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St. John's Hospital

www.stjohnshospital-mn.org

Spring/Summer 2007

> Expecting a baby? We're ready for the unexpected



Photo by Linda Cullen Photography

Our NICU staff provides expert, family-centered care to you and your newborn.

The birth of a baby is truly one of life's most amazing moments.

In most cases babies are born healthy, and joy surrounds the family. But some births can bring unexpected surprises, and your newborn may need more care. When you are expecting a baby, you want to know your hospital is ready for the unexpected.

St. John's Hospital is ready for you. We have expanded our neonatal intensive care unit (NICU) from 10 beds to 14. Our NICU treats babies as premature as 28 weeks gestation and cares for sick newborns, including those who may have infections, respiratory distress or jaundice. Specially trained registered nurses, neonatal nurse practitioners and neonatologists staff the NICU around the clock. Our staff will provide expert, family-centered, holistic care to you and your newborn.

Creating a healing environment

"Our goal is to create a healing environment for all infants who may need more care," says Sandy Gerber, NICU clinical director. "To accomplish that goal

we had to find more space and expand our NICU." The expansion maintains a calming atmosphere through lighting effects, soft colors and controllable noise.

"We strive to be second to none at St. John's," explains Gerber. "Since the expansion, we have also enhanced our holistic care and lessened stress on infants and families." In balance with your newborn's medical care, we may also use infant massage, healing touch, essential oils or music therapy as part of our holistic care.

Support for parents

For parents, caring for a sick or tiny baby can be frightening. We will make sure you have the support you need, so you can confidently care for your child when your baby is ready to go home.

To learn more about the NICU or for a tour of St. John's Maternity Care, call 651-232-6648 or visit us online at www.stjohnshospital-mn.org.

HealthEast
Care System

Passion for Caring and Service

> What's new? helping us care for you

> Easier appointments at HealthEast

Making appointments for your family's medical or health care needs just got easier. HealthEast® Care System is streamlining its processes and providing new options for scheduling procedures in Radiology and Maternity Care.

Same-day appointments

If your doctor wants you to have a CT, MRI, ultrasound or x-ray, you shouldn't have to wait. Just call 651-232-5500 and press 0 to request the appointment of your choice at any one of our four locations, including Woodwinds Health Campus in Woodbury, St. John's Hospital in Maplewood, HealthEast Medical Imaging (2 miles north of St. John's) or St. Joseph's Hospital in St. Paul.

Request a mammogram online

Is it hard to find a good time to schedule your annual mammogram? You can request an appointment for a mammogram screening 24 hours a day, seven days a week, using your computer. Simply go to www.healtheast.org and click the button to request a mammogram at any of these locations: HealthEast Midway campus in St. Paul, St. Joseph's Hospital in St. Paul, St. John's Hospital in Maplewood or Woodwinds Health Campus in Woodbury. If location doesn't matter, this online feature lets you request the first available appointment at all sites. You complete the short form to make the request and our central scheduling staff will call you back to confirm your appointment. Try it today!

Maternity pre-registration

There's one less thing to worry about if you're going to be having a baby. HealthEast now offers online pre-registration for all maternity patients. Go to www.healtheast.org/maternity to fill out your form online. You will receive a letter of confirmation and a welcome packet in the mail with lots of useful information for preparing for your childbirth experience.



The solution to helping you find more restful sleep – an evaluation at HealthEast® Sleep Care.

> Are you getting enough Zzzzs?

If you are not getting good sleep at night, the solution to helping you find more restful sleep may be close to home. HealthEast® Sleep Care has recently opened a new location in the Kennard Professional Building in Maplewood – just two short blocks north of St. John's Hospital. This new four-suite facility brings high tech and high comfort together for the best patient care possible. The experienced staff will monitor, diagnose and suggest treatment for a variety of sleep disorders, such as sleep apnea, narcolepsy and insomnia. To schedule an appointment, call 651-232-1212.

> St. John's offers new breast cancer detection tool

For each woman, our staff helps to answer the question "Do I have breast cancer?" For some, that question is answered quickly with monthly self-exams and mammography. But for others, it's not. Women with implants, dense breast tissue or lumps that can be felt but do not show up easily on a mammogram may need more testing. Traditionally, the next step would be an ultrasound or a breast MRI. But even after that testing, the physician may need more information.

