



Tom Reitsma (right) began training to climb Mt. Whitney, the highest peak in the contiguous United States, three months after having spinal fusion surgery. He and his climbing partner, Ron Schmitz (left), reached the summit on July 28, 2009.

## Getting beyond back pain

**T**om Reitsma is not one to shy away from an athletic challenge. That's why he set his sights high after having spine surgery at Abbott Northwestern Hospital in October 2008—14,505 feet high, to be exact.

Barely three months after his surgery, he began training to climb Mt. Whitney, a California peak that is the highest summit in the

contiguous United States. In relatively flat Minnesota, that meant finding whatever hills he could and hiking them with a 40-pound bag of dog food in his backpack.

### Putting up with the pain

Reitsma, 57, had struggled with back pain for years. The cause was spondylolisthesis, a condition in which the bones in the spine

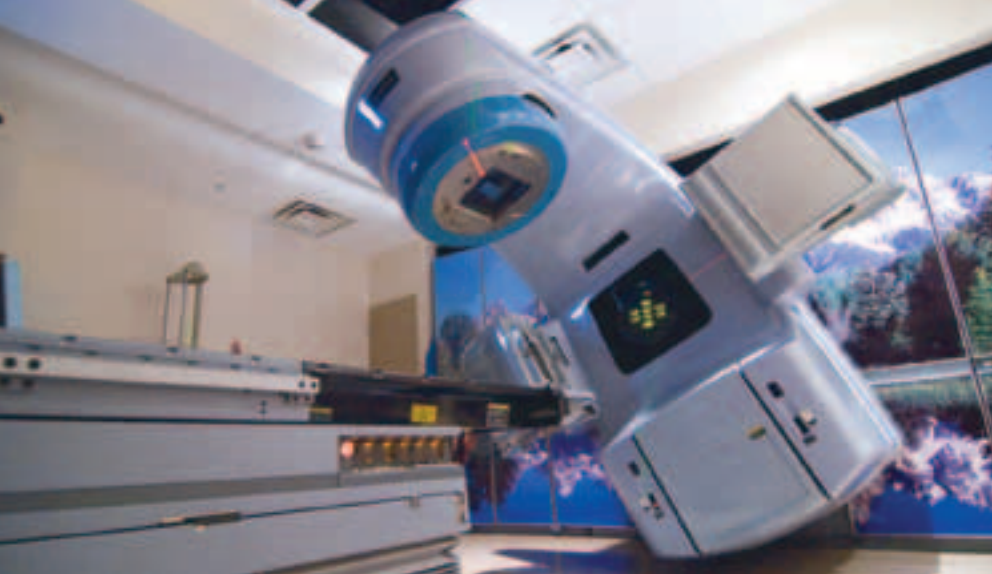
move abnormally against each other. Physical therapy and specific exercises to strengthen supporting muscles helped for a while.

Although he was a candidate for spine fusion surgery, Reitsma

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## Advanced technology targets tough-to-reach cancers

It was hard enough when June Patrin, 81, was told she had lung cancer. Then she learned that lung surgery might be required.

“I had knee surgery two years earlier and it took me a while to recover,” she says. “To think about having part of my lung removed at my age—I didn’t know how I would do with that.”

Fortunately, her health care team at Abbott Northwestern’s Virginia Piper Cancer Institute™ had another option for her.

### As effective as surgery

Stereotactic body radiation therapy (SBRT) is an advanced form of radiation therapy delivered by the Trilogy® linear accelerator.

SBRT can treat lung cancer, liver metastases, and kidney and pancreatic cancers, among others.

SBRT is proving to be as effective as surgery for treating lung cancer that has not spread.

“Short-term data is showing its success rate at greater than 90 percent for eliminating the

cancer from the original site,” says Laura Willson, MD, radiation oncologist. “This is a good option for patients who can’t have surgery or who want to avoid the side effects of surgery.”

### Breakthrough technology

The Virginia Piper Cancer Institute also recently installed the Trilogy linear accelerator with RapidArc™. RapidArc treatment is up to eight times faster than conventional forms of radiation therapy, making it more comfortable for patients and allowing them to

To learn how you can support new treatments and programs, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

spend much less time in the clinic for daily treatments.

