



UNITED  
HOSPITAL

Allina Hospitals & Clinics

# Healthy Communities™

a publication of  
ALLINA HOSPITALS & CLINICS

MAGAZINE

Fall 2010

## Prostate surgery made easier

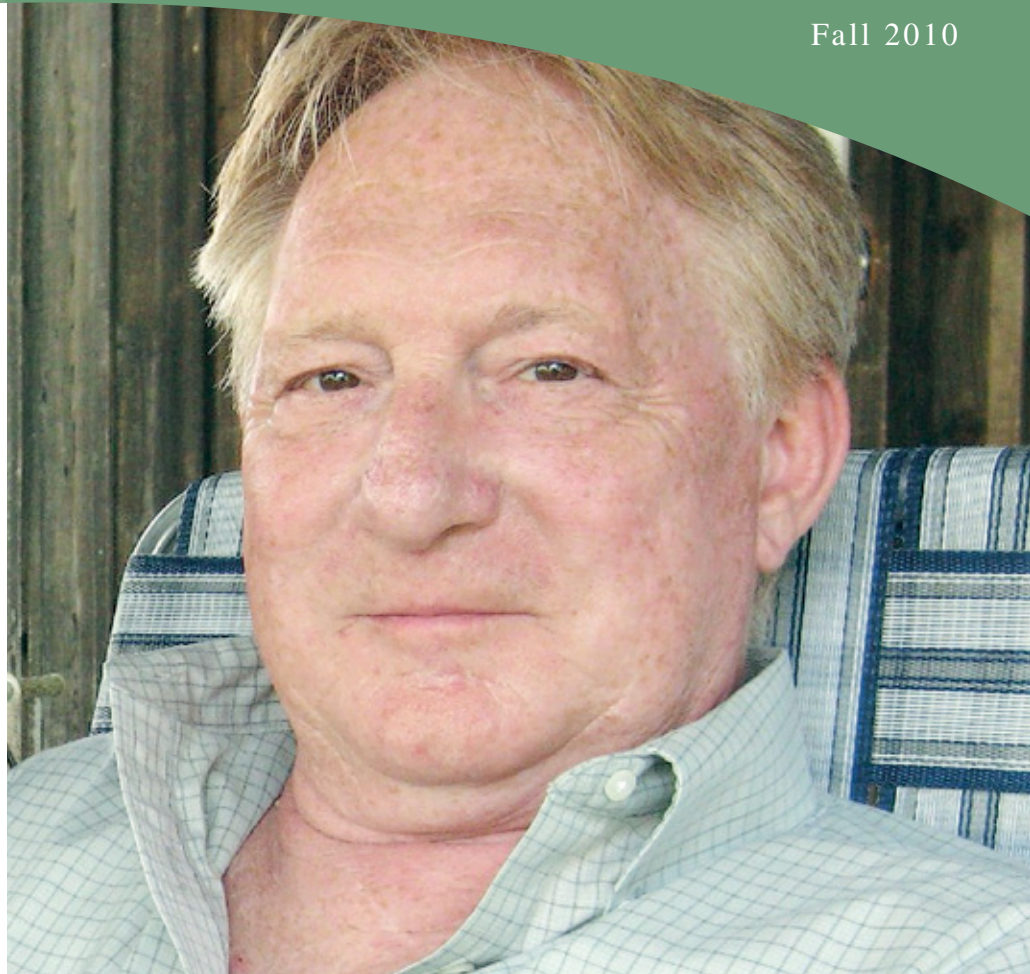
Lee Burke knew he needed surgery for his enlarged prostate gland. He knew he didn't have cancer; however, the gland's size and continued growth were interfering with his ability to urinate and began affecting his kidneys. But Burke was concerned about the surgical side effects, such as loss of bladder control and erectile dysfunction, and was putting off the procedure.

Then he heard about robotic surgery for his condition and sought out Peter Sershon, MD, of Metro Urology in St. Paul, director of the Minnesota Robotic Surgery Center at United Hospital.

