



Carol Tostenson (center) enjoys a walk at Minnehaha Park with her husband, Ron, and their three children, TJ, Brittney and Bobbi.

The healing power of oxygen

Carol Tostenson, 46, is ready to get back to being a mom. Moreover, she's ready to see her son get back to being a teenager.

Earlier this year, between several hospital stays and surgeries, Tostenson made 50 visits to Abbott Northwestern Hospital to be treated with hyperbaric oxygen therapy (HBOT).

Her entire family, including her 15-year-old son, TJ, became her

caregivers, and everyone pitched in to keep the household functioning throughout her illness and recovery.

Activating healing

HBOT is a treatment that uses oxygen to promote wound healing. Patients breathe pure oxygen in a pressurized chamber. Oxygen levels increase in body tissues, promoting the growth of new blood vessels.

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Specialized care for non-healing wounds

Abbott Northwestern Hospital's Wound Clinic provides comprehensive care for non-healing wounds. It serves patients with:

- diabetes
- poor circulation
- pressure ulcers (bed sores)
- non-healing surgical incisions
- radiation therapy wounds
- autoimmune disorders
- infections
- trauma.

The care team includes vascular surgeons, plastic surgeons, infectious disease specialists, podiatrists, nurse practitioners and nurses, many of whom are certified in wound ostomy and continence. A variety of treatment methods may be used, including advanced wound care dressings, growth factors, bioengineered skin substitutes and hyperbaric oxygen therapy.

For more information, call **Go!** 612-863-3110 or visit abbottnorthwestern.com and go to *Hospital Services*.

Inside:

- 2 Resources for breast health
- 5 Back-to-school checkups
- 7 Your gift counts



A key concern in planning for the Piper Breast Center expansion is preserving and enhancing the patient experience.

Piper Breast Center expansion under way

As a breast cancer survivor and volunteer greeter at Piper Breast Center, Donna Kraus says, “I understand when someone comes in with that look of anxiety on her face.”

Kraus’s insight into the patient experience at Piper Breast Center is one reason she was asked to participate in planning for its move to a newly remodeled and expanded space.

Piper Breast Center will move this fall to a space near its current location on the fourth floor of the Piper Building at Abbott Northwestern Hospital.

The expansion:

- provides space for additional medical specialists
- adds exam and consultation rooms

- allows for more patient privacy
- adds more mammography and ultrasound systems
- introduces the Lumagem[®] molecular breast imaging system.

A key concern in planning for the expansion was preserving and enhancing the patient experience at Piper Breast Center.

Calm, uncluttered surroundings and special touches like fresh flowers, beverages served in china cups and saucers, and robes instead of hospital gowns help patients and visitors feel attended to, says Carol Bergen, RN, manager, Piper Breast Center. “And everyone who works here understands the importance of conveying a sincere welcome to and respect for our patients.”

Piper Breast Center is the first in Minnesota to be accredited by the National Accreditation Program for Breast Centers.

Innovative breast imaging

The Piper Breast Center is introducing a new tool to assess breast lumps: the Lumagem molecular breast imaging system.

This highly sensitive test will help doctors assess lumps not clearly seen on mammogram or ultrasound studies. It will be particularly helpful for women who have dense breast tissue. For these women, normal and abnormal tissue looks similar on mammograms.

“This is a problem-solving tool that will help us determine whether a biopsy should be done,” says Deborah Day, MD, director, Piper Breast Center. While not used for screening, the Lumagem can also help guide treatment after breast cancer diagnosis.

Kraus’s recommendations included expanding the waiting area to ensure the comfort of patients and their companions during what can be an anxious time. “Everything we do is intended to give patients the sense that we value them,” she says.

You make it possible

A challenge grant from the Piper Family Fund is supporting the Piper Breast Center expansion and Lumagem technology. Employee giving and Marnie’s Army, a dedicated group of volunteer fundraisers, have been particularly helpful to this campaign. For information on how to give, call

Go! 612-863-4126 or visit abbottnorthwestern.com.

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Oxygen

—CONTINUED FROM FRONT PAGE

This helps activate cells that heal wounds and fight infections. In some settings, HBOT is also used to treat decompression sickness (“the bends”) and carbon monoxide poisoning.

Tostenson’s ordeal began in 2006, when she was treated for lung cancer. At first she did great, recovering from surgery, radiation therapy and chemotherapy. (She has remained cancer-free ever since.)

But a year later, she began having repeated fevers and respiratory infections. Doctors soon discovered the source: a non-healing wound in the chest wall, a side effect of the radiation therapy used to treat her cancer.

“Radiation therapy kills cancer cells, but it can also damage normal tissue,” says Peter Alden, MD, vascular surgeon at the Minneapolis Heart Institute®. “In particular, it damages the arteries that supply blood to tissues.”

