

# Mercy & Unity

## HOSPITALS

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VISIT  
US ON THE  
Web  
www.mercyunity.com



Larry Schmitz stands amidst a display of his paintings. The paintings are beautiful byproducts of a life-altering condition.

## Heart attack points the way to an unexpected **GIFT**

**L**ARRY SCHMITZ'S first cardiac episode was on a golf course. It was 1982, and he began experiencing chest pain near the end of a round of 18 holes. He finished the 18th hole and then drove himself to Unity Hospital, where it was confirmed that his discomfort was due to a heart attack, affecting 15 percent of his heart. He was treated with medication rather than surgery. Even so, the incident was still life-changing—his doctor told him he would have to retire.

During a week-long hospital stay, one of

Schmitz's few diversions was to watch television. He became intrigued with a program starring Bill Alexander, the now deceased artist who shared his artistic techniques on public television.

Facing a retirement that stretched ahead of him like a vast wasteland, Schmitz knew he had to do something. He recalled a Christmas in 1960 when his daughter gave him a set of oil paints. When his six children were small,

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MERCY & UNITY  
HOSPITALS  
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# EXPANSION

## The Cardiac Centers of Mercy & Unity Hospitals



**T**HE CARDIAC CENTERS of Mercy & Unity Hospitals is expanding to meet the needs of the community. In late 2002, The Cardiac Centers began an expansion and improvement project designed to enhance and expand the capabilities of a program that has been nationally recognized in technology and innovation. The need for additional space and facility improvements has become evident in recent years as The Cardiac Centers has grown to become one of the three largest cardiovascular programs in Minnesota. The Cardiac Centers has been the top choice of Twin Cities residents receiving heart care for three years in a row.

### HIGHLIGHTS OF THE PROJECT INCLUDE:

- Increased space for state-of-the-art diagnostic and treatment technology, including cardiac catheterization/intervention laboratories, electrophysiology laboratories and cardiac MRA (magnetic resonance angiography).
- Expanded clinic areas for Metropolitan Cardiology Consultants and Minnesota Thoracic Associates.
- Noninvasive cardiovascular diagnostic suites for echocardiography, EKG, Holter and stress testing.
- Eighteen short-stay beds for cardiac patients who don't require an overnight stay.
- Twenty-four additional cardiac inpatient beds with approximately one-half of the rooms designed to receive cardiac surgical patients direct from the operating room.
- A new peripheral vascular blood-flow laboratory.
- A family waiting area exclusively for Heart Center visitors.
- A dedicated cardiac catheterization suite, including a five-bed cardiovascular short-stay unit at Unity.

Financial support for the cardiac expansion also is being made through the Mercy & Unity Development Program, which began raising funds for the project in 2001. For more information or to make a donation, please contact the Mercy Hospital Development Program at 763-236-8199. ❖

#### UNITY HOSPITAL EXPANSION

Start date: November 2002  
Completion: May 2003

#### MERCY HOSPITAL EXPANSION

Start date: January 2003  
Completion: March 2004



# CLINICAL TRIALS

UNDERSTANDING THE PATIENT'S ROLE IN MEDICAL RESEARCH

**W**HEN WE hear medical news, it's often the result of a clinical trial being reported. Clinical trials are crucial to the advancement of medical treatments.

Learn more about participation in medical research with this information from the U.S. Department of Health and Human Services.

**What is a clinical trial?** Clinical trials are tests of new drugs or medical treatments in people to see if they are safe and if they work.

**What happens in a trial?** Researchers devise questions to answer and design a study plan, or protocol. It outlines who may participate, what tests, procedures or medications they will get, and how long the trial will last. Researchers check participants' health and give instructions at the onset. They carefully monitor volunteers during the study and keep in touch after the study is complete.

**Who can participate?** Volunteers must meet certain criteria based on factors such as age, gender and health status. These are to ensure that researchers will be able to answer the questions they plan to study and to keep participants safe.

**Why should I enter a clinical trial?** You can take a more active role in your health care, gain early access to new drugs and treatments, obtain expert medical care, and help others by contributing to medical research.

**What are the risks?** Side effects may be unpleasant, serious or even endanger your life. Some may be unexpected or appear after treatment ends. The treatment may not work, or you may be in a placebo group that gets no treatment. There may be extra demands on your time and attention.

**How will I be protected?** Before you decide to participate, you learn the key facts about a trial through a process called informed consent. Then you sign an informed consent

## Worth asking

Asking questions may help you decide whether to enter a clinical trial.

