

united hospital

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Healthy New Year!

Ideas for resolutions that you can keep all year

Are you looking to make some positive changes in your life? The coming new year can be a great time to start.

When it comes to your health, the American Medical Association and other experts have some specific ideas that can help you eat better, stay active and keep illness away.

Consider taking on two or three that make sense for you. Just don't try to do too much too fast. Your chances of long-term success are better if you set clear, realistic and attainable goals. So let's get started.

Do you want to: Eat better?

Go for more vegetables and fruits—and not just at mealtime. Consider snacking on a piece of fruit or some carrot sticks instead of high-calorie vending machine fare. Tip: Fruits and vegetables with the most color are often the most nutritious.

Change your order. In a restaurant, keep portion sizes sensible by ordering an appetizer and salad or soup and skipping the entrée. Or split an entrée with your dinner date.

Stash the salt shaker. If you're getting more than a teaspoon of salt a day from all sources, your sodium intake is too high. In fact, if you're age 50 or older, the equivalent of half a teaspoon is enough.

—Continued on the back page



Your weight: Lose a little to gain a lot

You know that it's unhealthy to carry a lot of extra weight. What you might not know is that you don't necessarily have to lose all those excess pounds in order to get healthier.

In fact, a weight loss of just five to 15 percent of your current weight can improve your quality of life and health, according to the National Institute of Diabetes and Digestive and Kidney Diseases. For example, if you are overweight at 200 pounds, you need only lose 10 to 30 pounds to lower your risk for diabetes, heart disease and stroke.

Take it slow and steady

In general, the most effective way to lose weight is to do so gradually. Work on getting plenty of exercise and eating a healthful, low-fat diet. And make changes you can live with over time.

You can learn more about managing your weight at www.allina.com. Go to *Be Healthy* and scroll down to links under *Diets*. ■



UNITED
HOSPITAL

Allina Hospitals & Clinics

health update

Get healthier in the new year at ExerCare Fitness Center

Did you know that United Hospital offers the only medical fitness center in the St. Paul area that provides a place for former patients, their families and other members of the community to exercise within a medically supervised environment?

The Milton M. Hurwitz ExerCare Fitness Center, a program of United Hospital, is an ideal place to exercise and open to anyone, whether or not you have a health condition. As a member of ExerCare, you will enjoy the state-of-the-art exercise equipment and the comfortable atmosphere. Unlike other local fitness centers, ExerCare has clinically trained staff to help you with your exercise program. The staff work with you toward your personal goals, provide education and guidance for healthy lifestyle habits, and assist you with medical management as warranted.

The Milton M. Hurwitz ExerCare Fitness Center is located at 362 Walnut St. on the United Hospital campus. For more information or to take advantage of the special promotion, please call 651-241-8080. ■



Fill your prescriptions online

Reliable medication prescription service is just a click away.

At the Allina Community Pharmacies Web site, you can transfer or refill a prescription and have it mailed to your home at no extra charge. Or you can arrange to pick up your prescription at any of 15 locations listed on the site. For new prescriptions, an order signed by your doctor is required, which can be faxed by the doctor's office, mailed or dropped off in person.

The Allina pharmacy staff has

expertise in special-medication needs, including organ transplant, diabetes, infertility, pediatrics, oncology and management of multiple medications.

Discounts on medications are offered to seniors, age 62 years and older. Allina Community Pharmacies also offer free assistance to review current medications and provide guidance in selecting a Medicare Part D plan.



Check out these services at www.allina.com/pharmacy. ■

2008 Service to Humanity Gala raises \$1.55M for Emergency Department expansion

The 2008 Service to Humanity Gala, hosted by the United Hospital Foundation, raised \$1.55 million for United Hospital's new Emergency Department expansion.

Nearly 1,500 people attended the event, held at the St. Paul RiverCentre, honoring Service to Humanity Award honorees Jerone Kennedy, MD, and

Elaine S. Larson. The award, presented by the United Hospital Foundation, recognized Kennedy and Larson for their selfless leadership in improving the health and welfare of St. Paul and the surrounding communities. Highlights included auctions, fine dining, and music by the legendary group The Sevilles.

Thank you to all the Service to Humanity Gala sponsors, volunteers, attendees and to the St. Paul community for supporting United Hospital Foundation events.

To learn more, go to www.unitedhospital.com/unitedfoundation. ■



Join now and save!

