

# ABBOTT NORTHWESTERN HOSPITAL



NEW HEART HOSPITAL

## A place of healing

**A**BBOTT NORTHWESTERN'S new Heart Hospital was designed with healing in mind.

The Heart Hospital, which opened in April, combines comfort, convenience, aesthetic appeal and advanced technology. "Our goal is to ensure that patients and families not only receive the best treatment, but also feel welcome, valued and supported in an environment that supports the healing process," says Julianne Lapensky, director, hospital expansion implementation.

The 256-bed facility provides new and expanded space for the cardiovascular program and new inpatient space for neuroscience, orthopaedic and spine services. It was designed with input from patients, families, physicians, nurses and staff.

"For everyone involved, this has been a unique opportunity to go beyond a mere building project and examine the way in which we do our work," says Lapensky.

In the Heart Hospital, the full range of cardiovascular care—128 inpatient beds, outpatient clinic space and diagnostic and treatment services—are all located in one building. "Clinic patients won't have to worry about finding their way around a large hospital campus," says Lapensky. "They'll have a single check-in and complete their clinic visit and diagnostic tests all in one area."

On the seventh and eighth floors, the Neuroscience/Orthopaedic/Spine Patient Center includes 128 private rooms designed to accommodate the specific needs of these patients, their families

—Continued on Page 4



**2**

Women's wisdom—take charge of your health



**6**

Mark your calendar! Classes and upcoming events



**8**

Slow down the aging of your skin



ABBOTT NORTHWESTERN HOSPITAL  
Allina Hospitals & Clinics

# HEALTH UPDATE

ABBOTT NORTHWESTERN HOSPITAL

## Register for Women's 10-Week Walk/Run Training Clinic

The Women's Training Clinic is designed for women who want a more physically active lifestyle. The once-a-week program begins with an educational presentation followed by exercise training led by experienced coaches. By the end of the all-women's clinic, you will be able to successfully walk or run 5-10 kilometers. The program is for beginners, established runners and anyone in between. Coaches and health educators will work with you to meet your fitness goals. Educational topics covered will include:

- beginning a training program
- behavior change
- women and heart disease
- nutrition and fitness
- goal setting and motivation
- injury prevention.

### Two clinic locations:

#### Minneapolis

Holy Cross Lutheran Church  
1720 E. Minnehaha Parkway  
Tuesdays 6:30-8:30 p.m.  
June 7 through Aug. 9

#### Northfield

Northfield Middle School  
2200 Division St. S.  
Wednesdays 6-8 p.m.  
June 2 through Aug. 9

**Cost:** \$40 per person

**Registration:** Register by calling Medformation® at 651-697-3333 or at [www.mplsheartfoundation.org](http://www.mplsheartfoundation.org).

Sponsored by the Minneapolis Heart Institute Foundation



## Register today: National expert speaks to the heart of women on May 5

Heart disease claims the lives of one in three American women each year—more than the next six causes of death combined. On May 5, the Minneapolis Heart Institute Foundation launches a new women's heart health education initiative, Women's Wisdom, featuring Christiane Northrup, MD, as guest speaker.

A visionary pioneer in her field, Northrup is a board-certified obstetrician/gynecologist and a well-known author. Her latest book, *Mother-Daughter Wisdom: Creating a Legacy of Emotional and Physical Health*, explores how the mother-daughter bond influences a woman's health.

Northrup will share valuable insights on empowering women to tune in to their inner wisdom and

take charge of their health to live more joyous and fruitful lives.

**Cost:** \$30 per person

**Location:** Hopkins Center for the Arts

**Date:** Thursday, May 5

**Time:** 7-9 p.m.

**To register:** Call Medformation® at 651-697-3333 or register at [www.mplsheartfoundation.org](http://www.mplsheartfoundation.org).

Proceeds from this event help support statewide school-based health education initiatives of the Minneapolis Heart Institute Foundation.

The Minneapolis Heart Institute Foundation provides scholarship funds to individuals who are unable to participate in a program due to limited financial resources. To confidentially request scholarship support, call 612-863-3839.



