

# ABBOTT NORTHWESTERN HOSPITAL

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## Awareness matters

WHAT EVERY WOMAN SHOULD KNOW ABOUT OVARIAN CANCER

**A**S A FIVE-YEAR survivor of ovarian cancer, Jeanne Karnowski, 49, has some advice for women. It has to do with trusting your instincts.

“If you feel abdominal pain that’s unusual or severe, you need to explain that to your doctor,” she says. Before her diagnosis in 2003, Karnowski was alarmed by her symptoms and asked that her gynecologist investigate whether her abdominal symptoms could be cancer. That led to an early diagnosis—something that is far too uncommon in ovarian cancer.

The advice is echoed by Cheryl Bailey, MD, the gynecologic oncologist with Minnesota Oncology Hematology, P.A. (MOHPA), who treated Karnowski. MOHPA physicians work closely with Abbott Northwestern’s Virginia Piper Cancer Institute® to provide comprehensive cancer services.

“Ovarian cancer is rare, but it is almost always diagnosed in advanced stages because the symptoms are so vague,” Bailey says.

Also, ovarian tumors can be hard to find during a routine examination, so ruling out ovarian cancer requires specialized tests.

But research has taken a zoom lens to this disease, narrowing the information on which women need to focus.

### COMMON EARLY SYMPTOMS

Ovarian cancer is most easily treated when it’s discovered early. According to the



**Taking initiative.** Back in 2003, Jeanne Karnowski, 49, feared abnormal menstrual pains were a sign of cancer. She asked her gynecologist to test her. Early diagnosis led to early treatment, and now Karnowski is cancer-free.

American Cancer Society (ACS), research has identified specific symptoms common in women diagnosed with it:

- pelvic or abdominal pain
- abdominal bloating
- urinary urgency
- urinary frequency
- trouble eating or feeling full quickly.

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Sign up today for our new blood pressure study



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ABBOTT NORTHWESTERN HOSPITAL

Allina Hospitals & Clinics

# HEALTH UPDATE

ABBOTT NORTHWESTERN HOSPITAL



## Do you have high blood pressure?

Abbott Northwestern Hospital's Penny George Institute for Health and Healing® is seeking study volunteers ages 55 and older for a systolic blood pressure study.

If you have high systolic blood pressure (typically the top number recorded in a blood pressure reading), but normal or low diastolic blood pressure, you may be eligible to participate in this stress-management training study. A physical examination, blood tests and training are provided at no cost.

Participants will be compensated for time and travel. Call Amber Fyfe-Johnson at 612-863-9865 for more information. ❖

## Testing a new approach to managing chronic health problems

The Robina Foundation granted Abbott Northwestern Hospital \$6 million to test a primary care model that focuses on prevention, wellness and chronic disease management.

The pilot study will involve 500 patients with diabetes, heart failure or high blood pressure cared for in an inner-city clinic affiliated with the hospital. It supports Allina Hospitals & Clinics' strategic vision to ensure that patients receive the right care at the right time. The Robina grant helps make the study possible, because some of the care components involved in the study are not covered by most insurance plans.

The study aims to increase patient and doctor adherence to national guidelines for diabetes, heart failure and high blood pressure care. It will use a care model in which patients, doctors, care guides and a trusted family member or friend work together to help patients achieve better health outcomes.

If the model is successful in helping patients better manage their chronic conditions, the model will be extended to patients at clinics in Edina and Richfield over the next three years.

For more information about Allina's role in improving the health of the communities it serves, visit [www.allina.com/community](http://www.allina.com/community). ❖



## Special care for joint replacement before, during and after surgery

If you are thinking about surgery to relieve chronic joint pain, Abbott Northwestern's Joint Replacement Center is ready to help—before, during and after your surgery.

**Before the surgery, you will:**

- attend surgery classes
- receive a book to help you prepare.

**During your hospital stay, you will:**

- be treated by a specially trained health care team
- meet other joint replacement patients during group physical therapy sessions

- receive daily newsletters that focus on recovery activities
  - work with a loved one who is educated to aid as a coach in your recovery.
- After you are discharged, you will:**
- continue recovery with an after-care program customized to your needs
  - be invited to participate in patient and coach reunions.



For more information, call 612-775-4609 or visit the *Healthy Communities Magazine* page at [www.abbottnorthwestern.com](http://www.abbottnorthwestern.com). ❖



## FREE Arthritis seminar!

Attend a free seminar, "Arthritis: Innovations in Treatment," on Wednesday, May 6. See Page 7 for details.