If you join ExerCare by Feb. 14, 2009, your orientation fee will be waived. That is a savings of \$55!

The Peter J. King Emergency Care Center Update

United Hospital's new Emergency Department expansion involves much more than the physical construction underway on the campus. Critically important is the behind-the-scenes work to transform the care experience for patients.

"We aren't just building a bigger space, we are building an Emergency Care Center that will respond to our community's constantly changing needs," says Jay Westwater, JD, MD, medical director, United Hospital's Emergency Department and United Hospital's chief of staff. "Time is of the essence in an emergency, so barriers to timely treatment must be eliminated."

The construction timeline is on target, and while the visible facility changes are transforming the space, multidisciplinary work groups have been formed to focus on customer service and culture, patient arrival

processes, patient assessment and treatment times, and placement of admitted patients.

"We are building the best-in-class and best-in-practice Emergency Care Center at United Hospital," adds Polly Groshens, RN, CEN, director of Emergency Services. "Our goal is that this facility will be the standard by which all future emergency facilities will be modeled."

At a glance:

- 27 examination rooms
- Six psychiatric rooms to provide a safe and secure treatment area
- 12 observation rooms
- a larger bay to hold a minimum of six ambulances
- decontamination area
- in-department computed tomography (CT) device
- patient care and family areas designed for greater privacy. ■

Watch surgical procedures on your computer

As a unique learning experience for patients and families, Allina has teamed up with OR-Live, Inc., an Internet broadcasting company that creates live and on-demand health care video, to air four procedures.

- **Myomectomy**, the removal of uterine fibroids, performed by Ragnvald Mjanger, MD, using the da Vinci S[®] Surgical System at United Hospital in St. Paul. The da Vinci is the most advanced surgical technique for the treatment of uterine fibroids, the most frequent pelvic tumors seen by gynecologists.
- **Brain surgery**, performed by Jerone Kennedy, MD, neurosurgeon, in a new iMRI neurosurgical operating room that allows surgeons at United Hospital to use real-time imaging as they operate. Its unique overhead track moves the MRI system to the patient rather than the patient having to be moved to the magnet.
- **Total-knee replacement surgery** at Buffalo Hospital, performed by Dana Harms, MD, orthopedic surgeon, and narrated by David Labadie, MD.
- **Laparoscopic gastric band procedure** at Unity Hospital in Fridley, performed by Jeffrey Baker, MD, surgeon, and narrated by Frederick Johnson, MD, surgeon. This procedure is one of several proven surgical options for weight loss.

You can watch these procedures at any time at www.allina.com/orlive. ■



A race against time

The first signs of stroke call for a quick response—fast treatment matters



Don't wait, don't hesitate—it's important to get help at the first signs of stroke.

When a stroke happens, there's no time to waste.

During a stroke, the brain's supply of blood is disrupted, leaving brain cells without crucial oxygen and nutrients.

As a result, they can quickly start to die. This makes treating a stroke a race against time.

Damage from a stroke can affect any part of the body. Strokes can result in serious disabilities, including paralysis and problems with speaking, thinking and emotions.

"Stroke is a life-changing event that not only affects the person who may be disabled but the entire family and other caregivers as well," says Larry B. Goldstein, MD, chairman of the American Heart Association's Stroke Council. But here's what else you need to know: By recognizing the signs of a stroke and getting to the hospital right away, you can receive treatment that can limit the damage from a stroke.

Know the sudden signs

Stroke symptoms come on suddenly—at any time and place.

Signs of stroke may include:

- numbness or weakness of the face, arm or leg—especially on only one side of the body
- confusion or trouble speaking or understanding speech
- trouble seeing
- trouble walking, dizziness, or loss of balance or coordination
- severe headache for no obvious reason.

If you think you or someone else might be having a stroke, call 911. Don't wait to see if the symptoms pass.



United Hospital offers nationally recognized stroke center and rehabilitation program

United Hospital has been designated as a Primary Stroke Center by The Joint Commission, the nation's predominant organization for setting and accrediting health care standards. United's Stroke Center provides comprehensive care for stroke survivors and their families.

United's program includes:

- Emergency care
- Inpatient care
- Inpatient rehabilitation
- Peer visitor program
- Patient outcomes and education.

Achieving Primary Stroke Center designation is a key element in United's recognition as a Neuroscience Center of Excellence.

