



CARELINK NEWSBRIEFS

February/March 2007
Special section
(Pages 4-7)

(special link for those 55 or better)

St. John Health Sponsors Metro Detroit Go Red for Women

Heart disease is the #1 killer of women in Detroit and all of Michigan. Unfortunately, most women still do not realize that heart disease is a serious threat to their health.

That's why St. John Health has joined the American Heart Association in an exclusive partnership to raise awareness about women and heart disease here in Southeast Michigan. This national campaign, called Go Red for Women, has been developed to help women learn how to care for their hearts, make their lifestyles heart-healthy and ultimately lower the incidence of heart disease among women.

St. John Health is the perfect partner in this effort. As a long-standing leader in providing world-class heart care, with a dedication to the highest level of quality, we offer services from prevention to the most complicated open-heart surgical procedures and everything in between.

Don't take our word for it, just ask Blue Cross and Blue Shield of Michigan which just awarded all three of our heart hospitals the distinguished recognition as Cardiac Centers of Excellence. Plus, we're the only metro area health system with that number of

hospitals to achieve this distinction.

To get your FREE Detroit Goes Red kit, call St. John SeniorLink at 888-751-5465, or visit us online at www.realmedicine.org/gored.

Look for  on our calendar pages for the special educational events planned to support Go Red for Women (see pages 8&9).



METRO DETROIT

Goes RedSM

American Heart Association® 

locally sponsored by 

STJOHN HEALTH®

St. John Detroit Riverview Hospital (SJDRH)

How to love your heart:

5 simple ways to love your heart:

- ♥ **Celebrate with a yearly checkup.** Let your birthday be a reminder for a checkup with your doctor.
- ♥ **Get off the couch.** Step, march or jog in place for at least 30 minutes most days of the week.
- ♥ **Quit smoking in four steps.** Can't go "cold turkey"? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero!
- ♥ **Drop a pound or two.** Cutting out just 200 to 300 calories a day can help you lose up to two pounds per week and gradually bring you closer to a heart-healthy weight.
- ♥ **Become a salt detective.** Check the Nutrition Facts panel on packaged foods to see how much sodium (salt) it contains. Aim for no more than 2,300 milligrams (about a teaspoon of salt) per day.

St. John River District Hospital (SJRDH)

Smoke-free campus

In the United States, tobacco use is the leading cause of death and disease. In fact in St. Clair County, the use of tobacco kills more people than AIDS, alcohol, auto accidents, fires, cocaine, heroine, murders and suicides

combined. That is a very scary thought, when there are steps we can all take to prevent death or disease from tobacco use.

In keeping with our mission to improve the health of the communities we serve, SJDRH joined efforts with the St. Clair County Health Department and other St. Clair County hospitals and became a "smoke-free campus" on January 1, 2007. What this means is there are no designated smoking areas and use of tobacco products are not allowed anywhere on the SJDRH campus. Several strategies and help measures have been put into place to assist patients, visitors, and associates who smoke to either take this opportunity to ease their way to a smoke-free life or handle the side effects of not being able to smoke.

St. John Oakland Hospital (SJOH)

Signs and symptoms of PVD and PAD

Peripheral Vascular Disease refers to diseases of blood vessels outside the heart and brain. According to the American Heart Association, it is often a narrowing of the vessels that carry blood to the arms, legs, stomach or kidneys. A common peripheral vascular disease is caused when there are blockages (fatty deposits) that restrict blood circulation in the legs, particularly the calves. This is known as peripheral artery disease (PAD). An early familiar

symptom is cramping or a tired feeling in the legs when walking. Typically, the discomfort subsides with rest and returns when the activity resumes.

It is estimated that as many as 8-12 million Americans have PAD and nearly 75% of these do not have any symptoms, or mistake the symptoms for something else. Because the risk factors for PAD are similar to those associated with other cardiovascular diseases, it is important that the disorder be discovered. Risk factors include: cigarette smoking, diabetes, obesity, high blood pressure, high cholesterol and physical inactivity. Through a physical exam, medical history and testing, your healthcare professional can determine if you have PAD. Treatments include lifestyle changes, medications or if necessary, surgery.

