



ST. JOHN
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Winter 2004

Health Reach



Joseph M. Tasse, President,
St. John Macomb Hospital

St. John Macomb Hospital working hard to serve Macomb County residents

By Joseph M. Tasse, President, St. John Macomb Hospital
In many ways, St. John Macomb Hospital (SJMH) is the "newest" hospital in Macomb County.

The 376-bed hospital was founded in 1966 and joined St. John Health in 1997. It has always offered a wide range of inpatient and outpatient health care services. Yet, over the past five years, SJMH has been updated with new construction, extensive renovation, and expansion and addition of several program offerings to better serve the community. During that time, St. John Health invested nearly \$50 million in capital improvements in the hospital.

Updates and enhancements over the past few years include:

- Capital investment for open-heart surgery and cardiac catheterization (including angioplasty and coronary stents) capabilities
- New Webber Cancer Center and two state-of-the-art linear accelerators that use radiation to fight cancer
- New Operating Room suites
- New lobby with coffee shop and gift shop run by the hospital auxiliary and an interdenominational chapel
- New Intensive Care Unit with critical care beds and step-down beds
- Magnetic Resonance Imaging Unit (the only hospital-based MRI in Macomb County)
- New Endoscopy Center
- Cardiac catheterization laboratory replacement and other cardiac care enhancements

SJMH has evolved into a provider of specialty care services for Warren and the surrounding communities and has experienced the fastest growth rate of any hospital in Macomb County over the past few years. To keep up with the increasing demand for state-of-the-art medical services, enhancements continue at the hospital.

Projects currently under way include:

- Renovation and creation of a new Progressive Nursing Unit with 24 additional beds coming this spring
- Emergency Department expansion and renovation expected to be complete in early 2005
- Addition of a second cardiac catheterization lab, allowing the hospital to handle a higher volume of patients

Watch for more information in upcoming issues of *Health Reach*.



Construction to expand the Emergency Department is in progress.

Webber Cancer Center services include:

- Top quality care by board-certified and board-eligible medical and radiation oncologist physicians, surgical specialists and other health professionals.
- State-of-the-art equipment, including advanced digital linear accelerators for precise, customized radiation therapy.
- Access to clinical trials through membership in the Michigan Cancer Research Consortium Community Clinical Oncology Program.
- Membership in the University of Michigan Cancer Care Network, one of the top facilities in the United States.
- Consultation/second opinion service that brings physicians together, from various cancer specialties, to meet with patients and families to plan treatment. This includes a nurse navigator who helps patients through the complex system of care.
- Healing Arts Center with services to soothe the mind and nourish the spirit.
- Resource Center providing free publications and Internet access to the latest cancer information.
- Boutique offering inspirational and unique items.

Webber Cancer Center helps patients fight cancer battle

St. John Macomb Hospital (SJMH) opened its Webber Cancer Center to patients in May 2003 to expand and enhance the hospital's comprehensive cancer services.

The new \$7.25 million, state-of-the-art cancer center is located on the first floor and lower level of the hospital located at Twelve Mile and Hoover roads. The center is named in honor of Wayne and Joan Webber of New Baltimore, who donated \$2.3 million to help expand SJMH's cancer center.

The Webbers wished to make a contribution to the community in which they have lived their entire lives. "We are thrilled to support the Webber Cancer Center, which offers residents of Macomb County comprehensive cancer care right in their community," they said.

"Because of the Webber's extraordinarily generous gift, we have created a world-class cancer center that benefits the residents of Macomb County and beyond," said Joseph Tasse, President of SJMH.



Joan and Wayne Webber, in front of the center named in their honor.

Other funds for the center were raised through private donations, including a \$250,000 gift from the SJMH auxiliary and associate and physician contributions.



The Webber Cancer Center entrance.

Two floors of the hospital were renovated to house the 22,000 square foot outpatient cancer center, which has its own entrance on the south side of the building and its own convenient parking.

The Webber Cancer Center provides an array of cancer services (see list) in a centralized location and utilizes a mind-body-spirit approach to care for cancer patients, their families and cancer survivors.

"We brought together our state-of-the-art services in a patient-focused, friendly environment that is comfortable, convenient and close to home," said Paul Chuba, MD, PhD, Medical Director of Radiation Oncology for the Webber Cancer Center.

SJMH was the first hospital in Macomb County to have a cancer program accredited by the American College of Surgeons Commission on Cancer. The hospital undergoes a rigorous evaluation process every three years to ensure it is meeting the standards set by the Commission. SJMH's program has had continuous accreditation since 1984.

For more information, call 1-888-5WEBBER (1-888-593-2237) or visit www.stjohn.org/webbercancercenter.

