

# CareLink NewsBriefs

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

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## SJPHS Vision

Together, we  
provide the  
highest quality  
patient care  
experience  
every day,  
everywhere,  
for everyone.

## Quick action + technology saves CareLink volunteer's life

CareLink volunteer Don Witt is amazed with the technology and team that saved his life during a heart attack. Tom LaLonde, MD, Chief, Cardiovascular Disease, St. John Hospital and Medical Center (SJH&MC), is amazed that Don had the foresight to recognize that his symptoms needed medical attention. "Another four minutes, and Don probably wouldn't be here today," said Dr. LaLonde. "We have unbelievable technology for patients with heart disease, but unless they activate the emergency medical team quickly, our technology may not help them."

Don had a history of atrial fibrillation, but no other risk factors. One morning, he awakened to chest pain and unusual sweating. He called 911 and asked to go to SJH&MC. Just after EMS completed a 12-lead EKG in Don's home, the information arrived wirelessly to a cardiologist, who activated the cath lab team. Don was stabilized in the ER momentarily, and then went directly to the cath lab where a team was waiting to restore blood flow to his heart.

SJH&MC is a leader in 12-lead EKG technology in the field. Those great processes were examined during the Chest Pain with PCI (angioplasty) and Heart Failure accreditations (first in Michigan!) from the Society of Chest Pain Centers. These processes and technology aid in the ultimate goal... restoring blood flow within 90 minutes



of a heart attack (SJH&MC is closer to 60 minutes).

If you have chest pain, pain that radiates to the arm or jaw, unusual sweating or nausea, or shortness of breath, call 911 right away.

Like each of our St. John Providence Health System (SJPHS) hospitals, SJH&MC continues to refine its technology and processes for patients like Don and any others who come through our doors. To us, what matters most is that patients like Don have more time with the ones they love.

SJPHS has three Cardiac Centers of Excellence

- Providence Hospital
- St. John Hospital and Medical Center
- St. John Macomb-Oakland Hospital, Macomb Center

For more information about SJPHS cardiovascular services, call SJP SeniorLink.

♥ Peek inside this issue for a variety of CareLink lectures supporting cardiovascular health. Watch for this heart symbol! ♥

♥ Would your senior group like a speaker about a heart-related topic? (See page 6).

## St. John River District Hospital (SJRDH)

Diana Morrison

### Heart failure

Symptoms of heart failure (HF) may be subtle – perhaps you're very tired or short of breath when walking. With HF, your heart can't pump enough blood for your body, so it pumps faster and tries to send more blood with every beat. This stresses and weakens the heart. Prompt treatment for HF is critical; as there are many innovative treatment options and ways to manage HF.

If fluid builds in the lungs, symptoms can worsen quickly. Seek emergency treatment immediately if you experience sudden HF symptoms, such as an irregular or fast heartbeat, severe shortness of breath or a cough with pink, foamy mucus.

Join us for "Recognizing and Managing Heart Failure" and a free lunch on March 16 at 10:45 a.m. (see page 5), or for a referral to a SJPHS Cardiologist, call 1-888-751-5465.

## St. John Macomb–Oakland Hospital, Oakland Center (SJMOH,OC)

Sue Davis

### Courageous Conversations

If an illness or injury left you unable to communicate or make decisions for yourself, would your loved ones and doctors know how you would like to be cared for? An Advance Directive (AD) allows you to give specific instructions regarding your medical care and treatment wishes should the unexpected happen. ADs can be very specific or general in nature. You can specify the type of care you would and would not want. To ensure your wishes are honored, you should appoint an individual to act as your patient advocate and name him/her in your AD. Copies of your AD should be on file with your health care providers, advocate and loved ones.

Already have an AD? Then, when was the last time you reviewed it? Has your health status, doctors or feeling about how you would like to be

cared for changed? Like all legal documents, your AD should be reviewed annually.

For more information and an AD form, join us for "Courageous Conversations" on February 16 at 11:45 a.m. (see page 4).