Learn more about Peripheral Vascular Disease at the SJOH Lunch with the Doctor on Wed., March 21 (see page 9).

St. John Macomb Hospital (SJMh)

Monthly CareLink lectures to resume

Good news ... Flag your calendar for our CareLink lectures to be held monthly on the third Wednesday from 10 – 11 a.m. in room G-103C, located in the lower level of the Webber Cancer Center. Continental breakfast is always served.

We are working to make sure we provide you with useful and helpful information at our lectures. We look forward to seeing you! If you have any questions regarding the CareLink program at SJMH, please feel free to contact Kathryn Loren, CareLink Coordinator, at 586-573-5102.

St. John North Shores Hospital (SJNSH)

Eating healthy for you and your heart

We all make excuses when it comes to healthy eating. We are too busy, we don't want to cook for just one, or we don't know what to eat. Actually, eating healthy can be easier than you think. It isn't a matter of any of the excuses we've listed, it's really a matter of change — changing our habits and changing our thought patterns.

One simple way to make our food healthier is in the preparation. It could be as simple as baking, broiling, or grilling our food, as opposed to frying. By preparing meals ahead of time and freezing them so that when we are busy, we can just heat up something nutritious, rather than going out for fast food. If you live alone, make a point to invite a friend or neighbor over occasionally to enjoy a meal, rather than always eating alone.

The key to healthy eating can be as simple as getting back to the basics. Be careful to watch your portion sizes and don't feel you

have to be a part of the “clean your plate” club. When you are full, stop eating. If you have special dietary restrictions or just don't know what foods are best for you, don't be afraid to consult with a registered dietitian about what foods are healthy.

For a complete list of nutrition classes or information on a SJH dietitian, contact St. John SeniorLink.

Join us at the Tucker Senior Center March 12 at 1 p.m. to learn more about healthy eating in winter (see page 9).

St. John Hospital and Medical Center (SJH&MC)

Each day brings new possibilities

How many times have you thought, I could be healthier if... I should exercise, but...

Well, meet Lorraine. Lorraine is “70 and better” with heart disease and diabetes. In 2004, she had multiple interventions to stabilize her heart, including cardioversion, catheter ablation and medication changes. Two years later, she still struggled with shortness of breath, difficulty walking, limited energy and managing her weight.

With a doctor's referral,

encouragement from her CareLink friends and only \$15 a week (CareLink discount), Lorraine committed to CR Fit at SJH&MC (a supervised exercise program for those with heart disease risk factors). After six weeks of exercising Monday – Friday, she's noted progress. “I am able to breathe and walk, without panting. I have more energy – I can start tasks and complete them. Before, I could only go to one store, then leave. Now, I can walk around the mall for a two-hour period!”

And medically? Lorraine's blood pressure has decreased, her cholesterol levels have improved, her Quality of Life Index shows improvement in the health, social, economic, psychological and spiritual categories.

Lorraine admits CR Fit “has given me a chance to face my problems and alter my lifestyle. It is challenging both physically and mentally, and I understand it will be an ongoing process.”

Each day does bring new possibilities. Lorraine, we're proud of you!!

For more information about CR Fit, call 313-343-3157.

Join us on March 1 at St. John Romeo Plank for “Improving Heart Health through Exercise” (see page 9).



St. John Home Care: what can you expect?

Chances are your doctor may ask you to consider home health care should you need extended care while recovering from a medical problem. But what can you expect from a home visit?

St. John Home Care, the largest faith-based home health care agency in Southeast Michigan, answers some of the most common questions that patients and their families have about home care.

Who will call me?

One of St. John Home Care staff, either a scheduler or nurse, will call to see that you're actually home from the hospital and ready to receive home care.

