

ABBOTT NORTHWESTERN HOSPITAL



Photo: Richard Anderson

Stroke warning signs

Stroke symptoms may include sudden:

- weakness, numbness or tingling in the face, arm or leg
- trouble walking, dizziness or lack of coordination
- vision changes
- confusion or personality changes
- difficulty swallowing or moving arms and legs
- loss of bowel or bladder control
- severe headache
- unconsciousness.

Symptoms like these that come and go may be mini-strokes—brief episodes of reduced blood flow to the brain. Call 911 or go to an emergency room if you have any of these symptoms.

Richard Norvold made a full recovery following specialized treatment for a mini-stroke.

Is it a stroke?

ACT NOW—DON'T WAIT TO FIND OUT

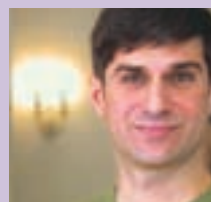
RICHARD NORVOLD'S first clue that something was wrong was a persistent swishing noise in his left ear. An active 73-year-old who works six days a week at his own business, Norvold was told it was probably nothing to worry about.

Then last September, Norvold and his wife, Ruth, spent a weekend in the Twin Cities visiting their daughter and her family. During the drive home on Sunday, he noticed his reaction time seemed slow. The next day, he realized his left heel was dragging. "That's when we went to the emergency room in Bemidji," he says.

Doctors confirmed that he had a mini-stroke but could not pinpoint the cause. By Wednesday, Norvold was at Abbott Northwestern Hospital for further tests.

Most strokes result from blockages in the neck's carotid arteries or in smaller vessels within the brain. But neither seemed to be the cause of Norvold's stroke. In less than 5 percent of cases, the blockage occurs in one of the other arteries that supply blood to the brain. Further studies revealed a blockage in an unusual location—an artery behind Norvold's

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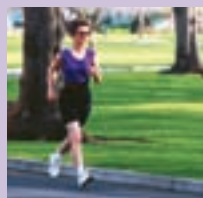
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Mark your calendar for classes and coming events



ABBOTT NORTHWESTERN HOSPITAL

Allina Hospitals & Clinics

HEALTH UPDATE

ABBOTT NORTHWESTERN HOSPITAL



Team Allina joins Heart Walk in fight against heart disease

Nearly 4,000 walkers joined Team Allina to support the American Heart Association's annual Heart Walk. The event was held Feb. 25 at the Mall of America. In addition to the walkers, many other Allina employees were involved as sponsors and as participants in bake sales, auctions, boutiques and other Heart Walk challenge activities.

Allina's participation in the Heart Walk is just one way that Allina lives its mission to improve health, says Dick Pettingill, president and CEO of Allina Hospitals & Clinics.

"As Minnesota's largest health care provider, Allina believes not only that we have a responsibility to improve the health of patients, but also that we have an obligation to improving the health of our communities overall," Pettingill says.

The American Heart Association uses Heart Walk funds for research, education and advocacy in the fight against heart disease. ♦

Women's heart-health assessment: An investment in better living

A new service helps women learn if they are at risk for heart disease. This nurse consultation includes a heart-health assessment from the state's premier cardiology program—the Minneapolis Heart Institute at Abbott Northwestern.

For only \$95, the program offers a heart assessment that includes blood tests, body mass index, waist/hip ratio, blood pressure and a woman's heart-health assessment to evaluate your heart health. Fees for preventive health services are not typically reimbursed.

After reviewing the results with you, a nurse will help you develop a personalized plan to improve your heart health. We can also help you connect with other services, such as smoking cessation programs or stress management resources.

Each year more women die from heart disease than from breast, ovarian and uterine cancers combined. Many risk factors for heart disease can be modified, but the first step is awareness. Find out your risk for heart disease by scheduling your women's heart-health assessment at 612-863-3900. ♦

Sign up for weekly recipes from Allina.com

Looking for some healthy additions to your recipe file? Sign up to receive a free weekly recipe, such as baked trout with lime and cilantro, from www.allina.com. You can also view the entire recipe index, which contains a variety of appetizer, dessert, main dish, salad and side dish ideas. Heart-healthy and low-salt recipes are included.

