

Trusted professionals offer personalized care, comprehensive services, the latest technologies and broad product options. We provide expert service and doctor- and other clinician-recommended products to help meet your self-care needs. Any profit from sales are returned to Park Nicollet to help support clinical programs and initiatives.

## Park Nicollet

Cardiology Clinic  
ECHO  
Stress ECHO  
Stress nuclear study  
Heart education  
Health & Care Store  
Sleep Store  
Pharmacy/Prescriptions

Bloomington 5320 Hyland Greens Drive Bloomington, MN 55437											◆
Brookdale 6000 Earle Brown Drive Brooklyn Center, MN 55430											◆
Burnsville 14000 Fairview Drive Burnsville, MN 55337	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Carlson Parkway 15111 Twelve Oaks Center Drive Minnetonka, MN 55305											◆
Chanhassen 300 Lake Drive E. Chanhassen, MN 55317	◆	◆	◆	◆							◆
Eagan 1885 Plaza Drive Eagan, MN 55122											◆
Maple Grove 15800 - 95th Ave. Maple Grove, MN 55369	◆	◆	◆								
Minneapolis 2001 Blaisdell Ave. S. Minneapolis, MN 55404											◆
Minnetonka 17821 Hwy. 7 Minnetonka, MN 55345											◆
Plymouth 3007 Harbor Lane N. Plymouth, MN 55447											◆
Shakopee 1415 St. Francis Ave. Shakopee, MN 55379	◆	◆	◆	◆							◆
St. Louis Park 3800 Park Nicollet Blvd. St. Louis Park, MN 55416										◆	◆
Wayzata 250 N. Central Ave. Wayzata, MN 55391											◆
<b>Park Nicollet Methodist Hospital locations (St. Louis Park)</b>											
Meadowbrook Building 6490 Excelsior Blvd. St. Louis Park, MN 55426											◆
Heart and Vascular Center (Prescription drop off and pickup) 6500 Excelsior Blvd. St. Louis Park, MN 55416										◆	◆

For more product information, call 952-993-2662 or visit [parknicollet.com/stores](http://parknicollet.com/stores)



### Save 20% on all nutrition items

Discount taken at register. Offer not valid for online purchases, prior purchases or with any other offers or discounts. Limit one coupon per person. Other restrictions may apply. (Only available at Heart & Vascular Center store).



H&C11



### 50% off one Sunmark (generic) over-the-counter item

Discount taken at register. Offer not valid for online purchases, prior purchases or with any other offers or discounts. Limit one coupon per person. Other restrictions may apply.



### Save 10% on all self-directed testing

Lab testing and screening you choose, direct and control. For more information call: 952-993-6188; select option #2. Discount taken at time of testing. Not valid for prior purchases, online purchases or with any other offers or discounts. Limit one coupon per person.



### Save 25% on any blood pressure monitor

Discount taken at register. Offer not valid for online purchases, prior purchases or with any other offers or discounts. Limit one coupon per person. Other restrictions may apply.



H&C08

# Park Nicollet focuses on HEART AND VASCULAR

Sponsored by

The  
*Stores*  
@ Park Nicollet

If you have been diagnosed with a heart or vascular condition, there are many medical- or condition-related questions that are best answered by your doctor. We also have created this guide to use as one of your information resources. This resource guide can help answer questions and direct you to information about clinician services, educational offerings and self-care resources.

## Common questions

1. Where can I find more information about heart and vascular concerns and services I will need?
2. How and where can I learn about blood pressure monitoring, healthy eating and other ways to help me manage my condition?
3. Are there aspects of my health that might be affected by my heart condition, such as physical activity, diet or sexual health?
4. In addition to prescription medications, are there other items I may need to care for myself? What products would my doctor or other clinician recommend and where can I find them?
5. Where can I find information and resources to help me stay up-to-date on new services and advances in heart and vascular disease research, treatment and care?

## Did you know?

Prevention is the key to reducing heart disease, vascular disease and stroke, which claim the lives of more Americans than the next five causes of death combined.

## Primary resources

At Park Nicollet Heart and Vascular Center, you will find a team focused on heart and vascular health – doctors, nurses, educators and other clinical and self-care experts – all working together to provide answers, care and direction. This guide will help you by describing commonly needed services and making it easy to access resources recommended by your care team.