Who will come to my house?

Depending on what type of service your physician ordered, you may see a nurse or therapist.

How long will I get physical therapy?

The number of times you see the therapist will depend on the progress you make. Some insurances dictate how many times the therapist can visit.

Will someone shop, cook, and clean for me?

No, unfortunately these services are not covered by insurance; they would be considered private pay

service. St. John Home Care can recommend some agencies that provide this type of service.

Do I have to pay for anything?

If you have Medicare, your services are paid at 100%. However, other insurances may have co-pays. You will need to check your specific coverage to determine what is covered under your plan.

What will the nurse do?

The nurse will work with your physician to determine what you need. Normally, they will take your vital signs, teach you signs and symptoms to report to your physician, instruct you about your medications and assess for what other types of resources you may need.

Can we arrange for a certain time of the day?

Staff try to meet your personal requests, however, they are seeing multiple patients within a geographic area and may need to adjust your time.

The most important thing to remember is that you should always feel comfortable with the agency and the assigned caregivers.

For more information about St. John Home Care, call 1-800-248-2298.

St. John Hospice volunteers: making a difference

Are you looking to make a difference? If so, hospice volunteering may be for you. St. John Hospice is currently recruiting for volunteers to assist patients with life limiting illnesses. Volunteers are a critical component of hospice care, which addresses the physical, emotional, social and spiritual needs of a patient with a life limiting illness, their caregiver and family.

To be a St. John Hospice volunteer, you must be 16 years of age or older. Anyone who is looking to brighten someone else's life is welcome – students, homemakers, retirees and working professionals are among the many who volunteer their time with St. John Hospice.

Volunteers may choose from a variety of positions, including:

Respite relief

Provides emotional, practical and spiritual support to the hospice patient, their caregiver and family. Respite Relief Volunteers provide companionship to patients and/or their caregiver and may assist the family with errands, light housekeeping and cooking.

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How to choose a nursing care center

Your doctor may ask you to consider an extended care facility should you need it while recovering from a medical problem. It is more and more common for patients of all ages to need extended care or rehabilitation before they can return home after an injury or surgery. No matter what the situation, choosing a nursing home can be an emotional experience, whether it's a short stay for rehabilitation after being hospitalized or a long-term care need. Considering all the options available to you before a situation arises, ensures that you won't make a pressured decision or a less than ideal choice.

What should you look for in a quality nursing facility?

1. Is the facility accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), an independent, nearly 100-year-old organization whose mission is to continuously improve the safety and quality of care provided to the public?
2. Is the facility part of a larger health care organization that could provide continuity of care?
3. Are there experienced, on-site rehabilitation staff including physical therapists, occupational therapists, speech therapists as well as physical medicine and rehabilitation physicians?
4. Is the facility a non-profit, faith-based organization, centering on the care of the whole person – body, mind and spirit?
5. What programs and amenities are offered to make the facility as much like “home” as possible? For example, is there a level of quality and variety to the food service? Are there activities that your loved one will enjoy? Are there innovative therapies like music therapy, gardening etc. that can enhance and enrich the experience for your loved one?

For St. John Father Murray Nursing Center in Center Line and St. John Senior Community in Detroit — the answer is “Yes!” to all of these questions and many more.

Our experts are happy to provide you with a tour and answer any questions that you might have. Call St. John SeniorLink today at 1-888-751-5465 or take virtual tour online at www.realmedicine.org

Volunteers

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Administrative support

Provides office support to the St. John Hospice offices, located in Farmington Hills and Clinton Township. Administrative Support Volunteers assist with filing, typing, copying and other general office duties.

Fundraising/community outreach

Provides assistance with the promotion of community awareness for St. John Hospice, by attending local health fairs and informal events in the

community.

Fundraising/Community Outreach Volunteers assist in planning and implementing various fundraising activities.

Bereavement support

Bereavement Support Volunteers offer follow-up information, companionship and grief support to bereaved parties under the guidance of both the Bereavement Coordinator and the Volunteer Manager/Coordinator.

