, strength and hope. I've been at HealthPartners since 1995 in multiple roles, and all of them have been focused on providing the highest quality care for our patients.

More about me

Why did you become a doctor? I truly care about people. It's important to provide compassionate medical care, but it's also important to help people navigate the complex health care system and make it as affordable as possible.

Where is your hometown? Austin, Minnesota

What are you happiest doing when you're not working? Reading, biking, running and spending time with my family and our two dogs.

Who is someone you admire, and why? I've always really admired my grandfather. He was also a doctor, and his compassion for his patients was inspiring.

What advice do you give patients? Good health is marathon, not a sprint. Instead of following a short-term diets or workout plans, mold your daily lifestyle around smaller healthy choices and it will begin to feel effortless.

How would your friends describe you? Probably as the nice guy of the group who's always listening and giving advice.

What are some of your top achievements? I'm proud to be a board member for several organizations, including the HealthPartners Board of Directors, the Regions Hospital Board of Directors and the Institute for Clinical Systems Improvement (ICSI) Board of Directors.

Specialty

Oncologist

Education

University of Minnesota

Years practicing

30

Languages spoken

English

Spanish

Where I practice

HealthPartners Eagan Clinic

Office visit

Physical exam

Internal Medicine
1653 Diffley Rd Ste 100, Eagan
1.3 miles away
Get directions

Closed - opens tomorrow at 8:00 am

HealthPartners St. Louis Park Clinic

Office visit

Physical exam

Internal Medicine
1665 Utica Ave S, St Louis Park
1.3 miles away
Get directions

Closed - opens tomorrow at 8:00 am

More about me

- Hospitals where I work

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

Regions Hospital
1653 Diffley Rd Ste 100, Eagan

- Medical groups I work in

HealthPartners

- My certifications

Am Bd of Orthopaedic Surgery

Am Bd of Orthopaedic Surgery-Orthopaedic Sports Medicine

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Meet our doctors

Serving the Southeast metro

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By region: Southeast metro

By city, state or Zip: Miles

Results 103

Female | Male | Specialty | Condition | Locations | All doctors | Language | Less filters

Scheduling new patients | Hospitals | Doctor name

Scheduling new patients × Family medicine × Park Nicollet ×

Dr. Sari Witzke, MD
Family medicine
Scheduling new patients

Dr. Sari Witzke, MD
Family medicine
Scheduling new patients

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Dr. Sari Witzke, MD
Family medicine
Scheduling new patients

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Meet our doctors

Serving the Southeast metro

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By region: Southeast metro

By city, state or Zip: [ ] Miles

Results 429

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☑ Scheduling new patients | Hospitals | Doctor name [ ]

Dr. Sari Witzke, MD
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Family medicine
✓ Scheduling new patients

© 2018 HealthPartners

Getting better, made easy

Board Certified Physicians • Affordable 24/7 Care • “Locations and Access”

Choose a location to find a doctor near you

We have over 1,800 doctors who are trained to handle the everyday. From bumps and bruises to skin and scratchy throats, we’re here to make getting better easy. Choose your preferred location and we’ll help you find a doctor near you.

Minneapolis	St. Paul	Northeast Metro	Northwest Metro
Southeast Metro	Southwest Metro	St. Cloud	Western Wisconsin

© 2018 HealthPartners

Getting better, made easy

Board Certified Physicians • Affordable 24/7 Care • “Locations and Access”

Let’s get you better

Everyday Care

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24/7 Online Care

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Specialty Care

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Over 300 Locations

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Everyday care services

24/7 online clinic

Skip the trip and start your visit anytime with any device. virtuwell treats over 60 conditions, and the most you'll pay is $49.

Dental

We believe dental health is connected to overall health. Our doctors and dentists stay connected to provide whole body health and well-being.

Eye

Need to see it to believe it? Let us show you a quick and affordable way to care for your eyes, from vision tests to contacts and glasses.

Kid's health

Your favorite super hero deserves the best. From well-checks to fighting the sniffles to blasting past milestones, we're here for it all.

Men's health

No more living in pain to avoid the pain of going to the doctor. Our doctors specializing in men's health make staying healthy quick and easy.

Mental health

You're not alone. One in four people struggle with a mental illness. We're here to help you get answers and take the first step to feeling better.

