

UNITY *and* MERCY HOSPITALS

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Make a promise

EARLY DETECTION OF BREAST CANCER TRULY MATTERS

HERE'S A PLEDGE that's well worth making: "I'll make an appointment to talk to my doctor about breast cancer screening."

You might be too busy to get to it today. That's OK. So, how does tomorrow look?

Why the urgency? When it comes to breast cancer, early detection offers women the best chance of surviving the disease, according to the American Cancer Society (ACS).

Your age or having close relatives with breast cancer may increase your risk for the disease, but most women who get breast cancer don't have any risk factors at all, according to the ACS.

That's why talking with your doctor is so important—you can discuss your personal risk and decide what's best for you.

Is your 40th birthday around the corner? If so, talk to your doctor about beginning regular mammograms to screen for breast cancer. If you're overdue for one, schedule it as soon as possible.

Advice for younger women. Even if you're in your 20s or 30s, you can take steps to protect yourself. Become familiar with how



READ MORE ABOUT CANCER SCREENING ON THE BACK PAGE

your breasts look and feel, and report any changes to your doctor.

And be sure to have regular medical visits that include breast exams by your doctor.

A HELPFUL REMINDER

You can go to the ACS website at www.cancer.org and enter "mammogram reminder" in the search box to access a service that can send a screening reminder by e-mail to you or a loved one. ♦



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4 How to help someone with a drinking problem



7 How robot-assisted surgery benefits patients



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Helping families find care

ALLINA'S CARE Navigation Help Desk provides free personal health care support to patients and their families by easily connecting them with resources and information.

"When you or a loved one has many medical needs, trying to determine how to get help and what services exist can be difficult," says Gayle Mattson, vice president, Allina Home & Community Services. "That's where the Care Navigation Help Desk steps in."

Care navigators assess your needs and then connect you with the right care and services.

Resources include home health care, oxygen and medical equipment, hospice, resources for people with advanced illnesses, life care management, private caregiving, and housing referral and placement.

If you or a family member needs help accessing complex medical options, call 651-635-9173 or



1-800-261-0879, 24 hours a day, seven days a week, or go to allina.com/care. ❖

CAREGIVER OF THE YEAR AWARD

A passion to care for others

KARINE (CHIP) Zakroczymski, RN, wishes there wasn't a need for her job. As manager of the Sexual Assault Nurse Examiner (SANE)

program for Allina Hospitals & Clinics, Zakroczymski's job is to ensure that victims of sexual assault receive the care they need

at a critical time in their life.

Her passion has transformed the quality of care that victims of sexual assault receive in Minnesota.



Karine (Chip) Zakroczymski

Her visionary approach has led to the establishment of exceptional services, health care provider education and community

advocacy. For all of these reasons, the Minnesota Hospital Association named Zakroczymski the 2009 Caregiver of the Year.

"Chip has changed the lives of many women," says Unity Hospital president Rickie Ressler. "She also has changed the understanding of our broader community about how sexual violence impacts all of us."

SUPPORT WHEN IT'S NEEDED

SANE nurses treat physical injuries, gather forensic evidence and provide emergency contraception and sexually transmitted disease prevention. SANE nurses are hired for their medical skills but also for their empathy, compassion, impartiality and ability to earn the trust of their patients. They are on call 24 hours a day, seven days a week.

"Sexual assault nurse examiners provide nonjudgmental medical

care and support to victims of sexual assault," Zakroczymski says. "Victims need to know they have choices about medical care, evidentiary exams and reporting decisions. We give them the information and support to make informed decisions. Taking back control of a situation that was out of their control is the first step in the healing process."

Started in 2000 at Unity and Mercy hospitals, the SANE program has helped more than 1,400 patients and has teamed up with four other hospitals. Zakroczymski's advocacy goes beyond the hospital. She recently partnered with local task forces and schools to secure funding to bring a national sexual assault program to two local high schools and a community college. "Preventing sexual and domestic violence is the best way to treat it," she says. ❖



Mark Schieble, MD, sees patients at Allina Medical Clinic – Blaine.

PRIMARY CARE PROVIDERS

Who's right for you?

THE BEST HEALTH care is based on lasting relationships between patients and their health care providers. That's why you need a provider you can trust.