The event's co-sponsors:





**Cathy Keefe enjoys quality time with her daughter Erin, and son Sammy. She's on her way to making a full recovery from a sudden heart attack.**

- fatigue
- not sleeping well
- shortness of breath
- pain that may be mistaken for heartburn.

Doctors believe that Keefe's heart attack occurred

## WOMEN AND HEART DISEASE

# Debunking a dangerous myth

**W**HEN CATHY KEEFE first noticed the tingling in her hands and feet, along with some shortness of breath, she wondered if her chest cold had progressed to pneumonia.

She and her 4-year-old daughter, Erin, finished their shopping at a local bookstore and Keefe called her husband, Dan. Since it was so close to Christmas, they decided she should try to see a doctor right away.

By the time she saw her doctor a few hours later, it was almost too late. As the doctor entered the room, Keefe remembers saying, "I think I'm going to pass out." She collapsed and the clinic staff immediately began CPR and called an ambulance.

Keefe, age 40 with no apparent risk factors for heart disease, had had a heart attack.

A perception that women—and especially young women—do not get heart disease is one of the most dangerous myths in health care.

Because of it, women may delay seeking medical attention. When they do seek care, there may be delays in diagnosis and treatment. The impact is staggering. The number of women who die from heart disease is far greater than the number who die from all forms of cancer combined.

Norma Thiessen, MD, a cardiologist with the Minneapolis Heart Institute who treated Keefe, believes that both women and their doctors need to take heart disease more seriously.

"Most women never imagine it could happen to them," she says. She advises women to talk with their doctors and learn about their risk factors. "Women should know their cholesterol level—not just the total number, but the level of each component." Other risk factors to discuss include family history, diet and exercise, tobacco use, diabetes and blood pressure.

Women's heart disease symptoms are often subtle. Thiessen says women should pay attention to unusual symptoms, including:

because of a genetic abnormality that affects blood clotting. She now has an implanted device that will restart her heart if she experiences a fatal arrhythmia (heart rhythm disturbance) that could result from a blood clot. She also takes medications and maintains a regular exercise schedule.

Now that Keefe is on her way to making a full recovery, she talks to her friends about heart disease and encourages them to take care of themselves. "But when I talk about my heart attack, I still feel like I'm talking about someone else," she says. ❖

## Cardiovascular care tailored for women

Heart disease is not limited to men. One out of every three women will die from heart disease. The Women's Heart Health Program, developed by the Minneapolis Heart Institute at Abbott Northwestern Hospital, tailors care to meet the special needs of women. Services are available at Abbott Northwestern Hospital and at the Center for Outpatient Care in Edina, Minn. For more information, call 612-863-3900.



# A place of HEALING

—Continued from Page 1  
and the staff who care for them.

A common problem for patients in these areas is mobility. They may be recovering from a stroke, spinal cord injury, joint replacement surgery or a neurological disease. For their safety and comfort, each room is equipped with a ceiling lift to move patients from the bed to a chair or to the bathroom.

## A HEALING ENVIRONMENT

The building's planners also wanted to help ensure that the new facility would reflect Abbott Northwestern's commitment to creating a healing environment.

---

**Ample daylight and open views help promote a sense of well-being.**

“A healing environment treats the whole person—body, mind and spirit—and blends the best of modern medicine with integrative techniques,” says Lapensky. “Integrative therapies such as massage therapy and guided imagery are available to patients as an adjunct to their treatment plan.”

Consistent with this model, physical spaces are aesthetically pleasing and include such features as fireplaces, water elements, day lighting, comfortable seating and views of the outside. “There is a purpose behind each space and each design element,” says Lapensky. “Patient rooms are designed to promote privacy, quiet, family space and views to art and nature, yet incorporate the latest monitoring, communication and information technologies,” says Lapensky.

Family lounge areas on each floor have an open feeling, with clustered seating, expansive windows and access to outdoor balconies. “It is important for families to have a place to step away and feel refreshed,” says Lapensky.

In the space for neuroscience, orthopaedic and spine patients, rooms were designed to enhance patient privacy and family comfort. “Instead of families having to look around and try to create their own space in the room, we’ve provided designated space in each room for them,” says Roberta Antoine Dressen, vice president. “That makes it easier for them to concentrate on their family member’s needs.”

