

# united hospital

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## Heart United: A center of award-winning care

For more than six years, the John Nasseff Heart Hospital at United Hospital has been providing award-winning, state-of-the-art care for patients with heart and other vascular diseases. United Hospital has been rated one of the nation's top 100 heart centers by Evanston, Ill.-based Solucient®. In addition, United Hospital was named a "Blue Distinction Center" for cardiac care by Blue Cross and Blue Shield Association for health care quality and cost.

But despite this excellent service, many people remain unaware of the good work happening at United. Contributing to this lack of understanding was the name: the John Nasseff Heart Hospital at United Hospital. Many didn't know that the Heart Hospital was part of United Hospital.

To better improve service and clear up this confusion, we have changed the name to Heart United. This new name covers all of the specialized cardiovascular centers at United Hospital, including the Vascular Center, the Milton M. Hurwitz ExerCare Fitness Center, the Nasseff Heart Center and the Women's Heart Center. Read on for more information about the Heart United centers.

### Cutting-edge treatment for vascular diseases

Imagine not being able to walk more than a block before the pain in your legs prevents you from taking another step.



Symptom-free, David Reyer is enjoying an active life since his PAD treatment.

This was the reality for David Reyer, 63, of Star Prairie, Wis. Reyer is one of an estimated 8 million to 12 million Americans who have peripheral artery disease (PAD). PAD is a type of atherosclerosis, which is hardening and narrowing of the

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# health update

## MyChart

Want to make a doctor's appointment with the click of a button? Want to pay your bills online? Managing your health care just got easier, thanks to *MyChart*, a complimentary health care tool from Allina Hospitals & Clinics. *MyChart* provides convenient, secure online access to your Allina health information from anywhere at anytime. Just check it out at [www.allina.com/mychart](http://www.allina.com/mychart) and see how you can:

- Schedule an appointment with your doctor.
- View your lab results, allergies, medications, immunizations and medical history.
- View billing statements and pay bills online.
- Refill prescriptions at an Allina Community Pharmacy.
- Manage your child's health care.
- Provide another adult access to your *MyChart* record and/or manage another adult's health care.
- Use research and tracking tools to monitor health conditions. ■



## Nasseff Specialty Center now open

In September the new Nasseff Specialty Center on the United Hospital campus opened for business.

The five-story, 125,000-square-foot building is home to the St. Paul Heart Clinic and the St. Paul Lung Clinic

(formerly Pulmonary and Critical Care Associates), as well as the Minnesota Epilepsy Group, United Neurosurgery Associates, University of Minnesota Pediatric Specialty and MedCentra. ■

## Electronic medical record system coming to United in 2007



In May 2007 United Hospital will begin using a new electronic medical record system that will improve the safety and quality of your care. Your electronic medical record is easily shared by each of your Allina Hospitals & Clinics caregivers—no matter which Allina hospital, clinic or outpatient facility you visit.

- As always, your privacy is protected. Only those involved in your care will be able to access your medical record.
- Your doctors and caregivers will be able to see your test results, medications and medical history faster.
- For your safety, the new system immediately checks for drug and allergy interactions when new prescriptions are being considered. ■



lives saved. hope restored. everyday.

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## Look for us along the way

Whether you're driving on I-35E, I-94 or even Highway 61 toward St. Paul, you may have noticed a familiar face. For the past two months, United Hospital has been featured on six billboards located throughout the

east metro area. This is part of our mission to serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care. ■

# The Menopause Center: Moved and expanded

The Menopause Center of United Hospital is growing and expanding services to help you feel and live better. The center has moved to the Doctor's Professional Building on the United Campus.

For the past four years, The Menopause Center has been helping women cope with the symptoms and signs of perimenopause, the five to 10 years before menopause when hormonal changes affect a woman's physical and psychological health.

The Menopause Center was created to "listen to women and to partner with them through the transition to midlife," says Sandy Greenquist, CNM (certified nurse midwife), CMC (certified menopause clinician), manager of The Menopause Center.

**To make an appointment,  
call 651-241-5490.**

"Menopause is a natural process and does not necessarily require treatment," Greenquist says. "But many women seek answers for symptoms such as hot flashes and night sweats, headaches or erratic menstrual cycles. We work together with each patient to create a plan that is tailored to meet her needs. This plan is based on her symptoms and is always respectful of choices."

