

News Brief

July 2017



"We learn so many things from golf—how to suffer, for instance."

Bruce Lansky, Author

From art crawls to the zebras at Como Park Zoo, summer in the saintly city brings people outside, ready for fun and fresh air. If golf is your activity of choice, don't let lower back pain get in the way of your swing. "To Your Health" features treatments for pinched nerves in the low back by Twin Cities Spine Center.



UNITED HOSPITAL
FOUNDATION

Thanks to you

Comfort care is readily available

Your gifts to United Hospital Foundation help fund unique soothing services for patients, guests and families every day.



In the depths of winter, or during the dog days of summer, imagine walking into the United Hospital lobby to be greeted by happy, smiling Coffee Cart volunteers with a hot cup of coffee or glass of cold water. Volunteers bring the Coffee Cart around the hospital, stopping by the many waiting rooms to serve small cups of comfort to families and friends of those having surgeries or other procedures done.

What happens when a room is needed for those who don't want to be far away? Thanks to you, those who need the convenience of nearby overnight accommodations can stay in the Lipschultz Guest Rooms at a discounted rate.

The comfort you provide doesn't stop with the beverage cart and the discounted hotel room. When patients arrive at United by ambulance, often the clothes they are wearing can't be worn home. Your donations help fund and fill a Patient Clothing Closet with everything a patient needs to go home fully clothed. From underwear, socks, t-shirts and sweats to jackets and hats, patients leave United dressed and dignified. Each month, 40-50 patients are discharged wearing much-needed new clothing. In addition to your donations, the United Hospital Leadership team donates items several times a year.

Your help is needed to fund these wonderful services. *Make a gift today!*
Call the Foundation at 651-241-8022 or visit allinahealth.org/unitedfoundation.

Pictures this page. Left: Volunteers offering coffee to a guest. Center: Guest Room at the Holiday Inn downtown St. Paul. Right: Deb Walczak, manager of Campus Services, Volunteer & Guest Services, Gift Shop, Family Care Coordinator shows off the Patient Clothing Closet.

Spinal stenosis treatments

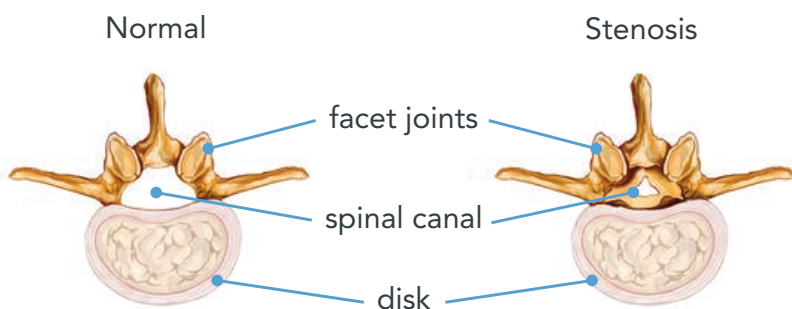
by Benjamin Mueller, MD

Pinched nerves in the low back (lumbar spine) are more common with age, and are caused by a tight spinal canal (stenosis). Spinal stenosis can also be associated with spinal instability or deformity, which are rare conditions.

The most common symptoms are pain, numbness and tingling. Some people describe “sluggishness” or weakness of the legs. The symptoms can be located in the back, the buttocks/hips, or in the legs (sciatica), and occur with walking and standing. Because the spinal canal is tighter in an upright posture, some relief may be found by sitting or leaning forward.

For relief from the pinched nerves in the low back, initial treatment includes physical therapy, pool therapy, or over-the-counter medications. Epidural steroid injections can help ease symptoms for longer periods of time, and can be repeated. Surgical treatment (decompression) is safe and effective with a relatively quick recovery, and can help alleviate symptoms permanently. Surgical treatment is reserved until other options have been tried.

While this condition affects quality of life, it is not dangerous, and symptoms are treatable.



To your health

Leading Spine Care for Generations

For 70 years, the physician specialists of Twin Cities Spine Center (TCSC) have devoted their practice to one incredibly complex part of the body – the spine. While much has changed in specialty spine care and surgery over the years, one thing has remained constant – TCSC’s commitment to leading spine patient care, research and education.

In 2014, TCSC expanded its leading spine care to the United Hospital Campus where their spine surgeons and staff perform surgery, and evaluate patients in clinic at the Nasseff Specialty Center. Patients come to TCSC in pain, and through expert clinical knowledge and, when most appropriate, advanced surgical skills and techniques, they may be helped to an improved quality of life.

TWIN CITIES  SPINE CENTER

To schedule an appointment, call 612-775-6275.

Benjamin Mueller, MD, PhD, is a board-certified, fellowship-trained orthopedic spine surgeon with Twin Cities Spine Center. He sees adult as well as pediatric patients in St. Paul, Vadnais Heights and Burnsville. He was honored by *Mpls.St.Paul Magazine* as a 2017 Rising Star.



Gala

SERVICE TO HUMANITY



Mark Heller, MD



Russell King

Celebrate

with the 2017 Service to Humanity
Physician Honoree Mark Heller, MD,
and Community Honoree Russell King

Sept. 30, 2017 | 5:30 p.m. | Saint Paul RiverCentre Grand Ballroom

Tickets are available by calling the Foundation at 651-241-8022.



#Unitedgala

*Learn how this 2017 Mustang V6
Convertible can be yours!*

Visit allinahealth.org/car
or call 651-241-8022.

