

CareLink NewsBriefs

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

inside

- Hospital updates
Pages 2-3
- Education programs
Page 4-5
- Riverview Senior
Wellness Center
Page 6
- Pilates or Zumba?
Page 6
- Bulletin Board
Page 7
- Move it and have fun
Page 7

SJPHS Vision

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

Weight loss and arthritis

Being overweight, even moderately, impacts weight bearing joints and can increase the pain of arthritis. It is clear from research that being overweight is a major risk factor for arthritis no matter what your age.

Excess weight puts more pressure on your joints and extra body fat increases inflammation in the body. Inflammation is associated with both osteoarthritis (where the cartilage between the bones at your joints wears away) and inflammatory arthritis (arthritis that's marked by swollen warm joints).

Research shows that during walking, impact on the hips, knees and ankles is three to five times a person's total body weight. So for every pound a person is overweight, three to five pounds of extra weight is added to each knee during walking. In contrast, a ten pound weight loss causes 30 to 50 pounds of extra stress to be relieved from the joints.

Losing weight is a challenge for most, but it may seem even more daunting when you're dealing with painful arthritis symptoms. Though, if you suffer from arthritis, losing excess pounds can have a big impact on how you feel. And if you don't yet have arthritis, being overweight puts you at greater risk.

Tips for weight loss or control:

- reduce portion sizes of meals
- eat out less frequently
- increase fresh fruit and vegetable consumption
- consume less soda and more water
- participate in low impact aerobic activities, including swimming, light walking and stretching

Consult a registered dietitian if assistance with meal planning or weight loss is desired. Do not start an exercise program without consulting your physician.

St. John Providence Weight Loss is an accredited program offering a wide variety of weight loss options – including both surgical and medical weight loss programs – as well as support programs to help you healthfully lose and manage your weight. Whether you're considering weight loss surgery or a medically supervised weight loss program, our professionals can provide you with the tools and support you need to make the decision that's right for you.

To find out more about the program or for a schedule of free seminars, call us at 866-501-3627 or visit: www.stjohnprovidenceweightloss.com

Janet Silvestri

Relaxation for health and well-being

Life can be so fast-paced that we overwork our minds and bodies, often at the expense of our health. According to the Mind/Body Medical Institute at Harvard, 60-90% of all medical office visits in the US are for stress-related disorders. Using relaxation techniques can help us cope with stress and promote long-term health by slowing down the body and quieting the mind.

Stress causes changes in our bodies, including elevated heart rate, blood pressure and rate of breathing. Stress causes a significant increase in the amount of blood being pumped to the muscles. Over time, these reactions can raise cholesterol levels, cause intestinal disturbance and compromise the immune system. The opposite occurs when we relax, including increased feelings of well-being and control. Clinical studies show that relaxation techniques can even reduce the perception of pain.

The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques, such as deep breathing, visualization, progressive muscle relaxation, meditation and yoga, can help activate this relaxation response. When practiced regularly, these activities can reduce everyday stress levels and boost feelings of joy and serenity. They provide tools to stay calm and collected when you are stressed, and they may help reduce symptoms and improve outcomes for many health conditions. However, it's important to note that relaxation techniques are meant to complement your regular medical care, not replace it.

To learn more about the many relaxation and complementary therapies available through the St. John Healing Arts Center, call 586-573-5785.

Join us on June 23 at 10 a.m. for "Relaxation for Body, Mind and Spirit" with Mary Natschke, RN, BAS, Integrative Practice (see page 4).

LeaAnne A. Ivory

Breaking 10 myths about osteoporosis

Are your bones strong enough to handle the everyday stresses placed upon them or the risk of a fall?

Myth 1: Most people don't need to worry about osteoporosis. Osteoporosis causes broken bones in millions of Americans – one in two women and up to one in four men over 50.

Myth 2: Osteoporosis is only a problem for older Caucasian women. While it's common among white women and men, people of all races can have it, and it can strike at any age.

Myth 3: You don't need to worry about osteoporosis if you break a bone from a serious fall/accident. Broken bones can be the first sign of osteoporosis.