For more information, visit www.unitedhospital.com.



Go to [Services & Programs](#) and [Stroke Center](#).

Stroke rehabilitation

Sister Kenny® Rehabilitation Institute received accreditation from CARF International for its stroke specialty program at United Hospital. CARF, founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, is an independent, not-for-profit accrediting body.

For the three-year accreditation, the Institute underwent a rigorous peer review process. "It is the highest level of accreditation that can be awarded to an organization like ours and reflects the passion of our

physician, nurses and therapists to help people live their best possible lives," says Karl Sandin, MD, MPH, medical and interim executive director of Sister Kenny Rehabilitation Institute.



For more information, visit www.sisterkennyinstitute.com. Go to [Services & Programs](#) and scroll down to the links under *Stroke*.

Why time is so crucial

Most strokes happen when there is a blockage in an artery that sends blood to the brain. This is known as an ischemic stroke.

Doctors can use a drug called tPA to restore blood flow and stop this type of stroke, often limiting disability. Again, there's no time to waste, because the drug needs to be given quickly to do the most good.

From the time stroke symptoms start, doctors have a three-hour window to

begin treatment with tPA. However, you should make every effort to get to the hospital much sooner than that—within 60 minutes—says the National Institutes of Health. During part of the three-hour window, doctors must first evaluate you and determine what kind of stroke you're having and whether it can be treated with tPA.

The bottom line: Know the signs of a stroke, and get to the hospital quickly if you think you or someone else might be having a stroke.

Prevention pointers

Of course, the best scenario is to avoid a stroke in the first place.

With your doctor's help, you can lower your risk by taking these steps:

- Keep your blood pressure and cholesterol levels controlled.
- Quit smoking, or don't start.
- If you have diabetes or heart disease, keep it in check.
- Maintain a healthy weight. ■

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/classes.

Volunteer Opportunities

Volunteers serve patients and staff and greet visitors at United.

Call 651-241-8644 or visit for an application.

CANCER

The Breast Cancer Support Group*

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

Call 651-241-5360 for more information.

Prostate Cancer Support Group

First Thursday of every month,
7-8:30 p.m.

Call 651-241-8328 for more information.

Reach to Recovery*

One-on-one visiting and support program for women with breast cancer. Appointment only. Call 651-241-6408 for more information.

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, 9:45 a.m.**
- **Intermediate, 5:15 p.m.**

BOSU integrated balance training improves strength, stability and flexibility.

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.

Pilates

Pilates strengthens the core by developing pelvic stability and abdominal control.

Yoga

This 75-minute class includes instructions for components of yoga postures, breathing techniques, relaxation and guided imagery.

HEART

HeartSaver/CPR Class

Tuesdays, Jan. 13 and March 10
FREE

A 2-hour (non-certified) course for patients and families to learn CPR and use of AEDs. To register call Allina Class Registration at 612-262-3333.

The Women's Heart Center

Two-part appointment, \$95

A personalized assessment for women to determine risk for heart disease. To register, call Allina Class Registration at 612-262-3333.

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, call 651-241-8575.

ORTHOPEDICS

Total Knee and Hip Replacement Program

The three-hour program at United Hospital is offered twice each month. 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 to register.

All About Babies

• Saturdays, Jan. 10, Feb. 7, March 7,
April 18

• Sundays, Jan. 11, Feb. 8, March 8,
April 19

9:30 a.m.-3:30 p.m.

One-session class for parents or grandparents on how to care for a newborn.

Breastfeeding Preparation

• Mondays, Jan. 5, Feb. 2, March 2,
April 6

• Wednesdays, Jan. 21, Feb. 18,
March 18, April 22

7-9 p.m.

One-session class that introduces parents to the basics of breastfeeding.

Breastfeeding and Returning to Work

Wednesdays, Jan. 14, Feb. 11,
March 11, April 15

7-9 p.m.

One-session class for women returning to work and continuing to breastfeed.

*Programs co-sponsored with the American Cancer Society.

