

# united hospital

celebrating  
**150**  
years

St. Luke's 1857 | Charles T. Miller 1920  
united as one 1980

## Robotic surgery is here at United

Robots doing surgery? Sounds like a good science-fiction book or movie. This revolutionary technology is not a futuristic dream but a reality at United Hospital.

With funding from the United Hospital Foundation, United purchased the da Vinci® Surgical System from Intuitive Surgical®, in Sunnyvale, Calif. This state-of-the-art device allows surgeons to perform minimally invasive procedures and some complex surgeries more accurately and less invasively than with traditional surgical methods.

A robotic device is simply a mechanical tool that is capable of

interacting with the environment. It gives feedback via sensors to the surgeon, who then sends instructions back to the device.

### Less invasive prostate surgery

The field of prostate surgery has been the first to benefit from the use of the da Vinci robotic system.

The prostate is a small, walnut-size organ that is located in men under the bladder and surrounding the urethra (the tube that empties urine from the bladder). A common treatment for prostate cancer is surgical removal of the prostate. Traditional

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UNITED  
HOSPITAL

Allina Hospitals & Clinics

# health update

## Allina and Cub Foods join forces for heart-safe shopping

Sometimes being in the right place at the right time can mean the difference between life and death. For people who are having a heart attack, that right place is near an automated external defibrillator (AED). Devices that almost anyone can use to shock a stalled heart back to life, AEDs often represent the best chance for survival for people during the crucial early moments of a heart attack.

### Safe shopping

Now thanks to a unique partnership between Allina Hospitals & Clinics' Heart Safe Communities program and Cub Foods, this past winter AEDs were installed in 77 Cub locations throughout the region. In addition, Allina Hospitals & Clinics Medical Transportation has trained at least five employees from each store to use the device, as well as basic cardiopulmonary resuscitation (CPR).

Allina brokered an arrangement with Medtronic for Cub to buy the AEDs, and Allina's Medical Transportation stepped forward for one of its biggest mass CPR training projects ever. For two days in January, a team led by Charles Lick, MD, medical director of Allina's Medical Transportation, trained nearly 300 Cub employees, who will take their new skills back to their stores to train additional employees. ■

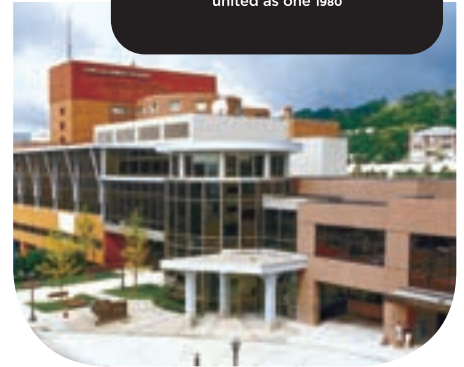
## Happy Birthday, United Hospital!

In 2007 United Hospital celebrates 150 years of providing quality health care services to the community. United began in 1857 as a small, 12-bed facility and has grown to be the largest hospital in the Twin Cities East Metro area, providing a full range of health care services to more than 200,000 people every year.

Look for our Fall 2007 issue of *Healthy Communities*. It will feature United's 150 years, including our history, impact on our community and plans for the future. ■

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## United and Regina team up for emergency care

Effective Jan. 1, 2007, St. Paul's United Hospital began providing emergency doctor services at Regina Medical Center in Hastings, Minn.

"We are excited to be partnering with United Hospital to provide excellent emergency care to the residents of the Hastings area," says Mark Wilson, president and CEO of Regina Medical Center. "Our growing community can feel confident that Regina Medical Center has the skills and expertise to meet our emergency medical needs."

United Hospital board-eligible and board-certified emergency doctors and nurse practitioners now staff the Emergency Department (ED) at Regina Medical Center, and the existing

Regina ED staff doctors have become employees of United Hospital.

"This new relationship allows us to extend the reach of United's services, helping to assure residents that they have access to quality care 24 hours a day, seven days a week," says Jay Westwater, MD, JD, medical director of Emergency Services at United Hospital. ■



## Cancer Care Message Board

When you or someone you know is diagnosed with cancer, life changes. There's a lot to think about, to decide and to do. It's tough to go it alone. You need the care and support of other people.



Visit the Cancer Message Board at [www.unitedhospital.com](http://www.unitedhospital.com) to share, learn and find support as you face cancer.

