



Allina Health 

MAGAZINE

WINTER 2026

TRANSFORMING CANCER CARE

Histotripsy experts at Abbott Northwestern Hospital are liquefying liver tumors.

A RENEWED WAY TO SHARE VALUES

How do Allina
Health's values
show up in care?

Welcome to the first edition of Allina Health Magazine.

The evolution of this publication reflects our commitment to making it easy to see what guides care across our hospitals, clinics and specialty centers, as well as in homes, during virtual visits and through emergency medical services.

The stories on these pages show compassion, integrity, excellence and teamwork in action. These values help us stay grounded in what matters for our patients, care team members and communities — especially during challenging times like those we've recently experienced in Minnesota.

Our latest update includes:

- A new tool at Allina Health Cancer Institute that treats liver cancer tumors without an incision
- An Andover man's return to pickleball and other activities he loves after a shoulder replacement at Allina Health Orthopedics
- The benefits of Allina Health Specialty Pharmacy, as shared by a care team member who's served patients for more than 40 years

Share these stories with people looking for reminders about the meaningful work happening every day across Allina Health.



Kerri Gordon
Chief Marketing, Communications and Public Affairs Officer

CANCER CARE ON THE AIR

Late last year, Minnesota Public Radio host Angela Davis told listeners that she was taking a leave of absence to deal with a stage 1 breast cancer diagnosis.

Earlier this year, Angela returned to the air to talk about her health and what she'd learned during treatment — including how care is becoming more effective.

Rachel McCaffrey, MD, an Allina Health breast surgical oncologist, joined Angela to discuss research, new drugs and promising treatments that are helping to make surgeries more personalized.

Angela says she's now cancer-free. She continues to receive care at Allina Health Cancer Institute, adding that she's "had an excellent experience."



CUTTING-EDGE CARE, NO SCALPEL NEEDED

Allina Health Cancer Institute at Abbott Northwestern Hospital in Minneapolis is the only place in the Twin Cities where care teams are using histotripsy to liquefy cancer tumors without any needles or incisions.

"It allows us to treat patients who are not candidates for surgery or other targeted liver tumor therapies," said Tom Gebhard, MD, an interventional radiologist at Allina Health.

Dr. Gebhard performed the first histotripsy procedure at Allina Health in late 2025 using the Edison System, developed by HistoSonics, a Minnesota medical technology company.

The FDA-approved technology is used while a patient is under general anesthesia to keep the liver as still as possible during treatment.

In a histotripsy procedure, focused ultrasound waves create tiny microbubbles that break down tumor tissue at the cellular level.

"The bubbles expand and contract," said Dr. Gebhard. "That causes a physical force that disrupts the cell wall and liquefies the tumor."

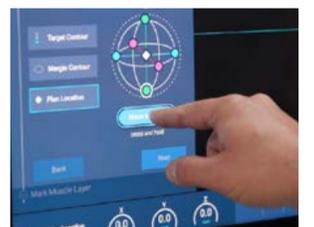
Most histotripsy treatments last one to two hours, depending on the tumor, and patients usually go home the same day with minimal discomfort.

Histotripsy can be used alongside chemotherapy or radiation. It is currently approved for treating liver tumors and is awaiting FDA approval for kidney tumors.

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Histotripsy will expand
the number of tumors
we're able to treat.

Tom Gebhard, MD
Interventional Radiologist



EXCELLENCE



“

One of our biggest strengths is that we build relationships with our patients.

EXPERT CARE THAT'S PERSONAL

Nancy Remde is a patient representative on the Allina Health Specialty Pharmacy team — a group of experts who deliver prescriptions and guide patients with chronic and advanced conditions.

“Allina is the place we want to be,” Nancy said with a smile.

Specialty pharmacies focus on medications that are more complex, more costly and require extra care. They often treat serious or rare conditions such as cancer, multiple sclerosis, rheumatoid arthritis or psoriasis and can come with significant side effects.



SHOULDER SURGERY: A BULLSEYE FOR BRAD

Bradley Wesely was very active and enjoyed many different sports until his shoulder started giving him trouble.

"Golf was difficult, archery was difficult," Bradley said. "Virtually everything I did was more difficult."

Before long, the sore shoulder was affecting Bradley's sleep. No matter how he tried to rest, nothing made it better.

"I decided enough was enough," Bradley said.

Following his wife's advice, Bradley made an appointment with Allina Health Orthopedics.

"Mr. Wesely had advanced arthritis of the shoulder joint and was a good candidate for outpatient surgery," said L. Pearce McCarty III, MD, an Allina Health orthopedic surgeon.

Dr. McCarty and his team created a 3D digital model of Bradley's shoulder and performed a virtual practice surgery. It allowed them to understand exactly which type and size of implant would work best.

"When we came to the day of surgery, we knew exactly what we needed," Dr. McCarty said.

