

# united hospital

Volume 16, Number 1 Winter 2008  
www.unitedhospital.com

Following prostate cancer surgery, Robert Jensen, MD, is back to doing the things he truly enjoys, like spending time with his grandson.

## Robotic surgery means faster, easier recovery

When retired doctor Robert Jensen found out he had prostate cancer, he chose to go to United Hospital for treatment. The 68-year-old Stillwater, Minn., resident chose United because it offered advanced robotic surgery. "The long-term outcomes are the same as traditional surgery, but the expected recovery time is better using the robotics," Jensen says.

—Continued on Page 4



## news briefs

### Cardiac surgeons join United Hospital

The Cardiovascular Surgeons of St. Paul have joined the Allina Hospitals & Clinics team. Last summer these dedicated cardiac surgeons merged their existing clinic with Allina to “provide a platform for recruiting leadership,” says Lynn Ettestad, director of Specialty Clinics at United Hospital.

“Having the Cardiovascular Surgeons join the Allina family benefits all the patients who come to United for cardiac health,” says Mark Mishek, president of United Hospital. “We are fortunate to be able to continue our longstanding partnership with such talented and dedicated professionals.”

The Cardiovascular Surgeons of St. Paul are located in Suite 100A in the Nasseff Specialty Center on the United Hospital campus. ■



### Allina proclaimed a national leader in electronic medical record systems

Allina Hospitals & Clinics is proud to be the first Minnesota health care organization to earn the Davies Award, the industry’s preeminent award for health information technology presented annually by the Healthcare Information and Management Systems Society (HIMSS).

Allina earned the award in September 2007 for its electronic medical record system, a key part of Allina’s strategic vision to provide seamless, coordinated, patient-centered care. Now in use at eight Allina hospitals and 65 clinic locations, the system is harnessing the power of information to make patient care more effective, efficient and safe. It also includes MyChart, an Internet tool that enables patients to securely access portions of their medical records, get lab results, schedule online appointments and more.

“The Organizational Davies Award Committee applauds the accomplishments of Allina Hospitals & Clinics,” says Brian Jacobs, MD, chair of the Davies Organizational Award Committee and chief medical informatics officer and executive director for the Center for Pediatric Informatics at Children’s National Medical Center, Washington, D.C. “This hospital system offers an outstanding example of how health IT can be implemented throughout this health care complex to improve the delivery of patient care.”

According to Penny Wheeler, MD, Allina chief clinical officer, “Electronic medical record systems haven’t revolutionized patient care yet, but we can’t revolutionize patient care without them.” ■

### Internal medicine specialists offer a great variety of services

The Allina Medical Clinic–United Medical Specialties St. Paul is one of the largest specialty groups in the East Metro area. This specialty group formed from the merger of Corbett, Ogden, Abid, Thomas and Saeed, and the Allina Medical Clinic–Internal Medicine Specialties.

In addition to internal medicine, specialty services at the clinic include endocrinology and rheumatology.

The clinic is housed in the John Nasseff Medical Center at 255 N. Smith Ave., Suite 100. To make an appointment, please call 651-241-5000. ■

## Time is muscle

Yolanda O'Brien was not expecting to have a heart attack. Not at age 37. But she wisely called 911 when she began experiencing chest pain. She was taken via ambulance to United Hospital because she needed the services of a Level One heart program.

When having a heart attack, minutes matter. Level One heart programs have the ability to take patients having a heart attack immediately and directly to the catheterization lab or to surgery if an emergency bypass is needed.

"We have taken one more step that makes us excel at treating patients having a heart attack," says Kathy Kamrowski, director of service line development for the Nasseff Heart Center at United. "We are one of only a select few hospitals nationwide that allow paramedics to make the call from the field to get the lifesaving heart team ready for the patient's arrival." By doing so, Kamrowski adds, "Our



patients are treated sooner, and we save crucial minutes that can affect a patient's outcome and quality of life."

United's average door-to-balloon time (referring to the time it takes from arrival at United to when the blocked artery is opened, restoring blood flow to the patient's heart) is less than 40 minutes. This is well below the top 10 percent of hospitals' average time of 60 minutes and better than the American College of Cardiology's recommendation of

90 minutes. The national average, according to the American Heart Association, is 104 minutes. O'Brien recovered completely.

