

ABBOTT NORTHWESTERN HOSPITAL



Seeking sweet slumber

LINDA LARSON, 53, could fall asleep anywhere—and often did.

At work, she would doze off at her desk by 9 a.m. At the computer, she would wake to find a string of letters on her screen, evidence of nodding off while her fingers were on the keyboard. Driving was also a challenge—at each stoplight she struggled to stay awake.

But an evaluation last fall at Abbott Northwestern Hospital's Sleep Center led to a dramatic improvement. She was diagnosed with sleep apnea, a condition in which

a person stops breathing while sleeping. Her sleep test showed that she stopped breathing more than 20 times per hour, causing multiple interruptions in her sleep pattern and decreasing her oxygen level.

Larson is not alone in trying to find a good night's sleep. Roughly three-quarters of U.S. adults have trouble sleeping at least a few nights per week, according to the

National Sleep Foundation (NSF). While restless nights may come and go, continuing sleep problems are an issue that should be addressed.

If poor nights are leading to drowsy days, let your doctor know.

THE QUEST FOR REST

You should see your doctor if you have any sleep problem that recurs or lasts longer than a week, suggests the NSF. In addition, any sleep problem that is bothersome

or interferes with how you feel or perform during the day should prompt a visit with your doctor.

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ABBOTT NORTHWESTERN HOSPITAL
Allina Hospitals & Clinics

HEALTH UPDATE


ABBOTT NORTHWESTERN HOSPITAL

Sister Kenny® Rehabilitation Institute sponsors Twin Cities Marathon wheelchair division

Sister Kenny® Rehabilitation Institute is proud to be the official sponsor of the 2006 Medtronic Twin Cities Marathon–Wheeler Division (wheelchair athletes only), continuing its goal of leading collaborative efforts that solve the communities' health care challenges.

The 26.2-mile course begins near the Hubert H. Humphrey Metrodome in downtown Minneapolis and finishes at the State Capitol in St. Paul. The scenic course is flat to rolling, mostly asphalt, with mile after mile of parkways, lakes, rivers and tree-lined boulevards. More than 250,000 spectators are expected.

Wheelers start at 7:50 a.m., all others at 8 a.m., on Sunday, Oct. 1. Cash prizes will be awarded to wheeler racers.

 Wheelers who are interested in participating in the marathon, the 10-Mile, 5K, Kids' 1-Mile, or Kids' ½-Mile events can visit www.sisterkennyinstitute.com for registration information. ❖



Abbott Northwestern earns Primary Stroke Center certification

Abbott Northwestern Hospital's Stroke Program has earned the Gold Seal of Approval™ for stroke care. The program earned the Joint Commission on Accreditation of Healthcare Organizations' (JCAHO) Primary Stroke Center Certification after an on-site review earlier this year.

"Abbott Northwestern Hospital demonstrated that its stroke care program follows national standards and guidelines that can significantly improve outcomes for stroke patients," says Charles A. Mowll, executive vice president, Business Development, Government and External Relations, JCAHO.

Each year about 700,000 people have strokes—the nation's third leading cause of death. Abbott Northwestern's Stroke Program has consistently demonstrated a lower-than-expected mortality rate, despite being a referral site for the most severe strokes. ❖

Comprehensive care for heart valve disorders

Heart valve disorders can contribute to a number of serious health problems, including high blood pressure, abnormal heart rhythms, heart valve infections, heart failure and stroke.

The Minneapolis Heart Institute's Complex Heart Valve Disorder Program, located at Abbott Northwestern Hospital, offers a comprehensive approach to treating heart valve disorders.

Patients benefit from the advanced technology, broad array of services and wide-ranging expertise available through the Minneapolis Heart Institute at Abbott Northwestern Hospital. The program offers the latest surgical and nonsurgical treatments, along with coordinated outpatient services and follow-up that ensure the best possible care.

For more information about the Complex Heart Valve Disorders Program, call 612-863-3900. ❖

Abbott Northwestern: One of the nation's best hospitals



Abbott Northwestern Hospital is cited as one of the nation's best hospitals in the 17th annual edition of *U.S. News & World Report's* "America's Best Hospitals." Each year, the publication identifies hospitals that take on and excel at tough procedures and conditions. This year,

176 top medical centers are ranked—from a total of 5,189—in 16 clinical specialties.

Abbott Northwestern was ranked in the following:

- No. 24 in neurology and neurosurgery
- No. 38 in heart and heart surgery
- No. 38 in orthopedics. ❖

PRIMARY CARE

Your home base for health care

WHETHER YOU ARE young or old, male or female, healthy or not, you need a primary care doctor.