"The use of robot-assisted surgery is transforming medicine," Sershon says. "Mr. Burke was one of the first patients in Minnesota to have a simple prostatectomy, the removal of the middle portion of the prostate, with the da Vinci® Surgical System. He now has normal urinary and kidney functions."

### Same surgery, less pain

In 2007, United Hospital purchased the da Vinci Surgical System from Intuitive Surgical®. The system allows doctors to perform laparoscopic and some



After undergoing less invasive robotic surgery for an enlarged prostate, Lee Burke has returned to all his normal activities and even wishes he would have had the surgery sooner.

complex surgeries more accurately and less invasively than traditional surgical methods.

In traditional open surgery, the surgeon makes one large incision to remove the prostate. With the da Vinci device, the surgeon makes several small incisions, through which are fed a tiny camera and special surgical tools. The camera sends images back to the surgeon, who can view 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.

According to Sershon, the

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### Inside:

- 3 Win a Mercedes at our annual gala
- 5 Be ready to weather a disaster
- 6 Fighting childhood obesity



Architectural rendering of the Peter J. King Emergency Care Center.

# Transforming emergency care

## Peter J. King Emergency Care Center in final year of construction

The Peter J. King Emergency Care Center at United Hospital is now in its final year of construction, and while the building changes may be the most visible, some of the most crucial work is being done inside and focuses on transforming the delivery of emergency care.

United recently partnered with the Studer Group, an international

health care consulting firm, to assist with the customer service aspect of delivering care.

“From the beginning, building the Peter J. King Emergency Care Center has been about much more than merely creating a new facility,” says Deb Raptis, RN, certified emergency nurse and director of the Emergency Department. “It is about establishing a facility that

## Coming soon

The new Peter J. King Emergency Care Center at United Hospital will feature:

- 27 examination rooms
- six psychiatric rooms to provide a safe and secure treatment area
- 12 observation rooms
- a larger bay to hold a minimum of six ambulances
- a decontamination area
- an in-department computed tomography (CT) scanner
- patient care and family areas designed for greater privacy.

United’s Emergency Department is recognized as one of the busiest emergency departments in the Twin Cities and serves more than 44,000 people every year.

is patient-centered and customer service-focused in its delivery of emergency care. To help with this transformation, we’ve discovered that partnering with Allina colleagues and other outside resources allows for optimal support for staff and overall success.”

The Peter J. King Emergency Care Center at United Hospital is scheduled to open in April 2011.

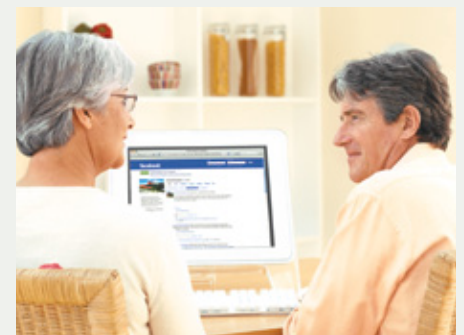
# Check out the new [unitedhospital.com](http://unitedhospital.com)!

United Hospital’s website, [unitedhospital.com](http://unitedhospital.com), has been newly redesigned to make it easier to find services, programs, contact information, and health and wellness news. Be sure to visit [unitedhospital.com](http://unitedhospital.com) to check out the new look!

And anyone who is a member of Facebook can become a fan of and check out the United page

on Facebook. Those who are not members of Facebook can still view the United Facebook page, but they will need to join Facebook to interact.

To access United’s Facebook page, first go to [unitedhospital.com](http://unitedhospital.com) and then click on the Facebook icon. After you arrive, either log in or join Facebook to become a fan of United’s page. This will ensure that you receive status updates.



**Find us on Facebook!**

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# Get fit!

Milton M. Hurwitz  
ExerCare  
Fitness Center

## We can help

The Milton M. Hurwitz ExerCare Fitness Center is located at 362 Walnut St. on the United Hospital campus. For more information, **Call** call 651-241-8080.