## New location promotes collaboration among medical specialists

Three of Abbott Northwestern's leading patient care programs—the Minneapolis Neuroscience Institute, Orthopaedic Institute and Spine Institute—are now housed together on the Heart Hospital's seventh and eighth floors. The programs' inpatient units were formerly in separate locations in the existing hospital—and they've moved together to better serve the needs of their patients.

“We identified a need for space to accommodate the growth in these programs,” says Roberta Antoine Dressen, vice president. “But what's most exciting is that this will allow us to better integrate care around these

three centers of excellence.”

Dressen notes that particularly in the area of spine care, Abbott Northwestern physicians have recognized the value of collaboration between neurosurgeons and orthopaedic surgeons. “They've created best practice protocols that bring all of those perspectives together.

“Our doctors are ecstatic about the move,” says Dressen. “They've chosen to be at Abbott Northwestern because of the quality of care. Now they feel like their patients will be in an environment that is equal to the care.”



**Features** such as a soothing water wall in the lobby (left) and natural colors and materials in patient rooms (below) convey an emphasis on healing.



## INNOVATIONS IN CARE

The Heart Hospital was designed to support the complex processes that are part of modern medicine. The facility includes advanced technology in communications, information systems, diagnostics and treatment. This technology includes:

- hands-free wireless communication devices that allow staff to instantly communicate with other staff members
- personal computers in every clinic room and at every bedside so that clinical information can be easily entered and accessed when and where it is needed
- a noninvasive 64-slice computerized tomography (CT) scanner that provides coronary artery images quickly and accurately
- noninvasive cardiovascular magnetic resonance imaging (MRI) that provides detailed, cross-sectional images of the heart
- a stereotaxis system in the electrophysiology lab that uses computer-controlled magnets to guide catheters to target sites

“We shape our buildings; thereafter they shape us.”

—WINSTON CHURCHILL

with efficiency and precision

- ceiling-suspended technology in surgical suites that enhances ergonomics, flexibility, safety and efficiency.

Equally important are the special features and amenities that reduce stress and move patients and families through the health care experience with ease. These include:

- pagers that allow families to go to other areas in the hospital without worry
- a Family Care Center that offers comfortable seating, a fireplace and a business center for family members to stay in touch while they’re away from work
- a Resource Center that provides online and print materials for family and staff education.

While planning for the Heart

Hospital, patients and families were asked, “What creates a healing environment?” They cited issues such as positive relationships with caring professionals, well-coordinated care, emotional support and superior clinical quality.

Abbott Northwestern has incorporated these values into a model of patient care that will guide its work well into the future.

“Abbott Northwestern has done more than build a new facility. Our nurses, physicians and other health care professionals looked at the entire patient care experience and developed a new patient care model, built upon a strong foundation of excellence,” says Lapensky. ♦

# Heart Hospital at a glance

## SECOND FLOOR

- Cardiovascular (CV) Family Care Center (reception desk, fireplace, seating, education resources and business center)
- Minneapolis Heart Institute Clinic
- CV Diagnostic Services

## THIRD FLOOR

- CV Preparation, Recovery and Post-Anesthesia Care Unit
- CV Laboratory
- Electrophysiology Laboratory
- CV Operating Rooms

## FOURTH FLOOR

- CV Intensive Care Units
- CV Patient Care Unit

## FIFTH FLOOR

- CV Patient Care Units

## SEVENTH FLOOR

- Spine Patient Care Unit
- Orthopaedic Patient Care Unit
- Family Solarium and Atrium

## EIGHTH FLOOR

- Epilepsy Patient Care Unit
- Orthopaedic Patient Care Unit
- Neuroscience Patient Care Unit
- Family Solarium and Atrium

## Award-winning programs

The programs located in the new Heart Hospital are ranked among the best in the region and the nation. In its 2004 Best Hospitals issue, *U.S. News & World Report* ranks Abbott Northwestern No. 33 in heart and heart surgery and No. 21 in neurology and neurosurgery (which includes spine and spinal surgery).