- What is the study trying to find out?
- Who put it together?
- Who is going to be in the study?
- Who will be in charge of my care?
- What exams, tests and treatments will I have?
- Will I need to be hospitalized?
- How much time will it take?
- How do the possible side effects, risks and benefits of the study treatment compare with my current treatment and other choices?
- How will I be protected from harm?
- How long will the study last?
- What followup is planned?
- Who will pay for the treatment and other expenses?
- How will my privacy be protected?
- Will I get the results?

Sources: Centers for Disease Control and Prevention; National Institutes of Health; U.S. Food and Drug Administration

document. The informed consent is not a contract; you can leave the study at any time, for any reason. Throughout the study you will be provided any additional information.

Also, independent review boards approve and monitor all trials to make sure the risks are as low as possible, the trial is ethical and participants' rights are protected.

**On The Web** **Learn more.** You can get information on a wide range of federally and privately funded clinical trials from the database at [www.clinicaltrials.gov](http://www.clinicaltrials.gov). ♦

## Covering costs

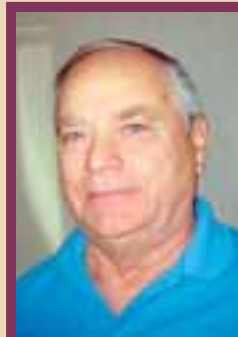
Before deciding to enroll in a clinical trial, you may want to see whether your health plan will cover some or all of the costs of care. People with Medicare may have some costs covered.

# A change of heart

## Medical procedures that help mend ailing hearts

**N**eil Hoosline can walk his son's black Lab, Shadow, without stopping to rest.

That may not seem especially noteworthy, but it's an accomplishment for Hoosline, who just a few months ago had shortness of breath and chest pain after walking even short distances. Since his bypass surgery at Mercy Hospital last April, his energy has improved dramatically and the chest pain has stopped. Hoosline's quintuple bypass was his second successful bypass surgery. Fourteen years ago, Hoosline was the first open-heart surgery patient at Mercy & Unity Hospitals. "I think I had an easier recovery this time," Hoosline says.



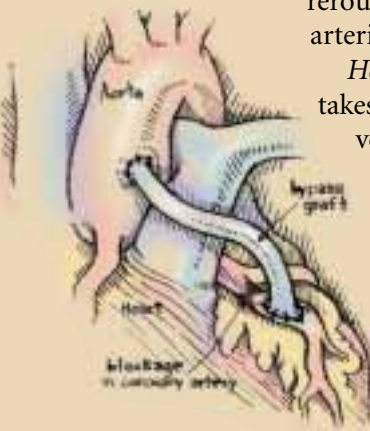
Neil Hoosline

Sometimes medication and lifestyle modifications are the only treatments needed for heart problems. In other cases, doctors recommend medical procedures like the ones listed below. Millions of people have been treated with these procedures, and some, like Hoosline, have been treated more than once. Outcomes may vary due to factors such as age and overall health.

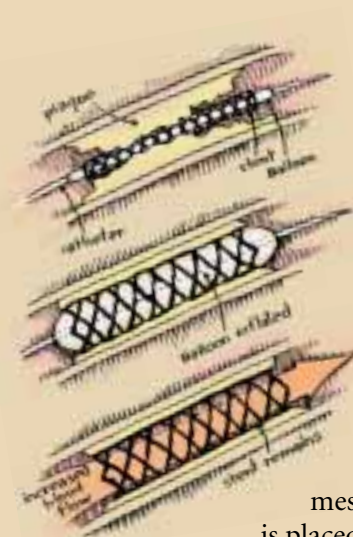
### Bypass surgery

reroutes blood around blocked arteries to the heart.

*How it's done:* The surgeon takes a segment of healthy vein from the lower leg or artery from the chest and attaches it below the narrowed section of heart artery. This creates a detour, or "bypass," for blood to flow around narrowed areas. Several bypasses may be done in one operation if needed.



**Angioplasty**—expands heart arteries that are narrowed by plaque (a buildup of fat and cholesterol).



*How it's done:* A catheter with a deflated balloon at its tip is threaded to the narrowed artery, usually through a blood vessel in the leg or arm. The catheter, which is usually positioned at the narrowest part of the artery, is then inflated and deflated—sometimes several times—to expand the artery.

Usually, a tiny wire mesh tube or scaffold (stent) is placed to permanently hold the artery open.

**Valve surgery**—repairs or replaces faulty heart valves (small flaps of tissue that help keep blood flowing in the right direction).

*How it's done:* The type of surgery required depends on what is wrong with the valve.