WE KNOW YOU, YOU KNOW US

When you choose a provider, you are choosing someone who will get to know you in order to guide your overall medical care.

According to Bruce Young, MD, PhD, family medicine doctor, Allina Medical Clinic, choosing a family medicine doctor offers many benefits.

“We are trained to care for all ages, from newborns to seniors, and we also do many screening tests and procedures that other

specialties don't do, such as skin biopsies,” he says. “If you do need to see a specialist, there is usually a shorter wait to get in and see us, and we can do many of the tests and studies in advance so your trip to the proper specialist will

be more productive and more cost effective.”

The primary care provider who's right for you is someone with whom you can discuss anything that could affect

your health, including your family history, lifestyle, habits and beliefs.

Choose a provider when all is well so you don't have to make a hasty decision about your medical care later on. And because your provider knows you, he or she can help you stay healthy. When choosing a provider, consider the following:

■ **Training and experience.** Find

out where he or she studied medicine, the amount of training he or she has had, and where he or she has practiced medicine.

■ **Prevention.** Is he or she concerned about your lifestyle? Note whether he or she asks about your alcohol, tobacco and drug use; eating and exercise habits; health risks at work and home; or sexual activity.

■ **Accessibility.** Make sure the provider is accepting new patients. Find out his or her usual hours to see if they fit your schedule. Ask who covers for the provider when he or she is out of the office. Find out who should be called and what hospital is used for emergencies.

To learn more about our doctors, visit allinamedicalclinic.com. To make an appointment or for more information, call Allina Medical Clinic – Blaine at 763-236-5400 and Allina Medical Clinic – Brooklyn Park at 763-236-5300. ♦



Allina Medical Clinic has expanded care to new locations in Blaine and Brooklyn Park.



WHEN SOMEONE CLOSE HAS

A PROBLEM WITH ALCOHOL



THERE'S A SAYING that someone who drinks too much or uses drugs must "hit rock bottom" before being willing to accept help. Unfortunately, that's a dangerous and destructive myth, according to Bud Lile, MD, a psychiatrist and board-certified addiction specialist who oversees Unity Hospital's Substance Abuse Services in Fridley.

By the time someone reaches that "rock bottom" point, alcohol or drug use has taken a toll on his or her physical and emotional health and well-being.

People who abuse alcohol or drugs create problems not just

for themselves but also for their families, friends and co-workers. Recognizing a problem and seeking help may prevent both harm and heartache.

But how do you help someone who doesn't want it? Lecturing, nagging and threatening don't work. But being compassionate, patient and firm—yet willing to act—may make a difference.

WHAT YOU CAN DO

The National Institute on Alcohol Abuse and Alcoholism suggests these steps for helping a loved one who has a drinking problem:

1. Stop all cover-ups and excuses.

They shield the person from the consequences of his or her behavior, making it easier to avoid the problem.

2. Gather information. Find out about treatment options. These may include day and evening outpatient treatment programs, substance abuse counseling, or inpatient treatment—all offered by Unity Hospital. Self-help groups, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), also are excellent resources.

3. Call on others. Discuss the situation with a friend, your family doctor, counselor, minister or trusted relative who may be able to help you in your efforts. They can help you identify resources and support you in this challenging time.

4. Call ahead so you will know what is involved, even before you talk to your loved one. "There is no 'one size fits all' solution, so feel free to call us for more information," says Lorri Kenny, RN, Unity nurse manager.

5. Time your talks. It is best to share your concerns when your loved one is sober and both of you are calm. Be open and honest. Many people with a drinking

THE ROAD TO CHANGE STARTS HERE.

problem will be willing to talk about it if approached with love and concern.

6. Be specific. Keep your comments factual, and try to stay unemotional. Use concrete examples of how the person's drinking has caused problems.

7. Help yourself. Seek support from groups like Al-Anon, which is geared for spouses and other adults affected by a person with a drinking problem, and Alateen, a support group for children who are affected. You can attend no matter what decision your loved one makes.

Remember, you didn't cause someone else's problems with drinking, and you can't cure it or control it. But you can guide that person with compassion and care toward a healthier life.

THE RIGHT CARE FOR ADDICTION TREATMENT

Finding the courage to ask for help is the all-important first step on the road to recovery. Once you—or a loved one—think life might be better without alcohol or other drugs, Unity's substance abuse program will help you find the right care.

