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2005 YEAR-END SUMMARY

The impact of integrative medicine at Abbott Northwestern

~ by Lori Knutson, RN, HN-BC, director, Institute for Health and Healing

In 2005, the increased use of our programs and services demonstrated how the art of healing is integral to the total health care experience for the patients we serve. This summary illustrates our growth in the past year.

Outpatient Center

In its first full year of operation, the Outpatient Center experienced significant growth each month. Mid-year, it expanded its hours to stay open until 9 p.m., Monday through Thursday. It also added acupuncture services and more class offerings.

Compared to 2004, the Outpatient Center experienced significant growth in a number of areas:

- ❖ New customers: 50 percent
- ❖ Walk-in customers: 37 percent
- ❖ Return customers: 22 percent

- ❖ Acupuncture visits: 44 percent
- ❖ Retail product sales: 37 percent

Sixty percent of services were paid by the client with the remaining 40 percent covered by insurance. As more physicians become aware of the benefits for their patients and health care consumers inquire about these services with their physicians, we anticipate that insurance coverage will expand. Insurance coverage is contingent on a medical diagnosis and physician referral. In most cases, with a physician referral, acupuncture, nutrition and mind/body therapies (wellness psychology services) are covered by insurance.

Our newest service is the therapeutic yoga program, which provides classes and individual sessions that can be modified for all of our clients' needs.

Beyond its regular services and class offerings, the Outpatient Center also participated in employee wellness programs with Wells Fargo and the *Minneapolis Star Tribune*.

Inpatient Services

Our inpatient practitioners provide 1,000 patient visits per month, averaging three visits per patient. The services

include integrative medicine nurse clinician consultations, massage therapy, acupuncture, guided imagery, music therapy, aromatherapy, healing touch, Reiki and self-care stress reduction techniques. Services are currently provided for patients in a variety of areas, including cardiovascular, medical/surgical, neurology, oncology, orthopaedics/spine care, rehabilitation and WomenCare®.

Most patients request services to manage pain and anxiety. Referrals come from nurses, physicians, patients and their families. Physician referrals have had the most dramatic increase during the last year, indicating physicians' growing acceptance of these therapies as part of the hospital care experience.

In 2006 we will move into phase two of integrative care at Abbott Northwestern. We will focus on:

- ❖ education for nurses and physicians
- ❖ research to demonstrate the efficacy and value of integrative care.

For more information, contact Lori Knutson, RN, HN-BC, director of the Institute for Health and Healing, 612-863-6123 or Lori.Knutson@allina.com.



COMMENTS FROM PATIENTS ON THE VALUE OF INTEGRATIVE THERAPIES

"I believe that your group had a huge effect in my experience and recovery. The combination of talented doctors and surgeons coupled with healing massage/energy work is ideal, effective and key to patient recovery."

"I was so impressed. My anxiety of surgery went from 8 to 1 after one visit. I was positive and open."

"Integrative medicine opens new areas for treatment and recovery that are very positive."

THE NOT-SO-SWEET SIDE OF SUGAR

~ by Carolyn Denton, MA

The average American consumes two pounds of sugar a week. Before the turn of the century sugar consumption averaged just five pounds *a year* – that’s because people simply did not have access to sugar in the refined forms that exist today. Sugar is everywhere. Excess sugar, mostly in the form of corn syrup, is finding its way into foods such as breads, breakfast cereal, mayonnaise, peanut butter, spaghetti sauce, barbecue sauce and many other processed foods.

Sugar belongs to the class of foods called carbohydrates, which provide energy for the body. While the body can easily manage complex carbohydrates found in whole grains, fruits, vegetables and legumes, it does not handle large amounts of refined sugar well. In addition to tooth decay and weight gain, eating large amounts of sugar throws the body into a state of disregulation for six to eight hours.