To sign up, go to www.allina.com and click on *Free Subscriptions* under *Be Healthy*. ♦



Baked trout with lime and cilantro

√ Heart smart

Ingredients

- 2 pounds of trout fillet, cut into 6 pieces (or use any kind of fish you like)
- 3 tablespoons lime juice (about 2 limes)
- 1 medium tomato, chopped
- ½ medium onion, chopped
- 3 tablespoons cilantro, chopped
- ½ teaspoon olive oil
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ¼ teaspoon red pepper (if desired)

Directions

Preheat oven to 350 degrees. Rinse fish and pat dry. Place in baking dish. In a separate dish, mix remaining ingredients together and pour over the fish. Bake for 15 to 20 minutes, or until tender when touched with a fork. Makes 6 servings.

Nutrition information per serving

- Calories: 230
- Cholesterol: 58 milligrams
- Fat: 9 grams
- Saturated fat: 2 grams
- Sodium: 162 milligrams



Psychologist Ron Frederick and his colleagues at Park House help their clients live independently while coping with HIV/AIDS.

Park House celebrates 10 years

Park House marks its 10th anniversary this year with several events.

Red Ribbon Ride, June 13 to 16.

Park House is one of nine Minnesota-based AIDS service organizations that benefit from this annual event.

For information, call 612-822-2110 or visit www.redribbonride.org.

Park House Gala, Dec. 1 at Graves

601 Hotel Ballroom. A fund-raising event featuring an elegant dinner prepared by local celebrity chefs, a ballroom dance performance and open dancing to the Casa Blanca Orchestra. Creative black-tie. For information, call 612-871-1264.

Park House: Building community, enhancing lives

AS HIV/AIDS has changed, so has the mission and role of Park House, a day health center for people living with the disease.

When Park House opened in 1996, it was a place for people in the final stages of HIV/AIDS. Park House offered supportive care and assistance for those coping with a terminal and often frightening illness.

But today HIV/AIDS is a different illness. With treatment advances, people are living with the disease and learning how to adapt to the challenges it presents. Today Park House is dedicated to enhancing quality of life, promoting independence and minimizing hospital stays among its clients.

Celebrating its 10th anniversary this year, Park House is unique in Minnesota and one of very few such programs in the nation. It is an outpatient service of Abbott Northwestern and is located in the

historic Crosby mansion in the Phillips neighborhood of Minneapolis.

Percy Addison, 45, is a former client who began coming to Park House in 1998. Previously employed in the banking and finance industry, he became so ill that he moved into foster care. “At that time I really didn’t know anyone else living with AIDS,” he says.

Park House changed that. Addison began going to Park House five days a week, participating in art classes, support groups, social outings and seminars on nutrition and other health topics. “It gave me an opportunity to focus on something other than the virus,” he says.

Over time, Addison’s health stabilized, allowing him to live independently again. While he no longer goes to Park House, he continues to benefit from the insights he gained and the support network he developed while there.

Many Park House clients are coping with significant emotional

and mental health issues in addition to HIV/AIDS, says Ron Frederick, PhD, licensed psychologist and clinical supervisor. “We offer a structured approach to helping people reach their goals and function more independently,” Frederick says.

Park House regularly serves up to 20 clients a day. Its staff includes a psychologist, registered nurses, a recreation therapist and a behavioral health associate. It offers a range of support groups, psychotherapy, recreational and complementary therapies, nursing care, and nutritional and self-care support.

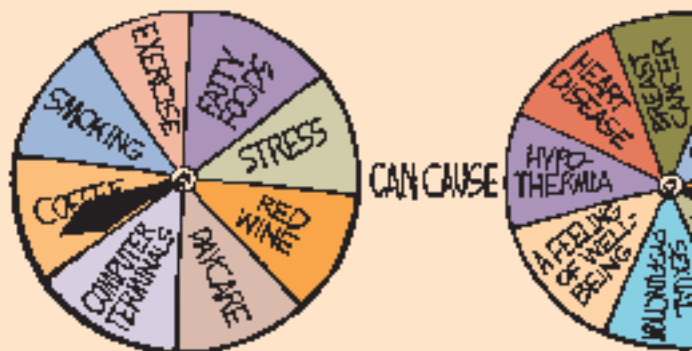
Frederick says he and the Park House staff are passionate about their work and proud of what their clients accomplish despite the many challenges they face. “There’s really a sense of community here. Yes, they are living with AIDS—but they are more than a disease.”



