

ABBOTT NORTHWESTERN HOSPITAL

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AFTER A HEART ATTACK

New treatments offer better recovery

THERE'S A NAME for the type of coronary artery blockage that caused Kim Jordahl's heart attack: the widowmaker. Not only did it nearly end his life, but it also left him at risk for permanent, debilitating brain damage and congestive heart failure.



Photo: Richard Anderson

But Jordahl, 54, is beating the odds. First, he received immediate treatment to open blocked arteries through the Level One Heart Attack Program at the Minneapolis Heart Institute® (MHI®) at Abbott Northwestern Hospital. Second, he was treated with therapeutic hypothermia and a stem cell transfusion—innovative therapies that offer new hope for heart attack patients.

In December, after returning from a Saturday morning walk, Jordahl felt weak and wondered about indigestion. "I can't tell you why, but I did take two aspirin," he says.

He called his wife, Vanessa, who was shopping with their 13-year-old daughter, Kelsey. Afraid she couldn't get home in time, she convinced him to call 911.

THE RACE IS ON

By the time he arrived at St. Francis Regional Medical Center, Jordahl was in full cardiac arrest. Despite repeated attempts to restart his heart, Jordahl was without a pulse for more than 10 minutes. After a few minutes without oxygen-rich blood, brain tissue begins to die and other organs can suffer as well.

Once the emergency room staff resuscitated and stabilized Jordahl, the race was on. They initiated the Level One Heart Attack protocol,

Heart attack survivor Kim Jordahl

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HEALTH UPDATE

ABBOTT NORTHWESTERN HOSPITAL



Aquatic therapy is good medicine

An appreciation for the healing properties of water can be traced to ancient times—and it continues today among those who swear by warm tub soaks or spa visits.

Beyond its ability to relax and rejuvenate, water's buoyancy and resistance benefit many people who have arthritis, fibromyalgia and other chronic conditions. Aquatic therapy decreases joint stress, enhances range of motion and provides muscle-strengthening resistance. In addition, warm water increases blood flow and relaxes muscles.

The Aquatic Therapy Program at the Wasie Therapeutic Swimming Pool offers both physical therapy and exercise programs.

Participants in the aquatic physical therapy programs work with a therapist for six to eight sessions and then maintain the program on their own. To schedule a physical therapy visit, call 612-863-4446.

The independent aquatic exercise programs are for people who want to join an aquatic exercise program or work independently on aquatic therapy exercises. Programs are available

for seniors and for people with disabilities, including arthritis, fibromyalgia, low-back pain and other conditions. Individuals with disabilities may also participate in adaptive swimming lessons and independent lap swimming. Participants need a physician's order. For more information, call 612-863-5238.

The Wasie Therapeutic Swimming Pool is located at Abbott Northwestern Hospital on the first floor between the Sister Kenny® Rehabilitation Institute and the Wasie Building. ❖



Allina and Cub Foods team up for heart-safe shopping

Being in the right place at the right time can sometimes mean the difference between life and death. For people who experience sudden cardiac arrest, that right place is near an automated external defibrillator (AED).

Devices that almost anyone can use to shock a stalled heart back to life, AEDs are often the best chance for survival these people have during the crucial, early moments of sudden cardiac arrest.

Now, thanks to a unique partnership between Allina's Heart Safe Communities Program and Cub Foods, AEDs have been installed in 77 Cub locations throughout the region. In addition, Allina's Medical Transportation has trained at least five employees from each store to use the device and do basic CPR.

Allina brokered an arrangement with

Medtronic for Cub to buy the AEDs, and Allina's Medical Transportation stepped forward for one of its biggest mass CPR training projects ever. For two days in January, a team led by Charles Lick, MD, medical director of Allina's Medical Transportation, trained nearly 300 Cub employees, who then took their new skills back to their stores to train additional employees.

Since 2001, Allina's Heart Safe Communities Program has worked to place AEDs in schools, community buildings, churches and businesses, as well as in fire and police vehicles.

"Creating heart-healthy communities is one of the cornerstones of Allina's community benefit work," says Ellie Zuehlke, Allina's director of Community Benefit. "By helping to make Cub Foods heart safe, we have taken another big step forward in caring for our communities." ❖

Pain control for labor: Know your options

WHEN YOU ARE expecting a baby, there are many things to look forward to—but the pain of labor and childbirth may not be one of them.

