

ABBOTT NORTHWESTERN HOSPITAL

VOLUME 16, NUMBER 3

FALL 2008

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Feeling good

STEM CELL TRANSPLANT
KEEPS CANCER IN CHECK

AT FIRST, BYRON HANSON thought he had food poisoning. He was nauseated and just didn't feel like himself. His doctor suggested giving it a week, but Hanson returned in three days. He told his doctor, "I know my body, and I know something's wrong."

A CT scan followed, which showed an abdominal mass. Still, Hanson's doctor said not to panic—often such growths turn out to be benign. But a biopsy showed

"If it weren't for the occasional chemotherapy and scans, I wouldn't know I had cancer."

An avid gardener, Byron Hanson remains in good health after an autologous stem cell transplant at Abbott Northwestern Hospital.

otherwise. Within days, Hanson learned he had non-Hodgkin's lymphoma.

CAUGHT IN A RIVER

Recalling the moment he heard the diagnosis, Hanson says: "You are lost. You are caught in a river you don't want to be in."

That was in June 2002. After studying his options, Hanson sought care with John Seng, MD, an oncologist with Minnesota Oncology Hematology, P.A. (MOHPA), who works with Abbott Northwestern Hospital's Virginia Piper Cancer Institute.

For six months, Hanson underwent chemotherapy every three weeks and did well for a while. But his cancer returned in 2003. That's when his doctor suggested an autologous stem cell transplant.

The Virginia Piper Cancer Institute is one of only three institutions in the state offering the procedure, which can be used to

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3 Allina's benefits to the community are far-reaching



4 Learning to live with heart failure



7 Girls and moms can get healthy together!



ABBOTT NORTHWESTERN HOSPITAL
Allina Hospitals & Clinics

call! For more information about the Autologous Stem Cell Transplant Program, call 612-863-5501.

HEALTH UPDATE

ABBOTT NORTHWESTERN HOSPITAL



Women's-Only Cardiac Support Group

If you are a woman who is concerned about heart disease, consider joining the Women's-Only Cardiac Support Group offered by the Women's Heart Health Program at the Minneapolis Heart Institute.

This group is designed to provide support to women living with heart disease. It is open to all women who are interested in:

- learning more about heart health
- sharing information with others having similar experiences
- seeking encouragement from other women.

All women with heart disease are welcome to attend any or all of the sessions. There is no cost to participate, and free parking is provided. The group meets Mondays, 6:30-8 p.m.

For more information, visit www.mplsheart.com and look for the Women's-Only Cardiac Support Group link or call 612-863-3900. ❖



Learn about heart-healthy living for women

Inside and Out: A Woman's Healthy Approach to Living

Saturday, Oct. 4

9-11:30 a.m.

Bachman's on Lyndale Heritage Center, 6010 Lyndale Ave. S., Minneapolis

Free

Gain new insights on healthy living by attending "Inside and Out: A Woman's Healthy Approach to Living."

Join Shalini Bobra, MD, cardiologist with the Minneapolis Heart Institute's Women's Heart Health Program; Sharon Kshetry, MD, Women's Health & Laser Aesthetic Center; and Steve Harris, horticultural consultant, Bachman's on Lyndale Garden Center, as they share their knowledge about:

- heart disease
- approaches in caring for women and their health needs
- gardening tips.

A light breakfast will be available. The event is sponsored by the Minneapolis Heart Institute and Abbott Northwestern Hospital. To register for this free event, please call Allina Class Registration at 612-262-3333. For more information, visit www.mplsheart.com or www.allina.com. ❖



Heart-friendly workouts may help knees, too

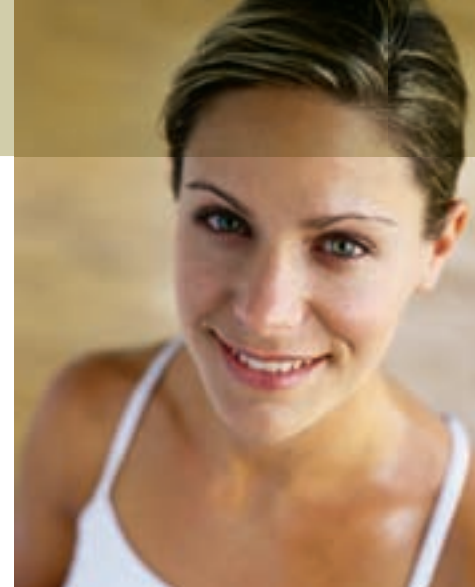
Exercise that gives your heart a boost may also benefit your knees.