# Robotic surgery

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prostate cancer surgery involves making one large incision to remove the organ, which is part of the male reproductive system. With the da Vinci device, the surgeon makes several small cuts and inserts a tiny camera and special surgical tools through the incisions. The camera sends images back to the surgeon, who views them on a 3-D monitor. The surgeon then can make decisions based on what is shown and direct the device to carry them out with the surgical tools.

**Robotic surgery is now a reality at United Hospital.**

## The pluses of robotic surgery

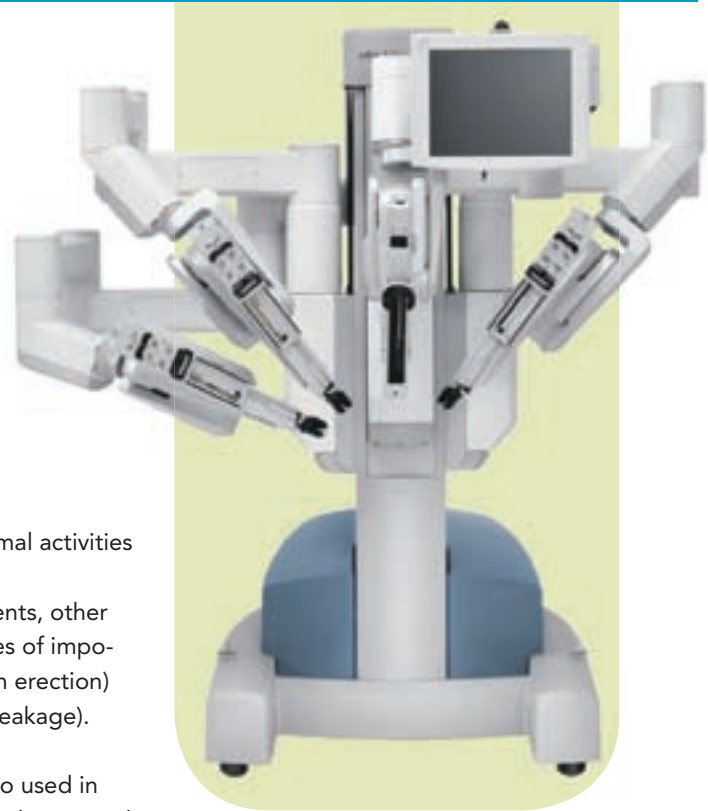
In addition to improved accuracy, studies have shown that some surgical

side effects are reduced through the use of the robotic device. Patients have reported:

- reduced blood loss
- less pain after surgery
- a shorter hospital stay
- a quicker return to normal activities
- less scarring.

For prostate cancer patients, other benefits are reduced rates of impotency (inability to have an erection) and incontinence (urine leakage).

The da Vinci device is also used in bladder surgeries and has been used to repair heart valve defects. Studies are under way to see if the robotic system will help in operations on the female reproductive system, the brain and other organs. ■



The da Vinci® Surgical System allows surgeons to perform minimally invasive procedures and some complex surgeries more accurately and less invasively than traditional surgical methods.

# Journey toward a healthy life

The Bariatric Center of United Hospital in partnership with St. Paul Surgeons is widely recognized as a leading expert in the surgical care of weight loss. Its successful, comprehensive program has helped thousands of patients achieve better health and an improved quality of life.

Obesity is America's most serious epidemic. More than two-thirds of our nation is overweight; a frightening statistic that continues to increase each year. Obesity can increase your risk for heart disease, diabetes and stroke.

Bariatric surgery is an effective weight loss and weight control method for obesity. It is one part of a lifestyle plan—including eating right and

exercising regularly—to maintain a healthy weight.

Free introductory meetings are held monthly for people interested in learning more about bariatric surgery. Call Medformation® at 651-241-8811 or 1-800-877-7878 (if you're outside the Minneapolis/St. Paul area) to register. Meetings are scheduled for April 19, May 10, June 21, July 12, Aug. 16 and Sept. 13.

Meetings are at 7 p.m. in the Miller and St. Luke's rooms in the lower level of the John Nasseff Medical Center.



For more information about bariatric surgery, visit [www.unitedhospital.com](http://www.unitedhospital.com).



United Hospital has been awarded the Bariatric Center of Excellence designation by the American Society for Bariatric Surgery.



