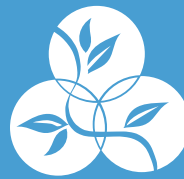


SUMMER 2015

LiveWell®



A newsletter from

**PENNY GEORGE™ INSTITUTE
FOR HEALTH AND HEALING**

Founded by the George Family
Foundation and the Ted and
Dr. Roberta Mann Foundation



Preventing cancer

YOUR LIFESTYLE MATTERS

Not all cancers can be prevented. But lifestyle and healthy habits can make a difference.

In fact, it's the small things you do every day that matter.

"This is about optimizing your life, as well as minimizing your risk of cancer," said Courtney Baechler, MD, integrative medicine physician and president of Penny George Institute for Health and Healing.

"The 'core four' are avoiding tobacco, drinking alcohol in moderation, moving at least 30 minutes a day and keeping weight under control."

But don't overlook getting adequate sleep, having strong relationships and making the right food choices.

"Sleep can't be emphasized enough," said Baechler. Sleep helps in weight control, reduces inflammation and helps you cope with stress. The effect of sleep is so powerful that Baechler sometimes advises patients to sleep in a little later, even if it means getting less exercise.

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Allina Health 

**PENNY GEORGE™
INSTITUTE FOR HEALTH
AND HEALING**

Preventing cancer

YOUR LIFESTYLE MATTERS

(continued from page 1)

Relationships are important in a couple ways. Partnering with a friend can make it easier to adopt healthy habits, and strong relationships also help you cope with stress. "While there are no studies showing that stress causes cancer, it may help fuel an existing cancer," added Baechler.

What you choose to eat also matters. Your body needs the nutrients that only a whole food diet can provide. Eat more fruits, vegetables and plant-based protein, and eat fewer processed foods. "The micronutrients and fiber in whole foods help fight off some of the precursors to cancer cells," said Baechler.

It is good to be more conscious of what you eat, but perfection is not the goal. Baechler recommends the 80/20 rule: "If you stick to a whole food, plant-based diet 80 percent of the time, you're on the right track."

While there is a genetic component to cancer, we all have the ability to reduce our risk, Baechler said. "Making the right changes in your lifestyle will have a bigger impact than anything we can do as doctors."

OPTIMIZE YOUR LIFE, MINIMIZE YOUR HEALTH RISKS

Need some help to improve your health? Consider seeing a Penny George Institute integrative physician or nurse clinician. They bring a holistic approach to improving health and managing chronic disease, with expertise in both integrative and conventional medicine. For appointments, call **612-863-3333**.



Living with and living better with cancer

A diagnosis of cancer brings challenges, changes and uncertainty. Every patient faces his or her own journey in coming to terms with the disease and coping with its effects. But increasingly, integrative medicine is helping patients live better lives with cancer.

The Penny George Institute for Health and Healing works closely with the Virginia Piper Cancer Institute® to ensure that people not only get the best treatment possible for cancer, but also get evidence-based recommendations on using integrative therapies. Through its Integrative Health Research Center, the Penny George Institute also conducts ground-breaking research on the role of integrative therapies in cancer treatment.

INTEGRATIVE THERAPIES REDUCE PAIN, ANXIETY

A study published last year – the largest of its kind involving cancer patients – showed that acupuncture, medical massage and other alternative therapies provide cancer patients significant relief from pain and anxiety. The study tracked self-reported pain and anxiety levels for more than 1,800 patients treated at Abbott Northwestern Hospital. Pain scores decreased by 57 percent and anxiety decreased by 56 percent. “Theoretically, these therapies may be as effective as medications, which is the next step of our research,” said Jeffery Dusek, PhD, research director, Penny George Institute.

As an oncologist, Michaela Tsai, MD, Minnesota Oncology and Virginia Piper Cancer Institute, has also observed the value of using integrative therapies. Tsai’s patients often ask what they can do, especially in terms of nutrition, supplements and alternative therapies, to manage side effects and restore health.

FOCUS ON HOLISTIC CARE, HEALTHY LIFESTYLE

Tsai encourages her patients to eat minimally processed, whole foods and to be cautious about supplements. “Some supplements may interfere with the proven efficacy of treatment, so it’s important to talk with someone who is knowledgeable,” she said. She often suggests that patients talk with an expert at the Penny George Institute about healthy nutrition during cancer treatment.

Tsai also refers patients for acupuncture and massage to help with neuropathy, muscle tightness, pain, nausea and anxiety. “We can give you a pill to help with nausea and pain, but everything we do has its own side effect – you may become constipated or feel tired,” she said. “When people focus on holistic care and a healthy lifestyle, they tend to get through their treatment stronger and with less fatigue.”



