



Barbara Hopperstad, mind-body coach with the George Institute, uses guided imagery to help a patient focus on a healthy recovery.

Take control of your health with integrative medicine

Singing is as natural to Patty Peterson as breathing. She grew up singing, and it is her life's passion as well as her livelihood.

But there was a time a few years ago when the acclaimed vocalist could barely listen to music, much less sing.

That was in the weeks following a life-threatening cardiac emergency called aortic dissection—the same condition that took the life of actor John Ritter.

Peterson was successfully treated at Abbott Northwestern Hospital's Minneapolis Heart Institute®, which has received national recognition for its work in responding to cardiac emergencies. But she knew that life-saving surgery would only be the first step in her healing process.

While still in the Emergency Department, Peterson asked the staff to consult with Abbott Northwestern's Penny George Institute for Health and Healing®. The George Institute is one of the foremost integrative medicine

YOU CAN HELP

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Foundation at 612-863-4126.

programs in the United States. Peterson was already familiar with its programs and had relied on complementary therapies to address personal and family health issues.

"I knew that the George Institute would have the knowledge to put me in touch with the right people to help me fully recover," Peterson says.

Health resilience

Peterson believes that her attention to mind, body and spirit before her health crisis contributed to her resilience after the emergency.

"Because I intentionally chose integrative medicine to support my overall well-being before the surgery, I wasn't coming from a place of huge disrepair," Peterson says.

—CONTINUED ON PAGE 3

Inside:

- 2 Treating back pain with surgery
- 4 Learn how to eat well for life
- 8 For your health: Mark your calendar



A good option for stubborn back pain

Surgery can help you feel better

If you are old enough to have wrinkles, your spine may also be showing its age.

“People are surprised to learn that the spine changes with age, but it’s just like any other part of the body,” says John Mullan, MD, a neurosurgeon with Neurosurgical Associates.

At 58, Dana Sears learned that the hard way. Sears is a full-time engineer; part-time musician; and a whenever-he-has-time gardener, bicyclist and canoeist.

So digging a trench in his backyard last May was nothing out of the ordinary for him. But later that evening, his back was sore.

“For a while I thought it would be fine if I took it easy,” Sears says. “But it didn’t go that way.”

An escalating problem

Not only did his back hurt, but Sears also had leg pain that made it difficult to walk and sleep.

Despite weeks of physical therapy and chiropractic care, Sears still was in pain. When a magnetic resonance imaging (MRI) scan clearly showed that a herniated (bulging) disc was pressing on the sciatic nerve, Sears’ chiropractor referred him to Mullan.

After reviewing the MRI scan and evaluating Sears, Mullan told him that he had three options: to wait and see if the pain went away; to have an epidural steroid injection at the nerve root in the spine to temporarily reduce pain

and inflammation; or to have a microdiscectomy, a procedure that trims away the bulging disc material, relieving pressure on the nerve.

When all else fails

While most people with a herniated disc do not need surgery, microdiscectomy is an excellent option when the herniation is severe and other treatment has failed.

Your doctor can help you decide if surgery is an option.

“This procedure has been done for some time, and it works very well for most patients,” Mullan says.

The surgery involves a small incision in the back, and most people can go home the next day.

Mullan says that new approaches in pain management have paid off for microdiscectomy patients.

“We use a preemptive approach to stay ahead of the pain,” Mullan says.

He also values the experienced operating room staff at Abbott Northwestern Hospital, which does more spine surgeries than any other hospital in the country.

After weighing his options, Sears decided that surgery was the best way to ensure that he could return to his active lifestyle. He knew he had made the right choice within hours of the surgery.

“They had me up walking that afternoon,” he says. “I remember thinking, ‘I’m walking and it doesn’t hurt.’”

Is surgery right for you?

You should consider surgery for a herniated disc if you:

- have back and leg pain that limits normal activity including standing or walking
- develop symptoms such as leg weakness and/or numbness
- experience loss of normal bowel and bladder functions
- have found medicine and physical therapy to be ineffective
- are in reasonably good health.

For more information, call Abbott Northwestern Hospital’s Neuroscience Institute at 612-863-3200.

Source: American Association of Neurological Surgeons

Take control

—CONTINUED FROM FRONT PAGE

In fact, helping people use integrative medicine to improve and protect health is a key focus for the George Institute.

“It’s not so much about a specific intervention,” says Lori Knutson, executive director of the George Institute. “It’s more about providing knowledge and skills to help people become proactive about their health instead of reactive.”

‘Integrative medicine... provides a deeper level of healing.’

As Peterson began her recovery, she worked with a massage therapist and a healing touch therapist in the hospital.