Primary care doctors are “your first line of defense,” says Caroline Toll, MD, internist with Allina Medical Clinic–The Doctors Uptown. Ideally, they get to know you over time and partner with you to address your health care needs.

ROLE OF PRIMARY CARE

If you are young and healthy, a primary care doctor can be a trusted resource for your health questions. “My patients often bring articles from the Internet and ask me what I think,” Toll says. “They might also ask me about illnesses affecting others in their family. It helps them to have someone knowledgeable to talk to.”

Even in your 30s and 40s, it’s important to be screened for high blood pressure, elevated cholesterol and other conditions—just to make sure you don’t have a “silent” disease that will cause problems later on.

As you age, you are more likely to develop conditions that require monitoring, medications or other therapies. You’ll want a doctor who understands a broad range of health conditions and how to manage them.

A primary care doctor can also help coordinate and interpret recommendations from specialists. “As opposed to specialists, who



Photo credit: Richard Anderson

“Primary care doctors look at the whole patient,” says Michael Cummings, MD, internist with Abbott Northwestern General Medicine Associates.

tend to have a narrow focus, primary care doctors look at the whole patient,” says Michael Cummings, MD, internist with Abbott Northwestern General Medicine Associates.

The key, Cummings says, is to find a primary doctor you feel comfortable with before you get sick.

“People in their 30s may think they are bulletproof and don’t need a doctor, but that’s the time to establish a relationship with a primary care doctor—not when you are having acute abdominal pain.”

CHOOSING THE RIGHT DOCTOR

When looking for a primary care doctor, consider your stage in life. For example, many women in their childbearing years choose an obstetrician/gynecologist for their primary doctor. Other types of primary care doctors include:

Family practitioners. They treat the general health needs of people of all ages. They have broad training that includes obstetrics/gynecology and pediatrics, so they may be a good choice for a young family.

Internists. These doctors treat adults of all ages. Their training includes caring for hospitalized

adults and managing chronic conditions, so they are familiar with heart disease, cancer, diabetes and other conditions often associated with aging.

Geriatricians. They are internists who specialize in treating seniors. They help manage the complex health needs of aging adults.

TRUST YOUR INSTINCTS

Finding the right doctor depends on a variety of factors, including your insurance, hospital preferences, and the location and hours of your doctor’s clinic. “But the main thing is how well you and your doctor communicate,” Cummings says. “Trust your instincts.”

“As primary care doctors, we act as your home base” Toll says. “We are the one place where all the information about your health is sent. We’re here to help you process the information to make decisions that are right for you.”



For help finding a primary care doctor, visit www.allina.com and click on *Physician Referral* in the *Welcome to Allina* box. You may also call Medformation® at 612-262-3333. ❖



Photo credit: Gary Bistram, Bistram photography

Virginia Piper Cancer Institute Cancer Clinic

them during doctor appointments, assists them in navigating the medical system, and provides ongoing support and education.

Dickinson says the nurse coordinator helped expedite many aspects of her husband's treatment—procedures at other hospitals, chemotherapy sessions and more. They also relied on her expertise and years of experience for reassurance and hope. "There were so many times when I talked to her and she was able to say, 'I've seen this a hundred times and this is what you can expect next.'"

"Even when Jim was in intensive care, she was with us and talked to the nurses about his care. It was like having someone with you all the time who had a little extra clout and knowledge," Dickinson says.

AN ARRAY OF SERVICES

In addition, patients can see a range of other care providers through the clinic, including dietitians, genetic counselors, integrative medicine practitioners (such as healing coaches and acupuncturists) and social workers. The clinic also provides cancer rehabilitation services to help patients with a range of problems that can result from cancer surgery or therapy, including swallowing; speech, gait or hand problems; muscle or nerve damage; exercise difficulty; lymphedema; and cognitive (thinking process) issues.

"Our goal is to make the process as convenient as possible for our patients," says Jennifer Stanek, manager, VPCI Cancer Clinic. "We want to make every appointment count." ♦

For more information about the VPCI Cancer Clinic, call 612-863-0200.

Making cancer care easier

NEW CANCER CLINIC OFFERS COORDINATED CARE

WHEN Dianne Dickinson looks at her 2005 appointment book, she practically relives the trauma of her husband's esophageal cancer diagnosis.

Beginning with Jim Dickinson's doctor appointment on Sept. 14, notations of follow-up appointments, diagnostic tests at several different hospitals, a biopsy procedure, radiation treatments, chemotherapy appointments and surgery quickly consume her calendar for the rest of the year and into 2006.