# ABBOTT NORTHW

To register or for more information, call Medformation® at 651-697-3333

## ARTHRITIS

The following support groups and classes are offered by Sister Kenny® Rehabilitation Institute's Arthritis Care Program:

- Fibromyalgia Support Group
- Juvenile Arthritis Support Group
- Osteoporosis Support Group
- Scleroderma Support Group
- Taking Charge of Fibromyalgia
- Taking Charge of Osteoporosis
- Working Women With Rheumatic Disorders Support Group

## CANCER

**Living Room Resource Center**  
A resource library with information about cancer diagnosis and treatment.

*Support groups offered by the Virginia Piper Cancer Institute:*

- Autologous Stem Cell Transplant
- Breast Cancer
- General Cancer Support Group
- Kids Count, Too
- Look Good, Feel Better
- Patient Partner  
One-on-one visits for people newly diagnosed with cancer and their families.
- Vocational Programs for People Living With Cancer

If you do not find the program or class you're looking for in this listing, call Medformation® at 651-697-3333 for information about offerings at other Allina hospitals, or visit [www.allina.com](http://www.allina.com).

## DIABETES

**Diabetes Education**  
One-to-one and group education for people with all forms of diabetes.

## HEALTH IMPROVEMENT

Chronic Pain Support Group  
Stress Reduction Biofeedback Program

## HEART AND LUNG

Heart Failure Support Group  
Heart Transplant Support Group  
For people on the heart transplant waiting list and their families.

## INSTITUTE FOR HEALTH AND HEALING

Please call 612-863-3333 to register for events and classes at the Institute for Health and Healing.

## Special Events:

Healing on All Levels  
With Bach Flower Essences  
Thursday, May 19

## Classes:

- Couples Massage
- Community Drum Circle
- How Can Energy Healing Benefit You?
- Managing Stress and Heart Disease for Women
- Multiple Choice: A, B, C or D—Vitamin and Mineral Supplements
- T'ai Chi Chih
- Yoga for Beginners
- More Yoga for Beginners
- Yoga for Healing and Recovery
- Yoga for the Lower Back
- Therapeutic Yoga for Cancer
- What Is Integrative Medicine?

## NEUROSCIENCE

Support groups offered by the Minneapolis Neuroscience Institute:

- Acoustic Neuroma
- Headache
- Meniere's Disease
- Parkinson's Disease

## PREGNANCY, BIRTH AND PARENTING

- All About Babies  
Basic newborn care.
- Birth and Parenting Preparation
- Breastfeeding Preparation
- Expecting Multiples
- Healthy Pregnancy
- Infant and Child CPR
- Infant Massage
- New Brother/New Sister  
For children age 2 and older.
- New Parent Connection  
For parents with babies up to 4 months. Co-sponsored by Early Childhood Family Education.
- Refresher Birth and Parenting Preparation  
For those who have given birth within the last five years. Fee includes New Brother/New Sister class.
- Vaginal Birth After Cesarean  
When You Are on Bed Rest

## SURGICAL WEIGHT LOSS

- Duodenal Switch Support Group
- Lap-BAND Support Group
- Renewal Surgical Weight Loss Support Group  
Education and support after weight loss surgery or for those considering weight loss surgery.
- Support Person's Support Group  
For family members or friends of patients in the Renewal Surgical Weight Loss Support Group.

# ESTERN HOSPITAL

or visit [www.allina.com](http://www.allina.com).

