

# united hospital

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www.unitedhospital.com

Deep brain stimulation, now available at United Hospital, relieved Barbara Redlecki's Parkinson's symptoms.

## Advanced neurosurgeries at United Hospital

# A better life for people with Parkinson's disease

Barbara Redlecki is back—on her farm with her beloved dairy cows and flashing her own smile. What is she back from? The devastating effects of Parkinson's disease, which stiffened and shook her body so badly she couldn't open the barn door or even smile.

And while Parkinson's disease took its toll over several years, Redlecki's life came back together in seconds in what she calls her "moment of truth"—when deep brain stimulus probes and a controller were turned on, causing her stiffened muscles to relax and her tremors to stop instantly.

Redlecki's surgeon, Peter A. Pahapill, MD, is now the functional neurosurgery medical director at Nasseff Neuroscience Center, making deep brain stimulation (DBS) and other advanced neurosurgeries available at United Hospital.

—Continued on the back page



UNITED  
HOSPITAL

Allina Hospitals & Clinics

## New Emergency Department under way

Construction is under way on United Hospital's new Emergency Department, an expansion that will result in timely, quality care for increasing volumes of emergency patients and reflect the changing role of the Emergency Department in community health.



One of the busiest emergency departments in the Twin Cities, United's Emergency Department serves more than 43,000 people annually. In addition to this steady, large volume of patients, the Emergency Department must be able to respond to possible large-scale natural disasters, terrorist attacks and epidemics.

The \$24 million facility, slated to be completed in 2010, includes:

- 36 beds, including six beds secured for psychiatric patients

- a 12-bed holding area
- a garage that can accommodate six ambulances and that doubles as a decontamination area
- imaging capabilities in the unit, including ultrasound, 64-slice CT and digital X-ray; this area will also serve as the imaging center for the hospital after hours
- point-of-service lab capabilities
- a pharmacy
- mass casualty and decontamination capabilities
- enhanced triage capabilities for

rapid intake of large numbers of patients, as well as reduced wait times during normal situations

- expanded treatment areas that prevent cross-infection and cross-contamination.

For more information about the project, visit [www.unitedhospital.com](http://www.unitedhospital.com), go to *Services & Programs*, and click on *Emergency Department*. You can watch construction progress at [www.allina.com/ahs/united.nsf/page/construction\\_cam](http://www.allina.com/ahs/united.nsf/page/construction_cam). ■

### United Hospital Foundation

## 2008 Service to Humanity Gala

Tickets are going fast for United's 2008 Service to Humanity Gala! This year's black-tie event on Sept. 27, 2008, will be at the Saint Paul RiverCentre. The gala includes both live and silent auctions and a raffle for a Mercedes-Benz SLK 300 from Sears Imported Auto. The event also includes dinner and dancing to The Sevilles, a well-known band in the Twin Cities.

The 2008 Service to Humanity Award honorees include Elaine S. Larson, a

longtime donor and lifetime resident of St. Paul. The physician honoree is Jerone Kennedy, MD, a neurosurgeon with United Neurosurgery Associates and the medical director of the neurosurgery program at United Hospital.

The Service to Humanity Award is presented to individuals associated with United Hospital who have demonstrated selfless dedication and exemplary leadership in improving the health and welfare of Saint Paul

residents and the communities served by United Hospital.

More than 1,600 people are expected to attend, making it one of the largest and most successful fundraising events in the Twin Cities. Last year, the Service to Humanity Gala raised a record \$1.6 million. Proceeds from the gala will benefit the United Hospital Emer-

gency Department expansion effort. To purchase tickets, call 651-241-8022. ■



# Allina's community benefit goes beyond the bedside

United Hospital is a part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside to improve the health status of the communities it serves.

## Q: What is community benefit?

**A:** Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of the community.

"As a not-for-profit organization, we understand that the health of the communities we serve is essential to Allina's mission and strategy," says Dick Pettingill, chief executive officer, Allina Hospitals & Clinics.

**United Hospital has contributed \$85 million to benefit the health of the community.**

Allina collaborates with community-based organizations by forming Community Health Advisory Councils (CHACs) to help drive its community benefit work. The local CHAC is composed of community representa-

tives who work together to identify, plan, implement and evaluate programs and activities that improve the health of the people here in the communities served by United Hospital.