According to research reported in the journal *Arthritis Care & Research*, physical activity that improves heart health—exercise that increases your heart rate and makes you sweat—appears to also help protect knees from the cartilage loss that contributes to osteoarthritis.

The research involved nearly 300 healthy adults between ages 50 and 79 who did not have a history of knee problems or osteoarthritis.

Using MRI (magnetic resonance imaging), the researchers found that vigorous physical activity can build knee strength and reduce the risk of cartilage loss. Even moderate physical activities, such as walking, seemed to be good for the participants' knees as well as their hearts.

This study didn't determine which specific kinds of exercises are best for



knees. But for a healthy heart, the American Heart Association recommends at least 30 minutes of moderate physical activity, such as brisk walking, at least five days a week.

If you have questions about what kind of exercise is right for you, check with your doctor. ❖

Allina's community benefit goes beyond the bedside

Abbott Northwestern Hospital is a part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside to improve the health status of the communities it serves.

Q What is community benefit?

A Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of the community. “As a not-for-profit organization, we understand that the health of the communities we serve is essential to Allina’s mission and strategy,” says Dick Pettingill, chief executive officer, Allina Hospitals & Clinics.

Allina collaborates with community-based organizations by forming Community Health Advisory Councils (CHAC) to help drive its community benefit work. The local CHAC is composed of community representatives who work together to identify, plan, implement and evaluate programs and activities that improve the health of the people here in the communities served by Abbott Northwestern.

Q How much did Allina give back to the community in 2007?

A Allina’s total 2007 investment was nearly \$402 million, which is approximately 16 percent of Allina’s total operating expense. Abbott Northwestern has contributed nearly \$136 million to benefit the health of the community.

Of Allina’s total contribution, \$140 million provided community

benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations, the Catholic Health Association and VHA. These include charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom the government-sponsored Medicaid program does not cover the full cost of services. They also include the Medicaid surcharge,

Abbott Northwestern Hospital has contributed nearly \$136 million to benefit the health of the community.

MinnesotaCare tax, community services, education, research and other community benefit costs. For Abbott Northwestern, this contribution amounts to nearly \$49 million.

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

Some of the community benefits provided by Abbott Northwestern include:

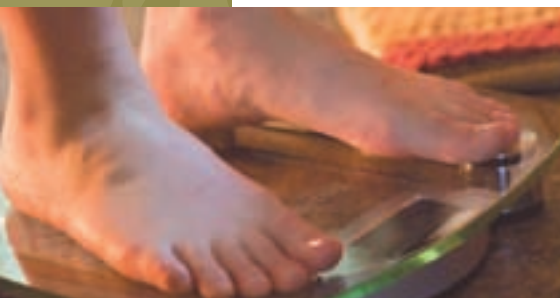
- community health education, such as childbirth education classes, fitness classes and Clean-break tobacco cessation classes
- employee participation in the Everybody Wins! reading



- program at Andersen School
- charitable/in-kind donations to local not-for-profits and event sponsorships (including the American Cancer Society, Minnesota Ovarian Cancer Walk/Run and the Susan G. Komen Race for the Cure)
- Mobile Meals to deliver hot meals to people who can’t leave their homes
- staff time for community organization drives (Minnesota AIDS Trek, United Way and blood drives)
- coalition-building with community and business groups on events such as National Night Out, CleanSweep, Arbor Day and Lake Street Sidewalks Day
- meeting space for not-for-profit organizations
- staff time for workforce development (TrainToWork, English as a second language classes, Step Up program)
- annual Abby Award event, which recognizes 12 individuals who contribute to the health and well-being of the community. ❖

A hardworking h

UNDERSTANDING AND LIVING WITH HEART FAILURE



SOMETIMES IT SEEMS like you're just too tired to move. You can't summon the energy to deal with everyday activities like housework and carrying groceries. And climbing stairs—even walking—can seem like climbing a mountain.

It's possible that your excessive fatigue is caused by heart failure, especially if you are older than 65 and have other signs, such as:

- shortness of breath
- persistent coughing or wheezing
- swelling in the feet, ankles, legs or abdomen due to excess fluid buildup
- loss of appetite and nausea
- confused thinking and memory loss
- a feeling that your heart is racing or throbbing.

WHAT IS HEART FAILURE?

Heart failure doesn't mean that your heart is about to stop. It does mean that your heart is losing its ability to pump oxygen- and nutrient-rich blood to your body's cells. This inability to circulate blood can be caused by conditions that damage the heart muscle or make it work too hard, including fatty deposits that slow blood flow

to your heart, high blood pressure, heart valve disorders, heart attacks and other medical issues.

