

Healthy a publication of ALLINA HOSPITALS & CLINICS Communities™

MAGAZINE

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MERCY
HOSPITAL
Allina Hospitals & Clinics



UNITY
HOSPITAL
Allina Hospitals & Clinics



Saving minutes saves lives

Time runs out for about 500,000 of the Americans who have a heart attack every year, and even more people have to live with a heart damaged by a heart attack.

Sandra Allshouse, who had a heart attack in September, was luckier, thanks to fast treatment at Mercy Hospital.

If you're having a heart attack, the faster your treatment is started, the better your chances of surviving and reducing the damage to your heart. Every minute counts.

Allshouse was treated so quickly that she can hardly believe she had a heart attack. It started as jaw pain in the late afternoon, becoming more severe and spreading to her arm as the evening progressed, with the addition of pressure in her chest in the middle of the night.

—CONTINUED ON PAGE 3

Sandra Allshouse recovered from a heart attack thanks to rapid treatment at Mercy Hospital. An accredited Chest Pain Center, Mercy saves time and lives by coordinating the efforts of ambulance services, the Emergency Department and the catheterization lab.

visit us at allinamercy.org and allinaunity.com

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Health UPDATE

Welcome, new foundation board members

The Mercy & Unity Hospitals Foundation works with individuals, corporations, foundations and organizations to raise and invest funds to help ensure the best health care services for everyone in the North Metro.

Six new members were appointed to the foundation board of directors in 2009: Joseph Strauss, a Blaine resident and retired executive of Phillips Distilling; Jim Steffen, chief executive officer, Trott Brook Financial, Ramsey; Trish Mowry, chief executive officer/president, Metal Craft, Elk River; Maureen Steinwall, chief executive officer/president, Steinwall Inc., Coon Rapids; Don Haller, vice president, Community Relations, Connexus Energy, Ramsey; and Jim Cormier, president, Building Sites Inc., Anoka.

The foundation is a not-for-profit 501(c) organization, and all charitable gifts are tax-deductible. To learn **Go!** how you can help, call 763-236-8199 or visit allina.com/muhf.



Your hospitals are now on Facebook

Connect with Mercy and Unity hospitals on Facebook*. In addition to traditional websites—allinamercy.org and allinaunity.com—the hospitals are

now using Facebook to inform community members about what's new and exciting.

Communications staff members are on the lookout each week for interesting news to share on Facebook. They also post pictures, video clips and information about events for the community.

Go to www.facebook.com and type "Mercy Hospital" or "Unity Hospital" in the search box in the top right corner. Each hospital has its own page on Facebook. Once you arrive, make sure to click *Become a Fan* at the top of the page. This will ensure that you receive status updates.

*Facebook is a registered trademark of Facebook, Inc.



24-hour trauma services

Mercy Hospital was recently designated a level 3 trauma center by the Minnesota Department of Health. It has staff onsite 24 hours a day, every day to provide excellent trauma care. Providers onsite supporting trauma care include:

- trauma surgeons
- an orthopedic trauma service
- intensivists
- neurosurgeons
- hospitalists and pediatric hospitalists
- trauma nurse clinicians

- surgery staff
- radiology and lab staff for CT scans and other diagnostic tests.

Mercy's designation as a level 3 trauma center by the Minnesota Department of Health makes it part of the Minnesota Statewide Trauma System. The goal of the statewide system is to save valuable time in getting severely injured patients the care they need.

Unity Hospital is also a level 3 trauma center.



Jeffrey Chambers, MD, cardiovascular medical director at Mercy's Heart and Vascular Institute, and Sandra Allshouse visit as she works out in the cardiac rehab program at Mercy.

Saving minutes

—CONTINUED FROM FRONT PAGE

When she went to Mercy Hospital at 2:30 a.m., the Emergency Department team quickly evaluated her and rushed her to the catheterization lab. Despite complications due to previous arterial leg surgeries, her blocked artery was opened quickly, and her heart is expected to recover fully with little damage.

"When they saw the EKG coming off the printer, they put me in a wheelchair and we flew down the hall," Allshouse recalls. "A team of six to eight people worked on me. Then they put me on a bed and literally ran with me to the cath lab where the team was waiting for me. I was in my room by 5 or 6 a.m. and felt terrific, as if I hadn't experienced any heart problem!"