Abbott Northwestern’s Wound Clinic began offering HBOT more than a year ago. It is often used for diabetic patients with non-healing

foot ulcers that do not respond to other treatments.

“Changes in circulation among diabetic patients can interfere with oxygen delivery to tissues in the lower legs and feet,” Alden says. Foot ulcers demand careful attention because they are a major risk factor for amputation.

While most patients with poor wound healing respond to surgery, advanced wound care, medicines and other treatments, a small group of patients do not. For them, HBOT can make a big difference.

Patients breathe pure oxygen while in a pressurized chamber.

“Initially, I was a bit skeptical about this treatment,” Alden says. “Now I can’t imagine how we practiced without it. It is really helping a certain group of patients recover from poor wound healing.”

‘You do what you have to do’

Late last year, Tostenson had surgery that involved moving muscle tissue over the wound. When this failed to heal properly, Tostenson’s doctors decided that HBOT would offer the best chance to prepare the

area for a second surgery, which would be done by David Ruebeck, MD, a plastic surgeon.

Tostenson received 50 treatments, 90 minutes a day, five days a week. The hyperbaric chamber is a clear acrylic tube in which the patient lies while watching television or listening to music. At first, Tostenson wasn’t thrilled about “being in a tube” day after day, but the Wound Clinic staff helped keep her comfortable and relaxed. “You learn to take it in stride and you do what you have to do,” she says. “Plus, there’s a sense of kinship that you develop with the other patients.”

The good news was that the wound began to improve quickly. “During her treatment, we could see visible evidence that the wound bed was improving,” Ruebeck says. That increased the chance of success when he closed the wound with a tissue transfer surgery in May.

“She had run out of surgical options,” Alden says. “We had to do everything we could to ensure the success of Dr. Ruebeck’s surgery.”

Go! For more information about HBOT, call 612-863-3110 or visit abbottnorthwestern.com and go to *Hospital Services*.



Play it safe

Preventing overuse injuries in young athletes

One of Blake Noeske's favorite places to be is on the pitcher's mound.

But this summer, Noeske's coaches found other ways for him to contribute to the team: playing first base, keeping team statistics, being a designated hitter—anything that didn't require a repetitive overhead throw.

Noeske, 14, was diagnosed with Little Leaguer's shoulder, an overuse injury that L. Pearce McCarty III, MD, is seeing more often. McCarty, an orthopedic surgeon with Sports & Orthopaedic Specialists and one of the orthopedic team doctors for the Minnesota Twins, is board-certified in orthopedic sports medicine and specializes in shoulder and elbow injuries.

Little Leaguer's shoulder is an inflammation of the growth plate, typically caused by repetitive use, such as overhead throwing.

But McCarty says that no matter what the sport, overuse injuries in young athletes are on the rise. That's because more athletes are focusing on one sport at a younger age. Also, training programs have become more sophisticated and rigorous, and they often run year round. In addition, research suggests

that larger, stronger athletes like Noeske may be at higher risk for injuries like Little Leaguer's shoulder. "They will be able to throw harder and therefore put more stress on the growth plate," McCarty explains.

Fortunately, sports medicine experts like those at Sports & Orthopaedic Specialists can help coaches and athletes develop training programs aimed at preventing overuse injuries.

Getting priorities straight

"Young athletes often have the impression that 100 percent of training is to improve performance," says McCarty. "But if you look at professionals, more than 50 percent of their training is designed to prevent injury. That's something we need to focus on more for younger age groups."

Doctors at Sports & Orthopaedic Specialists recently studied two groups of high school athletes. One group participated in a normal training program and the other participated in a preventive rehabilitation program. They studied pitch velocity, injury rates and number of games missed due to pain or discomfort.

"We found a significant difference. The athletes on preventive rehab threw faster and were injured less often," McCarty says.

McCarty prescribed a recovery plan for Noeske that included a period of no throwing, specific exercises, and a strictly controlled return-to-throw program.

"Dr. McCarty has done a great job explaining this to Blake," says Aimee Jo Noeske, Blake's mother. "And his coaches have been very supportive and have helped him stay involved with the team."

Despite his injury, Noeske is eager to get back on the mound. "It's fun because you're in control of the game," he says.

For more information about **Go!** overuse injuries in young athletes, visit the sports medicine page at sportsandortho.com.

Warning signs

In young athletes, warning signs of overuse injuries include a noticeable decrease in performance and any report of pain, especially consistent pain or discomfort in a joint.



School days ahead!

Before the first bell rings, schedule a visit to the doctor

There may be a lot of things on your child's back-to-school to-do list, but one item near the top should be a trip to the doctor's office. It's a great way to make sure your child is healthy and ready for another year of learning.