Our patients are treated sooner, and we save crucial minutes that can affect a patient's outcome and quality of life, says Kathy Kamrowski, director of service line development for the Nasseff Heart Center at United.

For more information about United Hospital's Level One program, call Kamrowski at 651-241-8313. ■



### Heart Health Condition

**Center:** Want to learn more about heart health? Allina Hospitals & Clinics' Heart Health Condition Center can provide you with the tools to learn how to be heart healthy. Visit [www.allina.com](http://www.allina.com), click on *Conditions & Treatments* and then *Heart Health Condition Center*.

## Heart attack warning signs

Getting treatment at the first sign of a heart attack is critical, so make sure you know the warning signs.

### Most common signs

- pressure, fullness, or pain in the center of or across the chest
- pain that spreads to the arms, neck or jaw
- chest discomfort with light-headedness, fainting, sweating, nausea, shortness of breath

### Less common signs

- chest, stomach or abdominal pain that you don't typically have
- nausea or dizziness
- shortness of breath, difficulty breathing
- anxiety, weakness or tiredness
- cold sweats or paleness

Seek emergency medical care if you experience these symptoms. Call 911. ■





The *da Vinci*® S HD™ Surgical System allows surgeons to perform minimally invasive surgery more accurately than traditional surgical methods.

## Robotic surgery

—Continued from Page 1

### Prostate cancer

Every year, more than a quarter of a million American men are diagnosed with prostate cancer. The prostate is a small, walnut-size organ located in men under the bladder and surrounding the urethra (the tube that empties urine from the bladder). Older men are at particular risk of this disease. So are those with a family history of prostate cancer. That's the bad news. The good news is that when prostate cancer is caught and treated early, there's a 90 percent five-year survival rate.

Surgical treatment for prostate cancer is removal of the prostate. In the traditional open procedure, the surgeon makes an incision in either the abdomen or the scrotum to access and remove the prostate. The procedure can require a hospital stay of several days or longer and

an extended recovery period.

While long-term, serious side effects are somewhat less common now than in the past, traditional surgery for prostate cancer does carry with it a risk of long-term incontinence (the inability to fully control urine) and long-term impotence (the inability to have erection of the penis).

### Robotic surgery

Last year, United Hospital began using the *da Vinci*® S HD™ Surgical System, the most advanced robotic surgery system available, to treat prostate cancer.

This state-of-the-art device allows surgeons to perform minimally invasive procedures and some complex surgeries more accurately and less invasively than with traditional surgical methods.

With the *da Vinci* device, the surgeon is actually seated a few feet away from the patient at a console. The console controls a number of robotic arms that make

several small incisions. A tiny camera and special surgical tools are then inserted through the incisions. The camera sends images back to the surgeon, who sees them on a 3-D monitor. The surgeon then can make surgical decisions based on what is shown and send these decisions back through the device to be carried out.

The surgeon is able to work with greater precision because the camera provides a detailed and magnified view of the prostate on a screen, and because the miniature robotic "hands" allow a range of motion and a level of steadiness that would be impossible for human hands to duplicate.

"Data for prostate cancer patients show that recovery for urinary incontinence and impotence is more quickly improved, which is significant," says Peter Sershon, MD, medical director, Robotics Program, United Hospital, and a urologist with Metropolitan Urological Specialists, PA.

"Robotics is the next era of surgery," Sershon continues. "When laparoscopy



Robert Jensen, a retired physician, handcrafts fine cabinetry from 18th century designs.



Peter Sershon, MD, medical director of the Robotics Program at United Hospital.

was introduced, surgeons had faster recovery times due to smaller incisions than with a traditional procedure. Having hand motion within the body, through the use of robotics, is the next stage in surgical development."

To Jensen, being on the receiving end of the next era of surgery made sense. "I came home with four tiny incisions instead of a large incision that would have separated tissue and muscle. I only had to stay in

- faster recovery and return to activities
- less scarring.

And getting back on his feet more quickly meant getting back to the things he enjoys most, such as spending time with his grandchildren and returning to his favorite pastime, handcrafting fine cabinetry from 18th century designs.