When a valve thickens and hardens, a surgeon might:

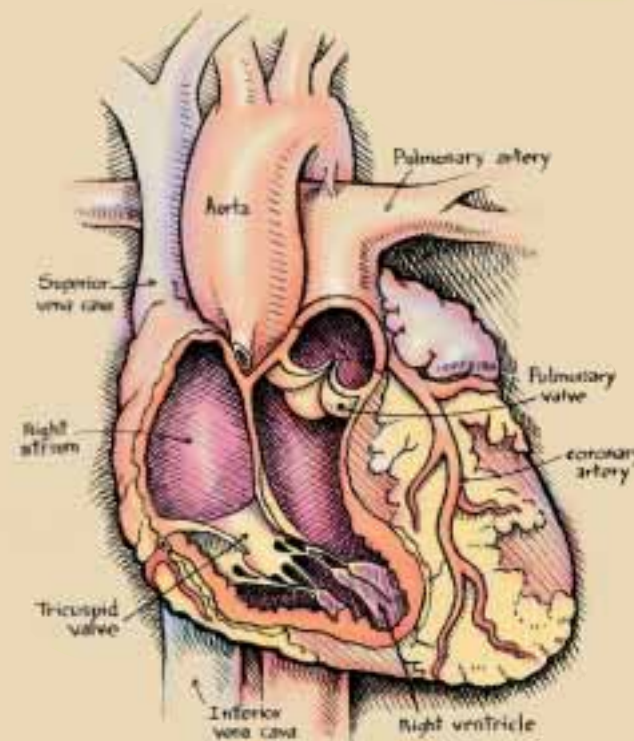
- Replace the valve with either a natural tissue or mechanical valve.

- Thread a catheter (long, thin tube) into the valve and inflate a balloon inside it to free the "stuck" parts of the valve.



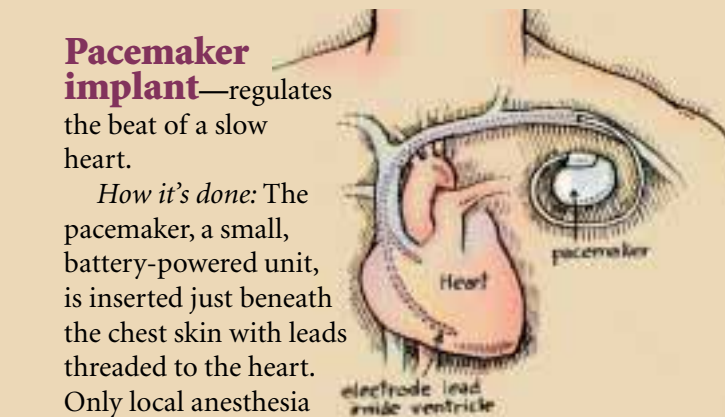
When a valve weakens and stretches, a surgeon might:

- Remove excess tissue and sew the edges together.
- Replace a damaged or leaking valve with a new mechanical or natural tissue valve.



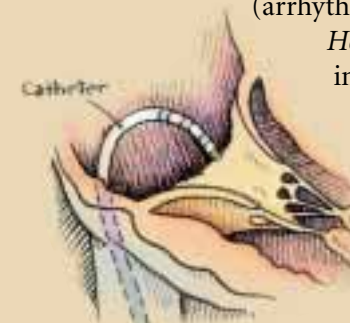
**Pacemaker implant**—regulates the beat of a slow heart.

*How it's done:* The pacemaker, a small, battery-powered unit, is inserted just beneath the chest skin with leads threaded to the heart. Only local anesthesia and a mild sedative are needed. The pacemaker uses electrical impulses to stimulate the heart to contract. When the battery wears down (usually after 8 to 11 years), it is replaced.



**Catheter ablation**—treats abnormal heartbeats (arrhythmia).

*How it's done:* A catheter is fed into the chambers of the heart through a vein in the leg. The tip of the catheter is heated with high-intensity radio waves, destroying a small number of heart muscle cells with a tiny burn. The scar caused by the burn fixes a "short circuit" that is causing erratic heartbeats.



## New treatment for heart attack patients

Mercy & Unity Hospitals is one of 40 medical centers in the United States—and the only one in Minnesota—participating in a new study to see if a tiny balloon inserted into a blocked blood vessel can reduce the amount of heart damage in heart attack patients. The device is designed to catch debris—such as platelets, cholesterol plaque and blood clots—that can break loose during angioplasty.

A team of cardiologists from across the country is working with Minneapolis-based Medtronic, Inc., on the study titled EMERALD (Enhanced Myocardial Efficacy and Recovery by Aspiration of Liberalized Disease). The trial will look at the safety and effectiveness of using a balloon to capture clot-causing debris when blocked vessels are reopened.