Here’s what happens when you eat too much sugar. Sugar triggers a series of physiologic changes. For example, excess sugar increases insulin production, which signals cells to take up the sugar rapidly. Insulin levels remain high, so the body continues to take up sugar beyond the necessary point. The result is low blood sugar. Symptoms can include weakness, dizziness, insomnia, aggression and depression. If insulin causes blood sugar to fall too low, the adrenal glands secrete hormones in an attempt to increase blood sugar. Daily sugar consumption forces the adrenal glands to work overtime, which in turn decreases

the body’s ability to respond to future stress. Because of excess sugar consumption, the hormones secreted by the adrenal glands can also depress the immune system for up to six hours – something to keep in mind during cold and flu season.

Sugar has many other harmful effects that can have significant health consequences. For example, excess sugar can:

- ❖ significantly increase triglycerides
- ❖ reduce helpful HDL cholesterol
- ❖ elevate harmful LDL cholesterol
- ❖ cause yeast infections
- ❖ lead to the formation of gallstones and kidney stones
- ❖ decrease insulin sensitivity and glucose tolerance
- ❖ increase systolic blood pressure
- ❖ contribute to depression.

There is overwhelming evidence that sugar is damaging to health. But limiting sugar in your diet is no easy task. Sugar is often put into foods unnecessarily. Also, food labels list sugar under more than one name, which can be confusing. Look for words like sucrose, glucose, fructose, maltose, maltodextrin, raw sugar, brown sugar, turbinado, corn syrup, high fructose corn syrup and barley malt. Whole fruit is acceptable, but limit fruit juices because the sugar tends to be absorbed rapidly.

For more information, contact Carolyn Denton, MA, licensed nutritionist, 612-863-6259 or Carolyn.Denton@allina.com.



THE ART OF HEALING – PHOTOGRAPHER EXPLORES RELATIONSHIPS AND HEALTH

~ by Megan Hatch, RYT, Healing Arts Program Coordinator

Our Outpatient Center presents the Art of Healing, a rotating exhibit of work by local artists. The art displayed supports the healing environment of the Institute, and portrays themes of health, healing and the human spirit. Many new artists will share their work over the next year, from Peruvian weaver Maximo Laura to watercolorist Lynne Baur.

In January, well-known nature photographer Bernie Saunders will exhibit his beautiful photographs. With his just-released book, “The Grace of Ordinary Days,” Saunders brings together photography with poetry by his mother Kay Saunders. Through writing and art, mother and son explore memories of a shared past and find a deeper understanding

of each other. The collaboration was completed shortly before Kay’s death in 2003 at the age of 85.

- ❖ Exhibit on display: Jan. 10-30
- ❖ Opening reception and artist talk: Friday, Jan. 13, 6:30-9 p.m.
- ❖ Class led by Bernie Saunders: Tuesday, Jan. 24
“The Art of Relationships: Wellness and Health Connection.” This class will explore how we connect with people we care about, and how these connections deepen our capacity to live healthier lives.

For more information or to register for the class, please call 612-863-3333.





FITNESS CORNER

News from our exercise physiologist

RING IN THE NEW YEAR WITH HEALTHY RESOLUTIONS

~ by Jeana Beberg, MA, RCEP

The New Year is often full of hope, good intentions and some New Year's resolutions. Many of those resolutions are likely to have something to do with exercise or weight loss. Let this be the year that you stick to your resolutions.

Here are some tips to help you achieve success.

- ❖ **Make your resolution attainable.** For example, you may want to lose 30 pounds this year but know that it requires a series of small steps. If your goals are too large you may feel disappointed if you do not see immediate results.
- ❖ **Develop a plan that will take you toward your goal.** Rather than saying you will exercise more, commit to a specific plan, such as walking during lunch three days a week and going to the gym two days a week.
- ❖ **Be creative.** When life gets in the way – bad weather, illness or a meeting that runs long – have a back-up plan. Walk for 15 minutes instead of 30 minutes, or walk after work instead of during lunch. Occasionally you may need to take a day off. Don't let a missed day or two throw you – get back on track.