A holistic approach to cancer care

A variety of services available through the Penny George Institute can help during cancer treatment. For more information about these and other integrative therapies, call **612-863-3333**.

Acupuncture – often helpful for pain management, nausea, better sleep and overall wellness.

Aromatherapy – promotes relaxation and sleep, reduces nausea and pain.

Biofeedback – helps you gain control over how your body reacts to stress.

Guided imagery – shifts your focus away from worry, stress and pain and helps you find the inner strength you need to support healing.

Massage therapy – reduces pain and muscle tension, improves circulation and boosts the “feel good” chemicals in your body.

Integrative nutrition counseling – provides individualized counseling to meet your health and nutrition goals.

Healing coach – provides support and guidance on holistic care and referral to integrative therapies. Call 612-863-0200 for appointments.



CANCER SURVIVORSHIP:

Achieving optimal health

After being treated for breast cancer in 2014, Beth Lehman was ready for a fresh start in 2015. She just wasn't sure how to pull it off.

That is not unusual for cancer survivors, said Sue Masemer, exercise physiologist and manager of the LiveWell® Fitness Center of the Penny George Institute. "People go through this intense experience of diagnosis, treatment, rehabilitation and recovery, and then it's time to get on with the rest of their lives."

That's where the LiveWell Fitness Center's cancer survivor services can help.

CANCER SURVIVOR: NEW HEALTH GOALS

Lehman was already familiar with many Penny George Institute resources. She used integrative therapies to help her cope with the emotional and physical effects of diagnosis and treatment.

But as a cancer survivor, she had some new goals in mind. She wanted to lose weight to reduce the risk of recurrence. She had also just finished physical therapy for a pinched nerve, which had been aggravated in the course of her treatment. She didn't want to do anything that would cause a setback.

Lehman enrolled in the LiveWell Fitness Center's Take Action Weight Management Program (see page 6). It offers individualized assessment, guidance and support on nutrition, fitness, exercise and lifestyle change. Although Lehman was highly motivated to lose weight, "given my

past struggles with weight, I was not convinced it would work," she said.

This time it was different. Within 12 weeks, Lehman had met her goal in reducing her body fat percentage. "It requires a significant commitment and discipline, but Take Action has helped me achieve steady, measurable progress, which is very motivating," Lehman said.

The Take Action nutritionist helped Lehman develop a flexible eating plan that was adapted for her own preferences and lifestyle. And Lehman appreciated working with an exercise physiologist who understood her complex medical history. "I didn't feel that I was ready to work with a personal trainer at a fitness club. It gave me great confidence to work with someone with the academic and medical background to help bridge the medical issues," Lehman said.

GAINING CONFIDENCE

The LiveWell Fitness Center has a range of services that help cancer survivors achieve optimal health. Weight gain, deconditioning, fatigue and changes in metabolism are common concerns among survivors, along with specific physical or orthopedic limitations related to surgery or other treatments. "Another big piece is helping survivors gain



Beth Lehman

confidence and develop a strategy," said Masemer.

Health and wellness coaches help survivors develop their own vision for optimal health, and exercise physiologists and nutritionists develop customized programs that bridge the gap between cancer treatment and living as a cancer survivor.

"Our team has a level of expertise and the credentials that set us apart from other fitness centers," said Masemer. "We help bring together all the pieces that someone needs to move from cancer treatment and recovery to optimal health and wellness."

Recovering from cancer treatment?


Our exercise physiologists are certified in cancer fitness through the American College of Sports Medicine and can provide the guidance you need to become more fit. Get started with a Fitness Profile; call **612-863-5178** or visit allinahealth.org/georgeinstitute.

CLASSES AND SERVICES

Use this key to find services and classes in your area. Register by phone or online according to the class description.

Learn more about the Penny George Institute services and classes at allinahealth.org/georgeinstitute.