## ST. PAUL HEART CLINIC

# High-tech heart care is here

## NEW TECHNOLOGY ALLOWS FASTER, EASIER AND MORE ACCURATE DIAGNOSIS OF HEART CONDITIONS

Advanced technology at St. Paul Heart Clinic is improving the diagnosis and treatment of heart disease. St. Paul Heart Clinic is the first private practice in the country to install the Somatom® Definition dual-source CT (computed tomography) system.

A CT scan uses X-rays to make detailed pictures of organs or areas inside the body. During the test, the patient lies on a table that is placed inside the scanner, which is a large doughnut-shaped machine. The scanner

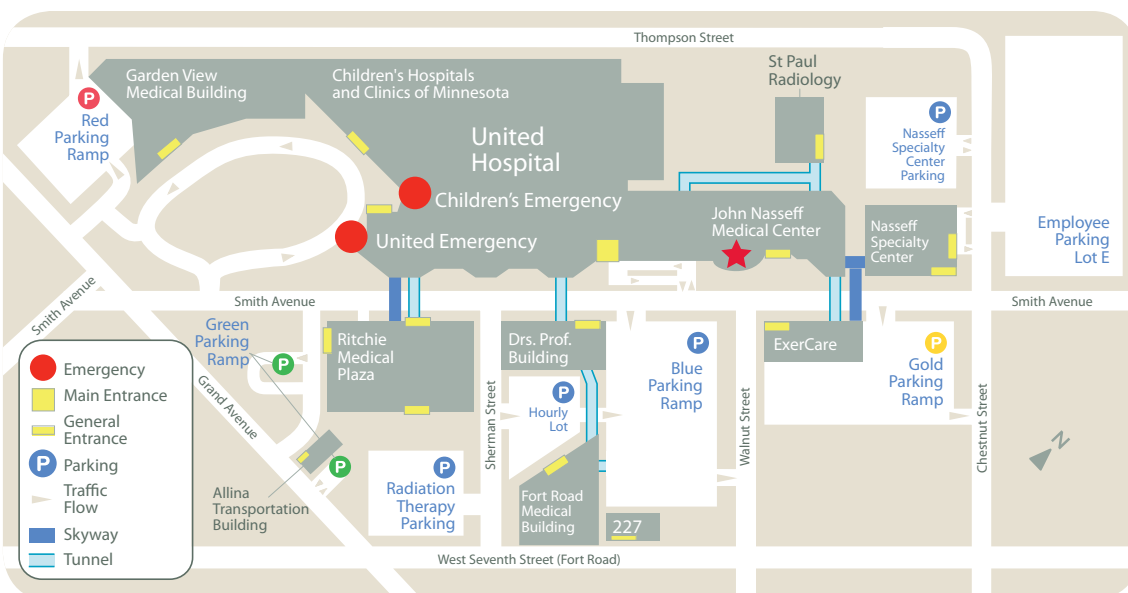
takes many X-ray pictures (each picture takes less than a second). Then a computer puts the pictures together to give a 3-D view of the area or organ being studied. The doctor can also look at each individual picture, which shows just a slice of the organ.

## Two are better than one

Dual-source CT technology uses two X-ray sources, doubling the imaging power, cutting the radiation exposure in half and reducing the need for medication to slow the heart.

“Dual-source allows us to bring the most advanced CT technology available to our patients,” says Uma Valeti, MD, an interventional cardiologist and director of cardiovascular magnetic resonance imaging and CT at St. Paul Heart Clinic. “The system provides detail not previously available through CT, giving us more information to make diagnoses and treatment decisions without invasive procedures. In addition, the system allows us to examine patients more comfortably and conveniently.”

The St. Paul Heart Clinic is the Twin Cities’ largest independent cardiology clinic, providing specialized care in virtually all aspects of cardiology. They are located in Suite 500 of the Nasseff Specialty Center on the United Hospital campus. For more information, call the clinic at 651-726-7011. ■



The Allina Medical Clinic—United Medical Specialties St. Paul is located in the John Nasseff Medical Center (the former St. Paul Heart and Lung Building).

# Clinics merge, open to patients

After years of working side by side on the same campus, staff and doctors at two existing Allina clinics have merged and are eager to see patients in a new, larger clinic on the United Hospital campus. By joining forces, the combined doctor group offers a greater variety of services while being more efficient and eliminating unnecessary duplication.

The Allina Medical Clinic–United Medical Specialties St. Paul is one of the largest specialty groups in the East Metro area. It formed from the merger of Corbett, Ogden, Abid, Thomas and Saeed, and the Allina Medical Clinic–Internal Medicine Specialties.