Accredited Chest Pain Center

Chest pain, fullness or pressure, which may be mild or severe, are signs of a heart attack and other serious problems. That's why a specialized team at Mercy Hospital quickly evaluates chest pain and starts treatment. Recently accredited by the Society of Chest Pain Centers, it's one of the best resources in the country if you're having chest pain, and it's only minutes away. It's one of the reasons that Mercy Hospital has been recognized as one of the best

hospitals for treating heart attacks.

Mercy Hospital has shaved lifesaving minutes off of the time to treatment by creating a plan that coordinates the efforts of the ambulance personnel, the Emergency Department and the cardiology specialists at Mercy Hospital.

Don't hesitate—call 911

When you call 911 because of chest pain, the paramedics in the ambulance do much more than transport you—they start EKGs, tests and treatment, and provide information about your condition to the Emergency Department as you are rushed to the hospital. The Emergency Department team quickly completes the evaluation. If it's a heart attack, the catheterization lab is alerted, and the team is ready to open your blocked artery.

"We've worked hard to cut minutes out of the time to treatment," says Jeffrey Chambers, MD, cardiovascular medical director at Mercy's Heart and Vascular Institute. "But the longest delay is often the patient sitting at home waiting to call 911. Don't wait!"

If heart attack is ruled out, you will be monitored and tested to determine the cause of the chest pain.

Full service

Mercy Hospital has full-service care for heart attacks from the time you call 911 through your recovery. Cardiac rehab in and out

Outcomes tell the story

"Our goal is better outcomes, and our patients get their blockages cleared faster than the national average—and our mortality rate is lower than the national average," says Jeffrey Chambers, MD, cardiovascular medical director at Mercy's Heart and Vascular Institute. "We continually improve care by reviewing each case and changing our process when we find a better or faster way to treat patients."

Mercy Hospital has been recognized for excellent care of chest pain and heart attack patients, including:

- designation as an accredited Chest Pain Center by the Society of Chest Pain Centers
- designation as a Top 100 Cardiovascular Hospital in the Nation by Thomson Reuters (formerly Solucient) for the past six years—the only hospital in Minnesota to receive this ranking so consistently
- Distinguished Hospital Award for Clinical Excellence (five-star ratings for heart attack with angioplasty) from HealthGrades
- high rankings from the VHA, Centers for Medicaid & Medicare Services, and the Joint Commission for heart attack treatment.

Go! For more information, visit allinamercy.org.

of the hospital, close follow up, lipid programs, smoking cessation and education programs help you recover and prevent another heart attack.

For more information about heart attacks, visit **Go!** allina.com.



Win at losing

Find the weight-loss option that's right for you

BARIATRIC SURGERY

A lot to lose, a lot to gain

If you are obese and have tried unsuccessfully to lose weight and keep it off, you may have a lot to gain from weight-loss surgery. Studies have shown that in the majority of cases, diabetes, high blood pressure, joint problems and other health issues improve dramatically or completely go away after weight-loss surgery. Five years after bariatric surgery, the Unity Hospital Bariatric Center surgery patients have lost an average of more than 83 pounds.

"In the long term, statistics for those who have weight-loss surgery

are better than for those who tried diet and exercise alone," says Mary Silberschmidt, program manager, Unity Hospital Bariatric Center. "And with recent studies showing that it is as safe as other common surgeries, bariatric surgery should not be considered a last resort. It improves or resolves many diseases as well as changing your appearance."

Is it right for you? It's a big decision to have bariatric surgery, because it involves major lifestyle changes and has some risk.

If you want to learn about whether weight-loss surgery is a good choice for you, start by attending a free class offered by the Unity Hospital Bariatric Center (see page 8). You may bring a support person with you.

Next, you can meet with a Bariatric Center nurse clinician who will review your particular case to see if you are a candidate and review your insurance requirements.

Finally, if you decide you want bariatric surgery, the nurse becomes your coach throughout the process. You learn how to prepare for surgery and life after surgery. Before surgery, among other things, you can expect to have a psychological evaluation and laboratory tests. You will choose your surgeon and discuss the different procedures that might be used.

A lifelong commitment. After surgery, you will follow up with doctors and nurses to help you stay on track with your new lifestyle and ensure proper nutrition. Free support groups and nurse follow-up

If you're struggling with being obese or overweight—and millions of Americans are—it's important to know that you really can lose unwanted pounds and gain better health.

Is there a secret to slimming down, like so many quick-fix diets promise? Not really.