ONLINE

 allina.learnitlive.com

MINNEAPOLIS

M-PGI Abbott Northwestern Hospital
Penny George Institute Clinic
2833 Chicago Ave. S. | 612-863-3333

M-LW Abbott Northwestern Hospital
LiveWell Fitness Center
Wasie Building, Lower Level
800 E. 28th St. | 612-863-5178

M-AH Midtown Exchange
Allina Health Commons
2929 Chicago Ave. S. | 612-863-5178

PLYMOUTH

P-PGI Abbott Northwestern Hospital – WestHealth
Penny George Institute
2805 Campus Dr., Suite 115 | 612-863-3333

FRIDLEY

F-PGI Unity Hospital
Penny George Institute
Fridley Medical Center
480 Osborne Road, Suite 200 | 763-236-5629

COON RAPIDS

CR-VPCI Mercy Hospital
Virginia Piper Cancer Institute® – Mercy Hospital
Mercy Specialty Center
11859 Blackfoot St. NW | 763-236-0808

GOLDEN VALLEY

GV Courage Kenny Rehabilitation Institute™ – Golden Valley Campus
3915 Golden Valley Road | 612-775-2306

ST. PAUL

SP-UH United Hospital
333 Smith Ave. N. | 612-863-3333

SP-HVC United Heart and Vascular Clinic
225 Smith Ave. S. | 612-863-3333

SP-VPCI Virginia Piper Cancer Institute®
310 Smith Ave. N. | 612-863-3333

SHAKOPEE

SF St. Francis Regional Medical Center
1455 St. Francis Ave. | 763-577-7777

Resilience Training



Based on research conducted at Abbott Northwestern, Resilience Training helps to restore balanced brain chemistry with natural therapies including diet, exercise and selected micro-nutrients. It is designed to benefit anyone who:

- feels over-stressed or anxious
- has mild depression or other stress-related mental health conditions
- wants to improve their physical and mental resilience.

Resilience Training includes a visit with a holistic practitioner, two individual visits with an integrative nutritionist, two fitness consultations with an exercise physiologist, and an eight-week mindfulness group program. Allina Health employees and BluePrint insurance enrollees should check their benefits for coverage eligibility.

P-PGI Tuesdays, Sept. 15-Nov. 3 6-8:30 p.m.
M-PGI Mondays, Oct. 12-Nov. 30 6-8:30 p.m.
SP-UH Tuesdays, Oct. 13-Dec. 1 6-8:30 p.m.

Registration 612-863-0041
\$900



Mindfulness Training

Practicing mindfulness can help you recover a calm, stable mind and lasting contentment even in the face of difficulty. This four-week series offers highly effective tools to help you manage stress and achieve a higher state of well-being. Learn to stabilize your mind and increase your resilience through mindfulness practices such as meditation and yoga. Dress comfortably in loose fitting pants and tops. All materials will be provided.

SP-UH Mondays, Sept. 14, 21, and Oct. 5 5-7 p.m.
and Monday, Sept. 28 5-9 p.m.

SF Wednesdays, Oct. 7, 14, 28 5-7 p.m.
and Wednesday, Oct. 21 5-9 p.m.

Registration and upcoming schedule:
GeorgeInstitute-mindfulness.eventbrite.com (online registration preferred) Call 763-577-7877 with questions.
\$128

Motivational Services: Wellness Coaching



Do you struggle to make or maintain healthy lifestyle changes? Are there are barriers that get in the way of achieving your goals? Are you overwhelmed by the stresses of everyday life? If you answered yes to any of these questions, wellness coaching may help. A wellness coach can assist with motivation, changing unwanted habits, reducing stress, overcoming obstacles and building resilience. An initial 60-minute consultation will help you identify needs, establish goals and develop a plan of action. Follow-up 60-minute sessions may be purchased as needed to make your program more comprehensive.

M-LW Registration 612-863-5178
P-PGI Registration 612-863-3333

Initial 60-minute consultation fee: \$75
Follow-up, 60-minute sessions: \$75 single session
Package of three: \$210
Package of six: \$390

Finding Calm with Emotional Freedom Techniques



Being overwhelmed and stressed takes a toll on our health and our relationships. EFT, or emotional freedom techniques, can help you calm down in the midst of a distressing situation. EFT is often called psychological acupressure and is a tool you can put to use right away.

P-PGI Wednesday, July 29 6-7:30 p.m.
M-PGI Wednesday, Sept. 23 6-7:30 p.m.

Registration and upcoming schedule:
GeorgeInstitute-EFT.eventbrite.com (online registration preferred)
Call 763-577-7877 with questions.
\$35

Quit to Live Well



Looking for a new approach to quitting tobacco? Try Quit to Live Well — a holistic, tobacco cessation program. Work one-on-one with a clinician to develop a personal quit plan that may include drug therapy, counseling or coaching, acupuncture, aromatherapy, stress and weight management tools, and a Craving to Quit app for smart phones and tablets.

The cost of this program may be covered by insurance; check with your insurance provider.