**D**id you know that United Hospital offers the only medical fitness center in the St. Paul area? It's the Milton M. Hurwitz ExerCare Fitness Center.

ExerCare is an ideal place to exercise and is open to anyone, regardless of whether you have a health condition.

As a member of ExerCare, you will enjoy state-of-the-art exercise equipment and a comfortable atmosphere. Unlike other local fitness centers, ExerCare has clinically trained staff to help you work toward your personal goals, provide education and guidance for healthful lifestyle habits, and help you with medical management as needed.

## A good party, great cause

### 2010 Service to Humanity Gala

**G**litz, glamour and giving hearts will once again fill the St. Paul RiverCentre as the United Hospital Foundation hosts this year's Service to Humanity Gala on Saturday, Sept. 25.

The gala includes both live and silent auctions and a raffle for a Mercedes-Benz GLK350 4-Matic from Sears Imported Autos. The event also includes dinner and dancing to The Sevilles, a well-known band in the Twin Cities. The 2010 Service to Humanity Award honorees are Richard Shank, MD, medical director of Medicine



2009 Service to Humanity Gala; photo by Jonette Novak.

Services, and Jim Kowalski, a local businessman and past chairman of the United Hospital Foundation Board. The Service to Humanity Award is presented to people associated with United Hospital who have demonstrated selfless dedication and exemplary leadership in improving the health and welfare of St. Paul

residents and communities served by United Hospital.

Proceeds from the gala will benefit Operating Rooms Expansion at United Hospital. For more information or to purchase gala **Go!** tickets or raffle tickets, call 651-241-8022 or visit [unitedhospital.com/unitedfoundation](http://unitedhospital.com/unitedfoundation).



# Instruments of change

A new way to operate, an easier recovery

**T**he Minnesota Robotic Surgery Center at United Hospital is changing the way doctors perform surgery and the way patients recover.

Our expertly trained surgeons

use less invasive robotic surgery to perform complex operations that were impossible without open surgery just a few years ago. Like other minimally invasive procedures, robot-assisted surgery is performed through a few tiny incisions. However, it offers surgeons higher magnification, better flexibility and more precision than conventional laparoscopic surgery.

Surgeons at United commonly use robot-assisted surgery to treat problems that affect the prostate, kidneys, bladder and uterus. Robotic surgery offers many potential benefits, including shorter hospital stays and a quicker return to daily activities.

## The robotic procedure

Robotic surgery is performed using advanced technology known as the da Vinci<sup>®</sup> Surgical System. The doctor sits at a console near the patient and uses hand and foot pedals to control four robotic arms that hold micro instruments and a miniature camera. The special 3-D camera projects a color image to the console, giving the surgeon a view magnified 10 times.

The da Vinci robot is essentially an extension of the surgeon's hands and eyes, with the surgeon running and controlling every movement. The robot perfectly duplicates the actions of the surgeon; it does not perform surgery by itself.

To learn more about robotic surgery at United Hospital, call 1-888-318-6006.



# Prostate surgery made easier

—CONTINUED FROM FRONT PAGE

benefits of robotic surgery over traditional open surgery are improved accuracy and reduced side effects, blood loss, trauma, pain, infection, hospital and recovery time, and scarring.

Since his procedure, Burke has been able to return to all his previous activities, including boating and working as an information technologist at 3M.

"I made myself miserable for a long time—too long," Burke says. "Hindsight being 20/20, I now wish I'd done it sooner. This surgery was the right thing to do, and I'm very happy with the results."

## The basics

The prostate is a male reproductive gland that surrounds the urethra, the tube through which urine passes out of the body. A normal prostate weighs about 30 grams. Burke's weighed 150 grams—five times larger than normal.

Although the causes of prostate enlargement are not known, risk increases with age, family history and ethnic background—it is more prevalent among white and black men. Symptoms include:

- dribbling at the end of urinating
- difficulty urinating
- incomplete emptying of the bladder
- incontinence
- needing to urinate two or more

- times per night
- pain with urination or bloody urine
- slowed or delayed start of the urinary stream
- straining to urinate
- strong and sudden urge to urinate
- urinary tract infections
- weak urine stream.