## St. John Macomb–Oakland Hospital, Macomb Center (SJMOH,MC)

Janet Silvestri

### Suffer from chronic sinus infections or headaches?

Balloon sinuplasty may be the answer. Sinusitis is one of the most common health problems in the U.S., affecting 37 million people annually and costing over \$8 billion in health care expenditures. Chronic sinusitis is characterized by facial pain, pressure, congestion or fullness, difficulty breathing through the nose, discharge of yellow or green mucus from the nose, tooth pain, loss of the sense of smell or taste, headache, fatigue, sore throat and bad breath. Patients with sinusitis are typically treated with medical therapies, but many patients find that medications are inadequate and explore surgical options for relief.

A common procedure used to open blocked arteries in the heart is now being performed to open blocked nasal passages. Balloon sinuplasty assists otolaryngologists in clearing blocked sinuses, restoring normal sinus drainage and function, and preserving normal anatomy and mucosal tissue.

Each patient suffering from sinusitis is different. Only thorough examinations and discussions between the patient and a qualified otolaryngologist can determine whether a patient may benefit from the Balloon Sinuplasty™ system.

Join us on Wednesday, February 23 at 10 a.m. for "Balloon Sinuplasty" presented by James Aronovitz, DO, Otolaryngologist on staff at SJMOH (see page 4).

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

LeaAnne A. Ivory

### Valade gives millions for St. John heart center

SJH&MC continues to provide excellence in new surgical technology, thanks to the generosity of Gretchen Valade. This fall, SJH&MC added the latest da Vinci surgical robot, with amazing results in prostate cancer and gynecological oncology surgeries, and future offerings in heart surgery. In spring 2011, SJH&MC will launch its minimally invasive structural heart program with the completion of Michigan's first CON-approved (Certificate of Need) hybrid operating room/cardiac cath lab. The lab has first-rate diagnostic and interventional equipment and capabilities for open procedures, all in the same sterile OR. It will be used for select procedures including complex and high-risk procedures for the heart and valves.

♥ Join us on February 10 at 10:30 a.m. for "Structural Heart Disease" with Thomas Davis, MD, Cardiologist and learn more about this new technology (see page 4).

### Welcome Cracchiolo Inpatient Rehab Center!

In November 2010, all inpatients were transferred from North Shores to the new Cracchiolo Inpatient Rehab Unit located at SJH&MC on 3East/Ell.

For more information, call St. John Providence SeniorLink.

### 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 relief from your knee and hip pain, including information on medications, nutrition and exercise.

**February 17:** 2 - 3 p.m. at the Van Elslander Cancer Center at St. John Hospital, Third Floor Conf. Room  
**Registration recommended at 1-888-751-5465.**

## Providence Hospital

## Providence Park Hospital

Kathy Zaguroli

### How healthy is your heart? Find out at a SJPHS Heart and Vascular Screening Clinic

The Heart and Vascular Screening Clinics offer a series of simple, non-invasive tests that can identify cardiovascular risk factors, even in people who have no symptoms.

The diagnostic studies include:

- blood work for cholesterol and diabetes
- blood pressure check
- electrocardiogram (EKG)
- body mass index (BMI)
- ankle brachial index (ABI), which shows how well blood is flowing to the limbs
- carotid ultrasound to show blood flow to the brain
- abdominal aorta ultrasound to check for aneurysm.

The entire series of tests takes approximately one hour. The results, combined with information from the patient's medical history and lifestyle questionnaire, are used to develop an individual coronary risk profile. Shortly after the clinic visit, patients will receive a follow-up mailing with their risk profile and the test results to review with his or her primary care physician.

Generally, insurance does not cover the cost of screenings such as these, but the entire battery of tests is available at the *Heart and Vascular Screening Clinics* for only \$75. **CareLink members receive a 20% discount and only pay \$60!** Since cardiovascular disease can actually be prevented or lessened by reducing an individual's risk factors, consider it an investment in peace of mind.

Clinic locations include St. John Hospital and Medical Center, Providence Hospital, St. John River District Hospital and St. John Macomb-Oakland Hospital, Macomb Center. For an appointment or for more information, call 1-866-501-3627.

♥ Join us at Providence Hospital for "Cardiac Fitness: In Shape for the New Year" on February 15 at 10:30 a.m. (see page 4).

**2** Wednesday 10 - 11 a.m. Session I  
11 a.m. - 12 p.m. Session II  
(No class February 23)

## Tai Chi - Basic Level

St. John Macomb-Oakland Hospital, Oakland Center, Education Center

Tai Chi is a low impact exercise designed to enhance balance, circulation and flexibility. Basic Level provides activity at seated and standing positions. Wear loose fitting clothing and flat-soled shoes.