Fortunately, there are a variety of medications and other therapies to help alleviate pain. The key to reducing labor pain is to educate yourself, discuss the options with your obstetric care practitioner in advance, and above all, be flexible.

PREPARE FOR THE UNEXPECTED

“Labor is a dynamic process—every woman’s labor is different with respect to pain, and even the same woman can have very different labor pains with each pregnancy,” says Mark Grim, MD, an anesthesiologist with Northwest Anesthesia P.A.

Each year, he and his colleagues care for more than 4,000 women

who deliver their babies at Abbott Northwestern’s Birth Center.

A key part of Grim’s job is to work with patients and their obstetric care practitioners to help women achieve pain relief while

considering the well-being of both mother and baby.

“We view the patient as being the one in charge of their decisions about pain management. Our job is to help them make informed decisions,” he says.

Grim says that women who have a good understanding of their pain control options and who are mentally prepared for the decisions they will need to make during labor often have a more satisfying birth experience. Pregnant women should talk to their obstetric care practitioner about options for pain control for labor during prenatal care visits. “Making rigid plans for your labor pain management can lead to disappointment,” Grim says.

Abbott Northwestern offers a variety of classes on pregnancy, birth and parenting. See Page 6 or call Medformation® at 612-262-3333.

There are medications that can help women relax, reduce anxiety or block the transmission of pain signals to the brain. The epidural block is one of the most popular, safe and effective means of pain control for labor. It delivers medication through a small catheter in the back. At The Birth Center, women who choose an epidural catheter, or other pain control methods that require close monitoring, are cared for by an anesthesiologist and a certified registered nurse anesthetist. In addition, The Birth Center uses patient-controlled epidural analgesia, which allows women to adjust the dosing to their needs.

“We find this gives women better control over their pain with less medication,” Grim says.

INTEGRATIVE THERAPIES CAN HELP

The Birth Center also offers a variety of integrative therapies to help women during labor. Healing touch, therapeutic massage, acupuncture, aromatherapy, relaxation breathing and guided imagery are often helpful, says Kathryn Kerber, RN, a holistic nurse with Abbott Northwestern’s Institute for Health and Healing.

“Having control is the essence of pain management,” Kerber says. “Integrative therapies can help women relax and give them the tools to maintain that inner sense of control.”

go! You can learn more about pregnancy, labor and childbirth at www.abbottnorthwestern.com. Go to *Conditions & Treatments*, then *Pregnancy* under *Condition Center*. For information about integrative therapies at Abbott Northwestern, visit www.abbottnorthwestern.com and go to *Services & Programs*, then *Institute for Health & Healing*. ❖



PROSTATE CANCER TREATMENT

Robot-assisted surgery improves results

MEN DIAGNOSED with prostate cancer may worry about the disease and about the treatment. That's because the treatment can have significant consequences, even if the cancer is cured. Prostatectomy, a procedure to remove the prostate, can affect bladder control and sexual function.

A recent technological advancement, the *da Vinci*[®] Surgical System, is reducing the risk of these unwanted side effects. Late last year, Abbott Northwestern Hospital's Virginia Piper Cancer Institute (VPCI) began using the *da Vinci* robot-assisted system for several types of cancer surgery, including prostatectomy.

According to Pratap Reddy, MD, urologist and medical director of the Prostate Cancer Program at VPCI, the *da Vinci* system offers an

important alternative in prostate cancer treatment. "It's part of our comprehensive approach to prostate cancer diagnosis and treatment," Reddy says.

HOW IT WORKS

The *da Vinci* system is similar to laparoscopic surgery, which uses very small incisions and specially designed cameras, scopes and instruments. But with the *da Vinci* system, these minimally invasive techniques are even more effective.

The surgeon controls the system while sitting at a console a few feet away from the operating table. Another surgeon assists at the operating table, where the robotic arms and instruments are located.

For information about the *da Vinci* robot at Abbott Northwestern, call 612-863-0200.

The surgeon at the console views a screen that shows 3-D images of the surgical site and uses hand and foot controls to operate the robotic arms.

"One of the most important advances over traditional laparoscopic surgery is that the robotic arms are articulated just like a wrist, allowing you to move the instruments in a full circle, not just up and down or sideways," Reddy says. Other advantages include:

A better view. The *da Vinci*'s 3-D images can be magnified many times. "It's so close-up, you can see layer by layer what you are doing," Reddy says.

