

THE EXPERT CARE AT NEUROSCIENCE UNITED

Neuroscience United's Deep Brain Stimulation program provides Deep Brain Stimulation (DBS) therapy as part of a comprehensive, multidisciplinary treatment program for optimal control of the symptoms of Parkinson's disease (PD), essential or familial tremor (ET) and dystonia

Neuroscience United is one of only 30 centers nationwide providing DBS for dystonia and torticollis.

About Neuroscience United

Neuroscience United at United Hospital is renowned for the comprehensive range of neuroscience centers and services for patients with disorders affecting the brain, spine and peripheral nervous system.

The program encompasses an expert, multidisciplinary medical team and technologically advanced diagnostic and treatment options.



Front Row (L-R): Peter A. Pahapill, MD, PhD; Sherilyn Milner, NP, and Penny Hodges-Goetz, NP

Back Row (L-R): Jawad A. Bajwa, MD; Dr. Chris Leisz, DO; Melissa Fritz, RN; Trevor Carlson, PT, and Kathryn R. Gilbertson, MSN, RN, CNP

Leadership

Peter A. Pahapill, MD, PhD
Medical Director,
United Neurorestoration Center

Jawad A. Bajwa, MD
Medical Director,
United Deep Brain
Stimulation Program for
Movement Disorders

Allina.com is a health information Web site that provides in-depth medical information along with local information about doctors, services, support groups and classes. Please call the Allina Contact Center at 1-866-904-9962 toll free for more information.

Location and Parking

United Hospital is located in downtown St. Paul, near the Cathedral of Saint Paul and Capitol Hill. United is easily accessible from I-35E (north and south), as well as the Marion and Kellogg exits from I-94 (east and west).

Patients, families and visitors may park in one of four ramps. All ramps are connected to United Hospital by underground corridors. United Hospital also offers valet parking from 6 a.m. to 6 p.m. Monday through Friday at the front entrance of the hospital and from noon to 10 p.m. at the entrance to the Emergency Department.

NEUROSCIENCE UNITED

United Hospital
333 North Smith Ave.
St. Paul, MN 55102
651-241-8000
www.unitedhospital.com

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NEUROSCIENCE UNITED Neurorestoration Center

Deep Brain Stimulation program

Movement Disorders

DEEP BRAIN STIMULATION- WHAT IS IT?

Deep Brain Stimulation (DBS) is a surgical technique that can effectively suppress many of the debilitating symptoms resulting from Parkinson's disease, including tremor, rigidity, stiffness and mobility problems.

About the surgical procedures

DBS involves precise, gentle, insertion of insulated wires into key areas of the brain which are subsequently linked to a pacemaker-like device. The system delivers controlled and adjustable levels of electrical signals to the brain to soothe symptoms of Parkinson's disease and tremor.

Reduction in symptoms and medications

After DBS, patients have experienced a considerable reduction in symptoms and the ability to greatly reduce their medication intake. DBS has clearly been shown to be the treatment of choice for one out of every three to five patients with Parkinson's disease.

MEET OUR NEUROLOGICAL/ DBS PHYSICIANS



Peter A. Pahapill, MD, PhD

- Medical Director, United Neurorestoration Center
- performs DBS surgery at United Hospital
- Neurosurgeon, United Neurosurgery Associates

A commitment to personalized care

Dr. Pahapill personally interviews and examines patients for possible surgical treatment. If surgery is recommended, an individualized treatment plan is tailored to patient, family and caregiver needs and within a comfortable, supportive and caring environment. After surgery, Dr. Pahapill is also committed to personalized care for both long-term and short term needs.

Professional expertise

- performed 1,000+ neuromodulation procedures
- authored numerous medical articles; lectured extensively on DBS throughout the world



Jawad A. Bajwa, MD Medical Neurology

- Medical Director, United Deep Brain Stimulation program for Movement Disorders
- Medical Neurology, Neurological Associates of St. Paul

A commitment to personalized care

Dr. Bajwa develops ongoing, individualized medical programs tailored to each patient, and works with Dr. Pahapill to decrease and potentially eliminate medications over time after surgery is performed.