"Heart failure is more common as people age, and the incidence of heart failure is increasing because the population is aging," says Maria-Teresa Olivari, MD, cardiologist with the Heart Failure Center at the Minneapolis Heart Institute® at Abbott Northwestern Hospital. "Heart failure is also associated with conditions like obesity and diabetes, so as these conditions affect more people, it's likely we'll see more cases of heart failure in the future."

Heart failure progresses gradually as the heart tries to adapt by working harder to meet the body's demands. Over time, the heart weakens and isn't able to pump blood as well as it should; this is why people with heart failure often complain of feeling tired.

See your doctor if you have any symptoms of heart failure. The disease's progression can be slowed with early diagnosis and treatment.

TREATMENT OPTIONS

According to the American Heart Association, people with mild to moderate heart failure often can lead nearly normal lives if they make certain lifestyle changes

Heart

and get the medical care they need.

Lifestyle changes. It's important to eat a diet low in saturated and trans fats, cholesterol and salt. Physical activity is encouraged, on your own or in a professionally supervised rehabilitation program.

If you smoke, quitting is one of the best things you can do for your heart. Ask your doctor for help with this important task.

Your doctor may also recommend controlling your blood pressure and weight. Other things that may help are reducing stress and avoiding alcohol and caffeine.

"Teaching patients about the disease is an important part of treatment," says Olivari. "Education empowers patients to take care of themselves, manage their symptoms and recognize when additional follow-up with their doctor is necessary."

Medicines, surgery and other devices. Most people with heart failure take several medicines. Some strengthen the heart's pumping action; others expand blood vessels or reduce water and sodium to lessen the heart's workload.

You may also benefit from:

- a pacemaker or implantable defibrillator to regulate the heart's rhythm

- coronary artery bypass surgery or angioplasty to improve blood flow.

During bypass surgery a healthy blood vessel is taken from another part of the body and attached to the coronary artery, bypassing the blocked portion of the artery.

Angioplasty is a nonsurgical procedure that opens narrowed arteries to improve blood flow.

A heart transplant may be considered if other treatments don't help.

Making certain lifestyle changes can help people with heart failure live more normally.

LIVING WITH HEART FAILURE

Many people lead full, enjoyable lives when heart failure is managed with medications and healthful lifestyle changes. Try working

these changes gradually into your day-to-day routine.

Also, be sure to:

- Take your medicines as directed.
- Keep appointments with your doctor.
- Report any problems right away. Signs of trouble include weight gain (three or more pounds a day); difficulty breathing; puffiness in your feet, ankles or other parts of your body; inability to do what you did just yesterday; feeling like you have the flu; a fever; or having chest pain.
- Discuss your health condition and needs with family and friends so they understand as well. ❖

Heart Failure Center offers personal care

The Minneapolis Heart Institute's Heart Failure Center is one of only a few programs dedicated to the care of people with heart failure.

Whether newly diagnosed or coping with advanced stages of the disease, people with heart failure may improve their daily lives and health by learning how to manage heart failure and making lifestyle changes.

The Heart Failure Center offers comprehensive care—from diagnostics, education and medicines to surgical interventions, including heart transplant. This comprehensive approach integrates both traditional treatment options and those on the forefront of technology, such as stem cell therapy.

The Heart Failure Center also participates in clinical research trials and has direct and rapid access to clinical breakthroughs and advancements.

According to Maria-Teresa Olivari, MD, cardiologist and director of the Heart Failure Center, the center's dedicated staff and the full array of Minneapolis Heart Institute resources and experts ensure the best possible care for heart failure patients. In addition to cardiologists who specialize in heart failure, the program has nurse practitioners who work closely with patients and families, teaching them about heart failure and how to manage it.

"Heart failure is a chronic illness, and many people with the disease also have other conditions—like diabetes or high blood pressure—so they require extensive education, support and follow-up," says Olivari.



ABBOTT NORTHWEST

To register or for more information, visit www.allina.com or call Allina Class



HEALTH CLASSES, COMING EVENTS

Visit www.allina.com/classes
or call 612-262-3333.

CANCER

*Support groups offered by the Virginia
Piper Cancer Institute:*

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

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)**

DIABETES

Diabetes Education

One-to-one and group education
for people with all forms of diabetes.

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.