## Q: How much has Allina given back to the community in 2007?

**A:** Allina's total 2007 investment was nearly \$402 million, which is approximately 16 percent of Allina's total operating expense. United Hospital has contributed \$85 million to benefit the health of the community.

Of Allina's total contribution, \$140 million provided community benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations, the Catholic Health Association and VHA. These include charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom the government-sponsored Medicaid program does not cover the full cost of services. They also include the Medicaid surcharge, MinnesotaCare tax, community services, education, research and other community benefit



costs. For United Hospital this contribution amounts to \$35 million.

"We work with community partners to improve health and wellness while providing care to all who need it," says Mark Mishek, president, United Hospital Foundation. "We're proud of the community benefit services we provide." ■

# Safety net assures health care access

As part of its community benefit, United Hospital supports Portico Healthnet, a not-for-profit organization that helps uninsured Minnesotans access affordable health coverage and care.

Since 1995, more than 6,000 uninsured children and adults have enrolled in Portico's safety net coverage program, and with Portico Healthnet's assistance,

another 5,000 have been enrolled in public coverage programs.

The organization works in partnership with United and other hospitals throughout the metro area to help families access a full range of preventive, primary and specialty care to improve community health and reduce dependence on emergency care.

"The mission of Portico Healthnet is simple, yet vital. Portico works to reduce the number of people without coverage for health care services," says Mark Mishek, president, United Hospital. "Portico was created and is sustained by east metro hospitals working together to provide regular access to health care for community members with low incomes and no insurance." ■

# A hardworking heart

## UNDERSTANDING AND LIVING WITH HEART FAILURE

Sometimes it seems like you're just too tired to deal with everyday activities, like housework and carrying groceries. And climbing stairs—even walking—can seem like climbing a mountain.

Your excessive fatigue may be caused by heart failure, especially if you are over 65 and have other signs, such as:

- shortness of breath
- persistent coughing or wheezing
- swelling in the feet, ankles, legs or abdomen due to excess fluid buildup
- loss of appetite and nausea
- confused thinking and memory loss
- a feeling that your heart is racing or throbbing.

### What is heart failure?

Heart failure doesn't mean that your

heart is about to stop. It does mean that your heart is losing its ability to pump oxygen- and nutrient-rich blood to your body's cells. This inability to circulate blood can be caused by conditions that damage the heart muscle or make it work too hard, including fatty deposits that slow blood flow to your heart, high blood pressure, heart valve disorders, heart attacks and other medical issues.

Heart failure progresses gradually as the heart tries to adapt by working harder to meet the body's demands. Over time, the heart weakens and isn't able to pump blood as well as it should, causing fatigue.

### Treatment options

According to the American Heart



## In the zone and out of the hospital

### UNITED HOSPITAL HEART FAILURE CARE GOALS

Heart failure is a serious diagnosis, and it's the most frequent hospital admission reason for people over the age of 65. Symptoms like difficulty breathing and chest pain can flare up to the point that hospital care is needed.

The flare-up can be caused by medical problems like pneumonia or respiratory diseases, not taking medications properly, not following lifestyle recommendations, or not recognizing signs of trouble at an early stage.

When a patient is in United Hospital for heart failure, a nurse starts preparing him or her for returning

home. The patient learns about the disease, medicines, activity, the importance of a low-salt diet, monitoring weight changes and how to get help before symptoms become too serious. The goal of teaching the patient while in the hospital is to help prevent another hospital stay.

Each patient receives *Heart Failure: Your Guide to Living and Succeeding With Heart Failure*, an Allina-published book, to take home.

Three or four days after discharge from the hospital, the patient is seen at the St. Paul Heart Clinic's heart failure

Association, people with mild to moderate heart failure often can lead nearly normal lives if they make certain lifestyle changes and get the medical care they need.

**Lifestyle changes.** The most important lifestyle changes include:

- eating healthful, low-sodium foods
- balancing activity and rest
- taking medicines as directed
- stopping all tobacco use
- recording daily weight taken with an accurate scale to detect fluid buildup
- keeping follow-up appointments with your doctor.