INPATIENT CARE

Unity Hospital offers inpatient programs for adults who need 24-hour nursing care and medical management for withdrawal from alcohol or drugs.

"Often patients are admitted to this program after a crisis or overdose," Lile says. "We provide a high level of care and a safe place to start on the path to sobriety. These first few days are critical—our average patient stays in the hospital nine to 10 days."

After thorough assessment and stabilization, the patient is placed on an individualized treatment plan. This plan might include further residential treatment at another facility or referral to an outpatient program on Unity Hospital's campus.

OUTPATIENT TREATMENT

Unity's day, evening and relapse outpatient programs are geared toward those with an addiction who have a support system and stable living situation. These intensive programs are highly structured and include weekly sessions with the client's family or other concerned people.

"Our substance abuse programs lead clients through the first five steps of the Twelve Step programs—and then we encourage long-term involvement in Twelve Step and self-care groups," says Ann Hobbick, Unity outpatient program manager.

Outpatient care is available for up to 12 weeks after completing a primary program. Patients also benefit from Unity's outpatient



mental health clinic, Northtown Clinic, for ongoing therapy or medication management.

The highly qualified treatment staff includes a psychiatrist, hospital physicians, registered nurses, board-certified alcohol and drug counselors, social workers, and licensed practical nurses.

Unity Hospital offers a wide spectrum of addiction treatment services for alcohol and drug abuse. The first step is an assessment to determine the level of care best suited to a person's specific situation.

For information about Unity Hospital's Substance Abuse Services, call 763-236-4500 or visit AllinaUnity.org. ❖



Mental health services at Mercy Hospital

Mercy Hospital in Coon Rapids offers a range of mental health services for adults. Inpatient mental health care is provided around the clock in a secure, intensive hospital setting by an attending psychiatrist, registered nurses, psychologists, and mental and behavioral health specialists.

Flexible day treatment is offered three hours a day, one to five days per

week, at the Adult Mental Health Outpatient Program at Mercy. Clients learn to cope with significant problems they are facing in daily life through therapy, structure and support. Stabilization of symptoms and medication monitoring help prevent hospitalization.

To learn more about mental health services at Mercy Hospital, call Assessment and Referral at 763-236-7911.

COMMUNITY HEALTH EDUCATION *and* SUPPORT GROUPS

Unless another number is noted, call Allina Class Registration at 1-866-904-9962 or visit allina.com/classes for information about these activities. Several of these programs are offered in cooperation with local and national associations.

CANCER

Cancer Resource Center

Call 763-236-6060 (Mercy) or 763-236-4040 (Unity).

Breast Cancer Support Group Cancer and the Family

Living With Cancer

Look Good, Feel Better

Prostate Cancer Support

Renewing Life

CAREGIVER EDUCATION AND SUPPORT

Faith Community Nurse Program

Call 763-236-4342 for more information.

GRIEF

Grief support groups are available for adults, teens, children and preschoolers; for pregnancy and infant loss; for death of a spouse, child, parent or grandparent; for death by suicide or violence; for job loss; or for life transition. Call Allina Grief Resources 651-628-1752 for more information.

HEALTH IMPROVEMENT

Wellness/Health Improvement Program

Health or fitness testing, individual consultation and educational presentations on a variety of topics to employees and other groups, provided onsite at the workplace. For more information, call 763-236-8041.

Blood Pressure Screenings

Heart or Stroke Screening

Monitored Exercise Programs

Peripheral Vascular Disease

Screenings

Women's Heart Program

HEART

Cardiac Education Classes

First and third Friday of each month. Call 763-236-8024 for details.

- Anatomy of the Heart
- Benefits of Exercise
- Heart-Healthy Nutrition
- Life Changes
- Low-Sodium Strategies
- Medication Information
- Risk Factor Evaluation
- Strength Training
- Stress and Relaxation
- Weight Management
- Yoga



Cardiac Club and Heart Failure Support Groups (Mercy)

For more information, call 763-236-8024.