Abbott Northwestern Hospital is one of only 15 sites nationwide and 70 worldwide to offer this breakthrough technology. Funding for the technology was provided through donations to the Abbott Northwestern Hospital Foundation.

“RapidArc ensures high precision, which helps spare the patient’s normal, healthy tissue,” says Katie Schwarzkopf, manager of Radiation Oncology.

Patients with head and neck cancer and centrally located cancers, such as pancreatic and prostate cancer, are among those who will benefit from RapidArc.

Patrin was treated with SBRT twice a week for two weeks. A month later she was looking forward to a trip to Florida. “I still get tired occasionally, but I’m 81—I think it’s OK to be tired sometimes,” she says.

**Call** For information, call 612-863-4060 or visit [allina.com/vpci](http://allina.com/vpci).

## Respiratory gating: Just breathe

The key to effective radiation therapy is isolating the tumor in order to spare healthy tissue. This can be tough when treating some breast cancers because the tumor moves as a patient breathes. That’s why the Trilogy linear accelerator and respiratory gating can help.

The Trilogy provides a visual cue to help patients to coordinate their breathing with the treatment cycle. Radiation Oncology staff, in collaboration with a Penny George Institute for Health and Healing yoga teacher, have created an instructional breathing and relaxation CD, helping patients master the breathing techniques before they begin treatment.

# Back pain

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elected to wait. Continuing his active lifestyle was a priority. He is an avid runner, downhill skier and hiker, and he competes in several triathlons a year. Reitsma found ways to put up with the pain.

A friend who had experienced similar back pain was never able to resume their pick-up basketball games after his surgery. “That’s what I didn’t want,” Reitsma says.

## A minimally invasive option

He changed his mind after consulting with James Schwender, MD, a spine surgeon with Twin Cities Spine Center. By that time, Reitsma’s back pain was constant, and it was so severe that he often had difficulty sleeping. He also experienced pain and cramping in his legs, the result of a compressed nerve.

Rather than a traditional, or open, procedure, Schwender recommended a minimally invasive technique that would involve a smaller incision, less trauma to surrounding tissue and a faster recovery time.

Instead of cutting through muscles and moving them out of the way, “minimally invasive surgery is done through instruments that spread the muscles apart, allowing access to the spine,” Schwender says.

Schwender says that about 90 percent of his patients are treated

with minimally invasive procedures.

He was one of the first surgeons in the area to do minimally invasive spine surgery. He now trains other surgeons in the techniques and is president of the Society for Minimally Invasive Spine Surgery.

Schwender notes that his patients benefit from the comprehensive spine services that are available at Abbott Northwestern.

“It starts when patients walk in the door,” he says. “The resources and the facilities are designed for spine patients. The preoperative nurses, the surgeons, the operating room staff and nurses who care for patients after surgery are spine-specific. That makes a difference in the care patients receive.”

## Resuming an active lifestyle

Reitsma’s surgery was done on Oct. 1, 2008. Though his overall fitness level contributed to his recovery, Reitsma’s quick return to an active lifestyle surprised even him.

He walked a half-mile on his first evening home from the hospital and was up to five miles after the first week. He resumed pick-up basketball in December 2008 and in January 2009 began training for Mt. Whitney.

After a three-day climb, Reitsma and his climbing partner, Ron



James Schwender, MD, was one of the first surgeons in the area to do minimally invasive spine surgery.

Schmitz, reached the Mt. Whitney summit on July 28, 2009.

“I’ve always been very active, and it’s important to me to be able to enjoy the outdoors,” Reitsma says. “That’s why I put up with back pain for so long. Now I feel like I’m a walking billboard for this type of surgery.”

**Call** For more information, call Twin Cities Spine Center at 612-775-6200 or visit [tcspine.com](http://tcspine.com).

## We are a Blue Distinction Center for spine surgery

Blue Cross Blue Shield of Minnesota has designated Abbott Northwestern Hospital as a Blue Distinction Center for spine surgery.

Abbott Northwestern was recognized for its demonstrated expertise in offering comprehensive inpatient spine surgery services,

including discectomy, fusion and decompression procedures by board-certified orthopedic spine surgeons and neurosurgeons.