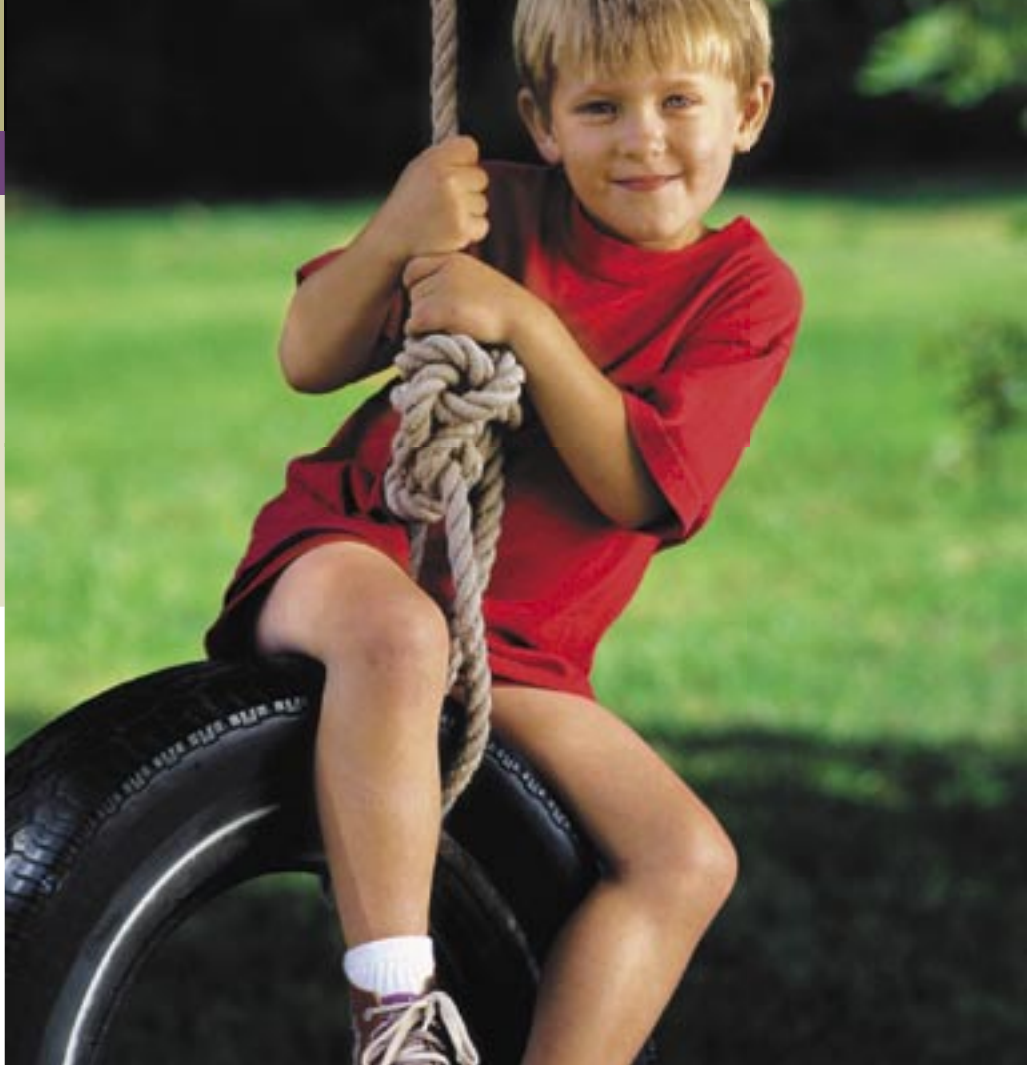
## VISION

Offered by the Phillips Eye Institute:

**Refractive Surgery: Is it for You?**

## VOLUNTEER OPPORTUNITIES

Regular volunteer orientation takes place every second Wednesday.



## COMING EVENTS

### Sister Kenny® Rehabilitation Institute's 42nd International Art Show

The grand opening event for Sister Kenny Rehabilitation Institute's 42nd International Art Show by Artists With Disabilities is Thursday, April 21, on the second floor of the Sister Kenny Pavilion of Abbott Northwestern Hospital at 800 E. 28th St. in Minneapolis. The show runs through May 18. For more information, call 612-863-4463, or visit [www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com).

### Healthy City Celebration Benefits Abbott Northwestern's Medicine Clinic

You are invited to Abbott Northwestern Hospital Foundation's Healthy City Celebration. The event will benefit the Medicine Clinic, the hospital's residency teaching clinic.

- Healthy City Celebration, sponsored by the Abbott Northwestern Hospital Foundation
- Tuesday, May 17, 5-7 p.m.
- Tickets cost \$100, to benefit the Medicine Clinic
- Located at The Depot in downtown Minneapolis
- Event includes Mayor's Healthy City Award, hors d'oeuvres and music by The Remnants, an all-physician band

The Mayor's Healthy City Award, presented by Minneapolis Mayor R. T. Tybak, recognizes an individual who has carried out extraordinary work to make Minneapolis a world-class healthy city. For more information or tickets, call the Foundation at 612-863-4126.