New technology at the HealthEast® Breast Care Center at St. John's Hospital can now help them get more information – before performing a biopsy. It is one of the first in the Twin Cities to offer Breast-Specific Gamma Imaging, also called the Breast Gamma Camera.

How the Breast Gamma Camera works

A mammogram is still the first-line test for determining cancer. But for patients with difficult-to-read mammograms due to implants, dense breast tissue or other issues, some areas on a mammogram may show up as white or lighter areas and not provide enough detail. Because the Breast Gamma Camera works on a cellular or molecular level, it gives physicians an image of what breast tissue is made up of, rather than the anatomy of the breast. The Breast Gamma Camera then shows whether or not breast tissue cells are cancerous. A strength of this advanced technology is in the fact that when it shows no cancer cells, it is extremely unlikely that there is cancer in the breast.



When is Breast Gamma Camera appropriate?

Patients who benefit most from Breast-Specific Gamma Imaging are those who have had a mammogram, ultrasound and/or a breast MRI and need another test before a biopsy or surgery.

Breast MRI or Breast Gamma Camera?

The American Cancer Society recently promoted that those with a strong family history of breast cancer and questionable mammograms should have a mammogram and breast MRI every year. In some cases, those tests can confirm whether a patient has breast cancer. But in other cases, the Breast Gamma Camera is used in addition

to or instead of breast MRI. The two tests show different aspects of the breast and physicians can choose which tests will give them the answers they need.

Other Benefits

Using the Breast Gamma Camera can offer other benefits and uses to physicians and patients. It may be used so that invasive biopsies can be averted. Physicians can use the technology to direct biopsies. For patients with scarred tissue or dense breast tissue, additional cancers can be located. Best of all, the Breast Gamma Camera can offer that information in a painless, noninvasive method that can be used before a biopsy.

To learn more, visit www.healtheast.org or ask your doctor.



RCC mammogram



RCC BSGI

Physicians now have two breast cancer detection tools including mammograms and Breast-Specific Gamma Imaging.

HealthEast® Cancer Genetics Clinic

> Helping to identify hereditary cancer risk

Gretchen Robertson, 44, of St. Paul, doesn't mind admitting that she had colon cancer before her father, James Lee, did. But the discovery of his pre-cancerous polyps prompted Gretchen to pursue the screening that no doubt has prolonged her life.

A family history of colon cancer

When pre-cancerous polyps were found in James's colon, his gastroenterologist suggested screening Gretchen and her three siblings. Gretchen's paternal grandmother died from colon cancer when she was only 45 years old.

"I met first with my primary care physician who sent me to Lucinda Conroy, MD, a gastroenterologist," Gretchen says. "A colonoscopy in January 2001 showed one huge, ugly polyp in my colon. The polyp was removed and a biopsy confirmed it was cancerous. I was only 38 at the time. I was very lucky to have this cancer discovered so early."

"There are few things more tragic than a diagnosis of an advanced cancer when there has already been a family history of cancer," says Anna Leininger, MS, certified genetic counselor at HealthEast Cancer Genetics Clinic. "Family history gives us clues that earlier, more frequent or more thorough screening is needed. Awareness of the impact of family history can save lives."

Genetics counseling and research studies

A recheck in 2002 showed one pre-cancerous polyp. It was removed, and although Gretchen had a clean bill of health a year later, Dr. Conroy recommended that she be tested for colon cancer annually given her family history. In addition, by fall 2005, genetics counseling was also recommended.

"I encourage anyone with a family history of cancer to check into the possibility of genetics counseling.

It's a life saver!"