A panel of expert doctors developed the criteria used to evaluate facilities considered for this quality designation. Research has

shown that patients at Blue Distinction facilities spend less time in the hospital following surgery and also experience much lower readmission rates and fewer medical complications.

**Go!** Learn more about Abbott Northwestern’s Spine Institute at [abbottnorthwestern.com](http://abbottnorthwestern.com).



# Sleep

much more than a luxury

Delivering the downtime your body depends on for health and well-being

**H**ere's a somewhat surprising way to be healthy: Say good night. "Sleep is a key element of maintaining good health," says David Neubauer, MD, an expert in sleep disorders from Johns Hopkins University and a spokesman for the National Sleep Foundation (NSF). "You need to value sleep the same way you value eating right and getting regular exercise."

## Why sleep matters

Don't make the mistake of considering sleep just a luxury—something you fit in as your busy life allows. Like food and water, it's a necessity.

Sleep is essential for good health, mental and emotional well-being, and safety. Sleep affects how you look, feel and perform and can have a major impact on your overall health, according to the NSF.

"You need to get enough sleep at night in order to be at your best during the day," Neubauer says.

Even occasional sleeping problems can make your life more stressful and cause you to be less productive. Difficulty sleeping can contribute to problems at work or school and strain relationships at home. It has been found to impair the ability to perform tasks involving memory, learning and reasoning.

"When you are sleep-deprived, you're more likely to make mistakes and have accidents," Neubauer says.

Lack of sleep may have a long-term effect on your health as well.

“It can wear down your immune system and can put you at increased risk for health problems such as high blood pressure, heart disease, diabetes and obesity,” Neubauer says.

### How much sleep is enough?

Most healthy adults need about seven to nine hours of sleep a night to feel well rested. But sleep needs can vary from person to person.

“What works for one person may not be enough sleep for another,” Neubauer says. “Some people can function fine on less than seven hours of sleep, while others may need 10 hours or more.”

And, contrary to common myth, the need for sleep doesn’t decline as you get older—although other health factors that occur as you age may affect your ability to sleep.

### Do you need a sleep study? Take the sleep quiz at [allina.com/sleep](http://allina.com/sleep).

If you have trouble staying alert during the day, you probably aren’t sleeping enough. Other signs that you aren’t getting enough sleep include irritability and trouble concentrating or remembering things.

### Stages of sleep

As you sleep, you pass through different stages—known as rapid eye movement (REM) sleep or non-REM sleep. Both types of

sleep are important to getting good-quality rest.

When you first fall asleep, you generally go through four stages of non-REM sleep. During non-REM sleep, your heart rate is regular and your body temperature and blood pressure drop. Non-REM sleep usually accounts for about 75 percent of your night’s sleep.

REM sleep generally occurs about 90 minutes after you fall asleep. You dream during REM sleep, your body becomes immobile and relaxed, and your breathing and heart rate may become irregular.

Experts believe the best sleep occurs when you have the right mix of REM and non-REM sleep.

### When you can’t sleep

It’s not always easy to get a good night’s sleep. Many factors can contribute to trouble sleeping, such as pain, discomfort, illness, medicines or the need to go to the bathroom. While these issues can be chronic, most are temporary and do not affect your sleep on a long-term basis.

But other, more serious sleep-related conditions—disorders such as sleep apnea or insomnia—can cause you to have long-term sleep problems and can have an adverse effect on your health.

If your sleep difficulty lasts longer than a week, you may want to see

## Studying how you snooze

If you’re having trouble sleeping, participating in a little science may help unravel clues to your weary condition.

Sleep studies, such as those offered by Abbott Northwestern’s Sleep Center, can measure how much and how well you sleep. An initial evaluation will help determine if you need a sleep study. Sleep studies are conducted in a comfortable, secure sleep laboratory.

The Sleep Center is accredited by the American Academy of Sleep Medicine. The staff includes Theodore Berman, MD; John Trusheim, MD; and Joan Fox, MD, all board-certified in sleep medicine, and a clinical psychologist specializing in behavioral sleep medicine. For more information, call 612-863-3200.

a doctor to determine if you have a sleep disorder.