If you would like more information about

Park House, visit www.abbottnorthwestern.com. Go to *Services & Programs*, then *Outpatient Services* and click on *Park House*. ♦

Sifting fact from fiction in today's health news



ACCORDING TO A REPORT RELEASED TODAY...

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hEALTH NEWS—sometimes promising, often contradictory and occasionally bizarre—tumbles out at us every day from every news source. The

headlines command us to take action, but which action should we take? And which should we ignore?

Medical science, research and clinical studies are essential for the development of new techniques, medications and technologies that heal, cure and improve lives. Evaluating today's health headlines is an uncertain exercise at best, but with a few tips you will be better prepared to evaluate which "new discoveries" matter, which don't, what may be accurate and what may be questionable, and what you should (and shouldn't) do.

1 Stay balanced and ask questions. There is seldom, if ever, a magic bullet to restore health or heal disease. Following every health "discovery" would be like running in circles, and in

some cases, could be dangerous. Talk with your nurse practitioner or doctor before embarking on a radical or untested change in your habits. Bring them copies of new health information that interests you, and ask them questions about the headlines that have caught your attention. It is especially important that you always talk with your doctor before altering the dose of or stopping any prescribed medication.

2 Understand the concept of risk. Depending on the information, you may conclude that the study doesn't pertain to you, that you are not at risk or that the risk is very small. For example, among 10 million Americans, each year 200,000 will die of heart disease; two will die of a lightning strike. Of the two, which is your greater risk?

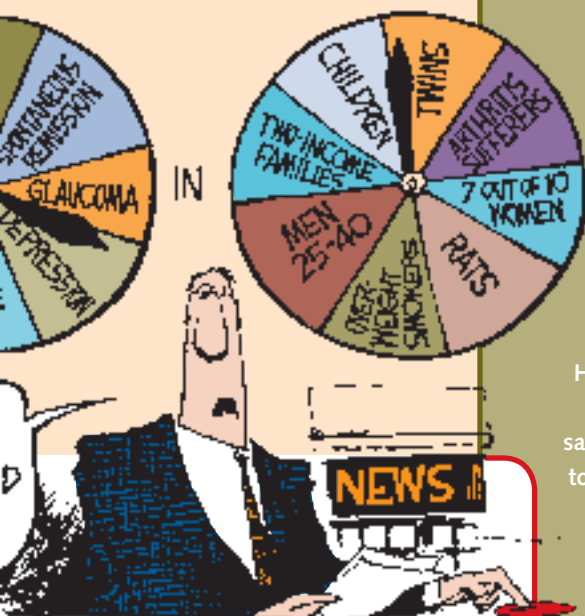
3 What is the message? Get beyond the hype and isolate the facts. Trust yourself—if the information is confusing, it is probably incomplete and perhaps even false. For example, an Internet search yielded this from NewScientist.com: "Irish Coffee" injection prevents stroke damage." The injection is not actually Irish coffee but a mix of caffeine and alcohol. Keep

reading: the study involves laboratory rats and a very small number of human stroke patients. The facts are a long way from the headline's claim, and the treatment must be tested by extensive studies—involving human subjects—before there is a reliable conclusion. In the meantime, don't try this at home.

4 Check out the source. Health information sources can be good and bad. Here are some tips:

- Try to identify the source and its funding so that you can consider possible biases.
- Health information can be based on untested claims, anecdotes, case reports, surveys and studies. Scientific studies that involve large numbers of people, with results that can be applied to the whole population, are usually considered the most accurate.
- Studies that are reviewed by the researchers' peers—people with strong credentials in the same field—are usually more reliable.

"Patients should always feel comfortable bringing their questions about medical news to their doctor." —Michael Cummings, MD, Abbott Northwestern General Medicine Associates



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Should we worry about avian flu?

We should be concerned, but don't panic, says Michael Olesen, infection control manager at Abbott Northwestern Hospital. There have been few documented cases of human-to-human transmission of the avian flu virus. Efficient or easy human-to-human transmission of the infection is what experts say could be the beginning of a flu pandemic, which is an epidemic on a massive scale.

Since 2003 almost all of those who have contracted avian flu, known as H5N1, had direct contact with infected poultry, according to the World Health Organization. None were from the United States.