- **Online resources**  
Visit [parknicollet.com/heart](http://parknicollet.com/heart) for comprehensive information about heart and vascular disease, educational offerings and services. Visit [parknicollet.com/stores](http://parknicollet.com/stores) to order heart and vascular disease health care items online, or to learn more about our clinic-based stores and extended services.
- **Research opportunities**  
Call Park Nicollet Heart and Vascular Center, 952-993-3246, to learn about patient research opportunities involving heart disease management, intervention and new treatments.
- **Subspecialties**  
Within our heart clinic, we operate several subspecialties, including:
  - o congestive heart failure clinic
  - o cardiac electrophysiology clinic
  - o heart disease prevention clinics
  - o pacemaker and implantable cardioverter defibrillator clinic
  - o pulmonary hypertension clinic
  - o women's heart clinic

Appointments are available by calling 952-993-3246.

Turn the page for more detailed heart and vascular services.



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[parknicollet.com/heart](http://parknicollet.com/heart)

## Education

### Classes and informational materials

#### Heart-healthy classes and services

Registration: 952-993-3454 or visit [parknicollet.com/classes](http://parknicollet.com/classes)

Park Nicollet offers a variety of educational opportunities to help you manage and adjust to your heart condition.

- Heart and vascular lecture series
- Personalized weight management
- Cholesterol Connections
- Living with Heart Disease
- and more

#### Cooking classes

Registration: 952-993-3454 or visit [parknicollet.com/classes](http://parknicollet.com/classes)

Take cooking classes in the only medical demonstration kitchen in the Twin Cities. Classes include:

- More Flavor, Less Fat
- Whole Grains: More Than Just Fiber
- Fruits and Vegetables of Color
- Spice it up...Without Salt

#### Materials and tools

Available at [parknicollet.com/stores](http://parknicollet.com/stores) or at our four Health & Care Store @ Park Nicollet locations, including Heart and Vascular Center. Visit [parknicollet.com/healthinnovations](http://parknicollet.com/healthinnovations) for materials often used by heart educators.

Park Nicollet's Health Innovations is a leading publisher of health education materials, including informational and clinical publications, cookbooks, planning guides and software tools.

#### Virtual learning – general health information

[parknicollet.com/healthadvisor](http://parknicollet.com/healthadvisor)  
Based on the award-winning book *Well-Advised*, Park Nicollet Health Advisor contains scientifically based and medically reviewed information you can trust.

[parknicollet.com/healthlibrary](http://parknicollet.com/healthlibrary)  
Additional online resources can be accessed from Park Nicollet Health Library. Resources include links to high quality health Web sites, clinical journals and more.

## Clinical

### Examinations and tests

#### Supervised exercise

Registration: 952-993-7236 or visit [parknicollet.com/heart](http://parknicollet.com/heart)

Physical therapists and registered nurses in the Heart and Vascular Center's Rehabilitation and Fitness Center guide you with mild aerobic and strengthening exercises. It's a great way to monitor your progress in a safe, supervised environment.

#### Care coordination with Tel-Assurance™

Information: 952-993-0808

Record important daily health factors using a specially designed telephone support system. Your care team will be informed of your daily progress.

#### Related resources

- *Sexual health*: 952-993-2786
- *International Diabetes Center*: 952-993-3393
- *Nutrition*: 952-993-3454
- *Sleep Center*: 952-993-6083
- *Vascular services*: 952-993-3180
- *Stroke services*: 952-993-6789
- *American Heart Association*: 800-242-8721
- *Minnesota Tobacco Helpline*: 1-888-354-PLAN(7526)

#### Self-directed prevention

Information: [parknicollet.com/heart](http://parknicollet.com/heart)  
Appointments: 952-993-9800

- **Heart scan – coronary artery calcium screening** is a quick, painless test to detect calcium deposits.
- **Coronary CT angiography**, a painless, non-invasive test, results in a highly-detailed 3-D view of your heart and coronary arteries. Talk with your doctor about a referral.

**Note:** Some services and products may require a referral from your doctor or other clinician.

## Self-care

### Medications and supplies

#### Medications and supplies

Visit [parknicollet.com/stores](http://parknicollet.com/stores) for pharmacy hours, addresses and telephone numbers

Information: 952-993-5764

Heart disease can be treated in a variety of ways, including the use of doctor-prescribed medications. These items and many other doctor- and other clinician-recommended nonprescription items are available from Pharmacy @ Park Nicollet locations.