**Medicines, surgery and other devices.** Most people with heart failure take several medicines. Some strengthen the heart's pumping action; others expand blood vessels or reduce water and sodium to lessen the heart's workload.

People with heart failure may also benefit from a pacemaker or

implantable defibrillator to regulate the heart's rhythm, or coronary artery bypass surgery or angioplasty to improve blood flow.

A heart transplant may be considered if other treatments don't help.

### Living with heart failure

Many people lead full, enjoyable lives when heart failure is managed with medications and healthy lifestyle changes.

See the sidebar below for more information about special help available at United Hospital.

For heart failure tips and tools, visit [www.unitedhospital.com](http://www.unitedhospital.com), click on *Conditions & Treatments*, and



then *Heart failure* under *Condition Centers*. You'll find useful weight, blood pressure and appointment logs; recipes; and information about diagnosis and treatment of heart failure. ■

program, where a nurse practitioner and cardiologist assess the heart and lungs, check medicines, review self-care information, and create a care plan. The plan is sent to the patient's primary doctor, who follows up and implements the plan with the patient.

At 30 and 90 days after leaving the hospital, the patient has a checkup at the Heart Failure Clinic to review progress.

"Special education and follow-up help people stay out of the hospital and have a better quality of life," says Maureen Smith, RN, who oversees heart failure care at United Hospital.

*Heart Failure: Your Guide to Living and Succeeding With Heart Failure*

received merit honor in the 2007 National Health Information Awards program. See the Web information at the end of the main story to access the content online. The cost of the 92-page book is \$5. For a copy, call Allina Patient Education at 612-262-4991 or e-mail [patienteducation@allina.com](mailto:patienteducation@allina.com).

United Hospital has been named one of the nation's top 100 cardiovascular hospitals for three of the past four years.

In addition to excellent outcomes for heart failure, it is nationally recognized for treatment of acute heart attacks, with speed of angioplasty treatment among the top 10 percent in the country.

## HEART FAILURE ZONES

WHICH HEART FAILURE ZONE ARE YOU IN TODAY? GREEN, YELLOW OR RED?

### GREEN ZONE

**ALL CLEAR – Under control**

- no shortness of breath or chest pain
- stable weight—within 2 pounds of yesterday
- no swelling of feet, ankles, legs or stomach

### YELLOW ZONE

**CAUTION – Call your doctor**

- weight gain of 3 pounds in one day or 5 pounds or more in one week
- more shortness of breath
- more swelling of your feet, ankles, legs or stomach
- no energy; feeling more tired
- dry, hacking cough
- dizziness
- feeling uneasy; you know something is not right
- difficulty breathing when lying down

### RED ZONE

**EMERGENCY – Go to the emergency room or call 911**

- unrelieved shortness of breath while sitting still
- chest pain
- confusion; difficulty thinking clearly

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## COMMUNITY HEALTH EDUCATION AND SUPPORT GROUPS

# united hospital

If you do not find the program or class you're looking for in this listing, call 612-262-3333 for information about offerings at other Allina hospitals or visit [www.allina.com](http://www.allina.com).

## Volunteer Opportunities

Volunteers serve patients and staff and greet visitors at United.



Call 651-241-8644 or visit [www.unitedhospital.com](http://www.unitedhospital.com) for an application.

## CANCER

### The Breast Cancer Support Group\*

First Tuesday of every month,  
2-3:30 p.m.

United Hospital, Bentson Family  
Conference Room

Call 651-241-5360 for more information.

### Prostate Cancer Support Group

First Thursday of every month (no  
class in September), 7-8:30 p.m.

John Nasseff Medical Center,  
Miller Room

Call 651-241-8328 for more information.

## Reach to Recovery\*

One-on-one visiting and support program for women with breast cancer. By appointment in The Breast Center. Call 651-241-6408.

## HEALTH IMPROVEMENT

*Our Health Improvement courses are offered at the Milton M. Hurwitz ExerCare Fitness Center, located at 362 Walnut St. For more information, call 651-241-8080.*

### BOSU Balance Trainer

**Mondays and Wednesdays (beginner classes), 9:45 a.m.**

BOSU integrated balance training improves strength, stability and flexibility while enhancing coordination and balance.