"There are three conditions before a virus can result in a pandemic," Olesen says. "First, the virus must be new to humans. Humans had not been exposed to an H5-type virus before avian influenza emerged, so we are all susceptible. Second, it must be capable of causing disease in humans. Third, it has to be readily transmitted between people. That is the only condition we are lacking. If H5N1 mutates or combines with a normal influenza strain, that would be the final step for easy transmission. However, we still don't know what this virus will act like. It could become milder or more severe.

"One important problem is the time required to produce a vaccine. We cannot produce an effective vaccine until we have the strain of the virus that causes a pandemic. Once we have this, it will take months to produce vaccine and, even then, it would be in short supply for some time."

Some of the worst-case scenarios of a pandemic include an overburdened health care system, large numbers of deaths and negative economic consequences.

FOLLOW NORMAL HEALTH AND SAFETY GUIDELINES

It's OK for Minnesotans to eat chicken. "At this point, there is no evidence of H5N1 virus in U.S. poultry," Olesen says. "But always use separate surfaces and utensils for preparing raw meats, and follow all other safe food preparation guidelines."

Cover coughs and wash hands often. Follow the normal advice for avoiding colds and flu.

Develop a family disaster plan. "That's an important lesson from Hurricane Katrina," Olesen says. "Think about what you would do if your normal routine was disrupted." One helpful resource is www.ready.gov.

"If we have a pandemic like 1918, we will need to accept that life will be much different. However, with planning, we can reduce the severity of the impact," Olesen says.

- If the information explains that the results have been "reproduced"—the same results occur when done over and over again—the study may be more accurate.
- Studies involving human subjects are more valid than those that are still being conducted with only animal subjects.
- Look for strong evidence. Remember, early studies can go from right to wrong over time. Despite occasional confusion, evaluating ever-changing medical news is really a marvelous "burden." After all, behind the scenes researchers make observations, have a hunch, work in the laboratory and do countless studies that eventually improve lives with better medical treatments, technologies, medications and materials. It's a fine reward for sorting out a bit of hype. ❖

This article was inspired by *Health Insight: A Consumer's Guide to Taking Charge of Health Information*, a project of Harvard School of Public Health.

Always seek the advice of your doctor or other qualified health care practitioner before starting any new treatment or discontinuing an existing treatment. Talk with your health care practitioner about any questions you may have regarding a medical condition. Nothing contained in this article or publication is intended for medical diagnosis or treatment.



Today's Health News: Visit www.allina.com to sign up for a daily summary of local, national and international health news. This includes recent news coverage about Allina and other health care organizations in Minnesota and western Wisconsin. Select *Conditions & Treatments*, then look in the *Take me to* box for *Free Subscriptions*.



ABBOTT NORTHWESTERN

To register or for more information, call Medformation® at 612-262-3333 or



Health classes, coming events
www.abbottnorthwestern.com
 or call 612-262-3333.

CENTER FOR OUTPATIENT CARE

Beginning yoga classes are held at the Wellness Center at Abbott Northwestern's Center for Outpatient Care, 8100 W. 78th St., Edina, Minn. Mats are provided; class fee is \$75. For session dates and to register, call the Wellness Center at 952-914-8085.

A WOMEN'S HEART-TO-HEART TALK

Date: Saturday, May 13

9:30-11:30 a.m.

Place: Bay View Event Center,

687 Excelsior Blvd., Excelsior

Speakers: *Healthy Eating for a*

Healthy Heart, Susan White,

registered dietitian

A Heart-to-Heart Talk, Sandy

Oberembt, physician assistant-C,

PharmD.

To register: Call Medformation® at 612-262-3333.

ARTHRITIS

The following support group is offered by Sister Kenny® Rehabilitation Institute's Arthritis Care Program:

Juvenile Arthritis 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

DIABETES

Diabetes Education

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

HEALTH IMPROVEMENT

Aphasia 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.

Acupuncture

Couples Massage

Drum Circle

Herbal Therapies

Mindfulness-based Stress Reduction

Nutritional Support for Specific Health Concerns

Weight-loss Surgery Education

Yoga

NEUROSCIENCE

Support groups offered by the Minneapolis Neuroscience Institute:

Acoustic Neuroma

Headache

Ménière's Disease

Parkinson's Disease



If you do not find the program or class you're looking for in this listing, call Medformation® at 612-262-3333 for information about offerings at other Allina hospitals, or visit www.allina.com.

ESTERN HOSPITAL

visit www.allina.com.



