

What's new? page 2

Training clinics page 3

Advances in
Cancer Care page 4

Live surgical webcast page 6

St. John's Hospital

www.stjohnshospital-mn.org

Spring/Summer 2006

> Are you ready to start your Wellness Journey?

As the baby boom generation moves from child-bearing age to mid-life, the health care needs of millions of women change. Conditions that were once distant concerns – heart disease, breast cancer, stroke, osteoporosis and menopause,

to name a few – now seem more urgent. The Women's Care specialists at St. John's Hospital aim to make it a smooth transition with our new Women's Wellness Journey.

HealthEast Women's Care at St. John's Hospital includes many familiar health care programs, such as Maternity, Breast Care and Women's HeartAdvantage®. Connecting these well-established programs with new specialty services, such as the Women's Wellness Journey, allows St. John's Hospital to create convenient, personalized health care for women of all ages.

"The Wellness Journey is a preventive and wellness program that helps women age 40 to 64 identify their risk factors for disease and encourages them to adopt healthy lifestyles to prevent those diseases," explains Maureen Beaverson, RN, MA and director of Women's Care for HealthEast. The program combines education and goal-setting to help women take control of their health.

On the right path

The journey begins with a comprehensive wellness questionnaire that outlines women's personal health, family history and lifestyle behaviors. The assessment helps Women's Care Coordinator Selina Blatz, CNP, plan the initial one-hour visit. That first appointment includes a blood pressure screening, fasting blood glucose test, fasting lipids profile, body composition analysis, as well as body mass index and waist/hip ratio measurements. In a face-to-face interview, Blatz uses the test results and the questionnaire to assess each woman's personal risk factors for different diseases.

"We not only look at family history and other things they can't change, but also what they *do* have control over and what they *can* change," Blatz says. "We also help them understand what the test results mean and how everything ties together."

...continued on page 8



Photo by Linda Cullen Photography

Women's Care Coordinator Selina Blatz, CNP, discusses a patient's wellness questionnaire with her.

HealthEast
CareWise

Preserved for Caring and Security

> What's new helping us care for you

Welcome New Physicians

St. John's welcomes these doctors who have been recently credentialed November 2005 to February 2006 to practice at our hospital.

Thomas Field, MD

Family Medicine

HealthEast Oakdale Clinic | 651-326-5300

June Kim, MD

Radiology-Radiation Therapy

St. John's Hospital | 651-232-7000

Long Hoang Le, MD

Podiatry Surgeon

White Bear Foot Clinic | 651-426-3995

Jeffrey Ley, MD

Orthopedic Surgeon

Minnesota Orthopedic Specialists – Wyoming | 651-389-0189

Carol Lynn Meldman, MD

Internal Medicine

Aspen Medical Group | 651-773-7700

Byron Simmons, MD

Pathology

Central Reg. Pathology Lab | 651-264-1500

Sean Thayer, MD

Podiatry Surgeon

HealthEast Midway Clinic | 651-232-4800

Kristen Zeller, MD

Anesthesiology

Midwest Spine Institute | 651-430-3800

> HealthEast Maplewood Clinic is relocating



Coming soon, visit the newest addition to the St. John's Campus ... HealthEast Maplewood Clinic will be relocating to a new building on the northeast corner of the campus at 3100 Kennard Street. The Maplewood

Clinic will occupy the entire first floor of the newly constructed Kennard Professional Building and offer patients and families a wide range of services including pediatrics, internal medicine, endocrinology and podiatry. In addition, the clinic will add new services, such as care from certified nurse midwives, who will also be delivering at St. John's Hospital beginning this summer. For more information, contact the clinic at 651-232-7800.

> Health Care From the Inside Out session added

As women reach their 40s, 50s and beyond, many look for new ways to improve their health – above and beyond traditional health care. Integrative therapies, such as essential oils, movement and relaxation techniques, offer women ways to reduce stress, lower blood pressure and achieve a sense of well-being. Join us for *Health Care From the Inside Out* at St. John's Hospital's Watson Education Center on June 14 from 6:30 to 8:30 pm. You will come away with a better understanding of integrative therapies and self-care health tools. Cost is \$20 for this session and pre-registration is required. Call 651-232-2273.