It takes time and determination, but weight-loss success is within your reach.

Check your BMI

How do you know if you're overweight or obese? One way to check is with the body mass index (BMI)—a calculation based on your height and weight. Having a BMI of 25 to 29.9 indicates that you are overweight. Having a BMI of 30 or more signifies that you are obese.

You can calculate your BMI **Go!** by going to the *Healthy Communities* section at allinaunity.com.

Being overweight or obese can increase your risk of high blood pressure, heart disease, type 2 diabetes and other serious health problems.

What are your options?

Weight loss, even a modest amount, can often help improve your health. Lifestyle changes—such as cutting calories, eating healthful foods and exercising regularly—are the basic tools.

At an Allina Medical Clinic, your health care providers can help you learn about making wise food choices, reducing oversize portions and identifying habits that cause you to consume more calories than you burn. Unity Hospital offers weight-management classes (see page 8).

For weight-loss tools and tips to help you shed unhealthy pounds, go to the *Healthy Communities* section at allinaunity.com. You can calculate your caloric burn rate, your caloric needs and your ideal weight. There

are healthful recipes, and diet, nutrition, and fitness information for children, adults, and those with heart disease and diabetes.

To lose weight, you don't just need to control calories, you need to burn calories. Most people need about 300 or more minutes a week of moderately intense activities, such as brisk walking or cycling, to help meet weight-loss goals.

Start slowly, and build up. Ten-minute chunks of exercise throughout the day can help you meet your goals.

Sometimes, however, diet and exercise alone aren't enough to help people lose sufficient amounts of weight to improve their health. In that case, medicines or surgery may be an option.

Weight-loss surgery could be an option if your BMI is 40 or more or if you have a weight-related health condition, such as type 2 diabetes, and your BMI is 35 or more.

Source: U.S. Department of Health and Human Services

consultations help you adjust and manage your new lifestyle. These are lifelong changes, and lifelong follow-up and support help ensure success.

The Unity Hospital Bariatric Center is designated a Center of Excellence by the American Society for Metabolic and Bariatric Surgery and is a Blue Cross Blue Shield Blue Distinction Center. More than 5,500 surgeries have been performed at Unity Hospital since 1996 when the Bariatric Center was created, although bariatric surgeries have been performed at Unity for more than 30 years.

At Unity Hospital, the operating room team, dietitians, exercise specialists and nurse clinicians are specially trained in meeting the needs of each bariatric surgery patient. A special wing of the hospital is



Follow-up is important to the success of weight-loss surgeries. Nurse consultations after surgery help weight-loss patients at Unity's Bariatric Center meet their weight-loss goals and maintain good health.

dedicated to bariatric patient care. In addition, the Bariatric Center partners with psychologists, plastic surgeons and other specialists who understand the changes after bariatric surgery.

To learn more about weight-loss

surgery or to register for the free class, call 1-866-904-9962 or visit allinaunity.com, click on *Services & Programs*, and then *Bariatric and*

Go! *Weight Loss Center*. You can even watch a bariatric surgery online.



Health care support that puts patients first

Allina's Care Navigation Help Desk

Allina's Care Navigation Help Desk provides personalized health care support to patients and their families.

"The Care Navigation Help Desk is one way the health care team at Allina works to provide seamless care to patients," explains Gayle Mattson, president, Allina Home & Community Services.

"When you or a loved one has many medical needs, trying to determine how to get help and what services exist can be difficult," Mattson says. So the Care Navigation Help Desk staff steps in to help. Registered nurse and social worker care navigators provide an assessment to determine what needs

Care navigators help connect patients with care and services.

a patient might have and how to connect them with the right care and services. Resources offered include home health care, home oxygen and medical equipment, hospice, resources for people with advanced illnesses, life care management, private caregiving, and housing referral and placement.

Julie and Jane's story

When Julie was diagnosed with stage III lung cancer, she and her sister Jane weren't sure what the future would hold. In subsequent months, Julie's health continued to decline, and her doctor recommended that she quit chemotherapy because of the side effects she had from the treatment. Jane thought Julie seemed depressed and that they both needed help figuring out what to do next.

That's when Jane went online to look for help and found information about Allina's Care

Navigation Help Desk. Jane called and talked to a registered nurse care navigator, who offered to work with Julie's doctor to get a referral for palliative care.

