

# united hospital

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celebrating  
**150**  
years

St. Luke's 1857 | Charles T. Miller 1920  
united as one 1980



## Traditions United: Celebrating 150 years

United Hospital's journey began more than 150 years ago as the Minnesota Territory struggled to deal with an outbreak of cholera. When the disease claimed the life of his young daughter, the Reverend John V. Van Ingen urged his congregation to help build a hospital that would "heal the sick and the destitute."

The result was a 12-bed facility, called Christ Church Orphans' Home and Hospital, which opened in 1857 in a rented house.

### St. Luke's early years

Christ Church had a few successful years, but struggled during the Civil War. At war's

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UNITED  
HOSPITAL

Allina Hospitals & Clinics

## news briefs

### The 2007 Service to Humanity Gala

Get your tickets now for the 2007 Service to Humanity Gala on Saturday, Sept. 29, at the Saint Paul RiverCentre. This annual event raises money to benefit the programs and services of United Hospital. This year's proceeds will go toward expanding United's Emergency Department.

This year's Gala features a raffle for a BMW Z4 Roadster 3.0i convertible. Tickets are \$100 each.

The 2007 Service to Humanity Award honorees are Peter J. King, CEO and chairman of the board of King Capital Corporation, and Kenneth Baran, MD, a cardiologist with St. Paul Heart Clinic. The Service to Humanity Award is presented to individuals associated with United who have demonstrated selfless dedication and exemplary leadership in improving the health and welfare of St. Paul residents and the communities we serve.

If you would like to attend the Gala, purchase a raffle ticket or get more information, please call the United Hospital Foundation at 651-241-8022. ■



[www.unitedhospital.com/unitedfoundation](http://www.unitedhospital.com/unitedfoundation)



### Minnesota goes smoke-free Oct. 1

On May 16, Allina Hospitals & Clinics Chief Clinical Officer Penny Wheeler, MD, looked on as Gov. Tim Pawlenty signed legislation that will protect all Minnesotans, regardless of where they work, from the deadly risk of exposure to secondhand smoke. When the Freedom to Breathe Act goes into effect on Oct. 1, all bars and restaurants in the state will go smoke-free.

"This is a tremendous accomplishment for the state of Minnesota," Wheeler says. "The health benefits from reducing people's exposure to

secondhand smoke can be significant, and I'm proud of Allina's involvement in making this day a reality."

Allina is one of the founding members of the Freedom to Breathe Coalition. Last January Allina employees joined with other coalition members, bringing a team of 700 people to the Capitol to deliver the smoke-free workplace message to virtually every member of the state Legislature.

Minnesotans can now all breathe easier. ■

### Hastings collaboration moves forward

Allina and Regina Medical Center are collaborating to strengthen and expand health care services in the Hastings area by integrating services when and where it is best for patients. The collaboration will ensure access to local primary care and specialty medical services. It will also better coordinate care when it's necessary for patients to leave the Hastings area for specialty care.

One of the most visible changes will be the operation of the Allina Medical Clinic-Hastings and the Regina clinics,

which will come together to function as one integrated group. Steps toward this integration include:

- creating one billing system and electronic medical record for all clinic sites
- merging after-hours care into one program
- combining the hospitalist programs to care for inpatients
- working together to recruit physicians.

For more information about the collaboration, please call 651-438-1686. ■



# Traditions United

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end, a reorganized Church Hospital opened on East Eighth Street in a former “disorderly” house leased from a well-known madam.

In 1877 Church Hospital became St. Luke’s Hospital in honor of the patron saint of doctors and surgeons. The hospital moved into a new, state-of-the-art building in 1892 that featured patient care innovations, such as private rooms, gas and electric lights, elevators, speaking tubes, and electric call buttons.

## Riverview Memorial Hospital

Down the street from St. Luke’s, another small hospital was born. In 1905 Dr. Herman Drecksler opened a family-run, three-bed hospital called St. Paul’s German Hospital in a three-story mansion. Surgery was performed in the attic of the tower to take advantage of the sunlight coming through the windows.