As the only dedicated menopause center in the five-state region, The Menopause Center has seen tremendous growth since its creation in 2002. In 2003, the first full year of service,

Here to help: Sandy Greenquist, CNM, CMC (sitting), and Rebecca Mendoza, CNP, CMC (standing), help women cope with the symptoms of perimenopause at The Menopause Center of United Hospital.

Greenquist saw 264 patients. In 2005 she saw 570 patients, and she saw 880 patients in 2006.

To handle the growth, this past summer Greenquist was joined by Rebecca Mendoza, CNP (certified nurse practitioner), CMC. Mendoza began seeing patients one day a week at The Menopause Center and now sees patients four days a week.

Greenquist attributes part of the increase in patients to women seeking safer alternatives to traditional therapy. "One of the options we offer at The Menopause Center is bioidentical hormones. These hormones exactly mimic a woman's own hormones," says Greenquist.

Another factor contributing to the increase is the aging of baby boomers. According to the U.S. Centers for Disease Control and Prevention, about 37.5 million women are reaching or have reached menopause. By 2015 nearly half of all American women will be postmenopausal.

The Menopause Center is open Monday through Friday, from 9 a.m. to 5 p.m., with some evening appointments available. It is located in Suite 750, Doctor's Professional Building at 280 N. Smith Ave. Parking for a fee is available in the adjacent Blue Ramp. Services at The Menopause Center are reimbursable under most insurance plans. ■



## Menopause Chat Room

Have some questions about menopause? Want to know how others cope with hot flashes?



Visit The Menopause Center Chat Room at [www.unitedhospital.com](http://www.unitedhospital.com).

# HEART UNITED

## CENTER OF AWARD- WINNING CARE

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arteries that supply blood to the arms, neck and legs. Treatment for PAD is similar to that for patients with blocked arteries in the heart; the goal is to reopen the blood vessels and restore circulation.

Reyer had severe blockage in his right leg. He underwent a number of procedures from September 2001 to February 2003 to restore circulation, but in 2005 the pain returned. That's when Reyer came to the Vascular Center of United Hospital.

"When David's PAD came back, we determined that he would benefit from a new form of treatment," says Thomas A. Biggs, MD, cardiologist with St. Paul Heart Clinic, the largest, independent heart clinic in the Twin Cities, and medical director of the United Hospital Vascular Center. "This new treatment involves the Silverhawk™ device, which actually scrapes the plaque from the artery, so it can be removed completely.

"The Silverhawk device is an important tool in the treatment of patients with lower limb PAD," Biggs says. "It's most compelling to use with those patients whose disease is below the knees and involves small blood vessels." The Vascular Center of United Hospital was the first in the east metro to use Silverhawk to treat PAD.

Since having the procedure, Reyer has been symptom-free.

"Last summer I went out west and went hiking in Yellowstone," Reyer says. "I also decided to take my doctor's advice and quit smoking about a year and a half ago."

### **ExerCare for recovery and prevention**

Roland "Rollie" Carlson has had double bypass surgery and two angioplasties with stents to repair his heart disease. After each procedure, he underwent cardiovascular rehabilitation at United Hospital. Deciding he wanted to stop having procedures, Carlson chose to continue his recovery at the Milton M. Hurwitz ExerCare Fitness Center at United.





## 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, 1-3 p.m.

### 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 952-890-8775 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 eight.

### 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 three 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 four 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 nine months to three 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.



## COMING EVENT

### Camp United

Last summer's Camp United for junior volunteers was such a success that we are bringing it back and adding another session for summer 2007.

Camp United is for youths ages 13 to 18. You attend one (or more) of our six two-week camps helping patients, families and friends at the hospital. It's just two weeks of your whole summer to help people, learn about health care and reap the benefits of volunteering.