– Gretchen Robertson

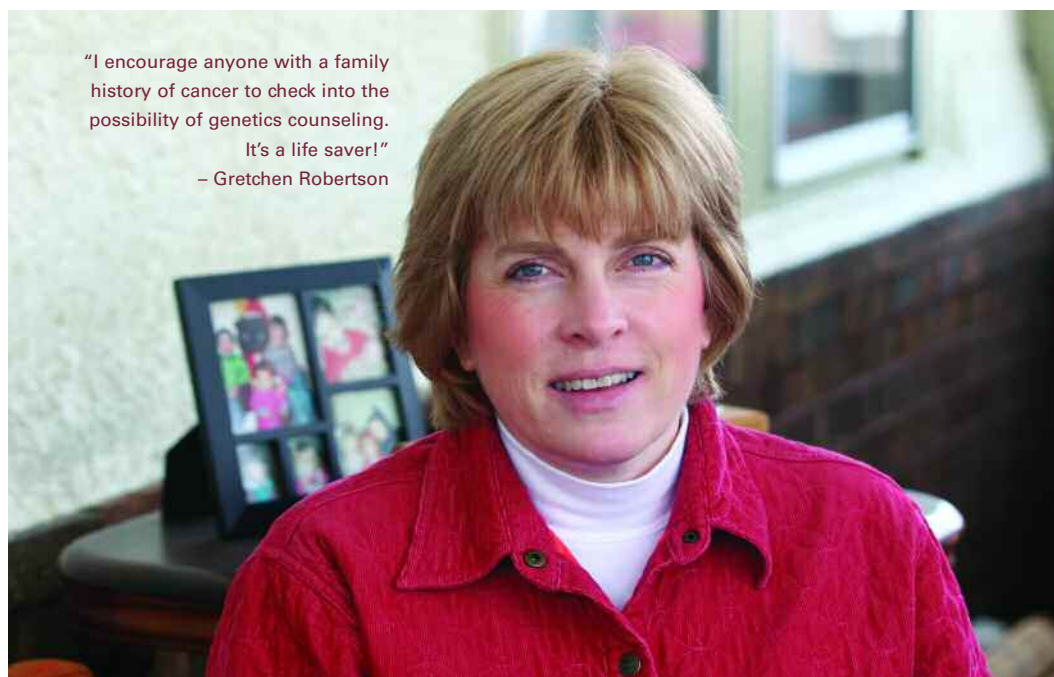


Photo by Linda Cullen Photography

"I met with Anna Leininger at St. John's Hospital for genetics counseling," shares Gretchen. "We hit it off immediately. Anna is easy to talk to, very thorough and honest about the importance of regular screening for me and the option for future genetics testing for my children as they reach adulthood."

Leininger identifies two key goals of HealthEast Cancer Genetics Clinic:

- To use genetic information and technologies to identify inherited risk that may affect medical recommendations.
- To use risk information to increase the likelihood of detecting cancer early, when it is easiest to treat, if it does occur.

"Accurate understanding of cancer risk allows people to take appropriate action to protect their health. Identifying risk is the first step; reducing risk is next."

– Anna Leininger, MS, Certified Genetics Counselor

Genetics testing involves 'proof-reading' specific sequences of DNA strands for a possible mutation or 'misprint.' Through her participation in a series of three research studies in 2006, Gretchen's diagnosis of HNPCC, hereditary non-polyposis colorectal cancer, was confirmed. HNPCC, the most

common form of hereditary colorectal cancer, causes 2 percent to 3 percent of all colorectal cancers and elevates risk for gynecologic and other cancers as well.

Ongoing testing

"The reality for me," says Gretchen, "is that I will need a yearly colonoscopy the rest of my life. I'm also at high risk for endometrial and ovarian cancers." Gretchen is considering a hysterectomy and possibly having her colon removed at some point.

"Because my dad shared his health information with me, I was able to take steps to protect my health," shares Gretchen. "The direct result was an early stage diagnosis of colon cancer instead of it becoming an advanced cancer. My sister and two brothers have been screened and I plan to encourage my children to have genetic testing when they're old enough. I encourage anyone with a family history of cancer to check into the possibility of genetics counseling. It's a life saver!"

For more information or to download a fax referral form, go to www.stjohnshospital-mn.org and look under Cancer Care.