“Healing touch lessened the shock I was going through,” Peterson says.

Just before leaving the hospital, she asked to see the healing touch therapist once more.

“That’s when I finally cried,” Peterson recalls. “What she did went beyond what medicine could do.”

Then, Peterson faced both the emotional and physical challenges of recovery.

“I was at the point where even putting a dish in the dishwasher was

exhausting,” she says. “For a while, I didn’t even feel like listening to music.”

Getting better each day

As the pain from surgery subsided and she grew stronger, Peterson began walking short distances.

“I kept telling myself that I was getting better every day,” she says. “The mind-body connection is critical to healing. Your thoughts have a direct influence on your well-being.”

In the three years since her health crisis, integrative therapies, including acupuncture, nutrition counseling and working with a healing coach, have played an important role in Peterson’s recovery, and she continues to blend conventional medicine and integrative therapies.

For example, her cardiologist at the Minneapolis Heart Institute® has met with her acupuncturist, an expert in Chinese herbal medicine. They are collaborating to help her manage her blood pressure—a crucial issue for anyone with a history of aortic dissection—with a goal of reducing her need for some medicines.

Optimal living

Knutson notes that many patients come to the George Institute after a health crisis.



Integrative medicine helped with Patty Peterson’s recovery.

“That’s the entry point,” Knutson says. “But that can lead to a bigger discussion about lifestyle and being empowered to take control of your health. This is really about optimal living. That’s something all of us can benefit from, not just someone recovering from a health crisis.”

Peterson was able to return to the stage about six months after her hospital stay, performing in a benefit concert for the Minneapolis Heart Institute®.

“Integrative medicine allows you to take it to the next step,” Peterson says. “It provides a deeper level of healing. I don’t think I would have been back on stage singing in six months—and singing with my whole heart and soul—if it weren’t for the attention to my spirit and the emphasis on the mind-body connection.”



Group acupuncture sessions

Group acupuncture is available at the Penny George Institute for Health and Healing’s Outpatient Clinic each Wednesday from 6:30 to 8:30 p.m.

Group acupuncture can help people experiencing stress, side effects of cancer treatment, insomnia, recurring colds, menstrual disorders, pain, infertility, chronic fatigue syndrome, fibromyalgia, and addiction concerns such as smoking and weight control.

The group sessions create a sense of community and support and are more affordable than individual acupuncture sessions. The fee is \$30 for the first session and \$20 for follow-up sessions lasting 45 minutes to one hour. Call 612-863-3333 to make an appointment.



A promising

Eat well to be at your best



Consider making this promise every day: “Today I’ll eat nutritious food to help me be my best.”

Studies continue to show that eating healthfully can have powerful, positive effects on cholesterol, weight, blood pressure, cancer risk, diabetes and heart disease.

Now, what to eat?

When it comes to making healthful choices, you don’t have to overthink it, say Abbott Northwestern Hospital registered dietitians Casie Jones and Jessica Tilton.

You can make a big difference by building your daily eating plan around these foods and basic principles:

Veggies and fruit.

Consciously choose more vegetables, particularly dark green veggies (broccoli, spinach, kale) and orange or red veggies (carrots, sweet potatoes, tomatoes, red peppers).

Fruit is generally low in calories and packed with vitamins, minerals and other nutrients.

“Keep it simple,”

Jones says. “Aim for a variety of colors and try to eat nine to 11 servings of vegetables and fruit each day.

This is not as much as it seems when

you consider appropriate portion sizes—about a half-cup for fruits and vegetables and one cup for salad greens.”

Legumes (beans and peas). Add them to soups and salads; puree them for dips and sauces. A few to try: black beans, pinto beans, garbanzo beans, split peas and lentils.

Lean meat, fish and poultry, and healthful fats. Choose lean beef, chicken and turkey that is broiled, baked or grilled instead of

fried or sautéed. A few times a week select fish, which has heart-healthy fats.

Other sources of healthful fats include canola oil, walnuts, tuna, salmon, olives and olive oil, avocados, and nut butters.

Calcium-rich foods. Choose

low-fat or fat-free milk, yogurt and cheese and calcium-fortified foods and drinks. If you can’t consume milk, lactose-free milk products also are good choices.

Grains. Choose pastas, cereals, breads, crackers and rice that are labeled *whole grain*.

Some ground rules

A promise of eating well should involve a few simple ground rules:

- 1. Eat breakfast every day.** You’ll have energy to start your day and will be less likely to overeat later.
- 2. Eat lunch and dinner, too.** Skipping meals can lead to overeating and an unbalanced diet.