Not all men with benign (not cancer) prostate disease have symptoms. For some, however, symptoms can interfere with quality of life or worsen, leading to kidney failure, bladder damage or bladder stones.

When symptoms are severe, surgical removal of the prostate is recommended.



# Prepare for a natural disaster

## Steps to stay safe

**Y**ou can't always predict a disaster. But you can prepare for one.

The best thing you can do in a severe winter storm, tornado, flood or any natural disaster is be ready.

Here's a look at how best to prepare for these natural disasters.

### Tornado

Most injuries and fatalities from tornadoes occur when people are hit by flying objects, reports the Federal Emergency Management Agency (FEMA). Finding a safe shelter is crucial to safety.

If you live in an area where tornadoes are a danger, designate a safe room. This should be a windowless interior room, basement or storm cellar. If possible, it should be in a low area. If this isn't an option, go to an inner hallway or smaller inner room, such as a bathroom or closet.

Get under a sturdy piece of furniture, such as a workbench, table or desk, and cover your head and neck.

If you're in a vehicle, trailer or mobile home, get out and seek

shelter in a building or low area, such as a ditch. Do not try to outride a tornado.

Afterward: Leave the building if it is severely damaged, if you smell gas or chemical fumes, or if you see exposed electrical wiring.

### Floods and flash floods

If you're unsure of the risk in your area, find out whether floods are a danger, advises the American Red Cross. The local emergency management or zoning department should be able to tell you.

Plan where you might go if you are forced to leave your home because of flooding.

If a flood is possible, keep listening to the news and follow the instructions of emergency officials. Move furniture and other items to higher floors.

Fill your car's gas tank, and pack clothes and other needed items—such as a three-day supply of food and water—in case you must evacuate.

If flooding is under way, leave your home right away, advises the Red Cross. Head to higher ground away from rivers, streams, creeks and storm drains.

Electricity and gas should be shut off to avoid fire and electrocution.

If you're driving and your car stalls in rising water, get out and climb to higher ground.

Afterward: Return to your home only when emergency officials say it's safe. Check with emergency officials to find out when it's OK to use gas and electricity again.

### Severe winter storm

Winterizing your home with insulation, weather stripping and storm windows can help keep frigid air out during severe storms.

Keep an alternative source of heat in case of gas or electricity outages. Portable space heaters, kerosene heaters and wood for a fireplace make good alternatives. Be sure to follow all safety advice for portable heaters.

Protect pipes from freezing by wrapping them in insulation or with newspapers and plastic. Let faucets drip a little to keep water flowing.

### Find more tips at [fema.gov](http://fema.gov) and [redcross.org](http://redcross.org).

If pipes freeze, open the faucets all the way. You can apply heat to the pipes with an electric heating pad, electric hair dryer or space heater or by wrapping the pipes with towels soaked in hot water. Know how to shut off water valves.

If your car gets stuck or breaks down in a storm, try to pull off the road. Put on your hazard lights, or hang a cloth or item of clothing from your window or antenna as a distress signal.

Don't leave your car unless you see a house or other building close by where you can get shelter.

Conserve fuel, but run the engine and heater for about 10 minutes each hour to keep warm. Crack a downwind window for ventilation and periodically clear snow from the exhaust pipe. This will help prevent carbon monoxide poisoning.

# Going beyond the bedside

United Hospital is part of Allina Hospitals & Clinics, whose mission reaches beyond the bedside as its team of dedicated employees works to improve the health of the communities it serves.

## What is community benefit?

“As a not-for-profit organization, Allina’s mission extends beyond providing exceptional health care to patients, improving the health of the communities we serve,” says Ellie Zuehlke, Allina community benefit director. “Community benefit is a planned, coordinated and measured approach to identify and respond to the health needs of our communities.”

## What Allina give back in 2009?

Allina’s total 2009 community investment was \$420 million, which



is approximately 15 percent of Allina’s total operating expenses. United has contributed nearly \$54.3 million to benefit the health of the community.