At United Hospital, the system is being used in prostate surgery, hysterectomies and myomectomies. Other surgeons are beginning to use the technology

in other specialties, including bariatric surgery (weight-loss surgery), kidney donor harvesting, heart bypass surgery and pelvic lymph node dissection.



For more information about the robotics program at United Hospital, please call Linda Sershon, director of Oncology Services at United Hospital, at 651-241-8445. ■

## Robotic surgery spares uterus

Surgeons at United Hospital are now using the *da Vinci*® S HD™ Surgical System to treat noncancerous tumors in the uterus. This is the most advanced surgical technique for the treatment of uterine fibroids. By using this system, many women avoid hysterectomies (removal of the uterus) and more invasive surgery (myomectomy) and return home sooner.

"We're excited about using robotic technology to treat cases like uterine fibroids," says Dan Foley, MD, vice president of Medical Affairs at United Hospital. "It's important to provide the best options available when treating our patients. This robotic option allows our patients to resume normal activities within one to two days."

According to the National Institutes of Health, at least 25 percent of women have uterine fibroids, the most frequent pelvic tumors seen by gynecologists. They can be treated through medication, hormone therapy or surgery. About 65,000 myomectomies are performed annually in the United States. Many of these women are of childbearing age.

"This robot is technically an extension of my hands," says Eric J. English, MD, obstetrician and gynecologist. "I can physically take out a larger tumor with very little damage to the surrounding tissue."

The increased accuracy and reduced trauma are "very important for women who are choosing this surgery and want the ability to have children in the future," English says. ■

**Only about 600 robotic systems are currently being used in the United States.**

the hospital overnight, and my recovery time was substantially less," Jensen says.

In addition to improved accuracy, other benefits of robotic surgery include:

- reduced trauma
- reduced blood loss
- less postoperative pain
- shorter hospital stay

## COMMUNITY HEALTH EDUCATION AND SUPPORT GROUPS

# united hospital

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](http://www.allina.com).

## Volunteer Opportunities

Volunteers serve patients and staff and greet visitors at United.



Call 651-241-8644 or visit [www.unitedhospital.com](http://www.unitedhospital.com) for an application form.

## CANCER

### The Breast Cancer Support Group\*

**First Tuesday of every month, 2-3:30 p.m.**

**United Hospital, room 3610**

Call 651-241-8375 for more information.

### Reach to Recovery\*

One-on-one visiting and support program for women with breast cancer. By appointment in The Breast Center. Call 651-241-8610.

\* Programs co-sponsored with the American Cancer Society.

## HEART

### Heartsaver/CPR Class

**Feb. 12, March 11 and April 8, 5:30 p.m.**

**Cardiac Rehabilitation, United Hospital**

Registered nurses teach adult CPR skills, rescue breathing and how to clear airway obstructions. Participants also learn about heart disease risk factors. Registration is required. Call 612-262-3333 or visit [www.allina.com](http://www.allina.com).

## HEALTH IMPROVEMENT

Our Health Improvement courses are offered at the Milton M. Hurwitz ExerCare Fitness Center, located at 362 Walnut St. For more information, call 651-241-8080.

### BOSU Balance Trainer

**Mondays and Wednesdays (beginner classes), 9:45 a.m.**

BOSU integrated balance training

improves strength, stability and flexibility while enhancing coordination and balance.

### Muscle Shop

**Ongoing, Mondays and Wednesdays, 3:45-4:30 p.m.**

Uses weights, bands and other equipment to tone all major muscle groups. Moderate intensity/no impact.

### Pilates

**Tuesdays, one-hour class, 4 p.m.**

**Please call us at 651-241-8080 or visit our Web site after Jan. 1 for session dates.**

Pilates exercises strengthen the core by developing pelvic stability and abdominal control.

### Pink Pilates

**Tuesdays, one-hour class, 4 p.m.**

**Please call us at 651-241-8080 or visit our Web site after Jan. 1 for session dates.**

Pilates exercises specifically designed for breast cancer patients and survivors strengthen the core by developing pelvic stability and abdominal control.

### Yoga

**Tuesdays, one-hour class, 5:15 p.m.**

**Please call us at 651-241-8080 or visit our Web site after Jan. 1 for session dates.**

Class includes instructions for yoga postures, breathing techniques, relaxation and guided imagery.