- ❖ **Be realistic.** If you are not a morning person, don't try to get up at 4:30 a.m. to exercise. Schedule your exercise at a time of day when you have the energy to follow through and note it in your daily calendar. Make an appointment with yourself as you would with another individual.
- ❖ **Find a good role model.** Look to people who are living your goal. They may motivate you to keep working and have great advice.
- ❖ **Reward yourself along the way.** Acknowledge your hard work and commitment at regular intervals. For example, once a month give yourself something to look forward to – a small treat, your favorite coffee or a new pair of jeans.
- ❖ **Make sure your resolutions are for yourself and not to please others.** If you have a sincere desire to change your behaviors and if you see your resolutions as positive changes, you are likely to be more successful.

For more information, contact Jeana Beberg, MA, RCEP, exercise physiologist, 612-863-5178 or Jeana.Beberg@allina.com.



FREE ONLINE EDUCATION FOR HEALTH CARE PROFESSIONALS

The Center for Spirituality and Healing at the University of Minnesota offers free online modules focusing on complementary therapies and health practices. Topics range from a general overview of complementary therapies to specific therapies such as craniosacral, aromatherapy and traditional Chinese medicine. CEUs are available for nurses. To access these modules, refer to the links on the Institute for Health and Healing Web page at www.abbottnorthwestern.com, or access them at www.csh.umn.edu.

USE PAYROLL DEDUCTION TO PURCHASE OUTPATIENT CENTER SERVICES, PRODUCTS

Payroll deduction is now available for Allina employees who use services or purchase products at the Outpatient Center. To initiate the payroll deduction, you are asked to complete a short form and provide your employee number (or your ID badge for scanning). Payroll deduction can be used for services such as massage, acupuncture or nutrition consultation, and for a variety of retail products.



**January/February
2006**

INSTITUTE FOR HEALTH AND HEALING: MARK YOUR CALENDAR

Registration is required for all classes unless otherwise noted. To register or for more information, call 612-863-3333.

Special Events

Art of Healing: *The Grace of Ordinary Days*

Opening Reception of art by Bernie Saunders

- ❖ Friday, Jan. 13, 6:30-9 p.m.
- ❖ Artist Talk at 7:30 p.m.
- ❖ No charge

Mindfulness Based Stress Reduction

- ❖ 8-week series beginning Jan. 16
- ❖ Mondays, 1-3:30 p.m.
- ❖ \$300 (plus \$45 for books and tape available at the class)

The Art of Relationships: Wellness and Health Connection

- ❖ Tuesday, Jan. 24, 6:30-8:30 p.m.
- ❖ \$35

Heart Health: From the Inside Out

- ❖ Tuesday, Jan. 31, 6:30-8:30 p.m.
- ❖ 2 CEUs for nurses
- ❖ \$35

Earth Energies and Your Well-Being

- ❖ Thursday, Feb. 16, 6:30-8:30 p.m.
- ❖ \$20

Series Programs

Chair Yoga

- ❖ 6-week series beginning Jan. 5 and Feb. 23
- ❖ Thursdays, 4-5:15 p.m.
- ❖ \$79

Beginning Yoga

- ❖ 6-week series beginning Jan. 5 and Feb. 23
- ❖ Thursdays, 5:30-6:45 p.m.
- ❖ \$79

Restorative Yoga

- ❖ 6-week series beginning Jan. 30
- ❖ Mondays, 5:30-6:30 p.m.
- ❖ \$79

Continuing Yoga

- ❖ 6-week series beginning Feb. 1
- ❖ Wednesdays, 5:30-6:45 p.m.
- ❖ \$79

T'ai Chi

- ❖ 8-week series beginning Jan. 11
- ❖ Wednesdays, 7:30-9 p.m.
- ❖ \$99

One-Time Classes

We offer classes on a range of topics, including nutrition, heart health, headaches, weight loss surgery, massage and more.

For a complete schedule, call 612-863-3333 or visit the Institute for Health and Healing page at www.abbottnorthwestern.com.