If you find it in your heart to care for somebody, you will have succeeded.”

— *Maya Angelou*

St. John Hospice recruits volunteers to assist patients and families throughout Metro Detroit. Training to become part of the Hospice Program is provided to all volunteers. All volunteers are trained at their convenience.

For more information, or to join the St. John Hospice volunteer team, log onto www.realmedicine.org/hospice or call Katie Landa at 586-723-9588.

Music therapy at Father Murray Nursing Center

Music therapy is an established health care profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. At Father Murray Nursing Center in Center Line, Music Therapist Sister Amy Junk uses music to improve the quality of life for residents, especially those with disabilities or illnesses.

Music therapy in a nursing home setting is designed to have the following benefits:

- manage stress
- alleviate pain
- express feelings
- provide opportunity for self-expression
- enhance memory
- improve communication
- promote physical rehabilitation

Music therapy maintains social skills and provides a pleasant experience, which can uplift a person's mood. In addition to helping with communication, singing helps with relaxation and breathing regulation. Music therapy is also particularly beneficial for patients who suffer from Alzheimer's and dementia, as it helps with long-term memory. Patients remember many of the songs from earlier parts of their lives, and are happy to share them with others. The

sensory and intellectual stimulation of music can help maintain a person's quality of life.

To assist Sister Amy Junk in her music therapy, the Detroit-Windsor Chapter of the Piano Technicians Guild recently donated a completely rebuilt and refinished Baldwin studio piano with bench to Father Murray

enriched during prayer service, Bible Study and hymn sings," said Sister Amy Junk. "Those residents who played piano previously are able to enjoy this pastime again."

For more information on the music therapy program at Father Murray Nursing Center and its benefits, call Sister Amy Junk at 586-755-2400.



Photo Cutline (from left to right): Richard Bittner, owner of The Piano Place, Jan Otto-Bittner and Sr. Amy Junk, music therapist, Father Murray Nursing Center.

For more information or a tour call:

- **St. John Home Care** 1-800-248-2298
- **Father Murray Nursing Center** .. 586-755-2400
- **St. John Senior Community** 313-343-8265

Or, log onto the St. John Health Web site to view a video about these continuing care services: www.realmedicine.org

St. John Senior Community offers new choice for hip and knee replacement rehabilitation

St. John Senior Community (SJSC) — a leading provider of short-term, post-acute rehabilitation and long-term skilled care — has recently opened a new wing of rehabilitation suites.

In this new unit, skilled professionals provide an innovative approach to care for patients with an amputation, a knee replacement or a hip replacement. The result is a customized rehabilitation program designed to help the patient achieve and maintain as much independence in their lives as possible.

“We want to help our residents succeed,” says St. John Senior Community Administrator Julie Kaslly, “We develop detailed goals considering each patient’s strengths

as well as weaknesses — and develop an individualized plan with the patient’s full involvement.”

At a convenient, well-maintained east side location, SJSC provides the full continuum of care to ease the transition from hospital to home. SJSC is also one of the few nursing care facilities in Michigan that meets the rigorous standards required to be accredited by the Joint Commission on Accreditation of Healthcare Organizations an independent, nearly 100-year-old organization whose mission is to continuously improve the safety and quality of care provided to the public.

Our staff is dedicated to providing the highest quality of rehabilitation services through a

team of committed professionals, including: Physical Medicine and Rehabilitation Physicians, Nursing Care, Social Work, Physical Therapy, Occupational Therapy, and Speech Language Pathology. In addition, our rehabilitation team includes staff with expertise in the treatment of patients with neurological disorders, such as stroke, Parkinson’s disease and multiple sclerosis.

“In addition, this new wing enables us to offer private rooms to our patients – which can be a real plus in helping patients feel more focused on their recovery,” add Kaslly.

If you would like more information or a tour, please call us at 313-343-8000.