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

**8** ♥ Tuesday 10:30-11:30 a.m.

## Atrial Fibrillation (AF)

Providence Park Hospital, Conference Rooms A & B

Many have AF without symptoms. AF is the most common abnormal heart rhythm and increases your risk of stroke. Learn about AF and available treatment options. Blood pressure screenings provided.

**Presenter:** Dipak Shah, MD, Cardiologist on staff at Providence and Providence Park Hospitals

**10** ♥ Thursday 10:30 - 11:30 a.m.

## Structural Heart Disease

(see SJH&MC's Update on page 3)

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

Minimally invasive technology is providing new options to repair the heart's blood vessels, valves, muscle wall defects and aortic valves. Learn how this technology at SJH&MC will help congestive heart failure, heart valve dysfunction and aortic aneurysms. Parking pass provided.

**Presenter:** Thomas Davis, MD, Cardiologist and Medical Director, Cardiac Cath Lab and Director, Peripheral Vascular Services, SJH&MC

**15** ♥ Tuesday 10 - 11 a.m.

## Women & Heart Disease

Marvin Blank Senior Center, 19925 23 Mile Road, Macomb Township

Women may experience heart problems more subtly than men and overlook them until it's too late. Learn more about symptoms unique to women and what you can do to reduce your risk factors for developing heart disease. Refreshments provided.

**Presenter:** Joan Crawford, DO, Cardiologist, FACC, FASE, Medical Director of Cardiology and Director of Women's Services, SJMOH

**15** ♥ Tuesday 10:30-11:30 a.m.

## Cardiac Fitness: In Shape for the New Year

Providence Hospital, Fisher Auditorium

We know there are benefits to exercise, but what is "proper exercise" for your level of fitness. Learn how to get started or modify your fitness routine for maximum benefit and safety. Optional tour of the Cardiac Rehabilitation area will follow the lecture.

**Presenter:** Marie Wirwille, Exercise Physiologist, Providence Hospital

**23** Wednesday 10 - 11:30 a.m.

## Suffer From Chronic Sinus Infections or Headaches?

St. John Macomb-Oakland Hospital, Macomb Center, Warren, Medical Education Building, Auditorium A

Balloon sinuplasty may be your answer. Much like angioplasty clears arteries to the heart, balloon sinuplasty can be used to clear blocked sinuses and restore normal drainage and function. Find out about the latest treatments for chronic sinusitis.

**Presenter:** James H. Aronovitz, DO, Otolaryngologist on staff at SJMOH

## 8 Tuesday 10:30 - 11:30 a.m. Cataracts, Glaucoma and Macular Degeneration

Providence Park Hospital, Conference Rooms A & B

If you are over the age of 60, you probably have one of these vision problems. What are the symptoms of each and how are they treated? Learn more about what you can do to improve your sight. Blood pressure screening provided.

Presenter: Tobias George, MD, Ophthalmologist on staff at Providence Southfield and Providence Park Hospitals

## CareLink Lunch & Learn

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

February

## 16 Wednesday 11:45 a.m. Lunch Noon - 1 p.m. Lecture

### Courageous Conversations

St. John Macomb-Oakland Hospital, Oakland Center Educational Center

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

Presenter: Nancy Mason, NP, Palliative Care Coordinator, SJMOH

March

## 16 ♥ Wednesday 10:45 a.m. Lunch 11 a.m. - 12 Noon Lecture

### Recognizing & Managing Heart Failure

St. John River District Hospital, Meeting Rooms 1 & 2

Living a healthy, active life with heart failure requires you to learn more about your condition, how to manage it and how to identify warning signs. Join us to explore ways of controlling heart failure including medications, illness prevention, wellness and the latest treatment options. Free boxed lunch provided to those pre-registered!

Presenter: Margarita Pena, MD, FACEP, Medical Director, Clinical Decision Unit, St. John Hospital and Medical Center

## 10 ♥ Thursday 10:30 - 11:30 a.m. Easy, Fun & Healthy Cooking for 1 or 2

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

Frustrated with cooking lately? Tired of eating the same old meals or re-warming leftovers? Do you waste food because the packaging is too large? Join us to learn how to spice up your shopping, cooking and eating. Learn innovative, easy and healthy ways to cook in smaller portions. Parking pass provided.

