

2017 Winter News *Brief*



All of imagination, everything that you think, you feel, you sense, comes through your brain. There are ways to keep your brain healthy, active and young...no matter your age.



Thanks to you

Past Campaign Update: Nasseff Neuroscience Center



Thanks to your generous donations to one of our biggest capital campaigns, the John Nasseff Neuroscience Specialty Center became a reality in 2005. With a goal to raise \$10M of the \$21M projected cost, you donated \$20M!

Fast forward 12 years later, and your donations have made the neurovascular center at United a five-state regional referral center with patients traveling from around the world for our services. It is one of the busiest neurovascular centers by volume in the country.

Neurological disorders affect millions of Americans and their families and are on the rise. A team of dedicated physicians, professional neuroscience nurses and skilled technical staff throughout United Hospital provide the most up-to-date diagnostic, medical, surgical and rehabilitation treatment services for patients with neurological diseases.

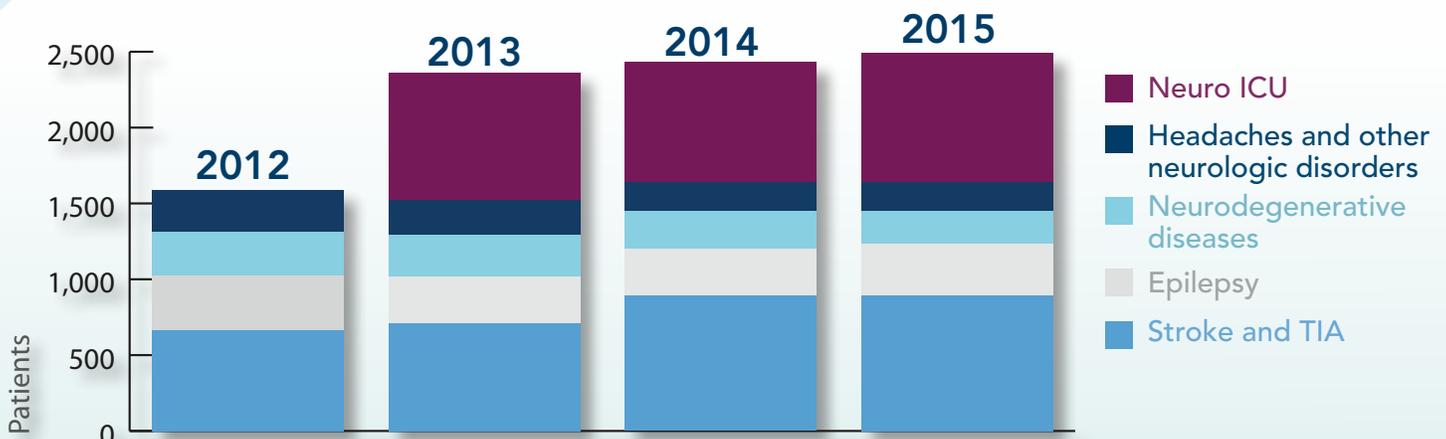
Within our walls you'll find:

- Skull based surgery
- Neurosurgery
- Brain aneurysm care
- Epilepsy Center
- Interventional neuroradiology
- Pain Center
- Spine care
- Stroke Center
- Biplane
- MRI

More recent donations have allowed United to offer patients the best in care with the Bentson Family Foundation Neurological Intensive Care Unit. In 2014, the Nasseff CyberKnife® was added to offer the latest in non-invasive, precise treatment for tumors and lesions throughout the body.

Thanks to your support, patients needing the best in neurology care find it at United Hospital.

BY THE NUMBERS: Neuroscience Program Growth



Holistic approaches to keep your brain young

Matthew Abeln, MD

You already know that stress can take a toll on your body. Did you know it can also damage your brain?

That's one reason that I am a strong proponent of meditation and stress management practices for people of all ages. As an internal medicine physician who practices integrative primary care, I believe taking a more holistic approach to health is helpful for people as they age.

Stress

One brain structure that is very sensitive to stress is the hippocampus, the memory center of the brain. Your body produces the hormone cortisol in response to stress, and over time high levels of cortisol can damage the hippocampus. Stress is definitely a factor in memory loss, and there's good evidence that meditation, in its various forms, is beneficial and correlates with a decreased risk of Alzheimer's.

Stress isn't the only threat to the aging brain. Inflammation, the kind triggered by lifestyle and health habits like a poor diet, inactivity, chronic sleep problems and smoking, is associated with many chronic diseases, including Alzheimer's and dementia.

Food choices

The typical Western diet is too high in Omega 6 fats and too low in Omega 3 fats. While some Omega 6 fats are needed, most Americans eat too many. These fats promote inflammation. Foods with anti-inflammatory properties include colorful fruits and vegetables, certain teas and spices, and foods with Omega 3 fats, like cold-water fish.



Staying active can help counteract inflammation, and regular exercise can make you feel happier. While something as simple as walking every day may be all you need for cardiovascular health, vigorous exercise releases endorphins, which can boost your mood.

The ever-changing brain

Just as physical activity helps you stay strong, mental activity helps you stay sharp. We used to think brain development occurred until about age 19. Research shows that the brain maintains the ability to reshape itself and create new connections.

My final advice to keeping your brain young? Stay engaged, both mentally and socially: Do crosswords and other cognitive exercises, build and maintain social connections, stay curious and keep learning.

To schedule an appointment with Dr. Abeln, call: 651-241-9600.



MEET THE EXPERT: Matthew Abeln, MD

Dr. Matthew Abeln is board-certified internal medicine physician practicing at Allina Health Highland Park Clinic. His professional interests include integrative medicine, cardiovascular disease, diabetes, geriatrics, nutrition and preventive medicine.

2017 Capital Campaign

Hybrid Surgical Suite

Many of you made the Nasseff Heart Center the home for outstanding heart care provided by doctors recognized around the world. Heart care is important at every age, but even more so to our aging population...one that is growing rapidly.

Health care changes so fast making it important to keep up with all the treatments needed for heart health. You can help make sure the Nasseff Heart Center continues to offer the best in heart care through a new, state-of-the-art Hybrid Surgical Suite. This suite blends the capabilities of a cardiovascular catheterization laboratory, where minimally invasive heart procedures are performed, with a traditional surgical suite where open-heart surgeries are performed.



You hold our future in your hands.

DONATE TODAY!

United Hospital Foundation
allinahealth.org/unitedfoundation
or 651-241-8022

Mark your calendars
for the 2017 events!

United Hospital
Golf Classic
July 31, 2017

3M Championship
July 31 –
Aug. 6, 2017

Service to
Humanity Gala
Sept. 30, 2017

United Hospital Foundation Staff



Back row (L-R): Janet Berg, Annual Giving Manager;
Cindy Early, Major Gifts Officer; Jo Marcotte,
Executive Assistant; Allison Herbst, Associate
Development Officer.

Front row (L-R): David Byrd, President;
Jacob LaCroix, Director of Development.

United Hospital Foundation Mission

United Hospital Foundation exists to raise philanthropic support for United Hospital and its mission of providing exceptional medical care to our patients. The Foundation also represents itself and the hospital in the community.

allinahealth.org/unitedfoundation

If you would like to be removed from our mailing list, please email unitedhospitalfoundation@allina.com or call 651-241-8022.