P-PGI, M-PGI, SP-HVC, SP-VPCI, F-PGI
Registration 612-863-3333

Weekly Group Acupuncture



Acupuncture is part of an ancient medical system called Traditional Chinese Medicine. An acupuncturist, a person who has special training, gently inserts fine, sterile acupuncture needles through your skin to help promote health and treat illness or pain. (Appointments every 15 minutes.)

M-PGI Wednesdays 12:30-2:45 p.m.
F-PGI Wednesdays 1:30-5 p.m.
P-PGI Fridays 1:15-3:15 p.m.

Registration 612-863-3333

CR-VPCI Thursdays 8:30-11:30 a.m.

Registration 763-236-0808

\$40 initial consultation and session | \$30 follow-up sessions

Take Action Weight Management Program



Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. Both programs allow you to work with a registered dietitian, fitness expert and wellness coach, and include an initial fitness profile, personal nutrition consultation, resting metabolism measurement and Bod Pod body composition assessment. Learn the skills needed to manage weight including regular exercise, healthy nutrition and lifestyle modification.

M-LW, P-PGI Individual program scheduled as needed

Group programs:

P-PGI Tuesdays, Sept. 29-Dec. 15 5:30-6:30 p.m.

Registration 612-863-5178

EDU Online class Mondays, Oct. 5-Dec. 21 5:30-6:30 p.m.
Registration allina.learntlive.com/class/6526/

\$349 Group program | \$559 Individual program

Am I Hungry® Mindful Eating Workshop



Are you tired of yo-yo dieting? This mindful eating program is based on the work of Dr. Michelle May, author of Eat What You Love, Love What You Eat. This eight-week workshop will change your relationship with food forever as you learn to take charge of your eating habits and change your mindset regarding food and physical activity

P-PGI Wednesdays, Sept. 30-Nov. 18 5-6 p.m.

Registration 612-863-5178

EDU Online class Thursdays, Oct. 8-Dec. 3, 12-1 p.m. (no class Nov. 26) Registration allina.learntlive.com/class/6595/

\$249

Getting Ready for Successful Weight Management

If you struggle to begin or maintain a healthy lifestyle, this class is for you. Attend this innovative program and learn how to shift from knowing to doing. You will learn strategies to change your mindset about weight, nutrition, stress, mindless eating and physical activity – all important components of healthy, long-term weight management. Includes three weekly group sessions led by a dietitian and wellness coach, and one 30-minute coaching/nutritionist session to help plan your next steps.

P-PGI Mondays, Sept. 14-28 5-6 p.m.

Registration 612-863-5178

EDU Online class Tuesdays, Aug. 11-25, 12 noon-1 p.m.
Registration allina.learntlive.com/class/6527/

\$49

Body Composition Analysis



Body composition analysis tells you how much of your weight is lean muscle and how much is fat. This information can help you tailor an exercise program to meet your goals. An exercise physiologist conducts the analysis using Bod Pod® technology, provides the results and recommends ideal goals for you.

M-LW Registration 612-863-5178 | \$55

P-PGI Registration 612-863-5178 | \$35 (Skinfold method only)

F-PGI Registration 763-236-5629 | \$35 (Skinfold method only)

BodyGem™ Resting Metabolism Testing



Do you know how many calories you should eat and burn during exercise each day? Metabolic testing measures your resting metabolic rate, the number of calories your body burns each day at rest. This reading, along with calculations related to your activity levels, help determine your daily caloric needs. This is vital for anyone who wants to lose weight or maintain an ideal body fat goal. A licensed nutrition expert or exercise physiologist administers the test, deciphers the results and helps you create a realistic plan to achieve your goals.

M-LW Registration 612-863-5178

P-PGI Registration 612-863-5178

F-PGI Registration 763-236-5629

\$95



Fitness Profile



The Fitness Profile is a comprehensive assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. It includes information to make your exercise program safe, effective and enjoyable; a health history; strength, endurance, flexibility and body fat tests; and a cardiovascular fitness assessment to establish target exercise levels. An exercise physiologist interprets your results, helps you establish fitness goals and makes recommendations for a personal exercise program.

M-LW Registration 612-863-5178
P-PGI Registration 612-863-5178
F-PGI Registration 763-236-5629
 \$89



Strong and Fit Program

The Strong and Fit Program introduces participants to a variety of strength training techniques including machine and free weights, tubing, stability ball, BOSU and balance board. In this one-to-one program, the emphasis is on learning proper technique and how to design your own exercise routines. It includes one 75-minute initial session, three 30-minute follow-up sessions, and a beginning and endpoint Bod Pod body composition assessment.