Presenter: Lynda Velanovich, Program Dietitian, St. John Providence Weight Loss

## 15 Tuesday 10 - 11 a.m. Thyroid Disease

Marvin Blank Senior Center, 19925 23 Mile Road, Macomb Township

Symptoms of an underactive or overactive thyroid in older adults may be considered normal age-related concerns. Don't go undiagnosed — join us to learn more about the symptoms, risk factors and treatment options. Refreshments provided.

Presenter: Regina T. Kurian, MD, Endocrinologist, St. John Endocrinology Clinic, St. John Hospital and Medical Center

## 24 Thursday 10 - 11:30 a.m. You Take my Breath Away!

St. John Macomb Center, Medical Education Building, Auditorium A

Asthma is an inflammatory disorder of the airways, which causes attacks of wheezing, shortness of breath, chest tightness and coughing. Learn about the symptoms, the differences between asthma, COPD and other causes of shortness of breath, and what current treatment options will be shared.

Presenter: Duraid Ahad, MD, Family Medicine Physician on staff at SJMOH

**St. John Riverview Senior Wellness Center**  
**Medical Pavilion II, 7633 East Jefferson, Ste. 170, Detroit**

**EnhanceFitness**

**Mondays** 10-11 a.m./1 - 2 p.m.  
**Tuesdays & Thursdays** 10-11 a.m./11:30 a.m. - 12:30 p.m.  
Ongoing class offers all the key elements of fitness for the mature participant: stretching and flexibility, low impact aerobics, strength training and balance.

**Senior Safety**

**Thursday, February 3 1 - 2 p.m.**  
Mr. Rich Court, Manager of Security at St. John Hospital will tell us how we can keep ourselves safe, including personal safety, safe driving, shopping safety and avoiding scams.

**Conversation on Diabetes**

**Tuesday, February 8 1 - 2 p.m.**  
Learn about carbohydrate counting, label reading and nutrition.

**Cook This Not That**

**Wednesday, February 16 1 - 2 p.m.**  
Learn some home recipes and tips that save both calories and dollars.

**Power to End Stroke**

**Tuesday, March 8 1 - 2 p.m.**  
Learn the signs and symptoms of brain attack and save lives.

**Medication Safety**

**Wednesday, March 16 1 - 2 p.m.**  
Pharmacist Mike Thibault will discuss managing your medication safely and effectively.

**Blood Pressure Screening**

**Wednesdays, 10 a.m. - 12 Noon**  
• February 2 • March 2

**St. John Providence Hospitals Ranked Among the Top in U.S. for Heart Care**

Two St. John Providence Health System hospitals, Providence Hospital and St. John Macomb-Oakland Hospital, are ranked as top 50 hospitals in the United States for heart care, according to an independent national study conducted by Thomson Reuters, a healthcare information company.

This is the 10th consecutive year that Providence has been named to the list, making it the only hospital in southeast Michigan to receive this recognition ten years in a row. St. John Macomb-Oakland is ranked for the second consecutive year. Both hospitals were recognized in the category of Teaching Hospitals with Cardiovascular Residency Programs

In its 12th year, the study singled out 50 hospitals rather than the traditional practice of naming 100 winners. "We've chosen a more elite group of winners this year. These hospitals have raised the bar significantly," said Jean Chenoweth, senior vice president for performance improvement and 100 Top Hospitals® program at Thomson Reuters. "They deliver higher survival rates, shorter hospital stays, fewer readmissions, and lower costs – which adds up to enormous value for the communities they serve."

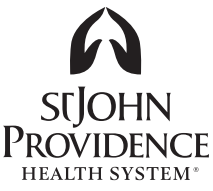
**Would your senior group like a speaker?**

St. John Providence Health System health care professionals are available to speak to older adult groups of 15 or more about a variety of health and wellness topics.