PREGNANCY, BIRTH & PARENTING CLASSES

- All About Babies, \$55
- Birth and Parenting Preparation, \$105
- Breastfeeding Preparation, \$30
- Celebrating Families
- Changing Shapes™: Pregnancy, \$35
- Expectant Father, \$30
- Expecting Multiples, \$105
- Infant and Child CPR, \$45
- Infant Massage, \$65
- New Brother/New Sister, \$30
- New Parent Connection
- Refresher: Birth and Parenting, \$65
- Small Talk (sign language), \$30
- Vaginal Birth After Cesarean (VBAC), \$15
- Yoga Fitness, call for fees

RESPIRATORY

Call 763-236-6877 for information, dates and fees.

Breath of Mercy (COPD support)

Respiratory Health (Unity)

F.A.M.E. (Focused Asthma Management Education)

Lung Power (pulmonary rehab)

Respiratory Screening/ Counseling*

TOBACCO CESSATION

Freedom From Smoking

Call 763-236-8008 for dates, times, locations and fees.

WEIGHT-LOSS SURGERY

Introduction to Weight-Loss Surgery

Unity Hospital's Bariatric and Weight Loss Center offers free, introductory weight-loss seminars led by experts. Call Allina at 1-866-904-9962 or visit allina.com/classes for registration information.

Support Groups

Surgical weight-loss support groups meet in 12 locations. To learn more, call 763-236-2068 or go to AllinaUnity.com.

Find Your Weigh

Tuesdays, 4:30-5:30 p.m.

Unity Hospital Classroom

Support group designed for surgical weight-loss clients who want to stay on track. Call 763-236-2084 for more information.

OTHER

Arthritis and Fibromyalgia

Brain Injury Support Group

Diabetes Care Education Classes

Call 763-236-3604.

Stroke Support Group

Call 763-236-8050.

New!

SCREENINGS

Diabetes Screening

Unity: Tuesday and Wednesday,
Nov. 17 and 18

Mercy: Saturday, Nov. 21, and
Wednesday, Dec. 2

This two-part event includes a short diabetes questionnaire and screenings for blood pressure, fasting total cholesterol, HDL and LDL levels, triglycerides, and glucose. There will also be hemoglobin A1C checks. Part two includes a presentation about

diabetes and consultations on test results. \$10

Peripheral Vascular Disease (PVD) Screening

Unity: Thursday, Sept. 3

Mercy: Wednesday, Sept. 9

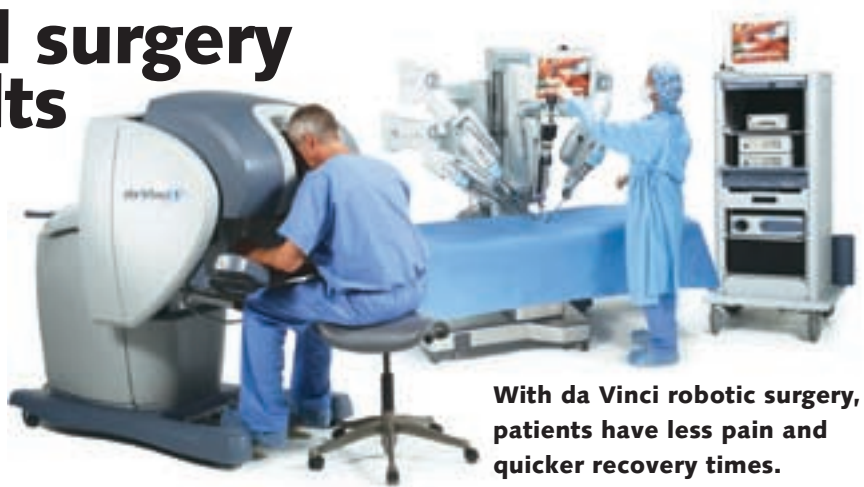
Learn if you are at risk for PVD—narrowing of the blood vessels, often in the legs. Symptoms often include cramping or pain in the legs when walking. To sign up, call 1-866-904-9962. \$10

Robot-assisted surgery improves results

SURGEONS AT Mercy Hospital, Coon Rapids, are performing more and more complex procedures—including prostate, heart, kidney and gynecological surgery—using the da Vinci® robotic surgical system.

“This technology has great benefits for our patients,” says urology specialist Gregory Hanson, MD. “Because the incisions are so small, patients have less pain and recover faster. There is less blood loss, and we can operate with greater precision.”