> Join Us!

Guidant 5K Heart of Summer Walk/Run

On any gorgeous summer evening, you're sure to see other Minnesotans enjoying the outdoors on a walk or run. And, if you find yourself envying those runners their passion and zest for fitness, now is the perfect time to join them – with a little help from HealthEast.

For example, John Waldo, one of HealthEast's own employees, was one of those people. He decided to do something about it. Waldo, a coding and billing coordinator, tested his limits last summer by participating in the HealthEast Heart of Summer running/walking clinics. He encourages others to take steps for better health, too.

A healthy challenge

"Having never run before, I decided to challenge myself to see what was possible," Waldo says. "I discovered a passion for running that I never knew before. It changed my whole perspective and raised my level of health." Waldo participated in the Heart of Summer Walk/Run last August, and since then has run 12 other 5K events.

"The camaraderie of the running clinics is a great motivational tool for everyone participating," Waldo says. "It also helps that the coaches at the running clinics are supportive and inspiring, whether you're a novice or an experienced runner."

At the starting line: running clinics

The running and walking clinics held at St. John's Hospital are a great place to start a healthy exercise routine – you have a sense of teamwork with other participants and the support of knowledgeable coaches to guide you. A ten-week training clinic for running and walking will be held before the Heart of Summer Walk/Run, starting

June 6. The sessions provide educational information covering exercise and heart-healthy habits. Coaches work with participants to help beginners get started and to challenge experienced runners.

At the start of the running clinics, participants can choose to have body mass index (BMI), blood pressure and cholesterol tested. The same screening tests are offered again after completion of the running clinics. That way, you not only feel the healthy difference running and walking can make, but you can see improvements in numbers, too.

A worthy cause

Waldo says it also feels great to contribute to a good cause by accepting a physical challenge and running a 5K. "Raising awareness for HealthEast Women's HeartAdvantage® initiative is important for me," he says. "I hope we can get even more people on board, because this is a wonderful physical challenge for individuals and a great opportunity to run for a good cause."



Photo by Linda Cullen Photography

John Waldo plans on participating in the event again, but this time he'll be running the 10K.

Running/walking clinic participants are encouraged to register for the Heart of Summer Walk/Run on Saturday, Aug. 19, at Lake Nokomis. A portion of the proceeds go to HealthEast's Women's HeartAdvantage.