St. John Health offers help healing persistent wounds

For that nasty little paper cut, a band-aid will do just fine. But when wounds won’t heal and cause pain and suffering for a person, a more comprehensive approach is required. St. John Home Health Care incorporates a multi-disciplinary approach to the treatment of past surgical or chronic wounds that result from conditions such as diabetes or poor circulation.

“We don’t just assess and treat the wound,” says Joyce Baldrice, President, St. John Home Health Care, “We also look for other problems that may be delaying the healing process in the first place. Our results demonstrate a proven approach to helping our patients overcome this common problem.”

Many patients with chronic wounds have never received any type of specialized care. Unless referred by their doctor, many people will not seek out a specialist for additional treatments or therapies that could improve their quality of life. And according to Baldrice, there are many options — from education to nutrition — that can help.

As she explains, “Our specialized St. John Home Care nurses are trained and ready to help patients who are unable to leave home for care in an outpatient setting. We provide high-quality care right in the home.”

For an in home consultation or more information, call 1-800-248-2298.

FEBRUARY

1 Thursday 10:30 – 11:30 a.m.

Restless Legs?

St. John Romeo Plank, Macomb Twp., Comm. Ctr.
Do you have sensations in your legs such as burning, twitching or tugging urging you to move your legs at rest? Learn about an under and misdiagnosed condition, restless leg syndrome, that can cause disrupted sleep and daytime fatigue.

Presenter: Paul A. Cullis, MD, Neurologist and Section Chief of Neurology at SJH&MC

**7 Wednesday 10 – 11 a.m. Basic Level
4 – 5 p.m. Intermediate Level**

Tai Chi (8 weeks)

St. John Oakland Hospital Education Center
Tai Chi is a low impact exercise designed to enhance balance, circulation and flexibility. The Basic Level class will provide activity at a chair level and standing positions. Learn the movements and stretches that are foundations for Tai Chi. The Intermediate Level will learn Tai Chi forms progressing at a faster pace than Basic level. Activity will be done from a standing position and will incorporate the basics (Basic Level class not a pre-requisite).

Cost: \$32 payable at the first class (\$24 for CareLink members)

8 Thursday 10:30 – 11:30 a.m.

Stressed? Life Balance Tips for Women

St. John Hospital & Medical Center,
Lower Level Conference Room

Learn how to identify where stress comes from in your life and some suggestions for an action plan. Plus, many benefits of meditation, relaxation and attitude will be explained. Parking pass and refreshments provided.

Presenter: Lynn Bidigare, LBSW, JD, Social Work and Discharge Planning, SJH&MC

12 Monday 1 – 2 p.m.

Macular Degeneration: Can You be Helped?

Tucker Senior Center, Harrison Township
Join us to learn more about macular degeneration – what is it and what are your options. Light refreshments provided.

Presenter: Scott Czarnecki, MD, Ophthalmologist on staff at SJNSH

Lunch with the Doctor

There is no charge to hear the lecture. Call for information on lecture description or lunch menu.

**14 Wednesday 11:45 a.m. Lunch
12 Noon Lecture**

Living with Heart Failure

St. John Detroit Riverview Hospital,
Room 6217

Presenter: Narsimha R. Gottam, MD,
Cardiologist on staff at SJDRH



**21 Wednesday 11:45 a.m. Lunch
12 Noon Lecture**

Glaucoma and Cataracts

St. John Oakland Hospital, Educational Center

Presenter: Sarah Muenk, MD, Ophthalmologist
on staff at SJMH

Lunch Cost: \$5 (\$4 for CareLink members)

14 Tuesday 2:30 – 3:30 pm

Sleep Disorders

St. John Detroit Riverview Hospital, Room 6217/18

A sleep disorder (somnipathy) is a disorder in the sleep patterns of a person or animal. Some sleep disorders can interfere with mental and emotional function. Join us to find out more about sleep disorders.