Signs of inherited risk

Would you benefit from a cancer risk assessment? Signs of inherited risk include:

- > Cancer at an early age (before age 50)
- > Pattern of cancers in several close relatives
- > Cancer more than once in an individual

> Protect yourself against summer sports injuries

When the weather turns warm, many families head outdoors to participate in sports and physical activity. While exercise is beneficial and leads to better health and an improved outlook on life, for adults, teens and children it's important to be aware of the injuries that can occur, many of which are preventable.

Warming up

Even if you don't participate in an organized sport, such as tennis or volleyball, you may enjoy running, hiking or walking. Whatever activity you choose, remember to always warm up before exercising and cool down to lower your heart rate afterward. This may include walking a few blocks before a jog or stretching your muscles after a softball game. Try to follow the correct form for your sport, especially if you are consistently running, swinging, jumping or kicking. If you're unsure whether you're exercising properly, get in touch with a local athletic trainer or coach.

Besides warming up and cooling down, families should invest in safety equipment for playing sports. Each activity requires different equipment, but safety gear common to most sports includes supportive shoes, eye and mouth protection, athletic supporters and sunscreen for the outdoors.

Playing it safe

According to Bob Weber, MD, a family practice physician in Shoreview, spring and summer are the times of year when many patients come to him with common sports injuries including sprains, dislocations, fractures and pulled muscles. Although these types of ailments aren't life-threatening, they can lead to a more serious injury if not treated. "The best defense against sports injuries is to listen to what your body is telling you. If you're in pain or short of breath, stop the activity and cool down."

Summertime sports also present a concern in terms of heat exhaustion and heat stroke. "When the temperature rises, many people

Remember to always warm up before exercising and cool down to lower your heart rate afterward.



don't accommodate for the heat and experience cramps, exhaustion, dizziness or dehydration. These symptoms can be warnings of heat stroke, which is a serious and sometimes fatal condition. To help prevent heat-related illness, drink plenty of water and take breaks during your activity," says Dr. Weber.

How to treat an injury

What's the best way to handle a sports injury? For sprains, pulled muscles and bruises, the preferred method of treatment is RICE:

- > Rest
- > Ice
- > Compression
- > Elevation

More serious injuries, including concussions, fractures and deep wounds, require a doctor's care. "If you've experienced a sports-related injury, take time to rest and heal up," notes Dr. Weber. "Those who return to physical activity too soon may risk re-injuring the area. It's important that you be symptom-free before participating in sports again."

For more information about preventing sports injuries, talk to your primary care physician. If you require urgent medical attention, St. John's Emergency Care services are available 24 hours a day, 365 days a year.

> Community programs and classes at St. John's

Cancer Care

Affirming Life – For Women with Recurrent Cancer

Many cancer survivors live in fear of hearing, "your cancer has come back." Affirming Life is home base for these women. They meet weekly to discuss thoughts and feelings associated with a cancer that has come back or that has spread to a distant site. By sharing insights on both physical and emotional issues, they remind one another that they can live full, rewarding lives – even when cancer returns. No registration required. For more information, call Linda at 651-430-2830.

When: Meets every Tuesday; 11:30 am to 1 pm
Where: St. John's Hospital; Breast Care Library
Cost: Free

Breast Cancer Support Groups

This support group is for any woman diagnosed with breast cancer, regardless of the type, surgery or treatment. The objective is to offer physical and emotional support as well as provide educational information. No registration is required. For information, call the Breast Care Navigator at 651-232-7970.

When: Third Wednesday of the month; 7 to 8:30 pm
Where: St. John's Hospital
Cost: Free

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, ideas on ways to improve your health and Kegel exercises to manage temporary incontinence. You are encouraged to bring a guest with you. You will receive a free prostate cancer toolbox with the tools you need 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: St. John's Hospital
Cost: Free

Free Monthly Prostate Screenings

HealthEast® Cancer Care is offering free monthly prostate screenings, thanks to a grant from the Otto Bremer Foundation. No doctor's referral is needed and all men will receive a \$25 gift card with their screening results after the event. For more information or future screening dates, visit www.healtheast.org.