**Be bold.
Choose a variety
of foods,
including many
colorful picks
from the
produce aisle.**



and tasty future

3. Nibble with know-how.

Wise, well-timed snacks combat hunger, help keep energy up, prevent overeating and boost nutrition. Plan snacks carefully.

4. Practice portion control.

Eating too much of anything isn't healthful: An extra 100 calories a day more than you burn packs on 10 pounds in a year.

So keep serving size in mind.

One serving of meat or ½ cup of fruit is about the size of a woman's palm. In restaurants, where servings often are supersized, split a meal or take half home.

5. Watch out for liquid calories.

"Many people are surprised at how many calories are in juice, sports drinks, soda and alcoholic beverages," Tilton says. "Water is the original diet drink, and most people do not drink enough of it." Drink six to eight cups of water a day.



A nutrition expert can help

Translating information about healthful eating into a realistic diet plan can be a challenge, especially for those with health conditions that are affected by diet.

Abbott Northwestern Hospital's Outpatient Nutrition Services can help. It offers nutritional assessments and counseling for patients who have diet and nutrition concerns related to high blood pressure, high cholesterol, diabetes, obesity, eating disorders, digestive disorders, cancer or pregnancy.

Call

A referral from your health care provider is required. The appointment phone number is 612-863-4295.

Got the vending machine blues? Stock some smart on-the-job snacks

The workplace can be a hunger zone filled with temptations, from cakes and cookies in the conference room to candy bars in vending machines.

A well-planned snack can save the day. The following are a dozen healthful ways to handle your next snack attack at work.

Easy-to-pack snacks from home:

- carrot and bell pepper sticks with low-fat salad dressing
- an 8-ounce fruit and yogurt smoothie

- 1 cup of low-fat yogurt with 2 tablespoons of whole-grain cereal
- fresh fruit with low-fat cheese
- half a small, whole-wheat bagel with 1 tablespoon peanut butter or hummus
- all-fruit preserves on crackers or whole-wheat melba toast.

Snacks from a well-stocked

desk drawer:

- four or five whole-wheat crackers with peanut butter

- ¼ cup of trail mix
- 3 cups low-fat microwave popcorn
- 2 tablespoons of sunflower or pumpkin seeds
- a small handful of dried apples, plums, apricots or other dried fruit
- two or three ginger-snaps, graham crackers or fig bars.

Sources: American Dietetic Association; American Institute for Cancer Research



Health care support that puts patients first

Allina's Care Navigation Help Desk

Allina's Care Navigation Help Desk provides personalized health care support to patients and their families.

"The Care Navigation Help Desk is one way the health care team at Allina works to provide seamless care to patients," explains Gayle Mattson, president, Allina Home & Community Services.

"When you or a loved one has many medical needs, trying to determine how to get help and what services exist can be difficult," Mattson says. So the Care Navigation Help Desk staff steps in to help. Registered nurse and social worker care navigators provide an assessment to determine what needs

Care navigators help connect patients with care and services.

a patient might have and how to connect them with the right care and services. Resources offered include home health care, home oxygen and medical equipment, hospice, resources for people with advanced illnesses, life care management, private caregiving, and housing referral and placement.

Julie and Jane's story

When Julie was diagnosed with stage III lung cancer, she and her sister Jane weren't sure what the future would hold. In subsequent months, Julie's health continued to decline, and her doctor recommended that she quit chemotherapy because of the side effects she had from the treatment. Jane thought Julie seemed depressed and that they both needed help figuring out what to do next.

That's when Jane went online to look for help and found information about Allina's Care

Navigation Help Desk. Jane called and talked to a registered nurse care navigator, who offered to work with Julie's doctor to get a referral for palliative care.

A palliative care nurse visited Julie at home three times over the summer to care for her and talk to her about her condition. When the time was right, the palliative care nurse recommended that Julie begin hospice care.

"Ever since Julie went into the hospital, we've been glad we're hooked up with Allina," says Jane. "They've been able to help with home oxygen, palliative care and now hospice care. Not every health system has all those services."

For more information about the Care Navigation Help Desk, go online to allina.com/care or call

**651-635-9173 or
1-800-261-0879**

Primary care



Abbott Northwestern Hospital

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.

Urgent care



Urgent-care sites

Quello Clinic – Edina

952-985-8155

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

612-863-4000

Phillips Eye Institute

2215 Park Ave.

Minneapolis, MN 55404

612-775-8800

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

MyChart Your secure, online health connection

With our electronic medical record, information from your doctor and hospital visits and test results are available to Allina's network of primary care providers, specialists and hospitals. MyChart also allows you to schedule appointments, request prescription refills, review your health history and more—online, any time! For more information, visit allina.com/mychart.