#### Self-care products

Shop online at [parknicollet.com/stores](http://parknicollet.com/stores), The Stores @ Park Nicollet locations, or call customer service: 952-993-2662

Many items are frequently requested by patients with heart conditions, such as:

- exercise equipment
- mobility items
- monitoring equipment
- cookbooks

#### Self-directed lab tests from PathWay Consumer Services

Information: 952-993-6188  
(select option #2)

PathWay Consumer Services is a lab testing service that doesn't require a doctor's orders for certain lab tests. You choose which tests to have and when. This testing is a convenient, confidential way to monitor your health between doctor's visits.

Choices include:

- Lipid Panel (Cholesterol, Triglycerides, HDL, LDL)
- Homocysteine
- High Sensitivity C-Reactive Protein
- Comprehensive Metabolic Panel

### Did you know?

People with heart disease are more likely to have a stroke or other vascular disease. A commitment to a heart-healthy lifestyle is your best defense.



## Products for Heart and Vascular Care

### Availability

Health & Care Store: Heart and Vascular Center  
Online catalog and ordering: [parknicollet.com/stores](http://parknicollet.com/stores)  
Telephone orders: 952-993-2662

All items on this list have been recommended by doctors and other clinicians at Park Nicollet and represent most popular products. Many more are available.

#### Exercise, Nautilus® and Bowflex® equipment

- AirDyne®
- Elliptical machine
- Foam rollers
- Gymnic® ball
- Pedometer
- Recumbent bike
- Strength systems
- Treadmill
- Weights: dumbbells, exercise bands

#### Recipe and meal planning books

- AHA Heart and Diabetes Cookbook
- Becoming Vegetarian
- Betty Crocker® Heart Healthy Cookbook
- Betty Crocker's Diabetes Cookbook
- Calorie Fat and Carb Counter
- Complete Guide of Food Counts (The)
- Complete Guide to Carb Counting
- Eat, Drink and Be Healthy
- Eating Well after Weight Loss Surgery
- Everyday Cooking with Dean Ornish
- Fast Food Facts
- Guide to Healthy Restaurant Eating
- Low Calorie Cookbook
- Low Fat & Luscious Desserts
- Low Fat Low Cholesterol
- Low Salt Favorites
- Low-Salt Cookbook
- Meals in Minutes Cookbook
- One-Dish Meals
- Quick & Easy Low-Carb Cooking

#### Health and heart books, DVDs, CDs

- CDs: Medication, walking
- Chicken Soup for the Soul, Heart Disease
- DVDs: cardio, resistance, yoga
- Fitting in Fitness
- Foam Roller Techniques
- Heartmates
- Kicking Your Stress Habits
- Move to Lose
- Muscle Pain Relief in 90 Seconds
- Six Weeks to Get the Fat Out
- Small Steps, Big Rewards
- Spring Forest Qigong
- Stretching
- Strong Women Stay Young
- Take a Load Off Your Heart
- Your Guide for Making Smart Health Decisions

#### Nutrition products

- Additives: fiber, protein
- Enteral nutrition: \_\_\_\_\_
- Low salt: seasoning, condiments, foods
- Oral supplements: \_\_\_\_\_

#### Health monitoring

- Blood pressure monitors
- Body fat analyzer
- Body weight scales
- Heart rate monitors
- Medical ID bracelets

#### Compression

- 15-20 mmHG socks
- 8-15 mmHG socks
- Application lotion
- It Stays® body adhesive
- Stocking donner

#### Daily helpers

- Dressing stick
- Leg lifter
- Pillboxes and timers
- Reachers
- Sock aid

#### Comfort and positioning

- Herbal wraps
- Hot or cold packs
- Massagers
- Pillows
- Recumbent electric lift chair

#### Bathroom aids

- Bathroom chairs
- Long handled bath sponges
- Raised toilet seats
- Suction grab bar
- Toilet safety rails
- Toilet tissue aid
- Tub safety rails
- Other \_\_\_\_\_

#### Mobility

- Cane
- Transport chair
- Walker with wheels

Park Nicollet maintains stores to offer convenient, comprehensive, doctor- and other clinician-recommended products, but patients may choose to receive them from other sources. Not all products available at all locations. Call 952-993-2662 for availability.