Clinical trials help cancer patients now. . .and in future

The Webber Cancer Center at St. John Macomb Hospital provides the most up-to-date ways to prevent and treat cancer through clinical trials. These are research studies, conducted with patients or with healthy people, which are designed to answer specific questions about the effectiveness of new ways to prevent, detect, diagnose and treat cancer.

Clinical trials may expand diagnosis and treatment options which could include evaluating new drugs, new approaches to surgery or radiation therapy, and new combinations or methods of treatments to determine if the new option is better than the standard of care currently being used. These trials may improve survival rates, prevent disease onset, limit side effects and enhance patients' quality of life.

"Most treatments currently used were first studied in clinical trials," said Marg van der Veen, RN, Clinical Trials Coordinator. "If a new treatment proves effective in a study, it may become a new standard treatment that can help many patients."

St. John Macomb Hospital is a member of the Community Clinical Oncology Program (CCOP), established by the National Cancer Institute (NCI). Through this program, community physicians work with scientists conducting NCI-supported trials. Locally, St. John Macomb Hospital is a member of the Michigan Cancer Research Consortium. Membership in this program gives patients access to nearly 100 clinical trials, the same studies available at major research centers, with the convenience of treatment right in their own community.

Treatment is a collaborative effort. Patients taking part in studies still see their own physicians but get up-to-date care from the cancer experts, led by Allen Stawis, MD, Medical Oncologist and Principal Investigator, who oversees the research program at the Webber Cancer Center. There are additional medical oncologists and a radiation oncologist who also serve as investigators. Patients are monitored closely and see a clinical trial nurse for support regularly.

Currently, 30 individuals are participating in clinical trials through the Webber Cancer Center.

For more information, call the Clinical Trials office at 586-573-5127.

Study opens to evaluate alternative treatment for hot flashes

Women who are having bothersome hot flashes and are looking for a non-estrogen based treatment can participate in a research study at St. John Macomb Hospital and St. John Hospital and Medical Center. The study will help determine whether black cohosh, an herb that is available over the counter, is helpful in lessening or stopping hot flashes in women. The study will also help to determine what side effects are possible from regular use of this herb.

"Hot flashes are experienced by many women, either with a history of breast cancer or concerned about the increased risk for breast cancer. Recent information regarding the increased risks of developing breast cancer with hormone replacement therapy leaves women and their doctors with fewer options to treat these often debilitating hot flashes. This research is necessary to see if a popular, but unstudied, herb – black cohosh – is a good option for women," explained Allen Stawis, MD, Medical Oncologist and Principal Investigator, Webber Cancer Center.

"We hope the research will help us find safe and effective alternatives to reduce or eliminate hot flashes."

North Central Cancer Treatment Group is sponsoring this study out of the Mayo Clinic in Rochester, Minn. The Michigan Cancer Research Consortium Community Clinical Oncology Program is the only program in Michigan offering this study.

For more information about this study or other cancer treatment and prevention trials, call the Clinical Trials office at 586-573-5127.

Healing Arts Center can help everyone

The Healing Arts Center, located within the Webber Cancer Center, can help you jump-start your human engine by nurturing your body, mind, emotions and spirit.

Many different health and wellness services such as massage, reflexology, hypnotherapy, acupuncture, and touch for relaxation and healing are available by appointment. These services can help decrease anxiety, pain and nausea and promote organ vitality and relaxation.

The center also offers classes in aromatherapy, Bach flower essences, stress-busting, crystals and gemstones, herbs, managing your energy and much more to help you relax and de-stress. In addition, a variety of Fun and Play Shops, simply for fun, include such options as Aura Photography, Birth Date: Wisdoms and Truths, Drumming Circle, Dreams Really Do Come True and more. These offerings help participants to experience their own natural rhythm and re-create balance.

For more details such as program descriptions, dates, and fees, call 1-888-5WEBBER (1-888-593-2237) and request the Webber Healing Arts Center 2004 Winter/Spring Offerings brochure.

Webbers purchase artwork for center



Carolyn Joseph works with Kamari Bledsoe as his tile design begins to take shape.

A unique piece of art is now on display in the Webber Cancer Center thanks to the generosity of Wayne and Joan Webber, for whom the Webber Cancer Center is named.

The Webbers recently purchased a ceramic-tiled table created by a team of budding young artists, children from St. John Hospital and Medical Center and Mott's Children's Hospital whose lives have been affected by cancer. Carolyn Joseph, a ceramic artist and wife of Elliot Joseph, CEO of St. John Health (SJH), led the artists in the project.

The table was part of the live auction of 13 items at the Cattle Barons Ball, the American Cancer Society's annual gala at the Michigan State Fairgrounds and Coliseum. The event raises funds for cancer research. The table was donated to the auction by SJH, purchased for \$34,000 by the Webbers and donated to the Webber Cancer Center for everyone to enjoy.