We've been named one of America's Best

U.S. News & World Report included Abbott Northwestern Hospital in its annual ranking of "America's Best Hospitals" for the eighth year in a row.

Abbott Northwestern ranked among the nation's top hospitals in five categories in which hospital quality is measured by reputation, mortality data and other care-related factors:

- No. 33 in digestive disorders
- No. 49 in geriatric care
- No. 38 in heart care and heart surgery
- No. 31 in neurology and neurosurgery
- No. 36 in orthopedics.

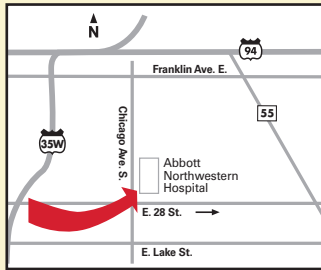
This is the 20th year *U.S. News* has published the list, which identifies hospitals that excel at

treating serious illnesses using complex procedures and the latest technology.

"It's rewarding to be included in these rankings, which are a testament to our physicians and employees and the exceptional care and service they provide to patients and their families," says Jeffrey D. Peterson, Abbott Northwestern's president.

How to find us:

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



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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.

If you do not find the program or class
you're looking for, call Allina Class
Registration at 1-866-904-9962
or visit allina.com/classes for
information about offerings at
another Allina hospital.

CANCER

Support groups offered by the
Virginia Piper Cancer Institute™:

Brain Tumor
(with the Neuroscience Institute)
Call 612-863-3732.

Breast Cancer

Coping With Change

For people with esophageal, gastric,
or head and neck cancer.

I Can Cope

Look Good, Feel Better

For women newly diagnosed with
breast cancer; four sessions.

Prostate Cancer

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-Only Cardiac Support Group
Call 612-863-3816.

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING®

Please call 612-863-3333 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

Do You Have High Blood Pressure?

The George Institute is seeking
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 exam, blood tests and
training are provided at no cost.
Participants will be compensated for
time and travel. Call 612-863-9862
for more information.

NEUROSCIENCE

Offered by the Neuroscience
Institute:

Brain Tumor (with the Virginia Piper Cancer Institute)

Call 612-863-3732.

Parkinson's Disease

Call 612-863-5850.

PREGNANCY, BIRTH AND PARENTING

All About Babies

Breastfeeding Preparation

Childbirth Preparation

Childbirth Preparation: Twins, Triplets or More

Coping With Labor

Infant and Child CPR

Infant Massage

New Brother/New Sister

STROKE

Offered by Sister Kenny®
Rehabilitation Institute:

Stroke Support Group

For stroke survivors and their
families. Call 612-863-4996.

VISION

Offered by the Phillips Eye Institute:

Refractive Surgery: Is It for You?

VOLUNTEER OPPORTUNITIES

Learn about volunteering at
abbottnorthwestern.com or call
612-863-4281. Application forms
are available online or by phone.
Volunteer orientation takes place
twice a month.

WEIGHT-LOSS SURGERY

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 people who have had or are
considering LAP-BAND® surgery.
Meets monthly.

Renewal and Renewal Halves Support Groups

For people 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 people 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.
\$15 per session.

COMING EVENTS

In Touch With Heart Health:

Take Steps to Prevent Heart Disease and Stroke

■ Part One: Heart Health Screening
**Saturday, Feb. 20, 7-11 a.m.,
by appointment**

This screening will help you
understand your current cholesterol,
blood glucose and blood pressure
levels. Adults only.

■ Part Two: Heart Health
Presentation and Display
**Monday, Feb. 22, 6:30-8:30 p.m.,
by appointment**

**Location: Holy Cross Lutheran Church,
1720 E. Minnehaha Pkwy., Minneapolis.**

Cost: \$40 per person, includes
screening and education program.
For information: www.mplsheart.org.
To schedule a screening appointment,
call 612-863-3979. Advance
registration is required.

Innovations and Options in Arthritis Care

Presented by Abbott Northwestern
Hospital's Joint Replacement Center
and co-sponsored by the Arthritis
Foundation. To register, call
651-644-4108.

■ **Wednesday, Feb. 24, 1-3 p.m.**

**Minnesota Masonic Home, Landmark
Conference Center, 11501 Masonic
Home Drive, Bloomington**

Presenters: Tilok Ghose, MD; Frank
Norberg, MD; John Mrachek, MD

■ **Wednesday, April 21, 1-3 p.m.**

**Eden Prairie Community Center,
Cambria Room, 16700 Valley View Road,
Eden Prairie**

Presenters: Scott Anseth, MD; Robert
Tuttle, MD; John Mrachek, MD