Presenter: Malaz AlAtassi, MD, Internist on staff at SJDRH

21 Wednesday 10 – 11 a.m.

Healthy Habits for a Healthy Life

St. John Macomb Hospital – Classroom G-103C

Being healthy is job #1 for all of us, so we can enjoy life more and prevent, not just treat, illness. Join us to help you make those changes.

22 Thursday 1 – 2 p.m.

Continance Issues? Laugh Confidently Again!

St. John River District Hospital – Meeting Room 1

Join us to learn the latest techniques for dealing with continence issues. You too could laugh with confidence once again! Light refreshments provided.

Presenter: Pam Heintz, RN, Continance Specialist, SJRDH

MARCH

Lunch with the Doctor

There is no charge to hear the lecture. Call for information on lecture description or lunch menu.

14 **Wednesday 11:45 a.m. Lunch**
12 Noon Lecture

Female Urology Concerns

St. John Detroit Riverview Hospital, Room 6217
Presenter: Ramarao Kaza, MD, Urologist on staff at SJDRH

21 **Wednesday 11:45 a.m. Lunch**
12 Noon Lecture

Peripheral Vascular Disease

St. John Oakland Hospital, Educational Center
Presenter: Joan Crawford, MD, Cardiologist on staff at SJOH

Lunch Cost: \$5 (\$4 for CareLink members)

1 **Thursday 10:30 – 11:30 a.m.**

Improving Heart Health Through Exercise

St. John Romeo Plank, Macomb Twp., Comm. Ctr.
Learn exercise strategies for bodies “55 or better” and options for improving your heart health. The CR Fit exercise program (formally Cardiac Rehab. Phase 3) and other Cardiac Rehabilitation (CR) programs will be explained, and an optional tour of the CR suite at St. John Romeo Plank will be offered.

Presenter: John Silveri, Exercise Physiologist, Cardiac Rehabilitation, SJH&MC

8 **Thursday 10:30 – 11:30 a.m.**

New Technology for Treating Heart Failure

St. John Hospital & Medical Center, Lower Level Conference Room

Over 5 million people in the U.S. are affected by heart failure. Learn more about heart failure and the unique heart device being studied at SJH&MC that may help a growing number of heart failure patients lead more active lives. Parking pass and refreshments provided.

Presenter: Luis Pires, MD, Electrophysiologist and Director of the Heart Rhythm Center, SJH&MC

Please pre-register for all CareLink events.
Lectures are free unless noted.

12 **Monday 1 – 2 p.m.**

Eating Right in Winter

Tucker Senior Center, Harrison Township
Do you need to eat different for each season? Join us to learn about healthy eating during the cold winter season. Light refreshments provided.



20 **Tuesday 2:30 – 3:30 pm**

Hearing Loss

St. John Detroit Riverview Hospital, Room 6217/18
Hearing loss means something inside the ear isn't working correctly, or as well as it should be. Join us to learn how and why hearing loss happens, how the ear works and what can be done to keep your hearing sharp.

Presenter: Ted H. Schwartzenfeld, DO,
Otorhinolaryngologist on staff at SJDRH

21 **Wednesday 10 – 11 a.m.**

Talking to Your Doctor

St. John Macomb Hospital – Classroom G-103 C
Do you really talk to your doctor? Many of us will answer questions, but we don't really talk to our physicians. There are things that they need to know, things that we may think are unimportant. Join us to learn how to encourage that health-saving conversation!

22 **Thursday 1 – 2 p.m.**

Ophthalmology Today

St. John River District Hospital – Meeting Room 1
Join us to learn the latest information on keeping your eyes healthy as you age. Light refreshments provided.

PROGRAM CANCELLATIONS DUE TO BAD WEATHER

CareLink programs may be cancelled due to dangerous weather conditions. Please listen to the radio/TV on programs days. If public schools are closed, our programs will be cancelled. Even if public schools are open, and the weather forecast is unfavorable, it is best to call St. John SeniorLink at 1-888-751-5465.