Consider sharing a lecture with your group on one of the following cardiovascular health topics:

- Easy, Fun & Healthy Cooking for 1 or 2
- Heart Healthy Exercise and Fitness Tips
- Quick Action Saves Lives: Warning Signs of Heart Attack & Stroke
- Recognizing and Managing Heart Failure
- Stroke Awareness & Prevention
- Weight-Loss Unzipped

Please allow at least 2 - 3 weeks lead time with your requests. For more information, or to request a speaker, please contact Lea Anne Ivory by phone at 313-343-7517, or email at [lea.ivory@stjohnprovidence.org](mailto:lea.ivory@stjohnprovidence.org)



**SeniorLink**  
1-888-751-5465

St. John Providence SeniorLink is your toll-free number to register for all CareLink events or to obtain further information.  
**Hours of service are:**  
**Mon-Fri, 7:30 a.m. - 6 p.m.**  
**Sat. 8 a.m. - 1 p.m.**

## CareLink NewsBriefs readership survey

We want to thank the 3,200+ CareLink members who took time to complete and return the 2010 survey. We're so pleased that you are enjoying each issue, but more importantly... taking action to improve your health because of it. Nearly 1750 survey respondents talked with their doctor about something they read in the newsletter; 1000 attended a lecture, and nearly 350 called SJP SeniorLink for more information!

### Plus, you talked, and we listened...

Many of you shared comments about items you would like to see offered, including:

- **Mall walking groups** - St. John Providence Health System (SJPHS) partners with Macomb, Eastland and Northland malls to promote walking as a great form of exercise and provide monthly blood pressure screenings (see page 6 for details).
- **More CareLink educational lectures & repeat topics at other sites** - Each CareLink hospital offers on-site lectures in each CareLink NewsBriefs issue. Plus, we offer lectures at Marvin Blank Senior Center (only a mile away from St. John Medical Center-Macomb Twp. at Romeo Plank and 23 Mile roads – see below. Lecture topics rotate at each site. Watch your *CareLink NewsBriefs*, as similar topics may be repeated at other sites.
- **CareLink lecture handouts** - Many lectures offer handouts to attendees. If you miss a lecture, call your CareLink contact at the lecture's site to see if handouts were provided and if they can mail out an extra set.
- **CareLink lectures at Macomb Twp. and SJMOH-Oakland Center are on same Wednesday morning** - we moved the Macomb Twp. lectures to Tuesdays effective February 2011 (see below).

## CareLink lectures in Macomb Township

Due to member feedback, we've our CareLink lecture at Marvin Blank Senior Center to the third Tuesday monthly from 10 - 11 a.m. Join us on February 15 (Women & Heart Disease) and March 15 (Thyroid Disease). See pages 4 & 5 for details.

## New Diabetes Support Group at SJH&MC

A new support group for those with pre-diabetes, gestational diabetes, Type 1 or Type 2 diabetes, and their families is being held bi-monthly in the Auditorium at St. John Hospital and Medical Center (SJH&MC). Join us from 6 - 7 p.m. to hear current trends and topics from a variety of diabetes experts. Upcoming topics include:

- **February 17:** Treat Your Heart Well This Valentine's Day – Watch Blood Sugar Levels
- **April 21:** Gear Up for Gardening – It's Good for Your Heart

Following each meeting at 7 p.m., we will offer a low-cost, healthy meal option in the Moross Market Cafe planned by our dietitians and prepared by SJH&MC chefs. The support group meeting is free. The optional dinner costs only \$5 (\$4 for those who are pre-registered).

**For more information, or to be added to our Diabetes Support Group mailing list, call 313-343-6830. To pre-register for an upcoming meeting or meal, call St. John Providence SeniorLink at 1-888-751-5465.**

## 2010 Hunt for Health Winner

Two winners were recognized to receive a \$50 Kroger gift card. Congratulations to Gabrielle Castelyn and Lorraine Cameron. Thanks to all who participated and for your continued support. Two gifts were mailed in December to all those submitting a completed Hunt for Health card.