Of the \$420 million, \$171 million helped to lessen the health care burden for people in the communities Allina serves. This includes charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom government-sponsored Medicare and Medicaid programs do

not cover the full cost of services.

“At both the Allina and local level, we’re proud of the community benefit services we provide,” Zuehlke says. “We strive to partner with communities to improve the health and wellness of community members while providing care to all who need it.”

For more information about Allina’s investment in community benefit, visit us online at [allina.com/community](http://allina.com/community).



## How United is fighting childhood obesity

United Hospital is partnering with the St. Paul–Ramsey County Department of Public Health and St. Paul Public Schools (SPPS) in the Exercise Your Right to Feel Better campaign to help fight childhood obesity.

According to the Centers for Disease Control and Prevention, childhood obesity, which has more than tripled in the past 30 years, can lead to increased risk of heart disease and bone and joint problems.

Childhood obesity may also increase the likelihood of adult obesity and associated adult health problems including heart disease,

type 2 diabetes and stroke. Exercise Your Right to Feel Better, developed by the St. Paul–Ramsey County Department of Public Health, brings messages of health, wellness and active lifestyles to students and family members the SPPS community through school-based wellness programs and community partners, including United.

To kick off the campaign, United staff members joined more than 400 students of Jackson Preparatory Magnet School in a walk to the Capitol. The school has a student body that is 98 percent students of color.

Statistics show that 1 in 2 people of color will develop diabetes in their lifetime. Also, 1 in 3 people of color will develop childhood diabetes.

Principal Patrick Bryan says the students participated in the walk to show they are not going to become statistics.

United also participated in a 5K Walk/Run at Como Park with more than 700 people (children and adults). After the race, United Hospital provided nutrition education materials for participants as they refueled with fruits, vegetables and water.



## Our Speakers Bureau

Medical topics and health care issues are in the news every day. The Speakers Bureau at United Hospital is an educational resource available to all interested civic groups and is designed to provide information, enhance understanding and increase awareness about many health care issues.

The speakers include physicians and nurses, as well as experts in health care management, education, hospice, home care, physical therapy, respiratory therapy, surgical services, radiology and emergency medicine.

Topics, which can be tailored to meet the needs of any group or organization, may include:

- the state of health care in Minnesota
- consumerism in health care
- maintaining a healthy lifestyle
- prenatal and maternity care
- men's health
- cancer care
- emergency medicine
- protecting the uninsured
- nutrition and fitness
- maintaining a healthy heart
- health care careers
- spiritual care
- understanding the grieving process
- advanced directives and living wills.

To schedule a speaker, call United Hospital at 651-241-8517. A minimum four weeks' notice is appreciated. All presentations are free of charge.

## Primary Care



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

## Emergency Care

IN CASE OF EMERGENCY,  
CALL 911.



### United Hospital

333 N. Smith Ave.  
St. Paul, MN 55102  
651-241-8000

### Regina Medical Center

1175 Nininger Road  
Hastings, MN 55033  
651-480-4100

### River Falls Area Hospital

1629 E. Division St.  
River Falls, WI 54022  
715-425-6155

### Phillips Eye Institute

2215 Park Ave.  
Minneapolis, MN 55404  
612-775-8800

## Urgent Care

### Apple Valley Medical Center

952-432-6161  
24-hour urgent care

**Aspen Medical Clinic – Bandana Square,  
Inver Grove Heights and Maplewood**  
651-241-9900

Monday-Friday: 5-10 p.m.  
Saturday and Sunday: 9 a.m. to 5 p.m.

### Quello Clinic – Burnsville Urgent Care

952-985-8255  
Monday-Friday: 9 a.m. to 10 p.m.  
Saturday: 9 a.m. to 1 p.m.  
Sunday: Closed

Closed all major holidays.

### Quello Clinic – Lakeville Urgent Care

952-985-8655  
Monday-Friday: 6-10 p.m.  
Saturday and Sunday: 8 a.m. to  
4 p.m. Closed all major holidays.