Your doctor may recommend lifestyle changes or relaxation techniques or may prescribe medicines to help you sleep. He or she may also suggest that you have your sleep evaluated overnight in a sleep lab.

## Bedtime routines are for grown-ups, too

Going to sleep isn’t always an easy task. But there are steps you can take to help yourself drift off to dreamland.

“It’s important to maintain a regular bedtime routine as much as possible,” says David Neubauer, MD, a spokesman for the National Sleep Foundation (NSF). “You should try to relax before bedtime rather than being busy.”

The NSF offers these tips to help you get to sleep:

- Go to bed and wake up on the same schedule every day, even on weekends.
- Avoid eating at least two hours before bedtime. Caffeine, nicotine and alcohol can interfere with sleep.
- Exercise during the day, not right before bedtime.

- Take a bath, read a book or listen to some music before bedtime.
- Sleep in a dark, quiet, comfortable and cool room.
- Sleep on a comfortable mattress and pillows.

If, after following these suggestions, you still have trouble falling or staying asleep, talk to your doctor.



Charles Lick, MD, and Sara Adams, RN, Buffalo Hospital Emergency Department, demonstrate the LUCAS™ device, which is used to perform chest compressions during CPR.

## Saving lives with Cool It

With its Cool It program, the Minneapolis Heart Institute® at Abbott Northwestern Hospital has become a national leader in using therapeutic hypothermia in patients who are resuscitated after cardiac arrest.

“Controlled hypothermia—lowering the body temperature and cooling the brain—reduces inflammation and slows other processes that hurt the brain,” says Michael Mooney, MD, cardiologist and lead on the Cool It development team.

The program is saving lives. Since 2006, more than 140 patients have been treated, and 52 percent have survived. Fewer than 10 percent would be expected to survive without hypothermia. Of the survivors, 91 percent have a favorable neurologic recovery.

Learn more about Cool It at [mplsheart.com](http://mplsheart.com).

## Just like CPR—only better

The LUCAS™ device takes a lifesaving technique to the next level

Emergency departments at eight of Allina Hospitals & Clinics’ 11 hospitals, as well as Allina Medical Transportation ambulances, have a new tool in the battle against cardiac arrest.

The LUCAS device is an innovative machine designed to help the health care team perform the steady, regular chest compressions required to meet American Heart Association (AHA) cardiopulmonary resuscitation (CPR) guidelines.

“We’ve been doing CPR in this country for more than 45 years with little to no impact on cardiac arrest survival rates,” explains Charles Lick, MD, Buffalo Hospital Emergency Department medical director and medical director for Allina Medical Transportation. “We used to focus on clearing the airway and giving the patient more

oxygen, but in 2005, the American Heart Association determined that we need to focus on performing better chest compressions, to move that blood around and keep those organs working.

“We know that CPR is very difficult to do well, even by professional rescuers,” Lick says. “Plus it’s hard to do CPR well for prolonged resuscitations. A machine doesn’t get tired; it is consistent, and consistency is key.”

### The right tool

Part plunger, part suction cup, the LUCAS device circulates blood and oxygen to keep vital organs alive. Lick explains that the LUCAS device performs compressions to the chest at the rate of 100 compressions per minute, based on AHA guidelines.

Emergency personnel monitor the patient and provide the oxygen.

At Abbott Northwestern Hospital, “LUCAS has been a significant addition to our cardiac arrest protocol,” says Chris Kapsner, MD, medical director of Emergency Medicine. “We know that patients are getting good CPR, and it gives us time to think and do all the right things for our patients.”

Lick predicts that use of the LUCAS will help more patients have successful results after cardiac arrest. “I firmly believe that we are going to save more lives with this machine,” he says. “We can do much better CPR with LUCAS than we can with human intervention.” Lick explains that for one group of Allina ambulance patients who had non-flatline heart rhythm, LUCAS has shown an 18 percent survival improvement.

## Primary care



### Find a doctor

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](http://allina.com/doctors) or call 1-800-877-7878.

## 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

612-863-4233

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

## MyChart Your secure, online health connection

MyChart is an Internet tool that enables you to schedule and cancel appointments, manage your health information, review your test results, manage your child's health care and more—online, anytime! For more information or to sign up, talk to your clinic or visit [allina.com/mychart](http://allina.com/mychart).