HealthEast Training Clinics

Guidant Heart of Summer Walk/Run



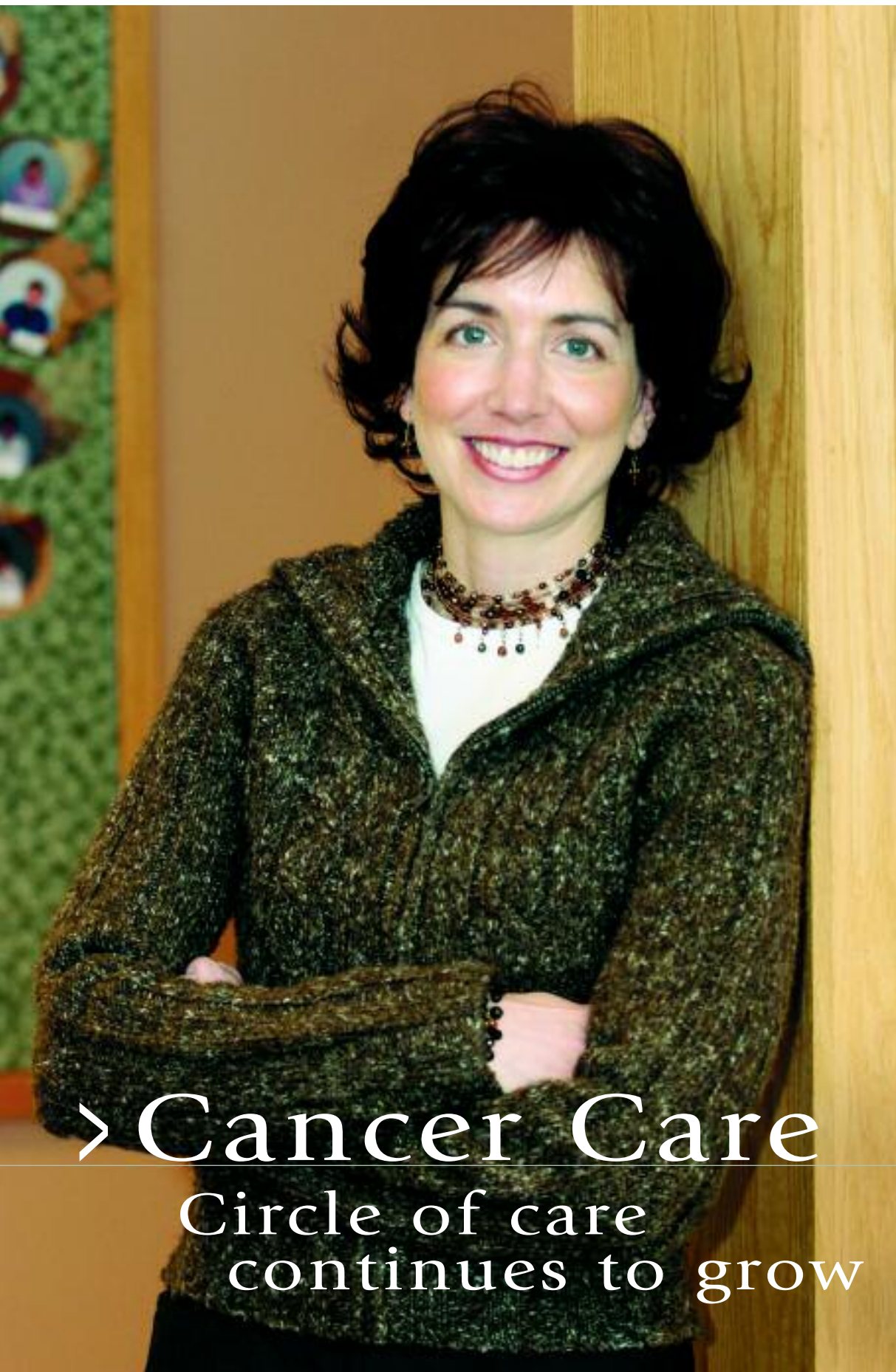
Want to get fit and feel great? Join our 10-week training clinic and get ready for the Heart of Summer Walk/Run on Saturday, Aug. 19, at Lake Nokomis. It's designed for anyone who wants to get more exercise and train for the 5K walk/run or 10K run. Each weekly session will include a speaker and a training session. This is designed for beginners, established runners and everyone in between. The training clinics and event are sponsored by Guidant and HealthEast Care System.

When: Tuesday, June 6; Join us at 5:30 pm for a speaker; coaches will lead groups on a walk/run at 6:15 pm.

Where: St. John's Hospital, Watson Education Center

Cost: \$40 per person, \$25 for HealthEast employees

Register by contacting Christina Rust at 651-326-3538 or crust@healtheast.org. For more information, visit www.healtheast.org/trainingclinic.



> Cancer Care

Circle of care
continues to grow

Ever since age 17, Heidi Swetlik had been troubled by cysts in her breasts. Then last year, at age 38, what she had feared for so long became reality. She was diagnosed with breast cancer. Fortunately, she knew she was in good hands at HealthEast's Cancer Care Center at St. John's Hospital. (Read her accompanying story on page 5.)

With new equipment, new specialists, a proven approach to patient care and a compassionate attitude, this Cancer Care Center offers state-of-the-art diagnosis, treatment and support services.

A fresh emphasis on cancer care "HealthEast is devoting significant resources to getting the latest and best technology," says Ross McBride, MD, radiation oncologist. HealthEast has already been using the da Vinci® Surgical System, available at St. John's Hospital, and CyberKnife®, a radiosurgical system, available at St. Joseph's Hospital. And now, additional advanced technologies will be used to treat HealthEast cancer patients.