SENIOR SUPPER CLUB

February

15 Thursday 2 p.m. Chair Exercise
3 p.m. Karaoke/Dinner

Conner Creek Village, Cafeteria

Detroit

Cost: \$5.25

20 Tuesday 4:30 p.m. Dinner

St. John River District Hospital, Cafeteria

Followed by entertainment in Meetings Rooms 1 & 2.

Cost: \$6

March

15 Thursday 2 p.m. Chair Exercise
3 p.m. Karaoke/Dinner

Conner Creek Village, Cafeteria

Detroit

Cost: \$5.25

20 Tuesday 4:30 p.m. Dinner

St John River District Hospital, Cafeteria

Followed by entertainment in Meetings Rooms 1 & 2.

Cost: \$6

Bulletin

Board

Oakland Cruiser Awards Program

Wednesday, February 22, 9–10 a.m.

Universal Mall – Food Court (Enter by Value City at the rear of the mall.) Please submit your mileage cards by February 15. Beverages provided.

REAL MEDICINE™

SJH partners with Macomb Mall Walkers

Stop by the customer service desk in the mall to register as a mall walker. Monthly blood pressure screenings and education sessions on the third Wednesday of the month.



Do we have your correct membership information?

Please remember to update us for any changes to your name or address. Please call St. John SeniorLink at 1-888-751-5465 or you may send an e-mail to CareLink@stjohn.org with any updates.



SeniorLink
1-888-751-5465

St. John SeniorLink is your toll-free number to register for all CareLink events or to obtain further information.

Hours of service are:
Mon-Fri, 8 a.m. - 5 p.m.

St. John Hospital and Medical Center (SJH&MC) studies heart failure device

Doctors at SJH&MC are studying the effectiveness and safety of cardiac resynchronization therapy defibrillators (CRT-D) in treating patients with severe heart failure from mechanical dyssynchrony.

The disorder is an uncoordinated movement of the heart's two lower chambers, which makes the heart pump less efficiently and places the patients at high risk for sudden cardiac death. Currently, these patients are not candidates for CRT-D treatment because of their hearts' limited pumping capacity as determined by an echocardiogram (ECG). As part of the study, the ECG will be combined with a special ultrasound to provide direct visualization of the heart. Doctors hope this enhanced view of the heart's pumping function will

be a better indicator of which patients will respond to CRT-D. The hope is that it can then be made available to more patients.

Luis Pires, MD, a nationally recognized investigator in the area of heart rhythm disorders and Director of the SJH&MC Heart Rhythm Center, helped design the study, which will be conducted at 39 sites throughout the U.S. For more information, contact the SJH&MC Heart Rhythm Center at 313-343-7327.

Join us on March 8 for "New Technology for Treating Heart Failure" with Luis Pires, MD, at St. John Hospital and Medical Center. Dr. Pires will provide information on heart failure and this unique heart failure device being studied (see page 9).

REAL MEDICINE™

Ongoing Events

Free Knee and Hip Pain Seminars

Haven't got time for the pain? Do you think arthritis pain is a part of getting older? No way! Attend our FREE seminar and learn more about advanced treatments that may offer a dramatic relief of your knee and hip pain, including information on medications, nutrition and exercise.

Van Elslander Cancer at St. John Hospital and Medical Center, 3rd Floor Conf. Rm.

10 – 11 a.m.

- February 15
- March 15

St. John Oakland Hospital, Education Ctr.

10 a.m. – 12 noon

- February 6
- February 27
- March 6
- March 27

Van Elslander Cancer Center (VECC)

Monthly Education Nights

Second Thursday of the month • 6:30 – 8:30 p.m.

VECC 3rd Floor Conference Room

Physicians and other cancer experts will present information on a variety of topics related to cancer treatment, support and prevention. FREE

Call 1-866-246-HOPE (4673) for more information.