PREGNANCY, BIRTH AND PARENTING

All About Babies

Birth and Parenting Preparation

Breastfeeding Preparation

Dads First Meeting
Support Group

Expecting Multiples

Healthy Pregnancy

Infant and Child CPR

Infant Massage

New Brother/New Sister

Small Talk: Communicating
With Your Baby

Refresher Birth and
Parenting Preparation

Vaginal Birth After Cesarean

VISION

Offered by the Phillips Eye Institute:

Refractive Surgery: Is it for You?

VOLUNTEER OPPORTUNITIES

Regular volunteer orientation takes place every second Wednesday.

For more information, please call

Volunteer Services at 612-863-4281.



COMING EVENTS

Women's 8-Week Walk/Run Training Clinics

A sedentary lifestyle is a risk factor for heart disease. Yet more than 60 percent of American women do not get enough physical activity. The Women's 8-Week Walk/Run Training clinic will connect you with coaches, educational programs and a supportive network of women at all levels of activity.

Two locations:

Minneapolis—Tuesdays, 6:30-8:30 p.m. (June 6-Aug. 1)

Mt. Olivet Lutheran Church, 5025 Knox Ave. S.

Northfield—Thursdays, 6:30-8:30 p.m. (June 8-Aug. 3)

Northfield Middle School, 2200 Division St. S.

Cost: \$40 per participant for entire series, which includes cholesterol/glucose screening

Heart Disease

Minneapolis Heart Institute Foundation spring prevention program: *The Forever Young Diet & Lifestyle for Heart Health*

With more than 30,000 diet books in print, many people still don't know what to believe, how to eat or what is right for their family. Cardiologist James O'Keefe, MD, and his wife, Joan, a nutritionist, have developed a simple program that allows families to live active lives, eat nutritious and delicious heart-healthy foods, and get back to the natural way of living. Described in their book, *The Forever Young Diet & Lifestyle*, the program combines the best of ancient and modern worlds.

Date: Wednesday, May 10, 7-9 p.m.

Place: Hopkins Center for the Arts, Hopkins

Cost: \$30 per person (general admission)



To register for these programs: Call Medformation® at 612-262-3333, or register at www.mplsheartfoundation.org.

(Scholarship funds available on request.) For more information, call 612-863-3839.

Is it a stroke?

—Continued from Page 1

left ear. Fortunately, the blockage could be treated.

“When a patient has a stroke that can’t be fully explained, we need to take a closer look,” says Richard Shronts, MD, neurologist and co-medical director of Abbott Northwestern’s Stroke Program. “That’s where Abbott Northwestern really excels.”

A neuroradiologist was able to perform an angioplasty and insert a stent to keep Norvold’s artery open. “In cases like this, there’s a lot we can do to help,” Shronts says.

Shronts says that understanding

why a stroke occurred is crucial to determining the best treatment and preventing subsequent strokes. In addition, quick intervention results in better outcomes.

“If you think you may be having a stroke, don’t wait to see if it gets better. Get to an emergency room,” Shronts says. Clot-busting medications work best if administered within the first three to six hours after the stroke begins.

In retrospect, Norvold believes that the blocked artery had been affecting his health for some time. Writing had become more difficult, and “it seemed like I was having more trouble with memory and dealing with stress,” he says.

After the procedure, the first thing he noticed was that the swishing sound was gone. He was back to work in less than a week and found that his other problems also quickly improved.

“We’re just thankful that the doctors at Abbott Northwestern found the problem and were able to treat it right away,” says Ruth Norvold. ❖



For more information, visit the *Heart Health Condition Center* at www.allina.com and click on *Heart or Brain Attack: Are You at Risk?*



Photo: Richard Anderson

Richard and Ruth Norvold

Strike Out Stroke Day at the Dome

Monday, May 15

Hubert H. Humphrey Metrodome
10 a.m., stroke awareness activities
outside Gate D

12:10 p.m., Minnesota Twins vs.
Chicago White Sox

Cost: \$22 for lower deck reserved seat
(\$4 discount) if reserved by May 1

For information: 763-553-0088 or
www.strokemn.org.

HOW TO REACH US

Directions Line612-863-5550

Emergency Department . .612-863-4233

General Information612-863-4000

Medformation®612-262-3333

Patient Information612-863-4111

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visit www.abbottnorthwestern.com.

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