Primary care

Your most affordable option for all the most common health needs. From cold and flu, to birth control and back pain.

Skin health

Protect what protects you. Skin screenings and treatment for a variety of skin conditions including acne, rashes, psoriasis and more.

Sports medicine

Runner's knee. Tennis elbow. Sprains and Strains. Don't let aches and pains keep you from what you love.

Urgent care

Sometimes it just can't wait. Get fast, convenient care at one of our 13 Twin Cities locations. Save your spot and avoid the wait.

Women's health

Stay healthy with comprehensive care, including screenings, treatment for common illness, help with family planning, nutrition, sleep and more.

Don't see what you're looking for?

We treat over 65,000 symptoms and conditions.
Let's start finding the care you need.

Make an appointment
Find a doctor

© 2018 HealthPartners

Specialty care services

Sed ut perspiciatis, unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam eaque ipsa, quae ab illo inventore veritatis et quasi architecto beatae vitae dicta sunt, explicabo.

Allergy	Asthma	Breast Health	Brain & Spine (Neuroscience)
Cancer	Dermatology	Diabetes (Endocrinology)	Digestive System (Gastroenterology)
ENT (Ear, Nose & Throat)	Heart & Vascular (Cardiology)	Lung Health (Pulmonology)	Mom & Baby
Orthopedics	Mental Health	Urology	Sleep Medicine

Don’t see what you’re looking for?

A | B | C | D | E | F | G | H | I | J | K | L | M | N

O | P | Q | R | S | T | U | V | W | X | Y | Z

A
Allergy & asthma
Audiology
B
Bariatric Surgery and Weight Center
Breast health
Behavioral health
C
Cancer care
Caring for Mom and Baby
Center for Memory and Aging
Chiropractic
Community Senior Care
Cosmetic and plastic surgery
D
Dentistry
Dermatology
E
Ear, nose and throat
Endocrinology
Eye care
F
Family medicine
G
Gastroenterology
H
Heart care and heart surgery
Home care
Home Medical Equipment
Hospice
I
Infectious diseases
Internal medicine
Internal medicine pediatrics
K
Kids’ health
L
Laboratory services
M
Medical spine care
Men’s health
Midwives
N
Nephrology
Neuroscience
Neurology
Neurosurgery care
Nutrition
O
Obstetrics and gynecology
Occupational medicine
Orthodontics
Orthopedics and Sports Medicine
P
Pain management
Parkinson’s Center
Pediatrics
Physical medicine and rehabilitation
Plastic and hand surgery
Podiatry & foot and ankle surgery
Pulmonary medicine
R
Radiology
Rheumatology
S
Senior health
Sleep medicine
Surgery
Surgical spine
T
Travel medicine
U
Urogynecology
Urology
V
Vascular surgery and vein care
W
Women’s health

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Women’s health

For everyone

Everywhere. Not sure where to go for that ache, itch, birth control or annual exam? With more than 60 clinics in the Twin Cities and western Wisconsin, getting better is right around the corner.

At every hour. Neither the office cold or prenatal question follow a 9-5 schedule, so neither do we. We’ve got you covered with 24/7 online care through virtuwell or same-day appointments at one of our primary care clinics.

For everyone. Some of our doctors take turns driving the soccer carpool, while others can’t wait to turn the pages of the latest bestseller. But they all love helping you get better. With more than 1,800 board-certified physicians, we have a doctor for you.

What we treat

- Allergies
- Anxiety & depression
- Back pain
- Birth Control
- Breast health & mammograms
- Checkups, physicals & immunizations
- Flu
- Incontinence
- Infertility
- Periods & menopause
- Prenatal care
- Sinus, cough, cold
- Urinary tract infections (UTIs)

See more >

Our women’s health doctors

see all

Dr. Sari Witzke, MD **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD** **Dr. Sari Witzke, MD**

+ Can a primary care doctor treat women’s issues?

+ What’s the difference between a primary care doctor who specializes in women’s health and an OB/GYN?

+ What health conditions can be treated online?

+ What if I need a specialist?

+ What are women’s health screenings and how often should they be done?

+ Can primary care doctors prescribe birth control?

+ How do I make an appointment?