One new piece of equipment is a linear accelerator that is capable of image-guided radiation therapy. "It allows a higher dose of radiation to be targeted to the tumor, while sparing the surrounding tissue," emphasizes June Kim, MD, radiation oncologist.

In addition, HealthEast is purchasing a high-dose rate machine for doing implants to treat breast, prostate, gynecological and lung cancers. "This will allow patients to receive treatment more conveniently," Dr. McBride explains. "Instead of spending two or three days in the hospital, a patient can make an office visit and receive treatment from a radiation implant in about half an hour."

Heidi Swetlik, a breast cancer patient, chose HealthEast's Cancer Care Center because she wanted a place that specialized in breast care.

State-of-the-art technology aids treatment

The da Vinci® Surgical System is computer-enhanced robotic technology that gives surgeons 3-D visualization and improved dexterity when performing surgery for prostate cancer. Over 350 da Vinci® procedures have been performed since its arrival at St. John's two years ago.

CyberKnife® targets high doses of radiation to tumors, yet leaves surrounding tissue largely unharmed. Dr. McBride comments on its unique abilities: "Tumors are oddly shaped three-dimensional objects in a three-dimensional space. As the body moves with normal body functions, like breathing, the tumor can twist, turn or tip in three dimensions. CyberKnife® is robotic and can track these movements and keep the radiation on target."

Among other steps HealthEast is taking to assure high-quality cancer care are:

- A comprehensive package outlining treatments for breast and prostate cancer so patients can understand all their options
- A new PET scanner for metabolic imaging
- A comprehensive treatment record database that will enable doctors to analyze the outcomes of different treatments

- A new electronic medical records management system
- Opening clinical trials to patients to further expand treatment options

People make the real difference

"HealthEast is committed to making the newest and best technological innovations available to its patients," Dr. Kim says. "But advanced technology is available to any hospital that can pay for it. What really sets apart cancer care at HealthEast is the multidisciplinary approach. A team of professionals works together to provide the best care possible for each cancer patient. From physicians and nurses, therapists, dietitians, social workers and all the support staff, each one focuses on what's best for a particular patient and the patient's family."

"The care I received from Dr. Kim and the rest of the staff was very compassionate," raves Swetlik. "Everyone at HealthEast was warm and friendly. They gave me support and encouragement and let me know I wasn't alone."

For more information about HealthEast's Cancer Care Center at St. John's Hospital, visit www.stjohnshospital-mn.org.



New HealthEast radiation oncologists
June Kim, MD, and Ross McBride, MD.

> A cancer patient's journey

Heidi Swetlik, an elementary teacher in New Richmond, Wis., drove to St. John's Hospital in Maplewood for her annual mammograms because, she says, "I wanted to go to a place that specialized in breast care." She had a history of lumps in her breasts, and so was more concerned about breast cancer than many young women.

When a lump she had been tracking for a couple of years turned cancerous, she knew she was in the right place for treatment. Following her diagnosis on July 22, Swetlik underwent a double mastectomy on Aug. 11, then had eight rounds of chemotherapy starting in September followed by radiation treatment beginning in January. Today, she says, "I'm feeling good!"

Throughout a difficult time, Swetlik says she really appreciated all the services available to her and the careful coordination of her care. "I was really impressed that my plastic surgeon was there at the time of my

mastectomy, so reconstruction could begin at the same time. All the doctors worked together to look out for my best interests."

Many of the services available at the Cancer Care Center have helped Swetlik and her family – husband, Casey, and daughters Emily, 12, and Hannah, 10 – get through cancer treatment. She lists them off: "I got free hats and wigs. I went to the American Cancer Society's 'Look Good, Feel Better' class. We used videos from the Cancer Care Center's Resource Library to spark a family discussion of how we were all doing. I'm seeing a lymphedema specialist. I'm also seeing a genetic counselor to learn about my risk of ovarian cancer and to see what my daughters might face.

"It seems the staff at the Cancer Care Center has thought of everything you might need and made it available," she concludes. "I even received extra services that I didn't know were available, like healing touch that helped ease my anxiety before surgery. I had excellent care at HealthEast; the staff is wonderful!"