Childbirth and Parenting Preparation

- Mondays, Jan. 19, 26, Feb. 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20, 27
 - Tuesdays, Jan. 6, 13, 20, 27, Feb. 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 7, 14, 21, 28
 - Wednesdays, Jan. 7, 14, 21, 28 Feb. 4, 11, 18, 25, March 4, 11, 18, 25, April 1, 8, 15, 22, 29
 - Thursdays, Jan. 15, 22, 29 Feb. 5, 12, 19, 26, March 5, 12, 19, 26, April 2, 9, 16, 23, 30
- All classes: 7-9 p.m.
- Weekend Classes: Saturdays and Sundays, Jan. 3 & 4, 17 & 18, Jan. 31 & Feb. 1, Feb. 14 & 15, Feb. 28 & March 1, March 14 & 15, 28 & 29, April 25 & 26

All classes: 9:30 a.m.-4 p.m.

Prepares expectant parents for birth and newborn parenting.

Expectant Father

Tuesdays, Feb. 3, April 14
7-9 p.m.

One-session class for fathers-to-be.

Expectant Grandparents

Tuesdays, Jan. 27, March 24
7-9 p.m.

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

Expecting Multiples

Mondays, Jan. 5, 12, 19, 26, Feb. 2, 9, March 2, 9, 16, 23, 30, April 6, 13, 20, 27
7-9 p.m.

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

Father and Baby

Mondays, Feb. 2, 9, 16, April 13, 20, 27

7-8:30 p.m.

Three-session class for fathers and their newborns.

Healthy Pregnancy

Saturdays, Jan. 10

9:30 a.m.-4 p.m.

Infant and Child CPR

• Thursdays, Jan. 8, Feb. 5, March 12, April 16

7-9:15 p.m.

• Saturdays, Jan. 10, Feb. 7, March 14, April 18

9:30-11:45 a.m.

Learn resuscitation methods for infants and children younger than 8.

Infant Massage

The dates are to be determined, but classes will be held monthly, usually beginning the first week of the month.

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

New Brother/New Sister

• Tuesdays, Jan. 6, Feb. 3, March 3, April 7

• Thursdays, Jan. 22, Feb. 19, March 19, April 23

6-7:30 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.

Offers education and support for parents and babies up to 4 months. For more information, call the instructor at 651-241-6204.

Pregnancy After a Loss

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

Pregnancy and Infant Loss Support Group

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

Saturdays, Jan. 17, Feb. 28, March 28, April 25

9:30 a.m.-4 p.m.

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



Small Talk

Thursdays, Jan. 29, April 2
6:30-8:30 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

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

• Classes: Thursdays, Jan. 15, Feb. 19, March 19, April 16

• Support Groups: Mondays, Feb. 16, March 16, April 20

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





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Allina Hospitals & Clinics

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New Year

—Continued from front page

Drop the soda pop. If you're looking to avoid weight gain, limit your consumption of regular soda and other sugary drinks. Bonus: You will also be fighting tooth decay.

Try making small changes to build up healthy momentum.

Do you want to: Get moving and get fit?

Boost energy, beat stress, feel better! Exercise can help with all three. Experts recommend a minimum of 30 minutes of moderate-intensity physical activity at least five days a

week. Walking, gardening and golfing are among the many activities that qualify. More vigorous pursuits—like running, swimming and jumping rope—are great too, once you're ready.

Take steps for health—literally. When you can, use the stairs instead of the elevator. Take a 10-minute walk on your break. Consider getting a pedometer so you can track all your steps.

Do you want to: Take charge of your health?

Know your numbers. Have your doctor regularly check your blood pressure and cholesterol. Keeping these numbers under control can help reduce your risk of heart disease, heart attack and stroke.

Screen for problems. Ask your doctor which screening tests are right for you and when you should get them. Tests can detect diabetes, cancer and heart disease in their early stages, when they are most easily treated. ■



Three keys to healthy bones

Building better bones can be as basic as A-B-C. Or, should we say, as easy as C-D-E—as in calcium, vitamin D and exercise.

Calcium. Your body needs calcium to build and maintain bones. It's found in foods such as low-fat milk, yogurt and cheese as well as kale, turnip greens and other green, leafy vegetables.

Vitamin D. Your body can't absorb calcium if it doesn't have enough vitamin D. Some foods—including egg yolks, liver and canned salmon—are

good vitamin D sources, as is sun exposure. Too much sun is obviously not a good thing, but a few minutes three days a week may help you get the vitamin D you need.

Exercise. It's not just your muscles that get stronger with exercise. Your bones do too. The best bone-building exercises include weightlifting, walking, jogging, racket sports and other weight-bearing workouts.

Talk to your doctor about bone health. Ask if supplements for calcium or vitamin D are right for you. ■