Webber Women's Conference this spring

All women are invited to the Webber Women's Conference, "Reclaiming Your Life... The Journey Within," sponsored by St. John Macomb Hospital's Healing Arts Center, on Wednesday, May 5. The event will be held from 6 p.m. to 9:30 p.m. at Macomb Community College, South Campus.

This event focuses on creating a more healthy life on every level – physically, mentally, emotionally and spiritually. Marianne Williamson, best-selling author and acclaimed lecturer, will share how it is the way you live that determines the shape of who you are. She will discuss how to live more gracefully by learning how to reclaim your power within. In addition, Michelle Schultz, MD, a board-certified obstetrician/gynecologist, will focus on educating women about their health and how to improve it through complementary and alternative methods. She will discuss breast cancer prevention, cardiac care, natural choices for hormone replacement and more.

The fee for the conference is \$35 for early bird registration; after April 2, the cost is \$40. To register, call 1-888-5WEBBER (1-888-593-2237).

Top-notch heart care services available in Warren



Deborah Petsis, of Sterling Heights, the hospital's first angioplasty patient, with Lingareddy Devireddy, MD, Chief of Cardiovascular Medicine, and Michael Chen, MD, Internal Medicine.

As a member of St. John Health, the state's leading provider of heart care, St. John Macomb Hospital (SJMH) in Warren is part of a comprehensive and coordinated network of cardiovascular services, including the nationally recognized cardiovascular programs at Providence Hospital and Medical Centers and St. John Hospital and Medical Center. St. John Macomb offers cardiac catheterization services, along with a full array of non-invasive cardiology services such as EKG, echocardiography, nuclear stress tests, coronary calcium screening, cardiac rehabilitation, preventive cardiology and an emergency chest pain clinic.

In summer 2002, SJMH broadened its scope of Cardiovascular Services to bring advanced heart care and life-saving techniques to the people of Warren and southern Macomb County, adding open-heart surgery and interventional procedures such as angioplasty and coronary stents. Experienced, board-certified cardiologists and cardiac surgeons, led by Lingareddy Devireddy, MD, Medical Director of Cardiovascular Services, and Phillip Robinson, MD, Medical Director of Cardiovascular Surgery, perform these procedures. Together, the cardiologists and cardiac surgeons have been treating patients for nearly four decades and have

performed thousands of open-heart surgeries and angioplasties at various facilities. Since St. John Macomb expanded its Cardiovascular Services, nearly 200 open-heart surgeries have been done at this site. In addition 1,893 heart catheterizations were performed in the first year of which 790 were interventional (angioplasty, stents).

In October 2003 alone, SJMH performed a record 232 cases with only one catheterization lab. The hospital just finished completion of a "swing" lab which allows a single x-ray tube to be "swung" between two procedure rooms. In addition, a Certificate of Need was approved for a second catheterization lab based on the volume of cases being performed. The second lab is expected to be up and running by March, allowing the hospital to better meet the high demand for interventional cardiovascular procedures.

"We are passionate about meeting the needs of our patients and physicians," said Anne Marie Kaminski, Administrative Director, Cardiovascular Services. "With the expansion of our services to include open-heart surgery and angioplasty, as well as the upcoming addition of a second catheterization lab, we are continuing our commitment to provide the highest level of medical care at St. John Macomb."

For more information on Cardiovascular Services at SJMH, visit www.stjohn.org/macombheart, or call 1-866-HEART09 (1-866-432-7809).

First open-heart patient doing well

David LaValley, 67, of St. Clair Shores has a new lease on life, thanks to the triple bypass open-heart surgery he underwent at St. John Macomb Hospital.

Prior to his surgery, LaValley was off work and couldn't be very active. Now he has returned to his job at Powertrain in the General Motors Technical Center in Warren, and he enjoys activities with his wife, children and grandchildren. He gets out and exercises. LaValley actually walked the one-mile route of the hospital's Senior Fun Walk less than two months after his surgery and walked the three-mile route a year later.

"I figure I wouldn't be here today if it wasn't for St. John Macomb Hospital," LaValley explained simply. He's grateful for each day.

LaValley holds the distinction of being St. John Macomb Hospital's first open-heart surgery patient. He's been followed by close to 200 others since the hospital began performing the surgery in July 2002.

Heart disease is the number one killer in both Warren and Macomb County. St. John Macomb Hospital is addressing the disease on a number of fronts, with the expansion of its heart program to include catheterizations – including angioplasty and stents – as well as open-heart surgery.



David LaValley at work inspecting ladders at Powertrain.

For more information, call
1-866-HEART09 (1-866-432-7809).