When: Wednesday, May 16; 5 to 8 pm
 Wednesday, July 11; 5 to 8 pm
Where: St. John's Hospital; Cancer Care Center
Cost: Free

Look Good ... Feel Better

Look Good ... Feel Better is a free program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. Look Good ... Feel Better is a collaboration between the American Cancer Society; the Cosmetic, Toiletry, and Fragrance Association Foundation; and the National Cosmetology Association. To register, please call the American Cancer Society at 1-800-ACS-2345.

When: Wednesday, June 6; 10 am to 12 pm
Where: St. John's Hospital
Cost: Free

Five Wishes and Estate Planning

Making your wishes known is one of the most important decisions you can make in advance of a health care crisis. Planning your charitable giving is a way to express your values and goals. Robert Moravec, MD, HealthEast® medical director, and Tara Mattessich, attorney at law, will lead a thought-provoking discussion that focuses on health care directives or Five Wishes, estate and gift tax issues, wills and charitable giving techniques that best fit each individual's estate planning goals. Join us and take an active role in planning your future.

When: Tuesday, June 19; 10 am to 12 pm
Where: Bethesda Hospital, St. Paul

Childbirth and Parenting

St. John's offers a full spectrum of childbirth and parenting classes. Visit HealthEast's web site at www.healtheast.org or call Care Connection at 651-326-CARE (2273) for the 2007 class brochure.

Heart Care

Phase III

This supervised, medically safe exercise program is designed to help those with a history of heart disease develop a personal exercise program and learn self-motivating skills. To reserve your time slot, call 651-232-7028.

When: Available Monday through Friday at pre-scheduled times
Where: St. John's Cardiac Rehab
Cost: \$50.50 per month

Cardiac Rehab for Congestive Heart Failure (CHF)

An outpatient program for CHF patients with a focus on diet, exercise, weight maintenance and medications. Patients will learn to monitor their health daily using a well-being log. Registration is required. For more information, call 651-232-7028. Six one-hour sessions.

Cost: \$59 for six sessions

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® Care System, call Care Connection or visit www.healtheast.org/community.

Support Group

Nicotine Anonymous Support Group

This support group welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. Nicotine Anonymous is a non-profit, 12-step fellowship of men and women helping each other to live nicotine-free lives. Drop in for these free groups, no registration is required. For more information, please call Sue at 651-770-0565.

When: Meets every Monday; 7 to 8 pm
Where: To be determined
Cost: Free

Diabetes Care

Type 2 Diabetes Support Group

Living with Type 2 diabetes can be challenging. Come and find support and learn about the latest technology in Diabetes Care. You'll also hear from the experts on topics such as medications, blood sugar testing, exercise and more. To register, call Marie Cravens at 651-426-3956.

When: First Monday of the month; 6 pm
Where: Davanni's Restaurant; 310 White Bear Ave, N. St. Paul
Cost: Free

Diabetes Support Group

Individuals with Type 1 or Type 2 diabetes need to adjust their lifestyles to remain in good health. This can at times be overwhelming and burdensome. Gain the emotional support you need to manage diabetes, learn about the latest technology and hear from experts in Diabetes Care. To register, call Gene Anderson at 651-459-3143.

When: Second Wednesday of the month; 2 to 3:30 pm
Where: Arlington Hills United Methodist Church;
 759 Co Rd B, Maplewood
Cost: Free

Insulin Pump Support Group

Are insulin pumps right for you? Are you currently using an insulin pump? Then this group is for you. Our focus is on individuals who are interested in getting an insulin pump, and to help those who are already on an insulin pump. To register, call Diane Hanson at 651-232-6322.

When: Fourth Tuesday of the month; 6:30 to 8 pm
Where: To be determined
Cost: Free

Women's Care

Nourishing the Woman's Soul

Explore why we need to nourish our souls, some reasons that have prevented us from doing so and how we can nurture and care for our beloved presence. To register, call Care Connection at 651-232-CARE or visit us on the web at www.stjohnshospital-mn.org/midlifewomen.

When: Wednesday, June 6; 6:30 to 8 pm
Where: St. John's Hospital
Cost: \$15

For more information on women's health classes and upcoming details on the next "Celebrating Midlife Women" series, visit us online at www.healtheast.org/womens_care and click on calendar of events.