# Health care in hard times

## FOUR WAYS TO HELP KEEP MEDICAL COSTS DOWN



**W**HEN TIGHTENING the purse strings becomes a necessity, there are some things you shouldn't eliminate from the budget. Health care is one of them.

Cutting corners on your medical care might actually cost you more in the long run. More important, it may put your health in jeopardy.

Still, as deductibles and co-pays rise and many people find themselves without health insurance, lowering out-of-pocket medical expenses may become a priority.

These steps can help you stay healthy and lower your medical costs:

### ■ Practice good health habits.

Smart lifestyle choices, such as these, are key:

- Don't smoke, and avoid secondhand smoke. For tips on quitting smoking, visit [www.smokefree.gov](http://www.smokefree.gov).
- Eat well. Aim for a diet filled with fruits, vegetables and whole grains. And go easy on foods and drinks that are high in calories, sugar, salt or fat.
- Get active. Aim for at least 2½ hours of exercise each week.

Financial Assistance Services are here for you.

Don't worry about joining a gym or purchasing exercise equipment. A brisk daily walk can be beneficial.

- Be safe. Wearing seat belts in vehicles and helmets on bikes reduces your risk of injury.
- Practice prevention. Wear sunscreen to prevent skin cancer, and wash your hands often to keep germs at bay.
- Manage stress. Stress can be toxic to your body and contribute to a host of health problems, reports Mental Health America. To combat stress, try to balance work with play and make time for relaxation.

### ■ Have a primary care doctor.

Seeing a doctor regularly can help keep your immunizations up-to-date. This may enable you to avoid illnesses such as influenza and shingles.

Regular appointments also provide opportunities for screening tests. These tests may catch health problems early, when they might be easier—and possibly less expensive—to treat.

### ■ Know when to seek help.

According to the American College

of Physicians, many minor medical problems correct themselves or improve with home or over-the-counter remedies.

However, if you don't get better or if you're not sure whether you need help, you should seek professional advice. And you should always get immediate help for a medical emergency.

■ **Ask about generics.** Generic drugs have the same purity, strength and quality as their brand-name counterparts, according to the U.S. Food and Drug Administration. But they're less expensive than brand-name drugs.

Patient assistance programs may be available if you can't afford your medicines. Ask your pharmacist for details.

Whatever you do, don't decide on your own to stop taking your medicine in order to save money. If you're worried about the cost of a medicine—or any other aspect of your care—talk to your doctor. Together, you can work to keep costs under control while staying on top of your health.

For information about Allina Hospitals & Clinics' Financial Assistance Services, visit [allina.com/community](http://allina.com/community). ❖

Ready to meet

# back

*Special preparations  
for your pending arrival*

**T**O BE A GOOD parent is to look out for your child's well-being. And this is something you can start to do even before the two of you meet.

What follows are a few of the most important preparations to consider as your delivery draws nearer—things that can help give your baby the best start possible in life.

## DECISIONS, DECISIONS

If you haven't already settled on a doctor for your baby, now is the time to do so. Even the healthiest babies need frequent checkups, and the first one will take place at the hospital.

Remember, too, that your doctor could potentially see your child through well-baby visits to first sniffles to—sooner than you think—adolescence. So you'll want to find a doctor you trust and feel comfortable talking to.

Before your baby arrives, you'll also want to decide if you're going to breastfeed or use formula.

Do keep in mind that breast milk:

- is the ideal first food. It contains exactly the right amounts of nutrients to help

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## Advanced care before birth

Most babies are born healthy. But for those with problems, Abbott Northwestern Hospital and Children's Hospitals and Clinics of Minnesota offer the most advanced care possible—including therapies that treat the baby before birth.

One such therapy is a type of surgery to treat a dangerous condition, twin-to-twin transfusion syndrome, which can affect identical twins. The surgery dramatically improves survival rates and is available in only a handful of cities across the country. The procedure uses a tiny scope inserted in the uterus and a laser to correct an abnormality in the blood vessels.

"Collaboration between Children's and Abbott Northwestern gives us the unique opportunity to bring this state-of-the-art procedure to this region," says William Block, MD, a maternal-fetal medicine specialist with Minnesota Perinatal Physicians. "As with the rest of our obstetric program, we're fortunate to have a fantastic newborn facility at Abbott Northwestern—the region's largest—and world-class neonatal intensive care units at Children's if needed."

babies grow and is more easily digested than formula

- contains natural antibodies that help protect babies from ear infections, diarrhea, pneumonia and allergies
- is free—and requires no preparation time.

### SAFETY FIRST

Perhaps your most important responsibility as

a parent is to keep your baby safe.