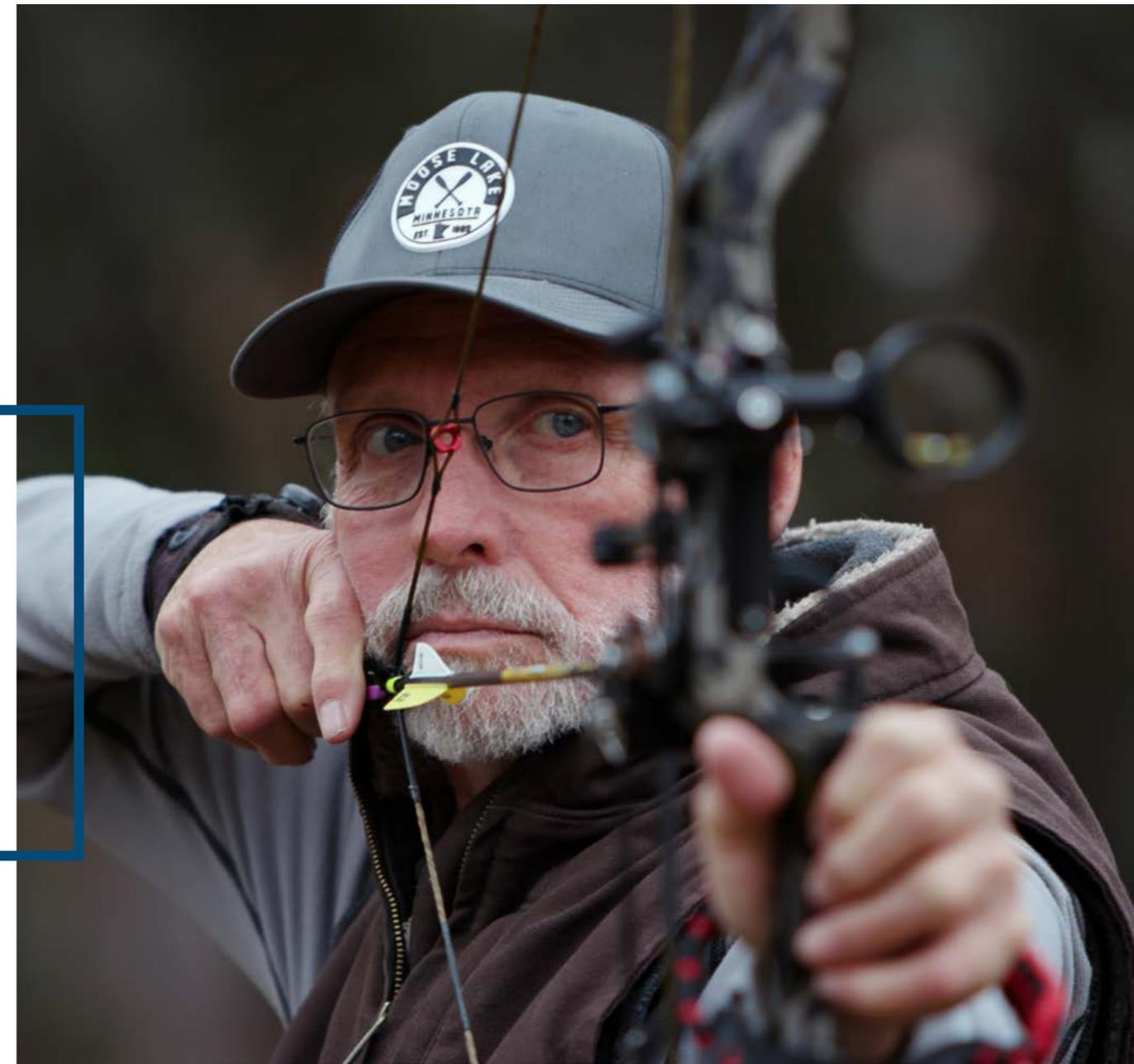
Bradley said the 3D modeling helped put him at ease, especially by showing that he would have a wide range of motion after the operation for pickleball, fishing, golf and more.

"Every aspect of the surgery went extremely well," Bradley said. "I'm doing all the things that I wanted to do, and it was just a great experience for me."

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My shoulder feels wonderful and I'm doing all the things I wanted to do.

Bradley Wesely
Patient



VOLUNTEERS STRENGTHEN CARE TEAMS

More than 3,000 people pitched in to enhance the patient experience at Allina Health in 2025, asking for nothing in return except the satisfaction of helping others

“Our volunteers mean so much to our hospitals, institutes and rehabilitation programs,” said Jessica Hamel, director of volunteer services at Allina Health. “Their impact is visible — and felt — everywhere.”

Volunteers guided patients and families through complex hospital campuses, comforted hospice patients and supported large community programs. They also powered adaptive sports and recreation activities at Courage Kenny Rehabilitation Institute, contributing thousands of hours to support athletes of all abilities.

Last year, four incredible volunteers were honored at the first annual Allina Health Volunteer Awards. The inaugural event celebrated people whose service truly changes the experiences of people getting care.

“Volunteers don’t just support our care teams,” Jessica said. “They strengthen them and remind us of what’s possible when people lead with heart.”



“

The volunteer was the most kindhearted person and made my experience feel much more comfortable.