St. John Health offers a variety of ongoing programs:

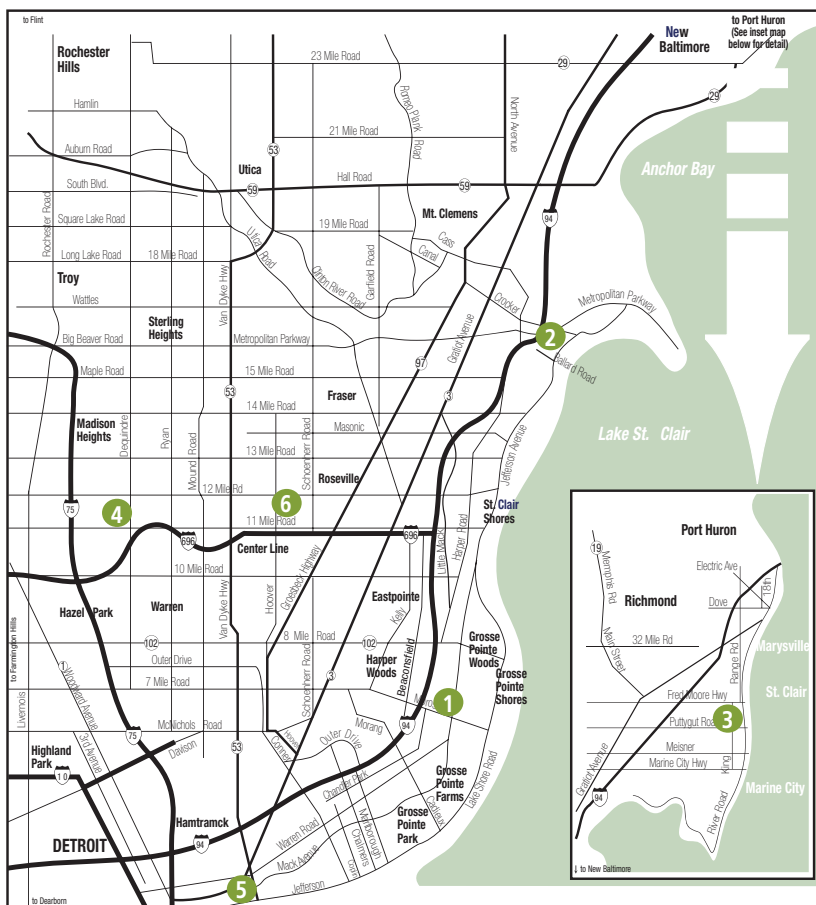
- Specialized and Medically Supervised Exercise Programs
 - Minimally Invasive Surgery
 - Healing Arts Classes
- Diabetes Management • Nutrition Counseling
 - Lapband Surgery for Obesity • Bingo
- Blood Pressure Checks • Low Vision Program
 - Heart Failure Educational Support
- Drive to Independence • Support Groups on a wide variety of topics and much more.

Call St. John SeniorLink for locations, times and dates.

St. John Health CareLink hospitals

1-888-751-5465

1. **St. John Hospital and Medical Center**
22101 Moross Road, Detroit
LeaAnne A. Ivory
2. **St. John North Shores Hospital**
26755 Ballard Road, Harrison Township
Claudia Cartwright
3. **St. John River District Hospital**
4100 South River Road
East China Township, (S of St. Clair)
Diana Morrison
4. **St. John Oakland Hospital**
27351 Dequindre, Madison Heights
Kathy Zaguroli
5. **St. John Detroit Riverview Hospital**
7733 East Jefferson Avenue, Detroit
Loretta Bibbs-Hughes
6. **St. John Macomb Hospital**
11800 East Twelve Mile Road, Warren
Kathy Loren



1-888-751-5465

St. John Hospital and Medical Center
St. John North Shores Hospital
St. John River District Hospital
St. John Oakland Hospital
St. John Detroit Riverview Hospital
St. John Macomb Hospital
Senior Care Facilities
St. John Senior Community
Father Murray Nursing Center

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