M-LW Registration 612-863-5178
 \$135

Group Exercise for Cancer Survivors



Individual fitness assessment with an exercise physiologist, followed by once-weekly group exercise training for six weeks. Sessions include stretching, cardiovascular and resistance training. There are many benefits of exercise during and after cancer treatment that include increased stamina, strength, energy and movement. (Individual assessment in Cancer Center; all other sessions in Cardiac Rehab Fitness Center.)

F-PGI Mondays 11:30 a.m.-1:30 p.m.
F-PGI Thursdays 7-9 a.m.
 Registration 763-236-5629
 \$50

Tai Chi



Tai Chi is practiced with upright body postures, moderate bent leg stances and coordinated whole body movement. Relaxation, comfortable breathing and slow focused movement help reduce pain, calm the mind and strengthen the body. No experience necessary and postures can be modified based on individual's needs and ability.

GV Tuesdays, Aug. 4-Oct. 6 9-10 a.m.
GV Tuesdays, Oct. 13-Dec. 15 9-10 a.m.
 Registration 612-775-2306
 \$120



Hatha Yoga

This eight-week series is a gentle yet challenging Hatha yoga practice designed to quiet the mind while building strength, balance and flexibility.

M-PGI Tuesdays, Aug. 11-Sept. 29 4:30-5:30 a.m.
 Registration 612-863-5178
 \$70

Healing Touch Level 1

Part of the Healing Touch Certification Program, this class covers the basics of the human energy system, chakras, principles and practice of healing touch, basic assessment and intervention techniques, and using healing touch in personal/professional practice.

Approval for CE credits by American Holistic Nurse Association (AHNA), National Certification Board for Therapeutic Massage and Bodywork and California Board of Registered Nursing.

P-PGI Saturday and Sunday, Aug. 15-16 8:30 a.m.-6 p.m.
SF Saturday and Sunday, Sept. 19-20 8:30 a.m.-6 p.m.

Registration and upcoming schedule:
 GeorgetInstitute-HealingTouch.eventbrite.com (online registration preferred) Call 763-577-7877 with questions.
 \$320 (\$267 for HTI or AHNA members, Allina Health employees, students and repeat participants.)

NEED SOME HEALTH ADVICE OR INSPIRATION?

Visit **healthyssetgo**.

Healthyssetgo.org is Allina Health's new digital wellness destination with content from Penny George Institute practitioners, along with other Allina Health experts. Healthy Set Go covers these topics:

- Nourish:** Tips and recipes for healthy eating.
- Move:** Inspiration and how-to articles to get moving.
- Thrive:** Support and insight for mental and emotional well-being.
- Heal:** Knowledge to deal with illness.
- Prevent:** Information to prevent illness and injury.
- Care:** Advice to care for yourself and others at life's unique stages.

Visit Healthy Set Go today and get the health information you need from experts you trust.



PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

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Minneapolis, MN 55407

allinahealth.org/georgeinstitute



Find us on
facebook.com/allina

For questions about this newsletter or to be removed from the mailing list, call 612-863-4957.

ABOUT THE PENNY GEORGE INSTITUTE

The Penny George Institute for Health and Healing, part of Allina Health, was founded at Abbott Northwestern Hospital in 2003. It is a national leader in holistic health care and has helped tens of thousands of individuals on their path to health and healing through its outpatient clinics, fitness center and services for hospitalized patients at several Allina Health hospitals.

The Penny George Institute is supported, in part, by the financial generosity of the community. To make a donation, contact Laurie Hennen at the Penny George Institute Foundation at 612-775-2590 or laurie.hennen@allina.com.

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SYSTEM

Transforming health care: We need your help

At the Penny George Institute for Health and Healing, our goal is to treat people, not just illness, and to offer care that values the mind, body and spirit. We are working on new ways to help patients become more fully engaged in their health and to partner with us to create treatment plans that are right for them. We're also developing ways to expand access to holistic care, helping us serve people in the communities where they work and live.

This kind of innovation is made possible through the generosity of our donors. We are committed to transforming health care, and we need your help. To make a gift, go to allinahealth.org/donate-georgeinstitute

COMING SOON to Allina Health Woodbury Clinic

Penny George™ Institute for Health and Healing services and programs coming to Woodbury:

- integrative medicine consultations with a doctor
- acupuncture
- nutrition consultations
- health coaching
- weight management
- tobacco cessation
- stress management.



Allina Health Woodbury Clinic
8675 Valley Creek Rd
Woodbury, MN 55125