Patient

3,018

TOTAL PEOPLE WHO VOLUNTEERED IN 2025

162,045

HOURS OF SERVICE

222

ZIP CODES WHERE VOLUNTEERS LIVE IN MN & WI

\$5,637,546

VALUE OF VOLUNTEER CONTRIBUTIONS IN 2025



465

VOLUNTEERS WITH 10+ YEARS OF SERVICE

14-94

AGE RANGE OF VOLUNTEERS



ANNUAL THANK YOU FOR 'TEAM HOWARD'

When Howard Anderson was diagnosed with pancreatic cancer — one of the most complex and challenging to treat — he turned to Allina Health Cancer Institute.

"They were there for me," Howard said. "They wanted me to move forward as healthy as I was before."

And he has. More than eight years after his surgery, Howard is doing well. He credits his expert, comprehensive care and the doctors and nurses who he calls members of "Team Howard."

Each year on the anniversary of his surgery, Howard reaches out to his oncology nurse navigator to thank his care team, including his surgeon, who keeps his "Team Howard" T-shirt in his office.

"It's people like him who remind me why I come to work every day," said Ashwin Kamath, MBBS, FACS, a hepato-pancreato-biliary surgical oncologist at Allina Health.



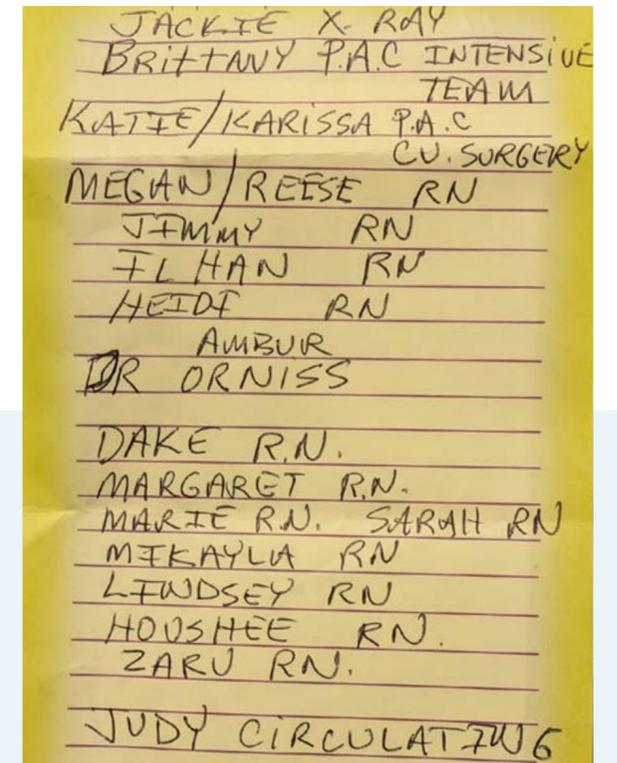
GRATITUDE POWERS FRANK'S RECOVERY

Frank Goldman credits the team at Allina Health Minneapolis Heart Institute with saving his life and guiding him through a difficult recovery after a diagnosis of severe coronary artery disease.

Frank knew he would never remember the names of everyone who crossed his path during his care, so he made lists, hoping he'd eventually find a way to show his gratitude.

"I was in the hospitality industry for 37 years," Frank said. "When people are unhappy, they always let upper management or ownership know. But when people do their jobs well, they absolutely should be recognized."

Frank says the compassion offered by the people on his list gave him strength. He hopes every person who was part of his care knows how deeply grateful he is for their help.





INNOVATIVE TOOL SPEEDS BRAIN CARE

Allina Health Brain and Spine Institute is bringing advanced brain monitoring closer to home with the new Zeto ONE system at United Hospital – Hastings Regina Campus.

“This is a game-changer for patients and physicians,” said Ram Sankaraneni, MD, FAAN, FAES, president of the institute. “We are proud to offer this innovative clinical tool to increase access to expert care.”

The device allows doctors to start an EEG in minutes, eliminating the need for patients to travel to St. Paul for testing. Neurologists can then review results remotely and quickly identify seizures.



BREAKTHROUGH LEAD FOR HEART PATIENTS

Allina Health Minneapolis Heart Institute is the first in the region to use the OmniaSecure defibrillation lead to help protect patients against dangerous arrhythmias.

“This is an important new concept in defibrillator leads,” said John Zakaib, MD, a cardiac electrophysiologist at Allina Health Minneapolis Heart Institute. “It’s small and flexible, instead of bulky and stiff like older leads.”

Doctors say a slimmer design may lower the risk of vein or valve issues and make defibrillator care safer and more comfortable for patients.



MENTAL HEALTH ADVICE FOR ANXIOUS FAMILIES

Even if kids aren't watching the news, they may still feel its effects.

“Younger kids are going to be very sensitive to the moods of adults around them,” said psychologist David Nathan, PsyD, LP. “They're also going to be sensitive to changes in routine.”

When discussing a difficult situation, Dr. Nathan says parents of younger kids should talk with them in a simple, age-appropriate way and let them know they are safe. For older kids, he suggests setting boundaries for social media use, especially during breaking news.