### Allina Medical Clinic – Shoreview

651-483-5461  
Monday-Friday: 5:30-9:30 p.m.  
Saturday: 10 a.m. to 5 p.m.  
Sunday: Noon to 6 p.m.

Holiday hours vary.

### Allina Medical Clinic – West St. Paul

651-241-1818  
Saturday: 9 a.m. to 4 p.m.  
Holiday hours vary.

### Allina Medical Clinic – Woodbury

651-241-3414  
Monday-Friday: 3-10 p.m.  
Saturday: 9 a.m. to 4 p.m.  
Sunday: 9 a.m. to 4 p.m.

Holiday hours vary.

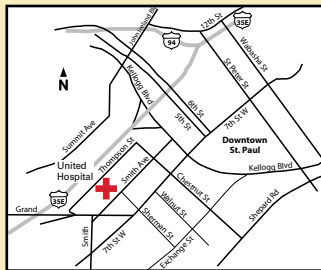
Patients have the right to choose their providers for primary, urgent and emergency care. This listing may not include all medical providers in your area.

## 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).

## How to find us:

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



Search for "United Hospital."



Follow us: @AllinaComm



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## Mark your calendar

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

### VOLUNTEER OPPORTUNITIES

Volunteers serve patients and staff and greet visitors at United. Call 651-241-8644 or visit [unitedhospital.com](http://unitedhospital.com) for an application.

### CANCER

**The Breast Cancer Support Group**  
Call 651-241-8375.

#### Reach to Recovery

This American Cancer Society program offers one-on-one support for women and men who have had a mastectomy or lumpectomy. Call 651-241-6408.

#### Prostate Cancer Support Group

Call 651-241-8328.

### HEALTH IMPROVEMENT

**Milton M. Hurwitz ExerCare Fitness Center**  
Call 651-241-8080.

#### BOSU Balance Trainer

#### Muscle Shop

#### Pilates

#### Yoga

### HEART

#### HeartSaver/CPR Class

A 2 ½-hour (noncertified) course for patients and families to learn CPR and how to use AEDs.

#### The Women's Heart Center

A personalized assessment for women to determine risk for heart disease. Call 651-241-8108. \$95

### NEUROSCIENCE

#### Brain Tumor Support Group

Call 651-241-8575.

#### Stroke Support Group

The Sister Kenny® Rehabilitation Institute offers support groups for stroke survivors and their families. Call 612-863-4996.

### ORTHOPEDICS

#### Total Knee and Hip Replacement Program

A three-hour program to help prepare you for surgery and recovery. Call 651-241-5390.

### CHILDBIRTH AND PARENTING

United Hospital offers a variety of pregnancy, birth and parenting classes and support groups. Registration is required. Call Allina Class Registration at 1-866-904-9962, or visit [allina.com/classes](http://allina.com/classes).

#### All About Babies

#### Birth Center Tour

#### Breastfeeding Preparation

#### Childbirth Preparation

#### Childbirth Preparation: Twins, Triplets or More

#### Coping With Labor

#### Expectant Father

#### Expectant Grandparents

#### Father and Baby

#### Infant and Child CPR

One-session class offered twice a month. Learn resuscitation methods for infants and children younger than 8 years old.

#### Infant Massage

#### New Brother/New Sister

#### New Parent Connection

Offers education and support for parents with babies up to 4 months old. For more information, call the instructor at 651-241-6204.

#### Refresher Birth and Parenting Preparation

#### Postpartum Depression Support Group

Call 612-863-4770 before your first visit or for more information.

#### Pregnancy After a Loss Support Group

Call 651-241-6206 before your first visit or for more information.

#### Pregnancy and Infant Loss Support Group

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

### WEIGHT LOSS

#### Weight-Loss Surgery Information

The Bariatric Center of United Hospital offers patients opportunities to discuss their experience with others who have undergone bariatric surgery. Class is free. Materials cost \$20, payable by personal check or cash only.