The American Academy of Pediatrics and other experts recommend annual doctor visits for all school-age children and teens. These appointments are important for a number of reasons.

Vaccinations

The doctor can make sure your child is protected against a host of serious diseases, including measles, mumps, rubella, chickenpox, meningitis, tetanus, diphtheria, whooping cough and cervical cancer. It's important for children of all ages to get their vaccinations at the recommended times.

Milestones and signs

Regular exams help the doctor become familiar with your child's development and growth. That can make it easier to spot emerging health problems or even a learning disability.

Checking in: Regular doctor visits can help ensure that your kids are healthy and on track.

Guidance

As your child gets older, routine checkups provide time for your doctor to discuss important health issues, such as smoking, drinking, drugs, nutrition, sexual activity and depression.

And don't forget about dental health. Tooth decay is the most common chronic disease among kids, according to the American Dental Association.

An annual dental exam should be part of your child's back-to-school routine.

Go! Find a clinic near you at allina.com/clinics.

Blast off, kids!

A great way to help kids be healthy and active is to limit their TV and computer time. But when they are on computers, what about directing them to an online game that helps teach them about healthful eating and physical activity?

The U.S. Department of Agriculture has developed just that with the interactive game "MyPyramid Blast Off." Geared toward children ages 6 to 11, the game involves choosing healthful foods and physical activities to fuel a rocket ship. Smart choices fuel the rocket for takeoff to Planet Power. Making unhealthy choices leaves the rocket sputtering on the launch pad.

Mission nutrition

Go! Kids can get started on their mission to Planet Power by going to mypyramid.gov/kids.

Provide a power lunch that's a lesson in eating right

Teachable moments take place all day, even during lunch. By sending kids to school with a healthful lunch, you not only provide fuel for their afternoon classes, you also teach them a bit about nutrition.

According to the American Dietetic Association, lunches should contain at least one selection from each of the five food groups. A sample menu that would fit the bill: turkey on whole-wheat bread, carrots, an apple and milk.

Involve your kids in shopping and packing lunches. That way they'll be more likely to eat what you send.

No matter what's on the menu, make sure food stays fresh. Use a thermos to keep hot foods hot or a freezer pack to keep cold foods cold.

And a final lesson: Send along a moist towelette. Let kids know it's important to clean up before they dig in.

Go! To learn more about healthful eating for children and teens, visit the Eat Healthy page under *Health & Wellness* at allina.com.



ALLINA'S COMMUNITY BENEFIT

Going beyond the bedside

Abbott Northwestern Hospital is a part of Allina Hospitals & Clinics, whose mission

reaches beyond the bedside as its team of dedicated employees works to improve the health status of the communities it serves.

What is community benefit?

“As a not-for-profit organization, Allina’s mission extends beyond providing exceptional health care to patients, improving the health of the communities we serve,” says

Ellie Zuehlke, Allina community benefit director. “Community benefit is a planned, coordinated and measured approach to identify and respond to the health needs of our communities.”

What did Allina give back in 2009?

Allina’s total 2009 community investment was \$420 million, which is approximately 15 percent of Allina’s total operating expense. Abbott Northwestern has contributed nearly \$135 million to benefit the health of the community.

Of the Allina total, \$171 million helped to lessen the health care burden for people in the communities Allina serves. This includes charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services.

“At both the Allina and local level, we’re proud of the community benefit services we provide,” Zuehlke says. “We strive to partner with communities to improve the health and wellness of community members while providing care to all who need it.”

Go! For more information about Allina’s investment in community benefit, visit us online at allina.com/community.

Abbott Northwestern’s community benefits

Abbott Northwestern is constantly working for the health of the community. Outreach efforts include:

- health fairs (Women’s Health expo, Professional Golf Association tournament)
- Heart Safe Communities project, Take Heart America
- exercise classes
- community health education, such

as childbirth education classes and childhood and adult obesity presentations

- charitable/in-kind donations to local not-for-profit organizations and event sponsorships (Midtown Safety Center, Arbor Day tree trust, Phillips Partnership, Tubman Family Alliance)
- Mobile Meals to deliver hot meals to the homebound

- staff time for community organization drives (United Way, blood drives)
- coalition building with other community groups, such as Rotary, National Night Out, Summer Reading program with Andersen School)
- meeting space for not-for-profit organizations.

Primary care



Find a doctor

Primary care doctors provide several types of care, including:

- family medicine
- internal medicine
- obstetrics-gynecology
- pediatrics.

To find a primary care doctor near you, visit allina.com/doctors or call 1-800-877-7878.

Urgent care



Urgent-care sites

Quello Clinic – Edina

952-428-0001

Monday-Friday:

10 a.m. to 6 p.m.

Saturday and Sunday: Closed

Closed all major holidays.