Annie Tan, MD, obstetrics-gynecology, says a da Vinci hysterectomy can significantly reduce recovery time compared to traditional surgery. “For most women, a da Vinci hysterectomy



With da Vinci robotic surgery, patients have less pain and quicker recovery times.

means a return to normal activities sometimes in days instead of weeks.”

HOW IT WORKS

Although similar to laparoscopic surgery, during a da Vinci surgery the surgeon controls the system while sitting at a console a few feet from the patient. Another surgeon assists at the operating table, where the robotic arms and instruments are located. The surgeon at the

console views a screen that shows 3-D images of the surgical site and uses hand and foot controls to operate the robotic arms.

“The robotic arms move just like a wrist, so we can move the instruments in a full circle, not just up and down or sideways,” Hanson says.

To learn more about the da



Vinci surgical system, visit AllinaMercy.com or call 763-236-6700. ❖

COMMUNITY BENEFIT

Beyond the bedside

UNITY AND MERCY hospitals' mission reaches well beyond the bedside. Teams of dedicated employees work to improve the health status of the communities Allina serves.

WHAT IS COMMUNITY BENEFIT?

Community benefit is an organizational approach to identify and respond to the health needs of our community.

“As a not-for-profit organization, Allina knows the health of the communities in which we operate is essential to Allina’s mission and strategy,” says Penny Wheeler, MD, chief clinical officer, Allina Hospitals & Clinics.

One way Allina is giving back is the Center for Healthcare Innovation at Allina, which researches new care models and treatments to transform health care. A key initiative is the Heart of New Ulm, which strives to eliminate heart attacks within 10 years in the town of New Ulm, Minn.

HOW MUCH HAVE WE GIVEN BACK TO THE COMMUNITY IN 2008?

Allina’s total 2008 investment

was nearly \$404 million, which is about 15 percent of Allina’s total operating expense. Unity and Mercy hospitals contributed nearly \$76 million.

Of Allina’s total contribution, \$156 million provided community benefits designed to lessen the health care burden for all in the community. This includes caring for patients who are unable to pay, who have no health insurance, or for whom Medicare and Medicaid do not cover the full cost of services.

Examples of Unity and Mercy community benefit programs include health fairs and screenings, exercise and education classes, and charitable/in-kind donations to local not-for-profits and event sponsorships. ❖



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YOUR MAMMOGRAM

What are doctors looking for?

WOMEN WHO get timely mammograms are enlisting a powerful tool to guard against breast cancer. These tests can help spot breast cancer early, long before it causes symptoms, when treatment works best.

“Starting at age 40, have a yearly mammogram, along with breast exams done by your doctor,” urges Dana Carlson, MD, a breast surgeon and Unity and Mercy hospitals’ Breast Care Program medical advisor.

After your mammogram, a radiologist will examine your images for any abnormal tissue changes, including:

Calcifications. These mineral deposits appear as white spots on a

mammogram. Larger spots are usually harmless changes, often related to aging. However, groups of tiny, white specks are sometimes signs of cancer.

Masses. Various lumps and masses may also be found, including fluid-filled cysts or other noncancerous

growths. The size, shape and edges of a mass can be important. For example, noncancerous masses often have well-defined edges,

rather than irregular ones.

REASSURING NEWS

If something suspicious is found, try not to worry too much. In the vast majority of cases, it isn’t cancer.

More testing—such as another mammogram, an ultrasound or a biopsy—may be needed.

Most screenings find no signs of cancer.

Advancing technology

In the 1960s, the Beatles were all the rage—and mammograms were a new way of finding breast cancer in its early stages. Both times and technology change.

Digital mammograms, for example, capture images electronically instead of on film—much like how a digital camera works. The images are viewed on a computer, where they can be magnified or adjusted for better contrast, which helps show clearer details.

Computer-aided detection is sometimes described as a second set of eyes, since it can be used to help check mammogram results. The software flags suspicious areas on images so that doctors can take a closer look.

Source: Radiological Society of North America

According to the American Cancer Society, when women need more testing, only 8 to 10 percent end up needing a biopsy—and 80 percent of those biopsies are negative.

If breast cancer is found, Unity and Mercy hospitals’ Cancer Centers offer comprehensive care to fight cancer. Patients receive compassionate, personalized care that addresses their physical, emotional and spiritual needs.

Screening can provide peace of mind, and you’ll be taking a great step to protect your health. ♦