> Community programs and classes at St. John's

Live from St. John's Hospital – Back Surgery Webcast

Watch a live broadcast from St. John's Hospital of a minimally invasive discectomy. You can join us in the operating room via the Internet on Friday, June 16, at 10 am.

This new minimally invasive treatment gives welcome relief to people with low back pain. It relieves pressure and pain by removing herniated disc tissue and bone fragments pressing on the spine. It offers less damage to surrounding tissue, decreases pain and allows for more movement and faster return to work and daily activities.



Live and interactive – have your questions answered by the physicians during the procedure. Go to www.stjohnshospital-mn.org/spinewebcast for a preview.

Orthopaedics

Total Joint Replacement Patient Education Class

This class is designed with information to help prepare you and your family for surgery and recovery. Learn what to expect before, during and after surgery, how to get your body ready for surgery, how to prepare and equip your home for recovery, pain management and how to prevent complications.

Total Knee Replacement: What to Expect

When: Meets every Wednesday; 2 to 4 pm
Where: Watson Education Center
Cost: Free. Registration is required.

Total Hip Replacement: What to Expect

When: Meets every Wednesday; 3 to 5 pm
Where: Watson Education Center
Cost: Free. Registration is required.

Cancer Care

Healing Elements of Nature

Through reflection, inspirational materials, journaling, discussion and walking in nature, this class helps participants focus on body, mind and spirit rather than concentrating on the disease process. Led by Cancer Psychotherapists Sandi Tazelaar and Carol Wille, this bi-monthly class focuses on reflective activities the first Saturday and physical activities on the third Saturday.

When: First and third Saturdays,
May through Sept.; 10 am to 1 pm
Where: Panek Breast Center Library
Cost: Fee varies depending on activity;
scholarships are available.

Prostate Cancer Pre-Surgical Education Class

Learn what to expect before, during and after surgery, including: surgery possible side effects, the admissions process at St. John's and ideas on ways to improve your health. Practice Kegel exercises to manage temporary incontinence. You are encouraged to bring a guest with you. You will receive a free prostate cancer toolbox to prepare yourself for surgery, recovery and the rest of your life.

When: Second Thursday of the month; 9 to 11 am
First Monday of the month; 2 to 4 pm
Where: Watson Education Center, Room 5
Cost: Free

An Introduction to "The Artist's Way"

How might the recovery of your creative gifts aid your wellness/healing? This class is an introduction to Julia Cameron's well-known classic book, "The Artist's Way." Participants can review a copy of the book, try some exercises and share their feelings. This class is a sampling of what will be covered in the 12-week course offered this fall.

When: Saturday, Aug. 5 or Tuesday, Aug. 15; 9:30 am to 12 pm
Where: Room to be determined
Cost: \$35

Guided Imagery Support Group

When the weather is nasty, do you sometimes picture yourself on a beach in Florida? In the same way, you can experience guided imagery. These sessions help you create healing images as a way of gaining control over your feelings about cancer. Each guided imagery class stands alone, yet always contains new material. Come to one, any or all of the sessions.

When: Meets the second and fourth Thursdays;
1:30 to 2:30 pm
Where: St. John's Hospital
Cost: Free

To register for classes or groups, contact Care Connection at **651-232-CARE (2273)**, unless otherwise indicated. As the community's primary health care resource, St. John's offers a variety of health care classes and support groups. For more information on what's available through the HealthEast system, call Care Connection or visit www.healtheast.org/community.

Spring Forest Qigong – Levels 1 & 2

Learn an effective way to relax and balance your energy with Qigong. This Chinese healing method involves meditations and exercises, and includes deep breathing, sound and visualization. People who have combined Qigong with traditional cancer treatments usually find they have fewer side effects, a faster recovery and a more positive outlook.

Level 1 Course:

When: Mondays, June 5, 12, 19, 26; 3 to 5 pm
Thursdays, Sept. 7, 14, 21, 28; 6:30 to 8:30 pm

Where: Watson Education Center

Cost: \$60 includes manual; materials are available for purchase.