A steadier grip. Surgeons have steady hands. But their fine motor control over surgical instruments is even steadier when they use robot technology.

A smaller size. Robot-held surgical instruments are smaller than the already small instruments used in other surgeries. This is a great advantage when operating in small, tight areas.

A quicker recovery. Research shows that robot-assisted surgery reduces pain and trauma to the body, allowing people to recover more quickly and return to their normal activities faster than with traditional surgery.

At Abbott Northwestern, the *da Vinci* system is also being used for esophageal and gynecologic cancer surgeries. "We see this as the technology of the future," says Dan Dunn, MD, general and vascular surgeon and lead doctor for the *da Vinci* surgical steering committee. "It has great potential to reduce complications, speed recovery and improve outcomes." ♦



A better view. Pratap Reddy, MD, (left) and Dan Dunn, MD, (right) are among the surgeons now using the *da Vinci* surgical robot for several types of cancer surgeries at Abbott Northwestern Hospital.

A guy's guide to better health

TAKE CHARGE TODAY—KEY MOVES EVERY MAN SHOULD MAKE

IF IT AIN'T BROKE, don't fix it.

That homespun advice, at one time or another, has been applied to all manner of day-to-day concerns, from machinery to matrimony to mutual funds.

Lots of guys even take that laid-back approach to their health, scarcely giving their physical condition a second thought—until something hurts.

But it doesn't have to be that way.

The U.S. Centers for Disease Control and Prevention encourages men to take a more hands-on approach to healthy living just by following some basic guidelines.

YOUR TO-DO LIST

Start with eating right, staying active, avoiding tobacco and seeing a doctor.

Four key moves:

1 Set a goal of eating five to nine servings of fruits and vegetables a day. At the same time, cut down on fatty foods.

2 Aim for at least 30 minutes of physical activity most days of the week. If you need or want to lose weight, you may need as much as 90 minutes a day. Start slowly and work up to your goal.

3 If you smoke, make a plan to quit. Medications and counseling are available to help.

4 Make sure you have a primary care doctor who can be there for you in sickness and in health.

YOUR DOCTOR'S ROLE

Your doctor can assist you with a diet and fitness plan, and can aid in your efforts to stop smoking.

But that's not all. Your doctor can also advise you about ways to prevent diseases and can suggest screening tests to detect possible medical problems early on, when they're most easily treated. Unlike so-called diagnostic tests you may take when your doctor suspects you have a particular illness, screening tests help check for problems before symptoms appear.

What tests you should have and when you should have them depend on a number of factors, including your age, overall health

A word to the wise: It's a smart man who makes regular health care a priority.



and family medical history.

Screening tests can detect high blood pressure, high cholesterol and diabetes. Men may also need to be screened for prostate, colon and skin cancers as well as for depression and sexually transmitted diseases. Your doctor can help you decide which tests you might need.

Finally, take a lesson from your car that could save you time, money and breakdowns: Maintenance matters. ❖

Get your man to the doctor

If the man in your life is reluctant to see a doctor, Jane Peterson, MD, a family practitioner at Abbott Northwestern's Sartell Outpatient Center, has some hints to get him through the door.

Use the facts. Most men think that physicals are invasive, embarrassing and take too long. Peterson says most physicals take about 20 minutes and don't require anything more

invasive than a needlestick.

Use the family. Most men fancy themselves as logical, so if you can show a pattern of health problems in the family, they might get checked.

Use sex—not as a weapon, but as a motivator. Men who are in better shape tend to have better sex lives. Also, problems with sex can indicate other health problems, including diabetes.



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.

CANCER

Living Room Resource Center

A resource library with information about cancer diagnosis and treatment.

Support groups offered by the Virginia Piper Cancer Institute:

Brain Tumor (with Minneapolis Neuroscience Institute)

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

General Cancer Support Group

I Can Cope

Look Good, Feel Better

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 Minneapolis 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 Rehabilitation Institute. Call 612-863-4996 for information.



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.

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.

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.

LAP-BAND® Support Group

Offers information, support and socializing. Meets the second and last Monday of the month, 6-7:30 p.m.

Duodenal Switch Support Group

Focuses on lifestyle changes, the decision process and challenges that are unique to this procedure. Meets the first and third Tuesday of the month, 6-7:30 p.m.