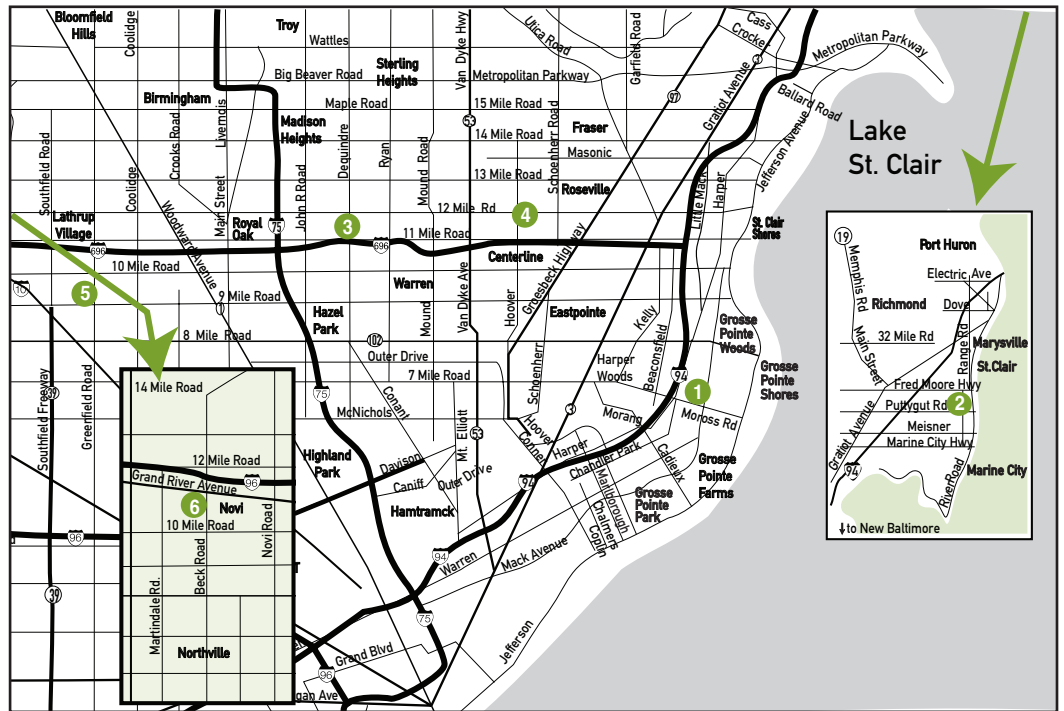
## Mall walking groups

St. John Providence Health System partners with local shopping malls to promote walking as a great form of exercise. Also, blood pressure screenings are provided onsite.

- **Macomb Mall:** free blood pressure screenings on the 3rd Wednesday of each month from 8 - 10 a.m. located in the Food Court
- **Eastland Mall:** free blood pressure screenings on the 4th Wednesday of each month from 8 - 10 a.m. located in the Food Court
- **Northland Mall Pacers:** free blood pressure screening on the 3rd Monday of each month from 8 - 10 a.m. located in the Food Court

# St. John Providence Health System Hospitals and CareLink Key Contacts

1. **St. John Hospital and Medical Center**  
22101 Moross Rd., Detroit  
*LeaAnne A. Ivory, 313-343-4000*
2. **St. John River District Hospital**  
4100 S. River Rd., East China Twp.  
*Diana Morrison, 810-329-7111*
3. **St. John Macomb-Oakland Hospital, Oakland Center**  
27351 Dequindre, Madison Heights  
*Sue Davis, 248-967-7000*
4. **St. John Macomb-Oakland Hospital, Macomb Center**  
11800 E. Twelve Mile Rd., Warren  
*Janet Silvestri, 586-573-5000*
5. **Providence Hospital**  
16001 W. Nine Mile Rd., Southfield  
*Kathy Zaguroli, 248-849-3000*
6. **Providence Park Hospital**  
47601 Grand River, Novi  
*Kathy Zaguroli, 248-465-4100*



**St. John Home Care Services**  
Hospice Care  
37650 Garfield  
Clinton Township, MI 48036  
1-800-248-2298

**St. John Providence Health System**  
Behavioral Health Services  
Eastwood Clinics  
1-800-626-3896


**St. John Senior Community**  
18300 E Warren Avenue  
Detroit, MI 48224  
313-343-8000

**Senior Care Facilities**  
Father Murray Nursing Center  
8444 Engleman  
Center Line, MI 48015  
586-755-2400

1-888-751-5465

St. John Hospital and Medical Center  
 North Shores Campus  
 St. John River District Hospital  
 St. John Macomb-Oakland Hospital  
 Macomb Center  
 Oakland Center  
 Providence Hospital  
 Providence Park Hospital  
 Senior Care Facilities  
 St. John Senior Community  
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 St. John Home Care  
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