### Muscle Shop

**Ongoing, Mondays and Wednesdays, 3:45-4:30 p.m.**

Uses weights, bands and other equipment to tone all major muscle groups. Moderate intensity; no impact.

## NEUROSCIENCE

### Brain Tumor Support Group\*

**Second Monday of every month, 7-8:30 p.m.**

**Dinner provided: 6-7 p.m.**

Education and support for people whose lives have been affected by brain tumors. For more information and room location, call 651-241-8575.

## ORTHOPEDICS

### Total Knee and Hip Replacement Program

The three-hour program at United Hospital is offered twice each month to help you learn about preparing for surgery and about your recovery after surgery. In class you will learn about

your surgery, strengthening exercises, hospital care, pain management skills and discharge planning. Your family and friends are also invited to participate, since their support will be important to you after surgery. For information and how to register for the class, call 651-241-5390.

## PREGNANCY, BIRTH AND PARENTING

United offers a variety of pregnancy, birth and parenting classes and support groups. Registration is required for classes, so call Allina Class Registration at 612-262-3333 or visit us online at [www.allina.com](http://www.allina.com) to register.

### All About Babies

**Sept. 13, 14, Oct. 11, 12, Nov. 8, 9, Dec. 13, 14, 9:30 a.m.**

One-session class that teaches parents, grandparents or adoptive parents how to care for a newborn.

*\*Programs co-sponsored with the American Cancer Society.*

## COMING EVENTS

### Cancer Rehabilitation and Lymphedema Community Forum

**Thursday, Oct. 23, 6:30 p.m.**

**United Hospital Conference Hall**

Speakers Nancy Hutchison, MD, and Carmela Claypool, PT, will lead discussions and answer questions about lymphedema and rehabilitation for cancer patients. Hutchison, medical director for cancer rehabilitation and lymphedema at Sister Kenny®



### Breastfeeding Preparation

Sept. 8, 24, Oct. 6, 22, Nov. 3, 19, Dec. 1, 17, 7 p.m.

One-session class. Introduces parents to the basics of breastfeeding and provides resources for ongoing support.

### Breastfeeding and Returning to Work

• Sept. 10, Nov. 12, 1:30 p.m.  
• Oct. 15, Nov. 12, Dec. 10, 7 p.m.

One-session class for women who are planning to return to work and continue to breastfeed.

### Childbirth and Parenting Preparation

• Sept. 9, 15, 30, Oct. 2, 22, 27, Nov. 11, 13, Dec. 8, 7 p.m.  
• Sept. 13, 27, Oct. 11, 25, Nov. 8, 22, Dec. 6, 20, 9:30 a.m.

Prepares expectant parents for birth and newborn parenting.

### Expectant Father

Oct. 7, Dec. 1, 7 p.m.

One-session class for fathers-to-be.

### Expectant Grandparents

Sept. 30, Nov. 18, 7 p.m.

One-session class to learn about changes in prenatal care, labor and birth, and parenting.

### Expecting Multiples

Sept. 15, Nov. 10, 7 p.m.

Six-session birth preparation class for parents expecting more than one baby.

### Father and Baby

Oct. 6, 7 p.m.

Three-session class for fathers and their newborns.

### Healthy Pregnancy

Nov. 8, 9:30 a.m.

### Infant and Child CPR

• Sept. 11, Oct. 9, Nov. 13, Dec. 11, 7 p.m.  
• Sept. 13, Oct. 11, Nov. 8, Dec. 13, 9:30 a.m.

Learn resuscitation methods for infants and children younger than 8.

### Infant Massage

Sept. 11, 18, 25, 1:30 p.m.

Three-session class designed for parents and children from 3 weeks to 4 months old.

### New Brother/New Sister

Sept. 9, 25, Oct. 7, 23, Nov. 4, 20, Dec. 2, 18, 6:30 p.m.

One-session class to help children ages 2 to 10 understand what it's like to have a new brother or sister.

### New Parent Connection

Tuesdays, 1:30-3 p.m.

### Parent Education Room

Offers education and support for parents and babies up to 4 months.

### Pregnancy After a Loss

First and third Mondays of each month, 5-6:30 p.m.

### Garden View Medical Center

Please call 651-241-6206 before your first visit or for more information.

### Pregnancy and Infant Loss Support Group

Second and fourth Mondays of each month, 5-6:30 p.m.