Transitions

For individuals who have had or are considering gastric bypass surgery. Meets the first and third Monday of the month, 1-2:30 p.m.

Renewal Support Group

For individuals who have had or are considering gastric bypass surgery. Meets Tuesdays, 6-7:30 p.m. Call 612-338-1100 for information.



COMING EVENTS

American Heart Association's Heart Walk

Date: Saturday, April 28

Location: St. Paul's Harriet Island

Register: www.heartwalk.kintera.org/twincitiesmn

Each year thousands of walkers organize teams to participate in the Twin Cities Heart Walk to raise money for research on heart disease and stroke, diseases that claim more than 910,000 American lives a year.

15th Annual Susan G. Komen Twin Cities Race for the Cure®

Date: Mother's Day, Sunday, May 13, 7:30 a.m.

Location: Mall of America

Register: www.racecure.org

Join the Annual Susan G. Komen Race to help find a cure for breast cancer.

Women on the Move: 8-Week Walk/Run Training Clinic

Date: Wednesdays, June 6-Aug. 1 (excluding July 4), 6:30 p.m.

Location: Mount Olivet Lutheran Church, 5025 Knox Ave. S., Minneapolis

Cost: \$55

Register: Call Medformation®, 612-262-3333

For information: 612-863-3839

Start your walking or running program with the support and companionship of other women with the same goal. Each session begins with a short presentation on a fitness topic, followed by a warm-up and invigorating walk or run along Minnehaha Creek. In case of bad weather, the group will exercise indoors. Weekly drawings and door prizes included.

3M Championship benefits Allina hospitals

If you're a golf enthusiast and enjoy seeing the great players on the senior golf tour, mark your calendar for July 30 to Aug. 15 for the 3M Championship at Tournament Players Club (TPC) of the Twin Cities in Blaine.

During the past 15 years, this golf tournament has raised approximately \$11 million to support health care programs at Allina hospitals. Proceeds from the 2007 event will benefit Abbott Northwestern Hospital's Virginia Piper Cancer Institute.

Information about the 2007 tournament, ticket sales and event schedule are available at www.3mchampionship.com.

Heart attack

—Continued from Page 1

a coordinated, fast-track response involving partner hospitals, emergency medical transport and Abbott Northwestern.

Jordahl was flown to Abbott Northwestern, where a team of specialists was ready to do a balloon angioplasty to open his blocked arteries. Knowing that Jordahl may already have had brain damage from his attack, the team also treated him with controlled hypothermia—lowering the body temperature and cooling the brain.

“When lack of blood flow and oxygen damages the

brain, the processes that hurt brain tissue continue for hours, even after blood flow is restored. Cooling the brain reduces inflammation and slows other metabolic processes that are harmful,” says Michael Mooney, MD, cardiologist and lead on the hospital’s Cool It program.

Abbott Northwestern helped pioneer the hypothermia therapy in Minnesota, and it is now becoming the standard of care across the state.

REPAIRING THE DAMAGE

While Jordahl was recovering in the hospital, a cardiovascular magnetic resonance image (MRI) showed that he was likely to develop congestive heart failure because of his weakened heart.

Doctors offered him the chance to participate in a clinical trial that is examining whether a patient’s own stem cells can help repair damaged heart tissue.

Photo: Richard Anderson



Family time. Kim Jordahl with his family.

Abbott Northwestern is one of only a few sites in the United States

offering this therapy.

Because the study is a randomized, double-blind trial, neither Jordahl nor his doctors know if he received his own stem cells or a placebo. But follow-up tests have shown that Jordahl has improved heart function—and he was ready to return to his job as a commercial banker just seven weeks after his heart attack.

“The great thing about this is that not only did he receive expedited treatment because of the Level One

Heart Attack Program—he also had two therapies that were not even available a few years ago,” says Jay Traverse, MD, cardiologist and lead investigator on the stem cell study.

“For those of us who have been practicing for a while, some of this almost seems like a miracle,” Mooney says. “We’ve seen this level of injury before—what’s new is to see this level of recovery.”

For more information about heart health, heart disease and the unique programs Abbott Northwestern offers to care for them, call 612-863-3900 or visit www.mplsheart.com. ❖



To learn more about heart health, call 612-863-3900 or visit www.mplsheart.com.

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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