Level 2 Course:

When: Mondays, July 10, 17, 24, 31; 3 to 5 pm
Thursdays, Oct. 5, 12, 19, 26; 6:30 to 8:30 pm

Where: Panek Breast Center Library

Cost: \$60 includes manual; materials are available for purchase.

Limit: Six participants

Look Good ... Feel Better

This free service teaches women with cancer how to use beauty techniques to help enhance appearance and self-image during chemotherapy and radiation treatments. It helps women recovering from cancer deal with the unpleasant side effects of cancer treatment such as dry skin, hair loss, etc. By gaining control over side effects, participants discover that looking good can make them feel much better.

When: Wednesday, June 7 or Oct. 4; 10 am to 12 pm

Where: Watson Education Center

Cost: Free

Treatment and Management of Lymphedema

Lymphedema is a common complication for patients who have had breast cancer surgery and other types of surgery. Although there is no cure for lymphedema, there have been many recent advances in its treatment and management. Sandra Rosenberg, MD, speaker for the evening, specializes in lymphedema treatment and is a breast cancer survivor who developed lymphedema after breast surgery.

When: Wednesday, June 21; 7 to 8:30 pm

Where: Watson Education Center

Cost: Free



Nutrition

Eat Well Mediterranean Style

This region of the world is known for low incidence of heart disease. A dietitian will explain why this way of eating is healthy and how you can easily make changes in your lifestyle. Healthy snacks will be available.

When: Wednesday, May 17; 5:30 to 7 pm

Where: Rooms to be determined

Cost: \$10

Outdoor Grilling Cooking Class

Light your fire this summer with sensational summer grilling. From fish to fire-roasted vegetables and marinades to mushrooms – bring your appetite and all your senses for eye-pleasing plate presentation ideas, sizzling side dishes and flavor-filled entrees. Taught by a registered dietitian and chef.

When: Wednesday, May 24; 5:30 to 7 pm

Where: Rooms to be determined

Cost: \$25

Functional Foods

From tea to tofu and other functional foods, learn what foods do your body good. Come to this class to learn how phytochemicals and antioxidants can boost immune function, fight cancer and other diseases.

When: Wednesday, May 31; 5:30 to 7 pm

Where: Rooms to be determined

Cost: \$10

> To our neighbors

This newsletter is provided three times a year and is a publication of St. John's Hospital, member of HealthEast Care System.

Scott North, CEO

Tom Lundsten, MD, Medical Director

Deb Olson, Editor

HealthEast's mission is to provide high-quality, compassionate, cost-effective health care for the communities we serve.



If you have questions about programs and services offered at St. John's Hospital for you and your family, call us at **651-232-7000** or call HealthEast Care Connection 24 hours a day at **651-232-CARE (2273)**.

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> Wellness Journey...

continued from page 1

A plan for change

Participants will also receive an individualized wellness plan. "We determine what goals the women want to set for the coming year and set up some short- and long-term plans for how they are going to accomplish those goals. We also help identify what resources – within HealthEast or outside of the system – may be useful."

The Wellness Journey connects women to all the programs and specialty services available at HealthEast, including the Breast Care Center, gynecological services, diabetic care, osteoporosis care, nutrition services, biofeedback, complementary therapy and the Women's HeartAdvantage program.

"Our ultimate goal is to improve women's health and give them the support and understanding they need to change their behavior," Beaverson states. Collaboration with the woman's primary physician is integral to this goal, so Blatz updates each woman's doctor on her progress.

"The \$85 program is not intended to replace their primary physicians," Blatz says. "Rather, we want to educate women so when they do see their



Women's Care Coordinator Selina Blatz, CNP

primary doctors, they have a better understanding of health issues and feel better equipped to talk about them."

Participants will also receive two follow-up phone calls to coach them on toward their goals.

An informed decision

St. John's decision to offer the Wellness Journey came after visits with several local physicians, community forums and focus groups revealed that women age 40 to 64 desired this type of coordinated health care. "The feedback has been wonderful," Blatz says. "Nine out of 10 forum participants want to be part of the program."

If you would like to schedule an appointment or learn more about the Women's Wellness Journey, call **651-326-7122**.

St. John's Hospital

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For more information visit our
web site at
www.stjohnshospital-mn.org