Women’s health blog posts

see all

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

Category
Blog post title lorem ipsum

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Bladder Infection (UTI)

Frequent urination? Check. Pelvic pain? Check. Lower back ache? Yep. Separately those symptoms may mean different things, but together, you know the deal: bladder infection. Bladder infections (also known as Urinary Tract Infections or UTI's) are one of the most commonly treated health conditions, and when caught early they can usually be resolved quickly.

What is a bladder infection?

A bladder infection is a type of Urinary Tract Infection (UTI) caused by a collection of bacteria in the bladder. When enough bacteria is present, the bladder becomes irritated and swells, causing a variety of not-so-fun symptoms. If left untreated, the infection can travel up the ureters and into the kidneys where it can become more severe and potentially more serious.

What are the symptoms?

What are the causes?

How is it diagnosed?

What are the treatment options?

24/7 online clinic

Skip the trip and start your visit anytime with any device. virtuwell treats over 60 conditions, and the most you'll pay is $49.

Start your virtuwell visit

Urgent care

Sometimes it just can't wait. Get fast, convenient care at one of our 13 Twin Cities locations. Save your spot and avoid the wait.

Save your spot

Our doctors

see all

Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD
Dr. Sari Witzke, MD

Healthy living blog posts

see all

Category
Blog post title lorem ipsum

Category
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Our Hospitals

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See accepted insurance

Results 6

Hide map

Southeast… OR Zip/city… Range… Brand… Type… Specialty… Sort by distance

Regions Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Methodist Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Amery Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Hudson Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

Westfield Hospital
OB/GYN, Dermatology, +5 more

1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today

Call for info 000-000-0000
Get Directions

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Our Locations

Serving the Southeast Metro

See accepted insurance

Results 301

Hide map

Southeast… OR Zip/city… Range… Brand… Type… Specialty… Sort by distance

HealthPartners Eagan Clinic
Internal Medicine, Dermatology, +5 more
1.3 miles away **map**
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Make an appointment
Call to schedule 000-000-0000

HealthPartners Eagan Clinic
OB/GYN, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care
Internal Medicine, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Closed - opens tomorrow at 8:00 am
Wait Time:
00 hours 37 minutes
Save my spot
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Call for info 000-000-0000
Get Directions

HealthPartners Eagan Clinic
OB/GYN, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Make an appointment
Call to schedule 000-000-0000
Get Directions

HealthPartners Eagan Urgent Care
Internal Medicine, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Closed - opens tomorrow at 8:00 am
Wait Time:
00 hours 37 minutes
Save my spot
Get Directions

Lakeview Hospital
OB/GYN, Dermatology, +5 more
1.3 miles away
1653 Diffley Rd Ste 100, Eagan
Open - until 5:00 pm today
Call for info 000-000-0000
Get Directions

© 2018 HealthPartners

HealthPartners Eagan Clinic

1653 Diffley Road

Eagan, MN 55454

Make an appointment | Call to schedule 000-000-0000 | Get Directions

Hours

Open - until 5:00 pm today

Regular Clinic Hours

Monday - Friday: 8:00am - 5:00pm
Saturday - Sunday: Closed

Specialties & Services

- Lorem ipsum dolor sit amet
- Consectetur adipiscing
- Sed do eiusmod
- Tempor incididunt ut labore et dolore
- Magna aliqua

About

Our Level 1 Trauma Center and nationally recognized specialty care teams can treat your most complex needs. From our leading-edge treatments to our ongoing research, we're always working to make your care — and recovery — the best it can be. At Regions, you're in excellent hands.

Getting there

Public transportaiton

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Parking

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See the clinic

Our Doctors

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Dr. Lorem Ipsum

Binge eating disorder treatment begins at Melrose

You might eat unusually large amounts of food. Or eat alone because you're embarrassed by how much you eat. If you eat until you're uncomfortably full, you could have binge eating disorder. It's a mental health diagnosis. And it can happen to anyone, no matter your age or gender.

Call Melrose Center to learn more about binge eating and how to get help.

Call 952-993-4100

Optional secondary

Do I have binge eating disorder?