### Learn About Stroke

The Minnesota Stroke Association (MSA) is sponsoring a variety of events to promote awareness about stroke.

### Strike Out Stroke Day at the Dome Thursday, May 5

Hubert H. Humphrey Metrodome  
Tickets: \$20 for lower deck reserved seats (\$24 value)  
Outdoor education event at 10 a.m. followed by Minnesota Twins baseball game at 12:10 p.m. Call 763-553-0088 for more information.

### Fourth Annual Strides for Stroke Walk Saturday, June 4

Minnesota State Capitol, Upper Mall  
Walk begins at 9 a.m.

To preregister for the walk or for team captain information, call 763-553-0088. Presented by Abbott Northwestern Hospital and Boehringer Ingelheim.

### Annual Stroke Survivor Education Day Saturday, Oct. 8 (tentative date)

Education program for survivors and care partners. For more information, visit the MSA Web site at [www.strokemn.org](http://www.strokemn.org).

# New laser treatment repairs aging, sun-damaged skin

**A**BBOTT NORTHWESTERN Hospital's Center for Cosmetic Care in Edina has a new option for people seeking treatment to slow down the aging process of our skin—the Fraxel™.

“The Fraxel Laser Treatment is a breakthrough technology based on a new science of ‘fractional’ skin

repair,” says Brian Zelickson, MD, dermatologist and medical director of Abbott Northwestern’s Center for Cosmetic Care. “By treating a fraction of the skin’s surface at a time, the Fraxel provides the positive results of traditional skin resurfacing without the down time or risks.”

The Fraxel Laser can be used to treat wrinkles around the eye and pigmented lesions, including age spots, sun spots and skin discoloration at any location on the body. The technique typically consists of three to five treatments.

The treatment works by stimulating the skin to repair itself. The laser can repair damage from chronic sun exposure and improve texture, color, fine lines and even deep lines. Although the face is the most common area treated, the technique can also be used on delicate skin areas such as the neck, chest and hands.

“We are thrilled to be the first center in Minnesota to offer this new treatment option for patients seeking to improve the look and texture of their skin,” says Susan Olson, director of the Center for Cosmetic Care. ♦

## Cosmetic care: What is best for you?

Like other medical specialties, the field of cosmetic care is changing rapidly. Options abound for everyday skin care, facial rejuvenation and other cosmetic care services. For many consumers, the challenge is deciding which option is best suited for their needs.

The Center for Cosmetic Care is offering several educational sessions in coming months to help people make informed choices about cosmetic care. Participants will learn about a variety of techniques and explore the benefits of medically directed cosmetic care. For information about the next session, call the Center for Cosmetic Care at 952-929-8888.

HEALTHY COMMUNITIES™ is a publication of ABBOTT NORTHWESTERN HOSPITAL, part of Allina Hospitals & Clinics. Allina®, the Allina logo, Medformation® and Sister Kenny are registered trademarks of Allina Health System.

Richard Sturgeon, MD  
President

Gordon M. Aamoth, MD      Nancy Garner Ebert  
President, Medical Staff      Director, Communications/PR

Mary Pat McGinnis  
Editor

For additional copies of this newsletter, call Medformation® at 651-697-3333.

Information in HEALTHY COMMUNITIES™ comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations. HEALTHY COMMUNITIES™ is ABBOTT NORTHWESTERN HOSPITAL's edition of LIFE AND HEALTH magazine.  
Copyright © 2005 Coffey Communications, Inc.      LHN17094c



800 East 28th Street  
Minneapolis, MN  
55407-3799



## HOW TO REACH US

Directions Line .....612-863-5550  
Emergency  
Department .....612-863-4233  
General Information.....612-863-4000  
Medformation® .....651-697-3333  
Patient Information .....612-863-4111

For hospital information and services, visit [www.abbottnorthwestern.com](http://www.abbottnorthwestern.com).

Nonprofit Org.  
U.S. Postage  
**PAID**  
Minneapolis, MN  
Permit No. 3462