## NEUROSCIENCE

### Brain Tumor Support Group\*

**Second Monday of every month, 7-8:30 p.m.**

Education and support for people whose lives have been affected by brain tumors. For more information and room location, call 651-241-8575.

## ORTHOPEDECS

### Total Knee and Hip Replacement Program

The three-hour program at United Hospital is offered twice each month to help you learn about preparing for surgery and about your recovery after surgery. In class you will learn about your surgery, strengthening exercises, hospital care, pain management skills and discharge planning. Your family and friends are also invited to participate since their support will be important to you after surgery. For information and how to register for class, call 651-241-5390.

## PREGNANCY, BIRTH AND PARENTING

United offers a variety of pregnancy, birth and parenting classes and support groups. Registration is required for classes, so call Medformation® at 612-262-3333 or visit us online at [www.allina.com](http://www.allina.com) to register.

### All About Babies

**Jan. 12, 13, Feb. 2, 10, March 8, 9, April 12, 13, 9:30 a.m.**

One-session class that teaches parents, grandparents or adoptive parents how to care for a newborn.

### Breastfeeding Preparation

**Jan. 23, Feb. 4, 20, March 3, 19, April 7, 23, 7 p.m.**

One-session class. Introduces parents to the basics of breastfeeding and provides resources for ongoing support.

### Breastfeeding and Return to Work

• **Feb. 13, April 16, 7 p.m.**

• **Jan. 16, March 12, 1:30 p.m.**

One-session class for women who are planning to return to work and continue to breastfeed.

### Childbirth and Parenting Preparation

• Jan. 22, 24, Feb. 4, 13, March 4, 6, 17, 26, April 15, 17, 28, 7 p.m.

• Jan. 19, Feb. 2, 16, March 1, 15, 29, April 12, 26, 9:30 a.m.

Prepares expectant parents for birth and newborn parenting.

### Expectant Father

Feb. 2, April 7, 7 p.m.

One-session class for fathers-to-be.

### Expectant Grandparents

Jan. 29, March 25, 7 p.m.

One-session class to learn about changes in prenatal care, labor and birth, and parenting.

### Expecting Multiples

March 3, April 14, 7 p.m.

Six-session birth preparation class for parents expecting more than one baby.

### Father and Baby

Feb. 4, April 14, 7 p.m.

Three-session class for fathers and their newborns.

### Infant and Child CPR

• Jan. 12, Feb. 9, March 8, April 12, 9:30 a.m.

• Jan. 10, Feb. 21, March 13, April 10, 7 p.m.

Learn resuscitation methods for infants and children younger than 8.

### Infant Massage

Jan. 9, Feb. 13, April 9, 9:30 a.m.

Three-session class designed for parents and children from 3 weeks to 4 months old.

### New Brother/New Sister

Jan. 24, Feb. 5, 19, March 4, 20, April 8, 24, 6:30 p.m.

One-session class to help children aged 2 to 10 understand what it's like to have a new brother or sister.

### New Parent Connection

Tuesdays, 1:30-3 p.m.

### Parent Education Room

Offers education and support for parents and babies up to 4 months.

### Pregnancy After a Loss

First and third Monday of each month, 5-6:30 p.m.

### Garden View Medical Center

Please call 651-241-6206 before first visit or for more information.

### Pregnancy and Infant Loss Support Group

Second and fourth Monday of each month, 5-6:30 p.m.

For parents who have experienced miscarriage, stillbirth or infant death. Please call 651-241-6206 before first visit or for more information.

### Refresher Birth and Parenting Preparation

Jan. 26, Feb. 23, March 8, April 19, 9:30 a.m.

One-session class for those who have given birth within the past five years. Fee includes New Brother/New Sister class.

### Small Talk

April 10, 6:30 p.m.

One-session class to learn sign language to communicate effectively

with hearing infants and toddlers ages 9 months to 3 years.

### Teen Pregnancy

Jan. 9, Feb. 6, March 5, April 2, 4:30 p.m.

Four-session class. Pregnancy information and birth preparation for the pregnant teen and her support person.

## REHABILITATION

### Stroke

Second Thursday of each month, 2-3:30 p.m.

### Garden View Medical Building Conference Room 1053/1054

The Sister Kenny® Rehabilitation Institute offers support groups for stroke survivors and their families.