Professional expertise

- Dr. Bajwa provides comprehensive care for patients pre and post DBS surgery. His specialties include intraoperative physiological mapping to determine DBS lead placement and programming of the DBS system after surgery.

REHABILITATION PROGRAMS

provided by Sister Kenny® Rehabilitation Institute

Neuroscience United's DBS Program for Movement Disorders provides state-of-the-art diagnostic and therapeutic rehabilitation services (inpatient and outpatient programs), which are based upon each client's individual long-term and short-term needs.

Major components of our comprehensive rehabilitation programs:

- Speech pathology for cognitive, communications, voice and sawllowing.
- Physical therapy and exercise for muscle strength, balance, coordination, endurance and range of motion.
- Occupational therapy for improving activities of daily living such as dressing, bathing, eating, self-care and independent living skills.
- Therapeutic recreation in facilitating return to those leisure interests that are important

About Sister Kenny® Rehabilitation Institute

Sister Kenny® Rehabilitation Institute is the leading rehabilitation provider in the region. The Institute provides inpatient rehabilitation services at United Hospital, as well as other Allina hospitals.

ADDITIONAL SERVICES

- Botox injections for dystonia, spasticity and pain
- DBS programming
- Exercise and physical therapy programs
- Intrathecal Baclofen pump therapy for dystonia and spasticity
- Nutritional services
- Pilates
- Sleep disorder therapy
- Speech-language Pathology
- Spiritual services
- Yoga

WHY NEUROSCIENCE UNITED FOR YOUR DBS NEEDS?

1. We bring a team of up to 100 professional experts to you.

Neuroscience United's DBS Program for Movement Disorders brings together a large interdisciplinary team of up to 100 professionals and paraprofessionals under the direction of our neurologist, neurosurgeon and rehabilitation physician, to manage movement disorders conditions.

2. Multi-year fellowship, subspecialty training

Our physicians have multi-year fellowship training in all aspects of DBS and medical neurology.

3. State-of-the-Art, Comprehensive Rehabilitation Programs; Extensive Inpatient Programs

provided by Sister Kenny® Rehabilitation Institute

Diagnostic and therapeutic rehabilitation services based in each patient's individual long-term and short-term needs.

The comprehensive rehabilitation program includes a specialized network for DBS adjustment needs. This network is unique to the midwest and rigorously optimizes and ensures the best results of a patient's individualized DBS therapy.

Other rehabilitation programs include speech pathology, physical therapy, exercise and occupational therapy.

4. We value a personal, individually tailored, holistic and healing approach to your therapy.

We are committed to ensuring you retain your personal identity throughout your care. You won't be just a number that gets lost in a large institutional system.

We also encourage involvement and participation of your own Primary Care Physician and Neurologist in the development of your individual treatment plan.

Barbara's story



Barbara Redlecki is back—on her farm with her beloved dairy cows and flashing her own smile.

What is she back from? The devastating effects of Parkinson's disease, which had taken its toll over several years. It had

stiffened and shook her body so badly, she couldn't open the barn door or even smile; and medicines were no longer controlling her symptoms well.

She heard about Deep Brain Stimulation (DBS) at a support group, which encouraged her to meet with Peter Pahapill, MD. After discussing her options at length with him, her other doctors and family, she decided DBS was the right medical treatment for her.

"It was a difficult decision, but he (Dr. Pahapill) was calm, answered all my questions, and I was very confident in him," said Redlecki.

In what Redlecki's calls her "moment of truth", her life came back together in seconds —when deep brain stimulus probes and a controller were turned on; causing her stiffened muscles to relax and her tremors to stop instantly.

The controller is programmable and was adjusted over time to give Redlecki the best relief for her symptoms. All her medicines were discontinued. And another fine-tuning--having her "fake" smile, produced by the effects of the Parkinson disease, returned to her natural smile. ■

Would you like to:

- get a second opinion
- meet with a neurosurgeon or neurologist
- have us speak to your group about DBS
- learn more about Neuroscience United

Contact us today at 651-241-6550.

www.unitedhospital.com

go to *Services and Programs* and *Neuroscience United*