Nearly one-third of people seeking weight-loss treatment are actually dealing with binge eating disorder. Signs and symptoms of binge eating are:

- Continuing to eat even after you're comfortably full
- Overeating and then feeling ashamed, depressed or guilty
- Eating more rapidly than normal
- Eating an unusually large amount of food in a short period of time
- Eating alone because you're embarrassed by how much you eat
- Losing and regaining weight

Meet our care team

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Internal Medicine
✓ New patients

Dr. Sari Witzke, MD
OB/GYN, Family Practice
✓ New patients

Dr. Sari Witzke, MD
OB/GYN
✓ New patients

Melrose Center locations

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Melrose Center – St. Louis Park
★★★★☆ 3.9 | 63 reviews

Don't hide binge eating, start healing

A healing environment

You'll find a peaceful, safe and trusting environment that encourages a return to a rich quality of life.

Why Melrose Center >

A variety of treatment options

From outpatient to residential care, you'll get the right level of care to heal from an eating disorder.

Learn about treatment options >

An approach focused on you

Your recovery comes first. You'll partner with our compassionate team members to best understand your unique situation.

Getting started >

Contact us

Need help with your online account?

Retrieve username | Retrieve password | Create an account

Website support

Monday – Friday:
8:00 a.m. – 5:00 p.m. (Central Time)

952-853-8888

877-726-0203 (toll free)

Email your question
24/7

Email member support

Email patient support

Site technical requirements:

Browser: Internet Explorer 11.0 or higher; latest version of Firefox, Chrome, or Safari.

Encryption: cookies must be on

Screen resolution: 1024x768

© 2018 HealthPartners

Contact us

HealthPartners & Park Nicollet

Make an appointment

24/7 Nurse line

612-339-3663

800-551-0859 (toll free)

24/7 Pregnancy and new baby care

612-333-2229

800-845-9297 (toll free)

771 (TTY/TTD)

24/7 online care

virtuwell

In just minutes our certified nurse practitioners diagnose and treat dozens of conditions.

HealthPartners billing questions

Monday – Wednesday & Friday:
8:00 a.m. – 5:00 p.m. (Central Time)

Thursday:
9:00 a.m. – 5:00 p.m. (Central Time)

651-265-1999

800-627-3529 (TTY)

877-655-2669 (toll free)

Email billing services

Park Nicollet contacts

800-862-7412 main line

952-993-7672 billing

952-993-5541 patient relations

952-993-0725 MyChart support

952-993-5000 media relations

Submit a question

How was your visit?

HealthPartners Patients

Our leaders would like to hear about your recent visit to our medical or dental clinic. Your medical response goes right to Brian Rank, Executive Medical Director, and your dental response goes right to Let David Gesko, Senior Vice President and Dental Director.

Send feedback

Park Nicollet Patients

If you have a concern about patient care and safety that has not been addressed, please contact The Joint Commission.