In addition to internal medicine, specialty services at the clinic include endocrinology and rheumatology.

“On-site services are a great convenience for our patients, many of whom need ongoing disease management,” says Kathy Campion, clinic manager. “For example, with the new space we can offer bone densitometry and X-ray services right here.”

Practitioners from other Allina Medical Clinic sites will bring podiatry, general surgery or other services to the new clinic as needed. The new group is housed in the John Nasseff Medical Center at 255 N. Smith Ave., Suite 100 (the former St. Paul Heart and Lung Building). To make an appointment, please call 651-241-5000. ■

## More services near you

At the end of January 2007, United Hospital, in association with Apple Valley Medical Clinic doctors, successfully completed a \$10 million expansion project that allows Allina Hospitals & Clinics and United Hospital to have a growing presence in the South Metro community.

The new 20,000-square-foot, two-story expansion to the Apple Valley Medical Center campus houses the United Medical Imaging Center, the United Specialty Center and an Allina Community Pharmacy.

### United Medical Imaging

United Medical Imaging adds significant diagnostic services to the Apple Valley Medical Center campus. Patients are now able to receive CT (computed tomography), MRI (magnetic resonance imaging), mammography and ultrasound procedures on the campus, rather than traveling to United Hospital or other facilities.

### United Specialty Center

The United Specialty Center has been operating for 16 years in the Apple Valley Medical Center space, and due to the growing population of patients on the campus, an upgraded space was required. United Hospital subleases exam rooms to various specialists who practice at United. The new space allows for more minor procedures to be performed on-site, an upgraded patient waiting area, private dictation areas for doctors and many other amenities.

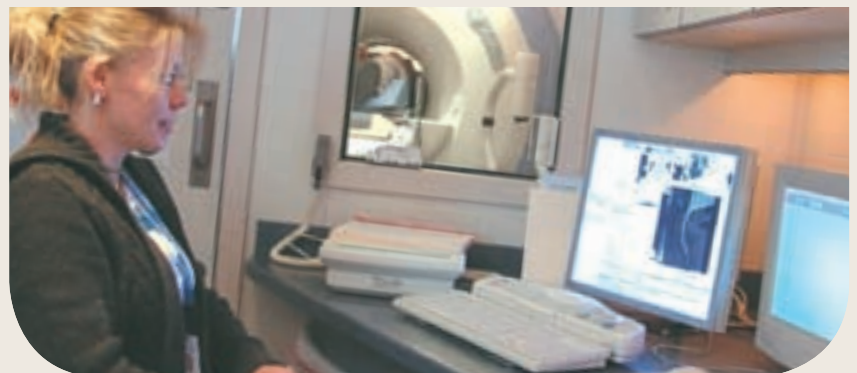
### Allina Community Pharmacy–Apple Valley

In January 2006, Allina Community Pharmacy–Apple Valley moved onto the Apple Valley Medical Center campus in anticipation of the completed expansion. The expansion doubled the Allina Community Pharmacy space, allowing them to add more retail products and better serve the growing community of patients in the South Metro community. ■



### For more information

Apple Valley Medical Center	952-432-6161
United Specialty Center	952-953-9259
Allina Community Pharmacy–Apple Valley	651-241-3800



## 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 Medformation® at 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 form.

## CANCER

### Brain Tumor Support Group\*

Meets the second Monday of every month, 7-8:30 p.m.

### The Breast Cancer Support Group\*

Meets the first Tuesday of every month, 2-3:30 p.m. For more information, please call 651-241-8375.

### Minnesota Ovarian Cancer Alliance (MOCA)

Support for ovarian cancer survivors, family and friends. Free and open to the public. For more information, call MOCA at 612-822-0500 or visit [www.mnovarian.org](http://www.mnovarian.org).

## Reach to Recovery\*

One-on-one visiting and support program for women with breast cancer.

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

## HEART

### Heartsaver/CPR Class

Meets monthly.

### United Hearts Club

Support and education for cardiac patients and their families.

### The Women's Heart Center

A heart disease prevention program to help women learn about their personal risk. For more information, call 651-241-KNOW (5669).

## HEALTH IMPROVEMENT

### BOSU Balance Trainer

BOSU integrated balance training improves strength, stability and flexibility while enhancing coordination and balance. Call the Milton M. Hurwitz ExerCare Fitness Center at 651-241-8080 for more information.