Although German Hospital closed after only five years, the building didn’t stay empty for long. Recognizing the mansion’s potential, the Reverend John Baitinger purchased and refurnished it. In 1913 West Side General Hospital was born.

West Side, too, closed for a short time but reopened in 1949 as Riverview Memorial Hospital.

## Charles T. Miller Hospital

In the early 20th century, Charles T. Miller, a wealthy St. Paul businessman, dreamed of building a hospital for the growing city of St. Paul.

Neither Miller nor his wife, Martha, lived to see the hospital that would bear Charles’ name. But friends worked to fulfill his dream and, in 1920, opened the Charles T. Miller Hospital. The hospital was designed, in agreement with Martha’s will, so that “sick or disabled needy persons shall receive free care and attention...without distinction as to religion, race or color.”

Throughout the 20th century, all three hospitals witnessed amazing advances in health care. The buildings were remodeled to keep pace with new technology. Community clinics opened and new wings were added.

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Photo courtesy of the Minnesota Historical Society



St. Luke’s Hospital

Photo courtesy of the Minnesota Historical Society



St. Paul’s German Hospital/Riverview Memorial Hospital

Photo courtesy of the Minnesota Historical Society



Charles T. Miller Hospital

# Traditions United

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## United Hospitals

The 1950s and 1960s saw an exodus from the cities to the suburbs, reducing the number of patients at the downtown hospitals. Administrators from all three hospitals began talking about consolidating.

By 1972, Miller and St. Luke's became divisions of United Hospitals Incorporated. Four years later ground was broken for a new campus. Riverview Memorial also joined the team, closing its doors in 1980.

The new United Hospitals building included 550,000 square feet of additional space. The world-class facilities of Children's Hospital—St. Paul were also integrated into the new campus.

In 1993 United Hospital, which had dropped the "s" from its name, became part of Allina Hospitals & Clinics, the largest health care organization in Minnesota.

## Moving into the 21st century

Medicine has changed a lot in 150 years. Disease focus has shifted from cholera and typhoid to heart disease, cancer and stroke. Few doctors from the 1850s could have imagined the technology and expertise that is routine in health care today.

But they would recognize the drive to excel. In 1937, for instance,

Miller Hospital built a special three-story wing to house a million-volt X-ray machine for radiation therapy, the first of its kind in the Northwest, and one of a few in the country. This year United celebrates another milestone with the opening of the intraoperative magnetic resonance imaging suites. This advanced technology brings the equipment to the patient for up-to-the-minute images during surgery (see Page 8 for more information).

Surgery has changed, too. During the 19th century, the human body was often called the "surgeon's playground." The development of anesthesia and antiseptics meant surgeons could explore the human body as never before.

Today surgery is more sophisticated. Minimally invasive procedures have made it safer, more effective and less debilitating than 150 years ago. United recently introduced a robotic surgery tool, the *da Vinci*® S, which allows for accurate, minimally invasive treatment of prostate cancer, bladder problems and heart valve defects, as well as other surgeries.

And what turn-of-the-19th-century doctor could have envisioned an electronic medical record system? This past May, United joined Allina's other hospitals, clinics and outpatient facilities in adopting the computerized medical record system. Each patient now has one electronic record that can be shared by all Allina providers. It delivers a more complete picture of a patient's medical history, allowing practitioners to make the best recommendations about care. The new system automatically cross-checks prescriptions to ensure that there are no negative interactions, and test results are timelier and patient privacy is ensured.

## The future

United continues to look toward the future, growing to meet the health care needs of our community. In 2006 the Nasseff Specialty Center opened, providing clinic space for world-class heart, lung, epilepsy and neurosurgery specialists. The former St. Paul Heart and Lung Building has been remodeled and renamed the John Nasseff Medical Center. It is now home to the Allina Medical Clinic—United Medical Specialties St. Paul, the United Vascular Center and the United Sleep Center.