"This is something no one is prepared for," Dickinson says. Beyond the shock and fear that accompany a cancer diagnosis, patients and families face an array of tests, appointments, medications and procedures—all while holding a job, caring for a family and managing other aspects of their lives.

Although the Dickinsons considered treatment elsewhere, they chose Abbott Northwestern Hospital's Virginia Piper Cancer Institute (VPCI) because it offered care coordination by an experienced registered nurse who

helped them at every step along the way.

"Our nurse coordinator was a caring and compassionate source of advice and support throughout our experience," Dickinson says. "She made it so much easier for us."

That approach to cancer treatment is expanding with a new clinic that streamlines care while offering expert support and information throughout a patient's treatment and follow-up. VPCI serves patients with all types of cancer, including lung, brain, breast, gynecologic, esophageal/gastric, liver, pancreatic, bile duct, colon, and head and neck.

EXTRA SUPPORT FOR CANCER PATIENTS

Clinic patients have easy access to all the specialists involved in their care. These doctors participate in regular care conferences to review cases and ensure comprehensive, individualized care.

Patients also work with a nurse coordinator who meets with patients and families, accompanies

MAMMOGRAMS EXPLAINED

Not so bad

PIPER BREAST CENTER™—THE GOLD STANDARD OF BREAST CARE

IF SHE'S HAVING a mammogram for the first time, a woman might enter the Piper Breast Center of Abbott Northwestern Hospital's Virginia Piper Cancer Institute with some hesitation. But by the time her mammogram is finished, nearly every woman can say, "That wasn't so bad," according to Stephanie Remarké, supervisor of breast imaging.

"The stories are out there," Remarké says. "Some women are apprehensive because they've heard comments about mammograms from their friends. If a woman hasn't had a mammogram before, there may be a fear of the unknown."

ADDING A LITTLE COMFORT

Staff members at Abbott Northwestern Hospital's Piper Breast Center pay special attention to ensure that a woman feels as comfortable as possible, whether she comes to the center for a screening mammogram or for more specialized breast imaging or consultation.

It begins with the calming atmosphere that welcomes visitors as they arrive: soft music, beautiful artwork, fresh flowers, comfortable seating, beverages served in china cups and a robe for the patient instead of a hospital gown.

The certified mammography technologist takes time to explain

the procedure to the woman, particularly if it is her first mammogram. "We go through it step-by-step and make sure to answer any questions she may have," Remarké says.

CATCHING CANCER EARLY

A screening mammogram is an X-ray exam of the breast in a woman with no breast complaints. It's meant to find cancer when it is too small to be felt by the woman or her doctor. Such early detection dramatically improves a woman's ability to defeat breast cancer, the second leading cause of cancer death in women (after lung cancer).

A screening mammogram usually involves four views: a front and a side of each breast. For each view, the breast is compressed between two plates to spread the tissue.

"Good compression allows the radiologist to see the tissue more clearly," Remarké says. "There may be a moment of discomfort, but just a few seconds and then it's done."

Each mammogram is then read by the

Piper Breast Center radiologists who specialize in breast imaging. Their skilled interpretation is followed by a second read using a computer-aided detection system. Patients receive timely results and immediate follow-up if any areas of concern are detected. ❖

Piper Breast Center's calming atmosphere helps women feel at ease.



Piper Breast Screening Center opens in Edina

The Piper Breast Center at Abbott Northwestern Hospital's Virginia Piper Cancer Institute in Minneapolis has set the standard in breast health for nearly 12 years. Now women have the option of scheduling their screening mammograms at a new location, the Piper Breast Screening Center located in Edina at Abbott Northwestern's Center for Outpatient Care.

At the Piper Breast Screening Center, routine screening mammograms are performed by highly skilled technologists in an attractive, comfortable environment. Each mammogram is read by the radiologists at Piper Breast Center in Minneapolis.

To make an appointment at the Piper Breast Center in Minneapolis, call 612-863-3150.

To make an appointment at the Piper Breast Screening Center in Edina, call 952-914-8200.



ABBOTT NORTHWESTERN

To register or for more information, call Medformation® at 612-262-3333



Health classes, coming events
www.abbottnorthwestern.com
or call 612-262-3333.

ABBOTT NORTHWESTERN'S CENTER FOR OUTPATIENT CARE

Personal training services are available through the Wellness Center. Services include health assessments, exercise recommendations and workouts with a personal trainer. For more information, call the Wellness Center at 952-914-8085.