Aspen Medical Group – Bloomington

651-241-9900

Monday-Friday: 5-10 p.m.

Saturday and Sunday: 9 a.m. to 5 p.m.

Closed all major holidays.

Emergency care

IN CASE OF EMERGENCY,
CALL 911.



Hospital locations

Abbott Northwestern Hospital

800 E. 28th St.

Minneapolis, Minnesota 55407

General information: 612-863-4000

Emergency Dept.: 612-863-4233

Patients have the right to choose their providers for primary, urgent and emergency care. This listing may not include all medical providers in your area.

MyChart Your secure, online health connection

MyChart is an Internet tool that enables you to schedule and cancel appointments, manage your health information, review your test results, manage your child's health care and more—online, anytime! For more information or to sign up, talk to your clinic or visit allina.com/mychart.

Donations support cutting-edge care

Last year, the Abbott Northwestern Hospital Foundation received nearly \$5 million in donations from community members and organizations.

These gifts supported investments in medical technology, hospital facilities, innovative programs and education to improve patient care and benefit the community.

The Foundation disbursed more than 200 grants in 2009 to support such efforts as:

- the purchase of a linear accelerator for the Virginia Piper Cancer Institute™—the new technology

allows more precise delivery of radiation therapy with faster treatment times and less damage to healthy tissue

- research to determine whether omega-3 and vitamin D deficiencies contribute to heart disease
- a new program through which volunteers offer a quiet, caring presence for patients dying alone in the hospital.

You can help

As government funding shrinks and the cost of providing care

continues to rise, investments like these are more difficult to make without the support of donors.

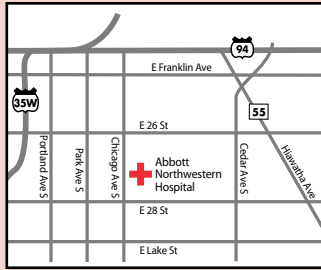
Whether it's a donation of \$5 or \$500, all gifts make a difference. Donors can choose from a variety of giving methods, such as outright gifts to the Foundation, attendance at the annual Gala, or a donation to honor a health care provider or memorialize a loved one.

To make a donation or learn more, call 612-863-4126 or visit abbottnorthwestern.com.



How to find us:

800 E. 28th St.
Minneapolis, MN
55407-3799



Search for "Abbott Northwestern Hospital."



Follow us: @AllinaComm



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Mark your calendar

To register or for more information, visit allina.com/classes or call Allina Class Registration at 1-866-904-9962.

Whether you have a specific health condition or are just interested in improving your health, consider taking a class or joining a support group at Abbott Northwestern.

BARIATRIC CENTER

- Introduction to Weight Loss Surgery: allina.com/classes
- Support groups on Laparoscopic Adjustable Gastric Band and Renewal RNY Gastric Bypass: 612-863-7501

THE BIRTH CENTER

allina.com/classes

Offers classes on childbirth preparation, infant care, infant massage and more.

LIVWELL

FITNESS CENTER

612-863-5178

Offers fitness and nutrition programs and customized health packages.

MINNEAPOLIS HEART INSTITUTE®

- Heart Transplant Support Group: 612-775-5007
- Women-Only Cardiac Support Group: 612-863-3816

NEUROSCIENCE INSTITUTE

Offers support groups:

- Brain Tumor: 612-863-3732 (with the Virginia Piper Cancer Institute)
- Parkinson's Disease: 612-863-5850

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING®

612-863-3333

Offers a range of health promotion opportunities, including yoga, massage, stress reduction and more.

Coming events

JOINT CARE

- Wednesday, Sept. 8, 2-4 p.m.

Twin Cities Orthopedics

4010 W. 65th St., Edina, MN 55435

Presenters: Tilok Ghose, MD; Robert Tuttle, MD; Frank Norberg, MD

- Wednesday, Oct. 6, 1-3 p.m.

Minnetonka Community Center, Community Dining Room
14600 Minnetonka Blvd., Minnetonka, MN 55345

Presenters: Robert Tuttle, MD, and Amir Mehbod, MD
To register for either joint care event, call 651-644-4108.

ANNUAL WOMEN'S HEART HEALTH EVENT

Thursday, Sept. 30

For details: mplsheart.com or 612-863-5829

SISTER KENNY® REHABILITATION INSTITUTE

612-863-4996

Offers a Stroke Support Group.

VIRGINIA PIPER CANCER INSTITUTE™

612-863-4633

Offers a range of support groups and education programs on various cancer diagnoses and living with cancer.

VOLUNTEER OPPORTUNITIES

612-863-4281

Do you have high blood pressure?

The George Institute seeks volunteers ages 50 to 75 for a stress-management research study. Participants will be compensated for time and travel. Call 612-863-9862 for more information.

