

THE LIST

ADDICTION MEDICINE

Rowena L. Archibald
Park Nicollet Clinic &
Specialty Center
3800 Park Nicollet Blvd.
St. Louis Park
952-993-3123

Gavin B. Bart
Hennepin Healthcare/HCMC
730 S. Eighth St., Minneapolis
612-873-6963

Emily Ann Brunner
Sage Prairie
1440 Duckwood Dr., Eagan
877-915-7243

David A. Frenz
David A. Frenz, M.D.
825 Nicollet Mall, Suite 1451
Minneapolis
612-404-2510

Brian Graham
Hennepin Healthcare/HCMC
730 S. Eighth St., Minneapolis
612-873-6963

Katherine Katzung
Allina Health - Abbott
Northwestern Hospital
800 E. 28th St., Minneapolis
612-863-4233

JoAn Laes
Hennepin Healthcare/HCMC
730 S. Eighth St., Minneapolis
612-873-6963

Robert Levy
University of Minnesota
Physicians Broadway
Family Medicine Clinic
1020 W. Broadway Ave.
Minneapolis
612-302-8200

Sara Jean Polley
PrairieCare Medical Group
5500 94th Ave. N.
Brooklyn Park
763-762-8840

Anne Pytkas
Sage Prairie
13005 County Rd. 5
Burnsville
877-915-7243

Charles Reznikoff
Hennepin Healthcare/HCMC
730 S. Eighth St., Minneapolis
612-873-6963

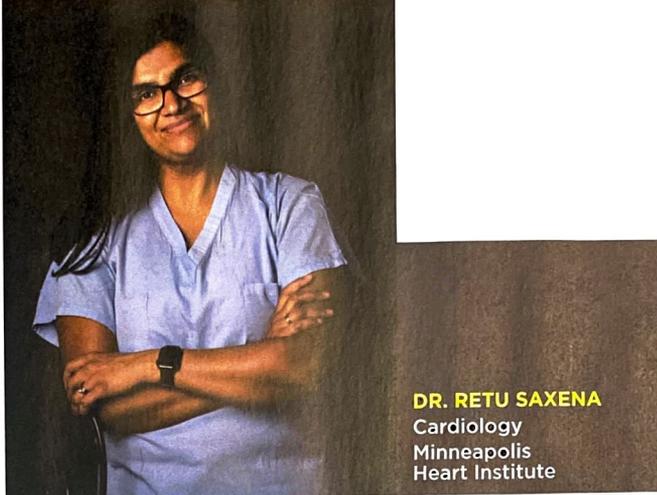
Sreejaya Veluvali
Natalis Counseling &
Psychology Solutions
1600 University Ave. W.,
Suite 12, St. Paul
651-379-5157

ALLERGY & IMMUNOLOGY

Hiba Bashir
M Health Fairview
Discovery Pediatric
Specialty Clinic
2512 S. Seventh St., Fridley
763-586-5844

Gary D. Berman
Allergy & Asthma
Specialists, P.A.
825 Nicollet Mall, Suite 1149
Minneapolis
612-338-3333

Richard P. Bransford
Allergy & Asthma
Specialists, P.A.
2805 Campus Dr., Suite 415
Plymouth
763-559-3252



DR. RETU SAXENA
Cardiology
Minneapolis
Heart Institute

Dr. Retu Saxena wants to accelerate women's heart health research and treatment

Historically, women have been all but excluded from heart disease research. Dr. Retu Saxena and the Minneapolis Heart Institute at Abbott Northwestern Hospital seek to change that, working to “research her” (#ResearchHER). Boosted by a \$5 million gift in 2019, the institute’s Penny Anderson Women’s Cardiovascular Center is improving treatment for heart conditions that disproportionately affect women.

These areas include small vessel heart disease (chest pain without blocked arteries), spontaneous coronary artery dissection (a tear in a heart’s blood vessel), and takotsubo cardiomyopathy (broken heart syndrome).

A first-generation immigrant from India, Dr. Saxena comes from a family of physicians—including both of her parents, and her older sister. She graduated from the University of Minnesota Medical School and trained at Oregon Health and Sciences University and the University of New Mexico. In 2019, Saxena shared her cardio-pregnancy research findings with more than 150 OB/GYN doctors.

“Women are not small men—we have different pathophysiology, we respond differently to medicines—and yet we haven’t been enrolled in cardiovascular trials for the past 35 years,” she says. “Heart disease is the number one killer of women in the U.S.”

HOW HAS TREATING HEART DISEASE BEEN AFFECTED BY COVID-19?

If you had told me when I finished training that I’d be seeing patients from my home

office, I would have laughed. While I am doing more telemedicine, we are also busier with our ICU care. We are doing everything we can to protect patients from exposure to the virus. Everybody wears a mask, people are socially distant, everything is sanitized several times. We do not want you to sit at home and suffer in silence with cardiac symptoms because you are worried about COVID. Nationally, there is a big drive to encourage people to watch their symptoms and be seen.

I’ve had heart disease patients say, “I had shortness of breath the other day, and I thought it was COVID.” I remind them that they also had a heart attack last year, and we should evaluate their symptoms further. Lo and behold, it’s another blocked artery. Not all shortness of breath and chest pain is COVID-19.

WHAT HEALTH INEQUALITIES HAVE YOU WITNESSED IN YOUR WORK?

Women in general are undervalued and undermanaged when it comes to heart disease and risk factors. If you happen to be a woman of color, you are more likely to suffer from heart failure and strokes. In cardio-pregnancy, my area of interest, the maternal mortality rates in this country for women of color, be it Black women or Native American women, are just woeful. Gestational complications are not often recognized or cared for well. Women are not told that what happens to them during pregnancy can impact their heart disease risk and stroke risk in one, five, or 10 years down the line. In this country, if you happen to be

Who Decides?

FAQS ABOUT MINNESOTA MONTHLY'S TOP DOCTORS SURVEY

WHO PICKS THE DOCTORS?

Their peers. In March, Professional Research Services (PRS) contacted more than 10,000 licensed doctors in the 11-county metro area, as well as Olmsted County, based on a list provided by the Minnesota Board of Medical Practice. Respondents were asked to log on to a secure website and name up to three doctors (other than themselves) in each specialty category. Physicians who received the highest number of votes are reflected by specialty in the Top Doctors list.

HOW WERE THE SPECIALTIES SELECTED?

The American Board of Medical Specialties recognizes 24 member boards that grant certification in specialized areas of medical practices. Some of those member boards grant certification in specialties as well. PRS used those specialties and subspecialties as a starting point for creating physician categories, though board certification was not a requirement for being named.

DOES ADVERTISING AFFECT THE POLL?

No. Doctors are not added to or removed from the list based on their or their employers' advertising history with the magazine.