When it comes to traveling, no newborn is safe without a car seat, and you'll need one for that very first ride—the one that will take your baby from the hospital to your home. Your baby should ride

in a rear-facing car seat until he or she is both a year old and weighs at least 20 pounds.

You'll also need a safe place for your baby to sleep. Most new cribs and crib mattresses sold in the

United States are safe. But be wary of used cribs, which may not meet

standards or may have been recalled. For safety's sake, crib slats should be no more than 2½ inches apart.

### KNOW WHEN YOU'RE READY

Not all babies arrive on schedule. That's why it's important to know

Taking prenatal classes can help you feel ready for your baby's arrival. See our classes on Page 6.

## The nurturing touch

Want to learn your baby's language? Try an infant massage class.

"Infant massage is really about communication and relationships," says Maggie Wille, infant and child massage instructor at Abbott Northwestern's Birth Center. "It enhances the connections between parents and their infants."

Infant massage helps parents understand the cues their baby is giving them. It also teaches them how to help the baby get comfortable and relax.

"That makes both the parent and baby feel more confident," Wille says.

Infant massage has a range of physical and psychological benefits. It:

- relaxes and soothes a fussy baby
- relieves symptoms of colic
- strengthens the parent-baby bond
- contributes to the baby's development.



Abbott Northwestern offers a variety of pregnancy, birth and parenting classes.

To learn more or to register, visit [allina.com/classes](http://allina.com/classes).

the signs that labor is near—or here:

**Lightening.** This is the feeling you get when your baby has moved lower in your pelvis. Lightening happens anytime from a few weeks to a few hours before the start of labor.

**An increase in vaginal discharge.** This discharge can be clear, pink or slightly bloody. It can occur several days before labor or at its onset.


**Your water breaks** (a trickling or gush of watery fluid from your vagina). Labor may still be several hours away—or it may be starting now.

**Contractions.** Contractions that occur at regular intervals, become stronger and occur despite movement generally signal that labor has begun.

Now that you know the signs of labor, be sure to ask your doctor:

- Once labor starts, when should I call you?
- Are there special steps I should follow when I think I am in labor?

### YOU CAN COUNT ON US

 For more information about pregnancy, birth and pregnancy care at Abbott Northwestern, visit the *Healthy Communities Magazine* page at [www.abbottnorthwestern.com](http://www.abbottnorthwestern.com). ❖



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To register or for more information, visit [www.allina.com](http://www.allina.com) or call Allina Class



## HEALTH CLASSES, COMING EVENTS

Visit [www.allina.com/classes](http://www.allina.com/classes)  
or call 1-866-904-9962.

### CANCER

*Offered by the Virginia Piper Cancer  
Institute:*

**Brain Tumor (with the  
Neuroscience Institute)**

Call 612-863-3732.

**Breast Cancer**

**Coping With Change  
(esophageal, gastric, head  
and neck cancer support group)**

**I Can Cope**

**Look Good, Feel Better**

**Program for Women Newly  
Diagnosed With Breast  
Cancer (structured series  
of four sessions)**

### HEALTH IMPROVEMENT

**Aphasia Support Group**

**Stress Reduction Biofeedback  
Program**

### HEART AND LUNG

**Heart Failure Support Group**

**Heart Transplant Support Group**

For people on the heart transplant  
waiting list and their families.

**Women's-Only  
Cardiac Support Group**

Call 612-863-3816.

### PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING®

*Please call 1-866-904-9962 to register  
for events and classes at the George  
Institute.*

**Acupuncture**

**Drum Circle**

**Herbal Therapies**

**Mindfulness-Based Stress  
Reduction**

**Nutritional Support for  
Specific Health Concerns**

**Physician Consultation**

**Yoga**

### NEUROSCIENCE

*Offered by the Neuroscience Institute:*

**Brain Tumor (with Virginia  
Piper Cancer Institute®)**

Call 612-863-3732.

**Parkinson's Disease**

Call 612-863-5850.

### PREGNANCY, BIRTH AND PARENTING

**All About Babies**

**Birth and Parenting Preparation**

**Breastfeeding Preparation**

**Expecting Multiples**

**Infant and Child CPR**

**Infant Massage**

**New Brother/New Sister**

### STROKE

*Offered by Sister Kenny® Rehabilitation  
Institute:*

**Stroke Support Group**

For stroke survivors and family  
members. Call 612-863-4996.

### VISION

*Offered by the Phillips Eye Institute:*

**Refractive Surgery: Is It for You?**



If you do not find the  
program or class you're  
looking for in this listing,  
call Allina Class Registration  
at 1-866-904-9962 for  
information about offerings  
at other Allina hospitals or  
visit [www.allina.com/classes](http://www.allina.com/classes).