The 2007 summer camp sessions are:

**Session 1:** June 11 to 22

**Session 2:** June 25 to July 6

**Session 3:** July 9 to 20

**Session 4:** July 23 to Aug. 3

**Session 5:** Aug. 6 to 17

**Session 6:** Aug. 20 to 31



To learn more about Junior Volunteer camp or about other volunteer opportunities, visit our Web site at [www.unitedhospital.com](http://www.unitedhospital.com) and click on the *Volunteer Opportunities* button on the bottom of the page. Space is limited, so apply early.

## WOMEN'S HEALTH

### Menopause 101

Attend a session and learn what you can expect and what treatment options are available with regard to menopause. Box lunch provided, cost is \$25. Classes offered on Wednesdays, Feb. 21, April 11, June 13, Aug. 8, Oct. 10 and Dec. 12.

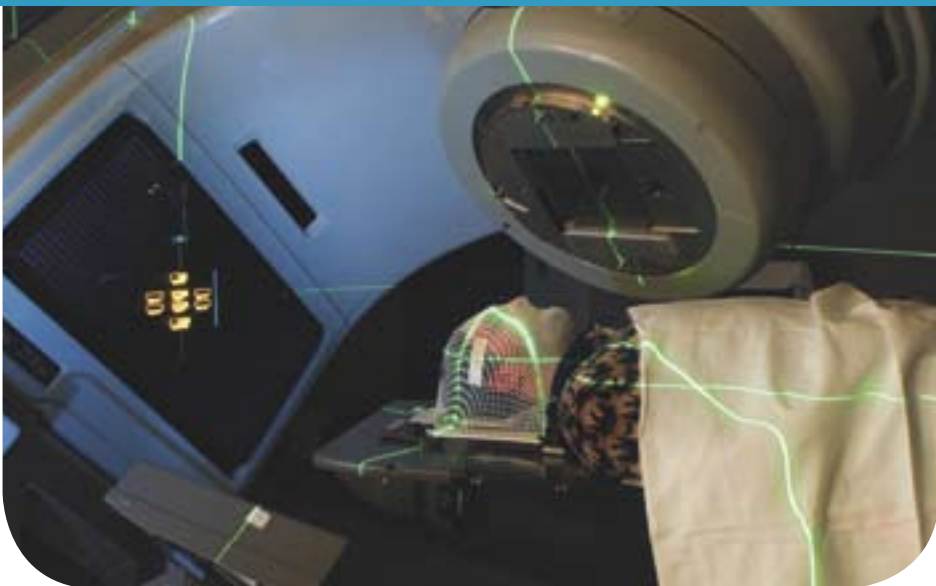
# Partners in cancer care

In 2006, United and Minnesota Oncology and Hematology, PA (MOHPA), announced a joint health care venture that includes managing the growing radiation therapy division on United Hospital's campus.

"We are extremely excited about this partnership," says Mark Mishek, president, United Hospital. "Providing the best medical care when it comes to talent and technology is something we take seriously. MOHPA will provide United Hospital with a whole new level of cancer care. We are honored to announce this relationship."

**This partnership allows patients to receive all of their care in one location.**

Cancer is the second leading cause of death in the United States. Half of all men and one-third of all women in the United States will develop cancer during their lifetimes. Today nearly 10 million Americans are living with or have had cancer.



**A partnership between United Hospital and Minnesota Oncology and Hematology, PA, includes managing the growing radiation therapy division, including the linear accelerator, which is used to treat head and neck tumors.**

"This is truly a historic step, partnering the east metro's foremost tertiary cancer hospital with the premier group of oncology physicians," says Irv Lerner, MD, medical director, Oncology, United Hospital, and a founding member of MOHPA. "It surely promises to provide the citizens of our community cutting-edge cancer care for the foreseeable future."

This is the first step in a vision to build a state-of-the-art integrated cancer care center on the United Hospital campus. Integrated cancer care offers patients the benefit of receiving all of

their care in one location.

MOHPA is a specialized medical group dedicated solely to the diagnosis and treatment of various cancers and blood disorders. MOHPA has seven clinic locations across the Twin Cities area. In addition to the expertise of its medical staff and the availability of advanced treatment technologies, MOHPA doctors also provide their patients access to the latest clinical trials through their affiliation with U.S. Oncology's Cancer Research Network. For more information, please visit [www.moHPA.com](http://www.moHPA.com). ■

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