### Exercise Classes

A variety of exercise classes, including aerobics, step aerobics, kickboxing and strength training, as well as access to personal trainers, are available at the Milton M. Hurwitz ExerCare Fitness Center. Call 651-241-8080 for more information.

### Pilates

Pilates exercises are designed to strengthen the core by developing pelvic stability and abdominal control. Call the Milton M. Hurwitz ExerCare Fitness Center at 651-241-8080 for more information.

## Yoga

Yoga is a good stress reliever. This 60-minute class includes instructions for components of yoga postures, breathing techniques, relaxation and guided imagery. Call the Milton M. Hurwitz ExerCare Fitness Center at 651-241-8080 for more information.

## PREGNANCY, BIRTH AND PARENTING

### All About Babies

Teaches expectant parents, grandparents or adoptive parents how to care for a newborn.

### Birth and Parenting Preparation

Six evenings or one weekend session. Prepares expectant parents for birth and newborn parenting.

### Breastfeeding Preparation

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

### Breastfeeding and Work

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

### Changing Shapes™: Pregnancy Fitness and Mother and Baby Fitness

Ongoing fitness groups meet twice a week.

### Expectant Father

One-session class for fathers-to-be.

### Expectant Grandparents

Learn about changes in prenatal care, labor and birth, and parenting. Focuses on the unique role of grandparents.

### Expecting Multiples

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



### Father and Baby

Three-session class for fathers and their newborns.

### Healthy Pregnancy

Two evenings or one Saturday class. Provides information about the development of babies and how to make pregnancy easier and more fulfilling.

### Infant and Child CPR

Two-hour class to learn resuscitation methods for infants and children younger than 8.

### Infant Massage

Three-session class that helps new parents learn massage techniques.

### New Brother/New Sister

One-session class designed to help children older than 3 understand what it's like to have a new brother or sister.

### New Parent Connection

Offers education and support for parents and babies up to 4 months. Co-sponsored by Early Childhood Family Education and St. Paul Public Schools.

### Postpartum Depression Support Group

Meets Wednesdays, 1:30-3 p.m., in West St. Paul.

### Pregnancy After a Loss

A birth preparation class for expectant parents who have experienced the loss of a previous baby. A support group is also available.

### Pregnancy and Infant Loss Support Group

For parents who have experienced miscarriage, stillbirth or infant death. Meets twice a month.

### Refresher Birth and Parenting Preparation

Three evenings or one Saturday session. For those who have given birth within the past five years. Fee includes New Brother/New Sister class.

### Small Talk

Sign language for parents to communicate effectively with their hearing infants and toddlers ages 9 months to 3 years.

### Teen Pregnancy

Pregnancy information and birth preparation for the pregnant teen and her support person. Meets every Wednesday.

## REHABILITATION

### Stroke

Meets on the second Thursday of the month, 2 to 3:30 p.m. in the 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 651-241-8071.

## WOMEN'S HEALTH

### Perimenopause and More: Most Everything You Need to Know About Hormones and Bioidentical Therapy

Sponsored by The Menopause Center of United Hospital. Register for one of four classes:

- May 31, 3:30-5:30 p.m. or 6:30-8:30 p.m.
- Sept. 25, 3:30-5:30 p.m. or 6:30-8:30 p.m.

\$25 registration fee (includes materials, light snack and parking voucher). Register by calling Medformation® at 612-262-3333. Located in the Heart and Lung Conference Room in the John Nasseff Medical Center. CME credit is available for nurses.

## COMING EVENTS

### American Heart Association's Heart Walk

Each year thousands of walkers organize teams to participate in the Twin Cities Heart Walk to raise money for research about heart disease and stroke, diseases that claim more than 910,000 American lives a year.



**Date:** April 28

**Location:** St. Paul's Harriett Island

**Register:** [www.heartwalk.kintera.org/twincitiesmn](http://www.heartwalk.kintera.org/twincitiesmn)

### United Hospital Breast Center Benefit

Indulge in an afternoon of shopping, a silent auction and door prizes while enjoying lunch, viewing a fashion show and raising funds to benefit The Breast Center of United Hospital.

**Date:** Thursday, May 10

**Location:** Dellwood Country Club

For more information about this or other United Hospital Foundation events, call 651-241-8022.

### A Health Fair for Women of All Ages

Health and wellness information and screenings for women in the West 7th Community. Lunch is provided. For more information, call 651-298-5493.