For parents who have experienced miscarriage, stillbirth or infant death.

Please call 651-241-6206 before your first visit or for more information.

### Refresher Birth and Parenting Preparation

Sept. 27, Oct. 25, Nov. 22, Dec. 20, 9:30 a.m.

One-session class for those who have given birth within the past five years. Fee includes "New Brother/New Sister" class.

### Small Talk

Oct. 21, 6:30 p.m.

One-session class to learn sign language to communicate effectively with hearing infants and toddlers ages 9 months to 3 years.

## REHABILITATION

### Stroke

Second Thursday of each month, 2-3:30 p.m.

### Garden View Medical Building Conference Room 1053/1054

The Sister Kenny® Rehabilitation Institute offers support groups for stroke survivors and their families. For more information, call 612-863-4996.

## WEIGHT LOSS

### Weight-Loss Surgery Information

Sept. 18, Oct. 16, Nov. 20, Dec. 18, 7 p.m.

Weight-loss surgery is for people more than 100 pounds overweight. Class is free. Materials are \$20, personal check or cash only. Register with Allina Class Registration at 612-262-3333.

Rehabilitation Institute, is also a certified lymphedema therapist. Claypool is a certified lymphedema therapist with Sister Kenny Rehabilitation Institute.

Cancer survivors and their families who receive well-led rehabilitation achieve optimal recovery and well-being.

Lymphedema, a common condition of localized fluid retention caused by a compromised lymphatic system, is associated both with cancer and

other medical conditions.

There is no charge for the event; however, there is a fee for parking. If you are interested in attending this forum or have questions, please contact Wanda Lewis at 612-863-4155.

### Legs for Life Screening

Friday, Sept. 5

Appointments available between 8 a.m. and 4 p.m.

Miller and St. Luke's rooms,

### John Nasseff Medical Center, 255 N. Smith Ave.

Free screening for peripheral artery disease, sponsored by United Hospital's Medical Imaging Department and St. Paul Radiology. Preregistration is required; call 612-262-3333. Those who participated last year will be placed on a waiting list to save room for those who have never had the test or had the test at least two years previously. Parking is available in the Gold ramp for a fee.

# A better life

—Continued from the front page

Redlecki's journey took more time than just her moment of truth. Medicines were no longer controlling her symptoms well, and she heard about DBS at a support group. She met Pahapill and discussed her options at length with him, her other doctors and her family.

"It was a difficult decision to let someone drill holes in my head, but he was calm, answered all my questions, and I was very confident in him. Everyone agreed that I should have the surgery," she says. "I had my eye on the prize, and we went ahead."

**To learn more about deep brain stimulation at United Hospital, call 651-241-8660.**

Similar to the stimulation a cardiac pacemaker delivers to the heart, DBS delivers a controlled, electrical stimulation to targeted areas in the brain. It relieves the symptoms but does not cure Parkinson's.

Redlecki underwent surgeries to drill holes in her head and place probes in carefully targeted spots in each side of her brain. In a final outpatient



**Peter A. Pahapill, MD**

surgery, a controller was placed below her collarbone and a wire was threaded up her neck to connect to the probes in her brain. When the controller was turned on, electrical stimulation relieved her symptoms. All of her medicines were discontinued.

The controller is programmable and was adjusted over time to give Redlecki the best relief for her symptoms. One of the fine-tunings changed her stiff, "fake" smile back to her natural smile.

"DBS is a good, proven, predictable treatment for Parkinson's symptoms. It's reversible and can be adjusted as the patient's needs change," says Pahapill. "While it restores function to more than 90 percent of the patients who have it, only 25 to 30 percent of people with Parkinson's are good candidates. We carefully

screen patients to identify those who will benefit."

A national expert on DBS, Pahapill contributes to textbooks and research articles on the subject. He completed multiyear fellowship training in all aspects of DBS and has done more than 1,000 neuromodulation surgeries over 15 years, far exceeding the training and experience of most surgeons performing these procedures.

The addition of Pahapill's surgical capabilities enhances the comprehensive services at Neuroscience United, one of the nation's top neuroscience



programs. For more information, call 651-241-8660.

To schedule an appointment, call 651-241-6555. ■

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