800-994-6610

Email The Joint Commission

Find a location contact info

Clinics | Urgent care | Hospitals | All locations

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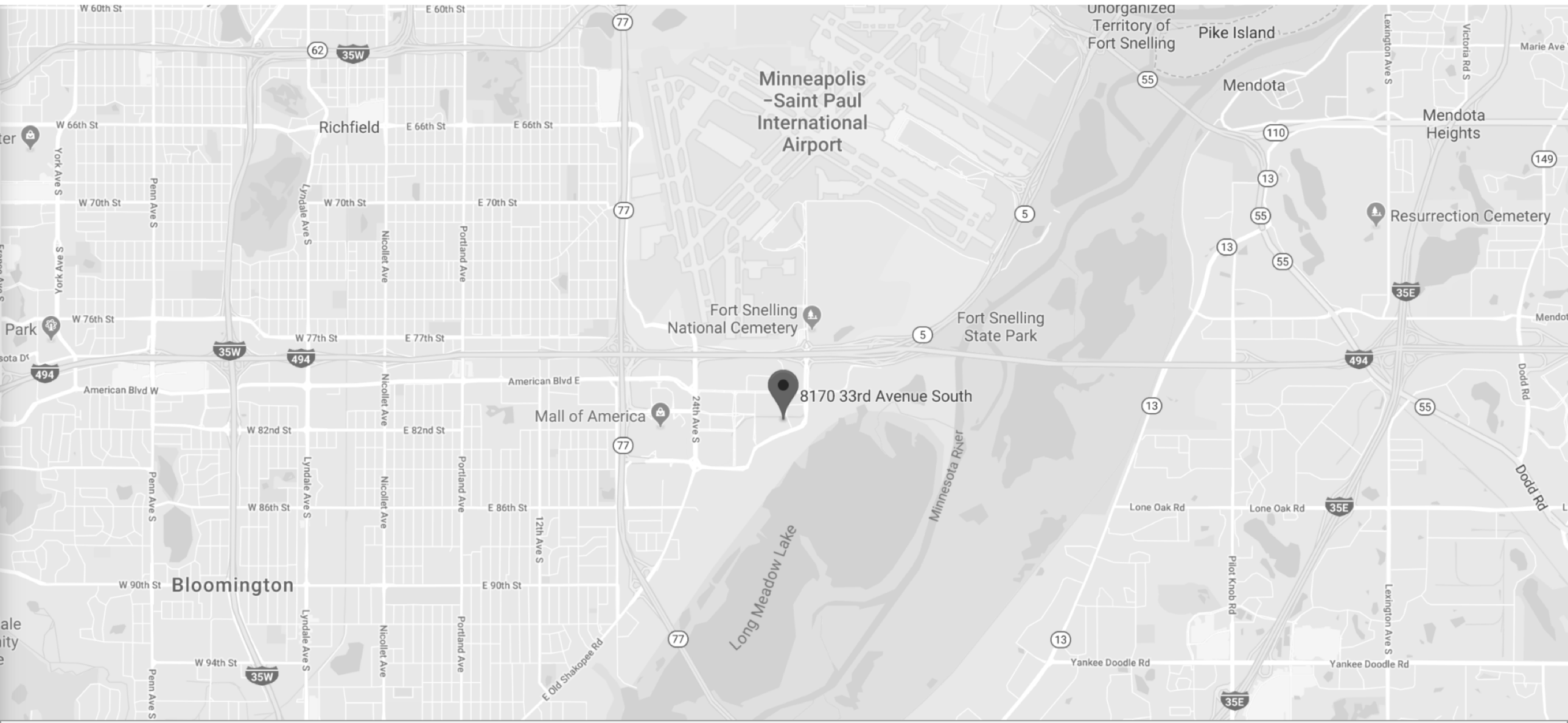
Contact us

HealthPartners Corporate Headquarters

8170 33rd Avenue S Bloomington, MN 55425

000-000-0000 Email us Get directions



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Contact us

HealthPartners Insurance

If you have questions about benefits, claims, networks, or plan materials, log on to your member account and use the secure Contact Us form. You will typically receive a response within one business day.

Log on on to send a question

Medicare plans

952-883-7979

800-233-9645 (toll free)

952-883-6060 (TTY)

Empower plans

952-883-7000

866-443-9352 (toll free)

Medical assistance plans

952-967-7998

866-885-8880 (toll free)

952-883-6060 (TTY)

Question about…	Call	Online
- Our coverage, claims or account balances - Finding a doctor, dentist or specialist in your network - Health plan services	**Member Services** **Monday–Friday: 7 a.m. to 7 p.m., CT** 952-883-5000 800-883-2177 (toll free) 952-883-7050 (Español) 866-898-9119 (Español gratis) Or call the Member Services phone number listed on the back of your ID card.	**Log on >**
- Whether you should see a doctor - Home treatment options - A medicine you are taking	**CareLine SMS Service** **Nurses available 24/7, 365 days a year** 612-339-3669 800-551-0859 (toll free)	**Health library >**
- Understanding your health care and benefits - How to choose a treatment option	**HealthPartners Nurse Navigator program** **Monday–Friday 7 a.m. to 7p.m., CT** 952-883-5000 800-883-2177 (toll free)	**Decision support >**
- Your pregnancy - The contractions you are having - Your new baby	**BabyLine Phone Service** **Available 24/7, 365 days a year** 612-333-2229 800-845-9297 (toll free)	**Health library >**
- Finding a mental or chemical health care professional in your network - Your behavioral health benefits	**Behavioral Health Navigators** **Monday–Friday 8 a.m. to 5 p.m., CT** 612-333-2229 800-845-9297 (toll free)	**Log on >**

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