INSTITUTE FOR HEALTH AND HEALING

*Please call 612-863-3333 to register
for events and classes at the Institute
for Health and Healing.*

Acupuncture

Drum Circle

Herbal Therapies

**Mindfulness-Based Stress
Reduction**

**Nutritional Support for
Specific Health Concerns**

Physician Consultation

Yoga

NEUROSCIENCE

*Support groups offered by
the Neuroscience Institute:*

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

Parkinson's Disease

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

**Small Talk: Communicating
With Your Baby**

**Refresher Birth and
Parenting Preparation**

Vaginal Birth After Cesarean

STROKE

Stroke Support Group

For stroke survivors and family
members at Sister Kenny® Rehabilita-
tion Institute. Call 612-863-4996 for
information.

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 612-262-3333 for infor-
mation about offerings at
other Allina hospitals or visit
www.allina.com/classes.



WESTERN HOSPITAL

Registration at 612-262-3333.

VOLUNTEER OPPORTUNITIES

Regular 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.

Women's-Only Cardiac Support Group

See Page 2 for more information about a group designed to provide support to women living with heart disease.



HOW TO REACH US

Directions Line 612-863-5550
Emergency Department 612-863-4233
General Information . . . 612-863-4000
Allina Class Registration 612-262-3333
Patient Information . . . 612-863-4111

For hospital information and services, visit www.abbottnorthwestern.com.

COMING EVENTS

Girls and Moms on the Move

Date: Tuesdays, Sept. 9 through Oct. 28

Time: 6:30-8 p.m.

Cost: \$45 per person

Location: Eden Prairie Community Center
16700 Valley View Road
Eden Prairie, MN 55346

Join this community program designed especially for mothers and daughters (8 to 12 years old). You will get healthy and fit while working toward running a 5K. You will also learn how to live a healthier lifestyle through eating better and getting active.

For questions or to register, call 952-949-8470. (If you are new to Eden Prairie recreation programs, call 952-949-8470 to set up a registration account; you may then register online at www.edenprairie.org.)

Feeling good

—Continued from front page

treat non-Hodgkin's lymphoma, Hodgkin's lymphoma and multiple myeloma. The program is accredited by the Foundation for the Accreditation of Cellular Therapy.

COMPLEX PROCESS

The procedure is a complex and time-consuming process that involves removing the patient's stem cells from the blood, preserving the cells while the patient receives high-dose chemotherapy to kill any remaining cancer cells, then re-infusing the patient's own stem cells. The stem cells then migrate

to the bone marrow and begin producing healthy new blood cells.

As Hanson describes, "It is an intense treatment that the doctors and nurses lead you through very carefully."

Special precautions, including an isolation room with positive air pressure, are required to prevent infections while the patient is hospitalized. Oncology nurses with specialized training in transplant care work with the patient. "They are wonderful people," says Hanson. "They are all angels."

According to Kathy Martin, RN, nurse coordinator with the Autologous Stem Cell Transplant Program, the program involves a high level of collaboration among

the Virginia Piper Cancer Institute, MOHPA doctors, the inpatient unit at Abbott Northwestern that cares for transplant patients and the Memorial Blood Centers.

STREAMLINED CARE

At the Virginia Piper Cancer Institute, nurse coordinators like Martin play a central role in streamlining the patient's care and helping him or her navigate the medical system. Whether coping with lung, breast, esophageal or other forms of cancer, patients and families are assisted and supported by a nurse coordinator who works with them throughout diagnosis and treatment.

"We keep the patient on the right track with the right people throughout the process," says Martin.

Hanson continues to be monitored closely by his oncologist. While his cancer is not considered curable, it is being managed with a short course of chemotherapy every six months. Most important, Hanson feels good. "I'm working full time, I work out and I garden—if it weren't for the occasional chemotherapy and scans, I wouldn't know I had cancer."

For more information about the Autologous Stem Cell Transplant Program, call 612-863-5501. ♦

Helping you live life to the fullest

While cancer remains a dreaded disease, surviving cancer is no longer uncommon. That's why in addition to offering the most advanced treatments for the disease—like autologous stem cell transplants—the Virginia Piper Cancer Institute also offers many services to help survivors live life to the fullest extent possible.

For example, the Institute for Health and Healing works closely with the Virginia Piper Cancer Institute,

complementing medical care with healing therapies, nutritional counseling, exercise therapy and other services.

In addition, Cancer Rehabilitation Services are offered in partnership with the Sister Kenny® Rehabilitation Institute. These services can help cancer patients in all stages of the disease enhance their quality of life while regaining strength,



function and independence. For more information, call 612-863-4633.

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