The procedure, known as balloon occlusion distal protection, was proven effective in a study published last spring that looked at coronary artery bypass patients. Patients in that study, who were treated with the GuardWire Plus system, were 42 percent less likely to have a major adverse cardiac event after undergoing angioplasty and/or placement of a coronary stent to hold grafts open.

**Implantable cardioverter defibrillator (ICD)**—shocks the heart back into a normal rhythm to prevent sudden death.

*How it's done:* An ICD consists of:

- A pulse generator that can send a powerful shock to the heart.
- Electrodes to sense the rhythm of the heart and deliver the shock to the heart muscle.

The electrodes are inserted into the heart through the veins, and the pulse generator is surgically buried under the skin of the chest.

The unit tests each heartbeat for regularity. If it senses a life-threatening rhythm, it delivers a powerful electric shock to the heart. The batteries are designed to last four to five years and deliver about 100 shocks. Proper monitoring at a doctor's office can determine if the device is sensing the heartbeat properly, how many shocks have been delivered and how much power is left in the batteries. When the batteries run down, the pulse generator must be replaced. Replacement of the pulse generator requires minor surgery. ♦

The American Heart Association provided information and scientific review for this article and the accompanying illustrations.

# Mercy & Unity HOSPITALS

## BRAIN INJURY AND STROKE

Brain Injury Support Group  
Stroke Support Group

## CANCER

### Cancer Resource Center

A place to find multimedia informational resources on cancer, programs and individualized support. Call 763-236-4040 (Unity) or 763-236-6060 (Mercy).

### Breast Cancer Support Group

#### Cancer and the Family

Five-week group with sessions for children ages 4 to 12, teens 13 to 18 and adult family members.

#### Living With Cancer

Weekly group for people with cancer and loved ones.

#### Living Beyond Limits

Specialized 12-session group for breast cancer patients with advanced disease.

#### Look Good, Feel Better

Help for dealing with self-esteem and side effects of cancer through demonstrations in the use of wigs, hats and makeup.

#### Patient Partner

One-to-one visits for people newly diagnosed with cancer and their families.

#### Prostate Cancer Support

Support for prostate cancer patients and spouses.

#### Renewing Life

Eight-week educational and support series for individuals with a life-threatening disease and their loved ones.

## DIABETES

Adult Diabetes Support Group  
Diabetes Care Education Classes\*

## GRIEF

*Grief support groups meet at the same time so family members can come together, participate in separate groups, and go home together.*

### Adult Grief Support Group

For those 18 and older. Includes separate groups for pregnancy and infant loss; death of a spouse, child or parent; and death by suicide or violence.

### Children's Grief Support Group

For children 6 to 12.

### Pregnancy and Infant Loss Support Groups

For anyone who has experienced a loss, including ectopic miscarriage, stillborn and SIDS.

### Preschool Grief Support Group

For children 3 to 5.

### Teen Grief Support Group

For teens 13 to 18.

## HEALTH IMPROVEMENT

### Blood Pressure Screening

Free blood pressure screenings are offered at Mercy and Unity.

### Gentle Yoga\*

Located at Coon Rapids YMCA.

### Continuing Gentle Yoga

Located at Coon Rapids YMCA.

### Heart/Stroke Screening\*

Includes a heart or stroke questionnaire, blood pressure check and blood screen for total cholesterol, HDL, LDL, triglycerides and glucose. Health counseling is available.

### Supervised and Monitored Exercise Programs\*

Exercise and lifestyle modification programs that require physician referral.

### T'ai Chi Chih\*

Promotes relaxation and refreshes the mind through gentle movement. Located at Coon Rapids YMCA.

### The Solution Program\*

Twelve-week weight-management program based on behavior, nutrition and exercise. Held at community YMCAs.

## HEART

### Cardiac Club

For cardiac patients and the community.

### Cardiac Education Classes:

Low-Sodium Strategies  
Heart Healthy Nutrition\*  
Risk Factor Evaluation  
Benefits of Exercise  
Stress and Relaxation  
Medication Information  
Life Changes

### CPR Course for Family and Friends\*

Participants choose one: rescuer adult course, or adult, child and infant course portions.

### Mended Hearts

Former cardiac patients visit and provide support to cardiac patients and their families.

## PREGNANCY, BIRTH AND PARENTING

Active Parenting and  
Active Parenting of Teens

All About Babies\*

Birth and Parenting  
Preparation\*

Breastfeeding Preparation\*

Breastfeeding:  
Returning to Work\*

Celebrating Families

Tell your birth story, hear how others have adjusted to their newborn and learn basic infant safety (choking and infant CPR).