**Date:** Saturday, May 12

**Time:** 10:30 a.m. to 2 p.m.

**Location:** West 7th Community Center, 265 Oneida St., St. Paul

### 15th Annual Race for the Cure

Join in the Annual Susan G. Komen Race to find a cure for breast cancer.

**Date:** Mother's Day, Sunday, May 13

**Time:** 7:30 a.m.

**Location:** Mall of America



For more information or to register online, visit [www.racecure.org](http://www.racecure.org).

### 3M Championship Benefits Allina Hospitals

If you're a golf enthusiast and enjoy seeing the great players on the senior golf tour, mark your calendar for July 30 to Aug. 5 for the 3M Championship at Tournament Players Club (TPC) of the Twin Cities in Blaine. During the past 15 years, this golf tournament has raised approximately \$11 million to support health care programs at Allina hospitals. Proceeds from the 2007 event will benefit emergency department expansion efforts at United Hospital. Information on the 2007



tournament, ticket sales and event schedule are available at [www.3mchampionship.com](http://www.3mchampionship.com).

# Enhancing your care

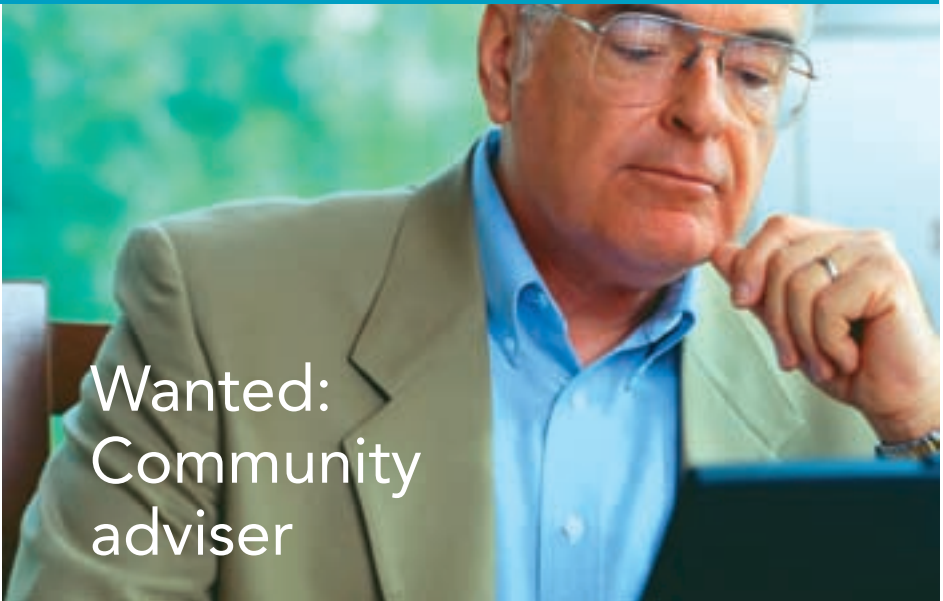
## ELECTRONIC MEDICAL RECORD

Beginning May 1, a new electronic medical record system will enhance the way United Hospital delivers your care. You will now have one electronic medical record that is shared by all of your Allina providers.

An electronic medical record is a computerized version of your paper medical record. This delivers a more complete picture of your medical history, allowing your provider to make the best recommendations about your medical care. United joins Allina's other hospitals, clinics and outpatient facilities this spring in adopting the electronic system.

### Advantages of an electronic medical record system

- **Easy, total access.** With this new system, your doctor has immediate access to your complete medical history with a few computer mouse clicks.
- **Safer prescriptions.** The new system automatically cross-checks



## Wanted: Community adviser

United Hospital is seeking a community member to serve on the electronic medical records team. The medical records team will review and make recommendations regarding the electronic medical record system at United.



If you are interested in serving on the team, please call Rachel MacNamara, clinical documentation administrative assistant, at 651-241-8447.

any new prescriptions your doctor is considering to ensure that there are no negative interactions with your allergies or current medications.

- **Timelier test results.** Your doctor can review your results as soon as they are posted to your electronic medical record.
- **One record.** Because each Allina

facility can access your record, you only need to provide your health information once. After that, all you need to do is verify that the information is up-to-date.

### Advanced security

As always, the privacy of your medical information is strictly protected. Only medical practitioners and personnel involved in your care can access your medical record. ■

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