ARTHRITIS

The following support group is offered by Sister Kenny® Rehabilitation Institute's Arthritis Care Program:

Juvenile Arthritis Support Group

CANCER

Living Room Resource Center

A resource library with information about cancer diagnosis and treatment.

Support groups offered by the Virginia Piper Cancer Institute:

Autologous Stem Cell Transplant Breast Cancer

General Cancer Support Group

Kids Count, Too

Look Good, Feel Better

Patient Partner

One-on-one visits for people newly diagnosed with cancer and their families.

Vocational Programs for People Living With Cancer

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

Weight-loss Surgery Education Yoga

NEUROSCIENCE

Support groups offered by the Minneapolis Neuroscience Institute:

Acoustic Neuroma

Headache

Ménière's Disease

Parkinson's Disease



If you do not find the program or class you're looking for in this listing, call Medformation® at 612-262-3333 for information about offerings at other Allina hospitals, or visit www.allina.com.

WESTERN HOSPITAL

or visit www.allina.com.

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

VISION

Offered by the Phillips Eye Institute:

Refractive Surgery: Is it for You?

VOLUNTEER OPPORTUNITIES

Regular volunteer orientation takes place every second Wednesday.

For more information, please call

Volunteer Services at 612-863-4281.

COMING EVENT

The Minneapolis Heart Institute Women's Heart Health Program

Now is the time to learn what you can do to lower your risk of heart disease—and how to help those you love do the same.

The Minneapolis Heart Institute Women's Heart Health Program and Abbott Northwestern Hospital are sponsoring a free seminar about preventing heart disease in women. Women of all ages along with their family members and friends are invited to attend. The seminar features Minnesota's first lady, Mary Pawlenty, who will discuss her Heart Health Initiative, an awareness campaign about the dangers of heart disease for Minnesota women. Experts from the Minneapolis Heart Institute's Women's Heart Health Program will also speak, along with a woman who will share her personal story about heart disease.



Mary Pawlenty

Date: Tuesday, Oct. 3

Time: 6 p.m. doors open, heart education booths on display; 7 p.m. program begins

Speakers: Mary Pawlenty, Minnesota's first lady
Norma Thiessen, MD, Minneapolis Heart Institute
Terri Traudt, Wooddale Church member
Susan White, registered dietitian, Minneapolis Heart Institute

Location: Wooddale Church, 6630 Shady Oak Road, Eden Prairie, Minn.

Registration: Free seminar—to register, call 612-262-3333.



Seeking sweet slumber

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It may help to keep a sleep journal for a few weeks before seeing the doctor. Record your sleep and health habits, including:

- how many hours you generally sleep at night
- whether you snore, and how often or loudly
- if you know or have been told that you gasp for air or stop breathing while you sleep
- if you are sleepy during the day, fall asleep when reading or watching TV, or have dozed off while driving or during work or school
- if you feel unpleasant, tingling, creeping, crawling feelings or

nervousness in your legs when trying to sleep.

After Larson's sleep study, doctors recommended she use a continuous positive airway pressure (CPAP) machine at night, which is a small mask attached to a device that blows air into the throat and keeps the airway open. Within a week, Larson says, "My energy was so much better—it was definitely life-changing for me to have this treatment." ♦

Do you need a sleep evaluation?

Most sleep disorders are treatable. For a complete and proper diagnosis, consider visiting Abbott Northwestern's Sleep Center, which has been accredited by the American Academy of Sleep Medicine for more than 18 years. Patients receive comprehensive clinical evaluation and treatment for a variety of sleep disorders, including sleep apnea, narcolepsy, insomnia and restless leg syndrome.

The staff includes board-certified sleep doctors who use the latest developments in sleep medicine and are familiar with guidelines set forth by the American Academy of Sleep Medicine.

Registered nurses coordinate care and educate patients about sleep routines, what to expect during the study, available resources and treatment options.

Abbott Northwestern's Sleep Center also has one of the only psychologists in the region who is board-certified in the behavioral treatment of insomnia and related sleep disorders. This may be especially helpful for patients who need assistance in tapering medication or who may benefit from relaxation training.

For more information, call 612-863-3200 or visit the Sleep Center page at www.abbottnorthwestern.com by following these links: *Services & Programs, Neuroscience Institute, Outpatient Services*; scroll down to *Sleep Center*.



HOW TO REACH US

Directions Line 612-863-5550
Emergency Department . . 612-863-4233
General Information . . . 612-863-4000
Medformation® 612-262-3333
Patient Information . . . 612-863-4111

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

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