Educational sessions on heart failure offered

What are the symptoms or risks of heart failure?

How is heart failure diagnosed and treated? How can I live with heart failure?

Get answers to these and other questions by attending one, several or all of the free educational lecture series: "What You Should Know About Heart Failure." Sessions will take place on Wednesdays beginning Feb. 4 from 1:30 p.m. to 3 p.m., in the Physical Rehabilitation Services Building Auditorium on the St. John Macomb Hospital campus, 12000 E. Twelve Mile Road, at Hoover.

Session topics and dates are:

- Feb. 4 – How the Heart Works: Taking Control of Heart Failure and Self Care, and Self Care: Following Treatment Plan and Dealing with Symptoms**
- Feb. 11 – How to Follow a Low-Salt Diet**
- Feb. 18 – Heart Failure Medications**
- Feb. 25 – Exercise and Activity**
- Mar. 10 – Lifestyle Changes and Dealing with Feelings**
- Mar. 17 – Tips for Family and Friends and Advanced Directives**
- Mar. 24 – Heart Rhythm Problems, Biventricular Pacing, ICD and How to Evaluate Claims of New Heart Failure Treatments**

Pre-registration is required. Those interested may register for one, several or all sessions. To register, call 1-866-HEART09 (1-866-432-7809).

Macomb offers online heart check and heart newsletter

Do you have a healthy heart? St. John Macomb Hospital (SJMH) can help you find out quickly and easily with its free online Heart Check.

This virtual screening takes just 2 minutes and allows visitors to complete a questionnaire about heart disease risk factors and get the results emailed to them instantly. The results include specific health information related to each individual's risk factors. There are also links to more information online.

In addition, those identified as high-risk (having three or more risk factors) are contacted by a SJMH Cardiovascular Services nurse practitioner, who suggests recommended follow-up, such as a visit with a physician.

To access the 2-minute heart check, go to any of these Web sites:

www.stjohn.org/macombheart

www.stjohn.org/macombhospital

www.stjohn.org

An electronic newsletter, *Heart to Heart*, is also available on the same sites. It is updated every two months and includes SJMH Cardiovascular Services news, information about classes and lectures, excerpts of columns by physicians, and helpful tips about preventing and treating heart disease. Web users can subscribe to receive the newsletter regularly.



Upcoming programs

St. John Macomb Hospital regularly holds special programs on various health topics. A free community lecture on "Colorectal Cancer – Prevention, Detection and Treatment" is coming up on Wednesday, March 3, at 6:30 p.m. Participants will learn if they are at risk for colorectal cancer, who should be tested for the disease, what the diagnostic tests are like and more. The event will include a tour of the new Endoscopy Center at the hospital.

In addition, a program on "Skin Cancer – How to Maintain Healthy Skin" will be held on Tuesday, April 20, from 6:30 p.m. to 7:30 p.m.

Call St. John Health Physician Finder at 1-888-757-5463 to register for either program or to find out more details.

Free photo frame magnet

We'd like to thank you for reading our new newsletter by offering you a free photo frame refrigerator magnet. To receive a magnet, simply fill out the coupon below and send it to:

St. John Macomb Hospital

Community Relations Department

11800 E. 12 Mile Road

Warren, MI 48093

Please send a free photo frame magnet to:

Name: _____

Address: _____

City: _____ State _____ Zip Code _____

Age (optional): _____

What did you like about Health Reach? _____

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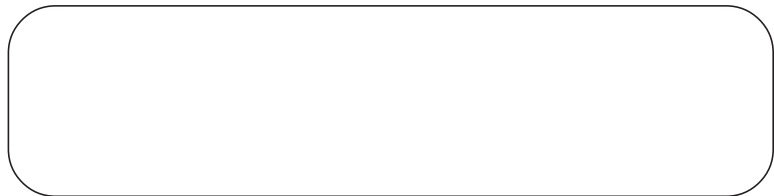
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New newsletter for you

Welcome to the first issue of *Health Reach*, St. John Macomb Hospital's newsletter for the community. The intent is to keep you informed about the latest happenings at the hospital, from building enhancements and new programs to events and health features. The publication will be published quarterly and sent to residents in neighboring communities.

We welcome your thoughts about *Health Reach*. Call us at 586-573-5999. Please share the issue with a friend, or call us for additional copies.

St. John Macomb Hospital is located at 11800 E. Twelve Mile Road, at Hoover, in Warren. The hospital is a member of St. John Health, a growing network of community-based hospitals and health care services in southeast Michigan and one of the largest employers in metro Detroit. St. John provides comprehensive prevention, primary care and advanced treatment programs with more than 125 outpatient centers and eight hospitals spanning five counties.



11800 E. 12 Mile Road
Warren, MI 48093