A palliative care nurse visited Julie at home three times over the summer to care for her and talk to her about her condition. When the time was right, the palliative care nurse recommended that Julie begin hospice care.

"Ever since Julie went into the hospital, we've been glad we're hooked up with Allina," says Jane. "They've been able to help with home oxygen, palliative care and now hospice care. Not every health system has all those services."

For more information about the Care Navigation Help Desk, go online to allina.com/care or call

**651-635-9173 or
1-800-261-0879**

Primary care



Primary care locations

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.

After-hours care



After-hours care locations

Allina Medical Clinic – Coon Rapids

763-780-9155

Monday-Friday: 5-9 p.m.

Saturday: Noon-5 p.m.

Sunday: 9 a.m. to 3 p.m.

Emergency care

IN CASE OF EMERGENCY,
CALL 911.



Hospital locations

Mercy Hospital

4050 Coon Rapids Blvd.
Coon Rapids, MN 55433
763-236-6000

Unity Hospital

550 Osborne Road
Fridley, MN 55432
763-236-5000

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

With our electronic medical record, information from your doctor and hospital visits and test results are available to Allina's network of primary care providers, specialists and hospitals. MyChart also allows you to schedule appointments, request prescription refills, review your health history and more—online, any time! For more information, visit allina.com/mychart.

It's good to be close.

12 clinics in the Northwest Metro. Award-winning care.

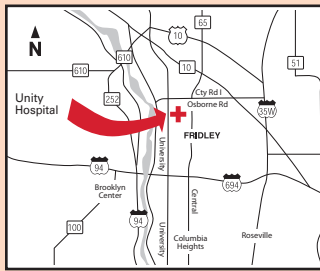
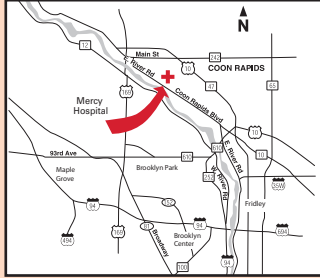
allina.com/close



How to find us:

Mercy Hospital
4050 Coon Rapids Blvd.
Coon Rapids, MN 55433

Unity Hospital
550 Osborne Road
Fridley, MN 55432-2799



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

550 Osborne Road
Fridley, MN
55432-2799

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 screenings
- supervised exercise programs—call 763-236-8024
- yoga classes—call 763-236-8024

Women's Heart Health Screening and Education Program

Saturday, Feb. 27, 7-11 a.m.
Mercy Hospital

Are you at risk for heart disease? Find out by attending this event. For more information, call 1-866-904-9962.

Nutrition Education Classes

- Call 763-236-8024.
- Carbohydrate Counting, \$10
 - Virtual Supermarket Tour, \$10

Cardiac Education Classes

Call 763-236-8024 (Mercy) or 763-236-3535 (Unity) for details.

- The Heart and Heart Disease
- Benefits of Exercise
- Heart-Healthy Nutrition
- Low-Sodium Strategies
- Medication Overview
- Risk Factors
- Strength Training
- Stress Management
- Weight Management

Community Education and Support Groups (Mercy)

- Call 763-236-8024.
- Cardiac Club and Heart Failure Support Groups
 - Lifestyle Support (meets first and third Friday of each month)

PREGNANCY, BIRTH AND PARENTING CLASSES

- Call 1-866-904-9962.
- All About Babies, \$55
 - Childbirth Preparation, \$105
 - Breastfeeding Preparation, \$30
 - Celebrating Families
 - Changing Shapes™: Pregnancy, \$35
 - Coping With Labor, \$55
 - Expectant Father, \$30

- Childbirth Preparation: Twins, Triplets or More, \$105
- Infant and Child CPR, \$45
- Infant Massage, \$65
- New Brother/New Sister, \$30
- New Parent Connection, free
- Refresher: Childbirth Preparation, \$65
- Small Talk (sign language), \$30
- Vaginal Birth After Cesarean (VBAC), \$15

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 Center offers free, introductory weight-loss seminars. Call 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

Call 763-236-2084.

Support group designed for surgical weight-loss clients who want to stay on track.

OTHER

Brain Injury Support Group

Call 1-866-904-9962.

Diabetes Care Education Classes

Call 763-236-3604.

Stroke Support Group

Call 763-236-8050.

Mark your calendar

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

Call Allina Grief Resources at 651-628-1752.

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 transitions.