## WEIGHT LOSS

### Weight-Loss Surgery Information

Jan. 17, Feb. 21, March 20, April 17, 7 p.m.

Weight-loss surgery is for people more than 100 pounds overweight. \$20 per person, pay at door; personal check or cash only. Register through Medformation® at 612-262-3333.

### Emergency Department expands

Starting in March 2008, construction will begin on expanding the Emergency Department at United Hospital. The current facility is too small for the number of patients being seen, and we need to update our capabilities so that we can continue to meet the needs of patients and our community.

The new facility will feature:

- 27 examination rooms
- 6 psychiatric rooms that provide a safe and secure area
- 12 holding/observation rooms
- a larger garage that can hold a minimum of six ambulances
- a decontamination area
- patient care and family areas designed for greater privacy.

The Emergency Department will continue to operate at full capacity during this expansion. Please visit our Web site starting in February for updates and directions to our Emergency Department during the construction.

## COMING EVENTS

### Camp United

Last summer's Camp United for junior volunteers was such a success that we are bringing it back.

Camp United is for youths 13 to 18. You attend one (or more) of our five two-week camps and spend those two weeks helping patients, families and friends at the hospital. It's just two weeks of your whole summer to help people, learn about health care and reap the benefits of volunteering.

This summer's camp sessions are:

Session	Date	Deadline
Session 1	June 9-20	May 31
Session 2	July 7-18	May 31
Session 3	July 21-Aug. 1	June 30
Session 4	Aug. 4-15	June 30
Session 5	Aug. 18-29	June 30



To learn more about Camp United or about other volunteer opportunities, visit [www.unitedhospital.com](http://www.unitedhospital.com) and click on the Volunteer Opportunities button on the bottom of the page. Space is limited, so apply early.

# Sleeping well for your heart

From nightmares to insomnia to sleep apnea, one out of every three people has a sleep disorder, according to the National Sleep Foundation. Having a sleep disorder may sound tiring, but few people know that it can also be life-threatening. For example, sleep apnea, the stopping of breathing while asleep, has been linked to an increased risk of heart disease.

An ongoing sleep shortage can contribute to heart problems by boosting blood pressure, increasing stress hormone levels and causing unhealthy changes in blood sugar.

**Most sleep problems can be resolved with proper diagnosis and treatment.**

Sleep apnea deprives major organs of oxygen. It strains the lungs and heart, raises your blood pressure and, over time, can weaken the heart. Sleep apnea raises a person's risk of heart



failure, heart attack and stroke, according to the American College of Physicians.

The good news is that most sleep problems can be resolved with proper diagnosis and treatment. United Hospital has opened a Sleep Center to help people with sleep disorders. The Sleep Center uses sophisticated sleep disorder diagnostic tools and expert sleep consultations to identify and treat sleep problems. An overnight sleep study, during which you wear sensors, helps identify many details, including how often you awaken during

the night, whether you experience normal stages of sleep and whether you stop breathing as you sleep.

If you think that you or someone you love has a sleep disorder, you should talk to your health care practitioner. Symptoms of sleep apnea include loud snoring, gasping for air, nightmares and waking up frequently.



Take our sleep quiz at [www.allina.com/sleep](http://www.allina.com/sleep) or visit us online at [www.unitedhospital.com](http://www.unitedhospital.com) to learn more about the Sleep Center. ■

HEALTHY COMMUNITIES™ is a publication of UNITED HOSPITAL, part of Allina Hospitals & Clinics. Allina®, the Allina logo and Medformation® are registered trademarks of Allina Health System.

Mark Mishek  
President

Michele G. Scheid  
Editor

Patricia L. Saari  
Vice President, Strategic Development

Information in HEALTHY COMMUNITIES™ comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations. HEALTHY COMMUNITIES™ is UNITED HOSPITAL's edition of LIFE AND HEALTH. Copyright © 2007 Coffey Communications, Inc. LHN21172c



UNITED  
HOSPITAL

Allina Hospitals & Clinics

333 N. Smith Ave.  
St. Paul, MN 55102

Nonprofit Org.  
U.S. Postage  
**PAID**  
St. Cloud, MN  
Permit No. 2260