Photo courtesy of the Minnesota Historical Society

Doctors who used the first X-ray equipment would marvel at today's sophisticated imaging technology.

Photo courtesy of the  
Minnesota Historical Society



Photo courtesy of St. Paul Pioneer Press



Photo courtesy of the  
Minnesota Historical Society



Today's surgical procedures are safer, more effective and less debilitating than 150 years ago.

United has nationally recognized programs in heart and neuroscience care. And United continues to be one of the hospitals with the largest number of births in the state.

United is now turning its attention to expanding the Emergency Department. United's Emergency Department is one of the busiest in Minnesota. Our current facility was designed more than 30 years ago to care for 22,000 people a year. Although staff successfully treat nearly double that number today, as the population ages and health

costs continue to soar, this number will grow and resources will be stretched. Working with the United Hospital Foundation, United has launched a philanthropic campaign to ensure the Emergency Department will continue to meet the community's needs.

Although much has changed in the past 150 years, one of the things that made United great has not changed: The dedication of its doctors, nurses, staff and volunteers. From the modest beginnings in 1857 to the opening of the new intraoperative imaging suites

in 2007, the community has benefited from the expertise, passion and commitment of the people who work at United. United will continue its mission to "serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care" far into the future. ■



For more information about United Hospital and our programs, visit [www.unitedhospital.com](http://www.unitedhospital.com).

## 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

Sept. 11, Oct. 9, Nov. 13, 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, please 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 and bands, etc., to tone all major muscle groups. Moderate intensity/no impact.

### Pilates

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

• Session 1: Sept. 11-Oct. 30

\$90/eight classes

• Session 2: Nov. 6-Dec. 18

\$80/seven classes

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

### Yoga

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

• Session 1: Sept. 11-Oct. 30

\$90/eight classes

• Session 2: Nov. 6-Dec. 18

\$80/seven classes

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.

## PREGNANCY, BIRTH AND PARENTING

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

## All About Babies

Sept. 8, 9, Oct. 27, 28, Nov. 10, 11, Dec. 8, 9, 9:30 a.m.

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

## Breastfeeding Preparation

Sept. 10, 26, Oct. 8, 24, Nov. 5, 28, Dec. 10, 19, 7 p.m.

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

## Breastfeeding and Return to Work

Sept. 12, Oct. 10, Nov. 14, Dec. 12, 7 p.m.

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

## Childbirth and Parenting Preparation

• Sept. 4, 13, 17, Oct. 3, 16, 25, 29, Nov. 14, 27, Dec. 10, 13, 7 p.m.

• Sept. 15, 29, Oct. 13, 27, Nov. 10, Dec. 8, 9:30 a.m.

Six evenings or one weekend session. Prepares expectant parents for birth and newborn parenting.

## Expectant Father

Oct. 2, Dec. 3, 7 p.m.

One-session class for fathers-to-be.

## Expectant Grandparents

Sept. 25, Nov. 27, 7 p.m.

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

## Expecting Multiples

Sept. 10, Nov. 5, 7 p.m.

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

## Father and Baby

Oct. 1, 7 p.m.

Three-session class for fathers and their newborns.

### Healthy Pregnancy

**Oct. 13, 9:30 a.m.**

Provides information about the development of babies and how to make pregnancy easier and more fulfilling.

### Infant and Child CPR

• **Sept. 8, Oct. 13, Nov. 10, Dec. 1, 9:30 a.m.**

• **Sept. 13, Oct. 11, Nov. 8, Dec. 13, 7 p.m.**

Learn resuscitation methods for infants and children younger than 8.

### Infant Massage

**Sept. 12, Oct. 10, Nov. 7, Dec. 5, 9:30 a.m.**

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

### New Brother/New Sister

**Sept. 11, 27, Oct. 9, 25, Nov. 6, 29, Dec. 11, 27, 6:30 p.m.**

One-session class designed to help children 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

**Sept. 22, Oct. 20, Nov. 17, Dec. 15, 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

**Oct. 16, 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

**Sept. 5, Oct. 3, Nov. 7, Dec. 5, 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

**Sept. 13, Oct. 11, Nov. 8, Dec. 20, 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.

## WOMEN'S HEALTH

### Menopause 101

**Oct. 10, Dec. 12, 6 p.m.**

Learn about perimenopause and menopause, hormone therapy and other treatments. \$25 registration fee includes box dinner, materials and parking. Call Medformation® at 612-262-3333 to register.