HealthEast Heart of Summer Walk/Run Training Clinics

Join our 10-week training clinic and get ready for the Boston Scientific Heart of Summer Walk/Run on Saturday, August 18, 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 training session. The clinics and event are sponsored by Boston Scientific and HealthEast® Care System.

When: Tuesday, June 5; Join us at 5:30 pm for a speaker; coaches will lead groups on a walk/run at 6:10 pm.

Where: Lake Phalen Park Picnic Pavilion, St. Paul

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

Register by contacting Jodi Mammenga at 651-326-3538 or jmammenga@healtheast.org. For more information, visit www.healtheast.org/trainingclinic.

Optimum Rehabilitation

Preventing Back Injuries

Learn what causes back injuries and back pain and ways you can avoid injury while maintaining an active lifestyle. To register, please call 651-326-1940.

When: Tuesday, May 8; 12 to 1 pm or 5:30 to 6:30 pm
Where: HealthEast Optimum Rehabilitation, Maplewood
Cost: Free

Stabilization and Stretching to Prevent Back Pain

Learn how to stabilize your spine while you gain flexibility for moving well to prevent back pain. To register, call 651-326-1940.

When: Tuesday, May 22; 12 to 1 pm or 5:30 to 6:30 pm
Where: HealthEast Optimum Rehabilitation, Maplewood
Cost: Free

Cardiovascular Exercise: Working Your Heart to Help Your Spine

Learn how aerobic exercise benefits your back and how you can incorporate aerobic activities into your lifestyle. To register, call 651-326-1940.

When: Tuesday, June 5; 12 to 1 pm or 5:30 to 6:30 pm
Where: HealthEast Optimum Rehabilitation, Maplewood
Cost: Free

> 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.

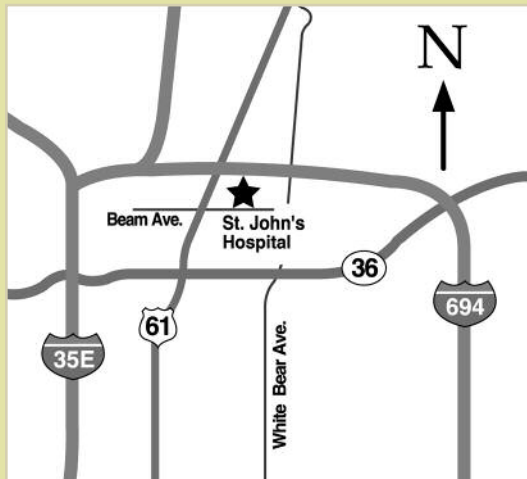
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Deb Olson, Editor

Megan McGuire, Assistant 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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> *Carol Rohrer* Giving back to make a difference

Carol Rohrer, 65, is an exemplary cancer survivor. A retired math teacher, she was first diagnosed with thyroid cancer in 1964, even before there was an oncologist at the first St. John's Hospital in St. Paul.

"I am really fortunate to even be here, telling you this story," Carol says. "It was the beginning of a relationship that has been very beneficial for me. When you get cancer, you feel like you just want to get on with your life. But life is not normal. This is your new 'normal'."

Then four years ago, Carol was diagnosed with breast cancer and has received support and care at the Breast Care Center at St. John's Hospital. Throughout it all, she has not lost her spirit, claiming that being active has kept her going.

In gratitude for the care she has received, The Carol Rohrer Breast Cancer Endowment Fund was established to help support a retreat for women on Lake Superior, one of her favorite places.

"I wanted to make a contribution that would have a direct impact on individual cancer survivors," Carol says. "Of course, the long-term goal is to find a cure for the many types of cancer."



The Carol Rohrer Breast Cancer Endowment Fund helps support programs for women cancer survivors.

Despite all her challenges, Carol remains optimistic. "You live your life as it goes," she says. "I'm going to be just fine. Cancer is the kind of experience you'd rather not have, but you can benefit from it. It is easy to write a check, but the personal reward from knowing that you can make a difference is tremendous."

For more information on giving opportunities to benefit patients, please call HealthEast® Foundation at **651-232-4990**.

St. John's Hospital

Member of **HealthEast**
Care System

1575 Beam Ave.
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651-232-7000

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