# WESTERN HOSPITAL

Registration at 1-866-904-9962.

## **VOLUNTEER OPPORTUNITIES**

Volunteer orientation takes place every second Wednesday. For more information, please call Volunteer Services at 612-863-4281.

## **WEIGHT-LOSS SURGERY**

*Please call 612-863-7501 for information about weight-loss surgery support groups. All groups welcome people who have had or are considering weight-loss surgery at Abbott Northwestern or at other hospitals. Support groups include an educational presentation and are facilitated by a professional.*

### **LAP-BAND® Support Group**

For individuals who have had or are considering LAP-BAND surgery. Meets monthly.

### **Renewal and Renewal Halves Support Groups**

For individuals who have had or are considering Roux-en-Y gastric bypass surgery. Renewal Halves is for partners or family members of Roux-en-Y patients. Both groups meet monthly.

### **Therapeutic Support Group**

For individuals who have had weight-loss surgery and need the guidance of a licensed psychologist to assist in regaining focus and eliminating barriers to a successful weight-loss journey. Meets monthly. Fee is \$15 per session.



## **COMING EVENTS**

### **Arthritis: Innovations in Treatment**

**Presenters:** James Larson, MD; Tilok Ghose, MD; John Mrachek, MD

**Date:** Wednesday, May 6

**Time:** 1-3 p.m.

**Location:** Burnsville Civic Center, 100 Civic Center Parkway, Burnsville

**To register:** Call 651-644-4108.

Co-sponsored by the Arthritis Foundation

### **2009 Susan G. Komen Twin Cities Race for the Cure®**

**Date:** Mother's Day, Sunday, May 10

**Location:** Mall of America

**For information:** Go to [www.komenminnesota.org](http://www.komenminnesota.org) or call 952-746-1760. Mark your calendar and plan to visit the Piper Breast Center and Breast Services of Allina Hospitals & Clinics booth for valuable breast health information.

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# Awareness

—Continued from front page

Almost everyone occasionally has one or more of these symptoms. What is important, however, is if any of the symptoms you have are new, persistent and frequent—noticeably different than how you usually feel. That is what tipped off Karnowski. She felt extreme pain with menstruation.

“The pain became more frequent until eventually it was occurring every day,” she says.

When Karnowski’s symptoms worsened, she asked her doctor about cancer.

“I was lucky that the pain was so severe that it made me more persistent in getting medical treatment,” Karnowski says.

A pelvic ultrasound showed a large ovarian cyst. Karnowski also had elevated levels of CA125,

a blood protein sometimes associated with ovarian cancer.

Surgery and chemotherapy followed. Karnowski says she values the care she received.

“I cannot say enough good things about MOHPA,” she says. “They have a standard of care that is really extraordinary, from the doctors and nurses to the lab techs and receptionists.”

## THE NEXT STEP

Unfortunately, there is no single, reliable way to test for ovarian cancer. There is research under way to learn how to detect it early. Bailey says this is critical to improving survival rates.

“Any improvements we see in survival will come about because of earlier detection,” she says. “While we’re always working to improve treatment, it’s more likely that any breakthroughs would be related to early diagnosis.”

## HOW TO REACH US

**Directions Line . . . . . 612-863-5550**  
**Emergency Department 612-863-4233**  
**General Information . . . 612-863-4000**  
**Allina Class**  
**Registration . . . . . 1-866-904-9962**  
**Patient Information . . . 612-863-4111**  
**For hospital information and services,**  
**visit [www.abbottnorthwestern.com](http://www.abbottnorthwestern.com).**



For more information about ovarian cancer and ovarian cancer treatment at MOHPA and the Virginia Piper Cancer Institute, go to [www.abbottnorthwestern.com/vpci](http://www.abbottnorthwestern.com/vpci). ❖



# Gynecologic oncologists offer specialized care

Research has shown that surgery by a gynecologic oncologist is one of the top factors in increasing ovarian cancer survival rates. Women with ovarian cancer have better outcomes when a gynecologic oncologist performs their initial surgery.

A gynecologic oncologist is an obstetrician/gynecologist who

specializes in the diagnosis and treatment of women with cancer of reproductive organs. These doctors are uniquely qualified to care for women with ovarian cancer and other cancers of the reproductive tract—such as endometrial, vulvar and cervical cancers.

Their training and surgical skills help them to properly assess and

remove the majority of the tumor. They also have advanced training in chemotherapy and radiation therapy treatment and understand how best to monitor a patient for a recurrence.

For more information, visit the Minnesota Ovarian Cancer Alliance at [www.mnovarian.org](http://www.mnovarian.org) or call 612-822-0500.