## Coming events

### Women on the Move

Wednesdays, June 2-July 21, 6-7:30 p.m.

Hope Lutheran Church

5728 Cedar Ave. S., Minneapolis

Short education sessions on heart health topics followed by group training sessions.

Includes T-shirt and registration for the Heart of Summer 5K. Presented by the Minneapolis Heart Institute Foundation.

To register, visit [mplsheart.org](http://mplsheart.org) or call 612-863-3979.

### Arthritis Care: Getting the Right Diagnosis for Hip and Back Pain

Tuesday, May 11, 1-3 p.m.

Allina Commons—Pettingill Hall A and B

2929 Chicago Ave., Minneapolis

Presenters: Scott Anseth, MD, and Mahmoud Nagib, MD

### Treatment Options for Rheumatoid Arthritis and Osteoarthritis

Wednesday, July 21, 1-3 p.m.

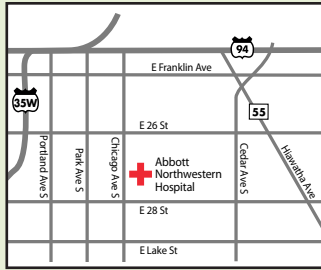
Arthritis Foundation, 1876 Minnehaha Ave. W., St. Paul

Presenters: Scott Anseth, MD; Jody Hargrove, MD; and James Larson, MD

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

## How to find us:

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



Search for "Abbott Northwestern Hospital."



Follow us: @AllinaComm

## Mark your calendar

To register or for more information, visit [allina.com/classes](http://allina.com/classes) or call Allina Class Registration at 1-866-904-9962.

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

### CANCER

Support groups offered by the Virginia Piper Cancer Institute™. Call 612-863-4633.

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

**BRCA-1 and BRCA-2 Resource Group**

**Breast Cancer**

**Coping With Change**

**Healthy Steps Exercise Program**

**Journey to Wellness**

**Look Good, Feel Better**

**Program for Women Newly Diagnosed with Breast Cancer (four sessions)**

**Pancreatic Cancer**

**Prostate Cancer**



ABBOTT  
NORTHWESTERN  
HOSPITAL

Allina Hospitals & Clinics

### HEALTH IMPROVEMENT

**Aphasia Support Group**

**Stress Reduction Biofeedback Program**

### HEART AND LUNG

**Heart Failure Support Group**

**Women-Only Cardiac Support Group**

Call 612-863-3816.

### LIVEWELL

**FITNESS CENTER**

Call 612-863-5178.

#### Fitness

- Aftercare Fitness Rehabilitation
- Comprehensive Fitness Assessments
- Bod Pod Composition Tests
- Fitness for Cancer Survivors
- Personalized Exercise Training
- Pilates Reformer Training

#### Nutrition

- BodyGem™ Resting Metabolism Testing
- Personal Nutrition Counseling
- Take Action Weight Management Program

#### Custom Packages

- Body in Balance Posture Program
- Motivational Wellness Coaching

### 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.

**PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING®**

Call 612-863-3333.

#### The Art of Healing

Exhibit and related events with Chris Ayers, Sarah Schaleger and Susan King

**Beginning Gentle Yoga**

**Couples Massage**

**Drum Circle**

**Introduction to Ayurveda**

**Mindfulness-Based Stress Reduction**

**Pregnancy and Childbirth: A Mind, Body, Spirit Approach**

**Understanding and Healing the Effects of Trauma**

**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.

### VOLUNTEER OPPORTUNITIES

Call 612-863-4281.

### WEIGHT-LOSS SURGERY

Call 612-863-7501. Support groups meet monthly and welcome people who have had or are considering weight-loss surgery at Abbott Northwestern or at other hospitals.

**Laparoscopic Adjustable Gastric Band**

**Renewal RNY Gastric Bypass Weight-Loss Surgery Informational Seminar**

Variety of locations, dates and times.



## Do You Have High Blood Pressure?

The George Institute seeks volunteers ages 55 and older for a systolic blood pressure study. Candidates should take at least one medicine for blood pressure and have high systolic blood pressure and low diastolic blood pressure. Participants will be compensated for time and travel. Call 612-863-9862 for more information.