Cesarean Birth\*

Changing Shapes™:  
Pregnancy Fitness\*

Expecting Multiples\*

Healthy Pregnancy\*

Infant Massage\*

Infant and Child CPR\*

Lamaze Birth Preparation\*

New Brother/New Sister\*

New Parent Connection

Support group for parents with babies up to 4 months old.

Pregnancy After a Loss

A class and support group for expectant parents who have experienced the loss of a previous baby.

Refresher Birth and  
Parenting Preparation\*

Teen Pregnancy\*

Vaginal Birth After Cesarean (VBAC)\*

## RESPIRATORY

Support groups for patients with chronic obstructive pulmonary disease (COPD) are available at Mercy and Unity.

Breath of Mercy (Mercy)

F.A.N. Club (Unity)

Lung Power\*

An education and exercise program for patients with COPD and their families.

Respiratory Screening\*

Includes a pulse oximetry test and a breathing screening. Respiratory counseling is available.



## SAFETY

### Child Safety

For parents and/or caregiver groups.

### EN C.A.R.E.

Emergency Nurses Cancel Alcohol Related Emergencies (EN C.A.R.E.) is an alcohol awareness program. Free to local schools and parent and civic organizations.

### Think First

Head and spinal cord injury prevention program for presentation in the classroom in grades 1 through 3 and 7 through 9.

## TOBACCO CESSATION PROGRAMS\*

Freedom From Smoking  
Quitting on Your Own

## OTHER

Arthritis and Fibromyalgia

Inflammatory Bowel  
Disease Support Group

United Ostomy  
Association Support Group

Weight Intervention/Gastric  
Bypass Surgery Meeting

For people who are 100 pounds or more overweight, who have been unsuccessful losing weight by other means and want to learn more about surgical intervention.

Note: Several of our educational offerings, programs and support groups are offered in cooperation with local and national societies and associations, including the American Cancer Society, the American Heart Association, the American Lung Association, the Minnesota Chapter of Crohn's & Colitis Foundation of America, the National Head Injury Foundation and the North Suburban Branch of the Twin Cities Diabetes Association.

If you do not find the program or class you're looking for in this listing, call Medformation at 651-697-3333 for information about offerings at other Allina hospitals, or visit [www.Medformation.com](http://www.Medformation.com).



To register or for more information, call Medformation at 651-697-3333 or visit [www.Medformation.com](http://www.Medformation.com).

Programs with a fee are noted with an asterisk\*.

# Unexpected GIFT

—Continued from Page 1

Schmitz drew pictures with them on an Etch A Sketch®. His daughter was so impressed with his drawing skills that she felt compelled to give him another medium for his creativity. “She said if I could make pictures like that on the Etch A Sketch, imagine what my pictures would be like if I painted them.”

When he came home from the hospital, Schmitz unearthed the paints and began what was to be the fruition of an unexpected gift. One hundred six paintings later, he continues to paint pictures to sell, give and keep.

Schmitz likes to stay busy. “I started painting,” says Schmitz, “because otherwise I’d be bored, and boredom can do a lot of harm.”

A strong proponent of exercise, Schmitz is in phase 4 of cardiac rehabilitation following a 1996 quintuple bypass surgery. Schmitz has cardiac rehab at Unity Hospital

three times a week. “I walk a mile at rehab before I start exercising. Then I exercise an hour after that.” The 81-year-old says he no longer has any aches or pains; “I credit a lot of that to rehab.” He still golfs once or

twice a week in the summer. “I just can’t see sitting around doing nothing. I feel better now than I did at 60.”

His paintings are beautiful byproducts of an encounter with a life-altering condition. If he had never been a cardiac patient, he may have never started painting, and that would be a loss for many people who are privileged to view his work.

Schmitz is a member of a cardiac rehab club made up of craftsmen and artisans who periodically display their works at Unity Hospital in Fridley. ❖



**“I JUST CAN’T SEE SITTING AROUND DOING NOTHING. I FEEL BETTER NOW [AT AGE 81] THAN I DID AT 60.”**

—LARRY SCHMITZ,  
ARTIST

## Take it to heart

Find out your risks for developing heart disease and learn how to reduce your risk factors by attending this program sponsored by Mercy & Unity Hospitals. Preregistration is required.

**Heart Health Screening**

**Date: Saturday, Feb. 1**

**Time: 7-11 a.m.**

**Location: Heart Center, Mercy Hospital**

**Cost: \$25 (includes screening and education program)**

**Follow-up Education Program**

**Date: Thursday, Feb. 13**

**Time: 6:30-7:30 p.m.**

**Location: Mercy Hospital Auditorium**

For details or to register, call Medformation at 651-697-3333.

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