### Perimenopause and More: Most Everything You Need to Know About Hormones and Bioidentical Therapy

**Register for one of two classes:**

**Sept. 25, 3:30-5:30 p.m. or 6:30-8:30 p.m.**

#### Heart and Lung Conference Room in the John Nasseff Medical Center

\$25 registration fee (materials, light snack and parking voucher). Call Medformation® at 612-262-3333 to register. CME credit is available for nurses.



## COMING EVENTS

### Family Health Fair

This free open house is for families with children to focus on education and prevention of childhood obesity and diabetes. Children (ages 4 to 14) and their parents will learn healthy habits while having fun. Sponsored by Heart United, a program of United Hospital. For more information, call 651-241-8166.

**Date:** Saturday, Sept. 8

**Time:** 9:30-11:30 a.m.

**Location:** Miller and St. Luke's rooms, John Nasseff Medical Center, 255 N. Smith Ave.

### Legs for Life and AAA Screening

Free screening for peripheral artery disease and abdominal aortic aneurysm sponsored by the United Hospital Medical Imaging Department and St. Paul Radiology. Preregistration is required. Those who participated last year will be placed on a waiting list to save room for those who have never had the test or had the test at least two years previously. Parking is available in the Gold Ramp for a fee.

**Date:** Friday, Sept. 14

**Time:** Appointments available between 8 a.m. and 4 p.m.

**Location:** Miller and St. Luke's rooms,

John Nasseff Medical Center, 255 N. Smith Ave.

**Register:** Call Medformation® at 612-262-3333.

### Free Community Prostate Screening

Peter Sershon, MD, Metro Urology, will speak and answer questions. Patients will be brought into another room for private screening. Dinner served, and giveaways for those who attend. Registration is required. Please call 651-241-8328 to register.

**Date:** Monday, Sept. 24

**Time:** 5-7 p.m.

**Location:** United Family Practice Health Center, 545 W. 7th St., St. Paul

# Improving brain surgery

United Hospital, in partnership with Children's Hospitals and Clinics of Minnesota, now offers patients the latest medical advancement: new brain surgery operating rooms equipped with a state-of-the-art intraoperative magnetic resonance imaging (IMRI) system that provides real-time images during surgery.

*Intraoperative* means "during surgery." In this instance, the MRI device is brought to the patient in the operating room; the patient doesn't move, the technology does. The real-time images mean improved accuracy and precision during surgery.

"With the intraoperative MRI, we are able to update images quickly and efficiently during surgery," says Jerone Kennedy, MD, neurosurgery medical director for Neuroscience United. "It allows us to make pinpoint adjustments and decisions during the operation to improve our accuracy."

In addition, Kennedy says, the intraoperative MRI can help confirm that the entire tumor is removed before closing, thus reducing the need for additional operations.

The IMRI machine runs on a steel-beam track between the two neurosurgical operating rooms. When not in use, it is stored in a diagnostic docking room between the two operating rooms. This makes the machine available for other diagnostic imaging procedures.

Susan Olson, director of Neuroscience United, says, "This world-class technology, combined with the care provided by our exceptional surgeons and nurses, will benefit

Photo courtesy of IMRIS Surgical IMRI



**The intraoperative magnetic resonance imaging device is brought to the patient in the operating room; the patient doesn't move, the technology does, thus improving accuracy and precision during surgery.**

patients from the East Metro and western Wisconsin."

In addition to brain tumors, the system can be used to treat vascular disorders, including aneurysms, arteriovenous malformations (congenital defects in which the arteries and veins are tangled, which can cause problems when located in the brain or spine) and epilepsy. ■

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