Myth 4: People with osteoporosis can feel their bones getting weaker. Osteoporosis is known as the "silent disease" and some learn they have it only after they lose height from one or more broken bones in the spine.

Myth 5: An osteoporosis test is painful and exposes you to a lot of radiation. Experts recommend a bone mineral density test using a central DXA machine, a simple, painless test that takes only 5 - 10 minutes and uses very little radiation.

There are 5 more myths to break, but unfortunately we're out of room. **So, consider calling SJP SeniorLink at 888-751-5465 for the full listing, or joining us for "Bone Health & Slowing Osteoporosis" with lead researcher and author, Henry Bone, MD, on June 9 at 10:30 a.m. (see page 4).**

(Above information sourced from the National Osteoporosis Foundation)

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

Sue Davis

Macular degeneration

Macular degeneration (MD) is the leading cause of severe vision loss in people 60+. The two types of age-related MD are dry and wet. Dry is the most common form and occurs when drusen, yellow deposits, increase in size and number. This causes dimming or distorted vision. In advance stages, the light-sensitive layer of the macula atrophies causing loss of central vision. About 10% of people develop the wet form, which is characterized by abnormal blood vessels underneath the macula. These vessels leak blood/fluid into the retina causing straight lines to appear wavy, blind spots and loss of central vision. This may lead to permanent loss of central vision.

The cause of MD is unknown. It may be hereditary. Other risk factors include age, race, gender, obesity, smoking, sunlight and some medications. Early detection is important, and it can be diagnosed during routine eye exams. There is no cure for MD, but treatments may prevent severe vision loss or slow the progression of the disease.

For more information, join us for CareLink Lunch & Learn: “Sudden Vision Loss” on June 15 with Sidney Simonian, DO, SJMOH.

Providence Hospital

Kathy Zaguroli

Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is one of the most common disorders diagnosed by doctors, occurring more frequently in women than in men. As many as one in five Americans have symptoms of IBS. Common symptoms are abdominal pain, bloating, diarrhea or constipation. Some people experience symptoms for a few months at a time, while others report a constant worsening of symptoms over time.

There is no specific test to determine if you have IBS. Usually diagnostic tests are performed to rule out other problems. Some of these tests are stool

samples, blood work and x-rays. Sometimes a sigmoidoscopy or colonoscopy is performed. If the tests are negative, many doctors refer to a list of specific symptoms that must be present to make the diagnosis of IBS. No cure has been found for IBS, but many options are available to treat the symptoms.

Your doctor will advise you of the best treatments for your particular symptoms and encourage you to manage stress and make changes to your diet. Management options include regular exercise, relaxation and meditation. Diet changes such as increasing fiber intake and decreasing carbonated or dairy products may help.

Learn more about colon disorders at Providence Park, Novi on June 14 with “Diverticulitis” and Providence Hospital on June 21, with “Colon & Rectal Cancer Can be Prevented” (see page 4).

St. John River District Hospital (SJRDH)

Diana Morrison

Taking care of your diabetes... taking care of you

Do you understand what affects your diabetes? Do you know why your doctor has you using a meal plan, blood sugar meter, exercising and taking medications?

Taking care of your diabetes is not something that you should put to the back of your mind and pay attention to only when you think about it. It is a disease you need to make a part of your daily life style. Sometimes it just takes simple behavior changes to get your sugars under control to help you feel better. The American Association of Diabetes Educators’ 7 Self-Care Behaviors are healthy eating, being active, monitoring, taking medications, problem solving, healthy coping and risk reduction.

To find out more about our Diabetes Education Program, call 810-329-5339.

For more information, join us for our next CareLink Lunch & Learn on “Diabetes Control” on July 20 with Jennifer Smith, RN, Diabetic Nurse Education (see page 5).

1 Wednesday 10 - 11 a.m. Basic Level
11 a.m. - 12 p.m. Basic Level
(No class July 6 or 20)

Tai Chi

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: \$28 payable at the first class (\$21 for CareLink members)

9 Thursday 10:30 - 11:30 a.m.

Bone Health & Slowing Osteoporosis

St. John Hospital & Medical Center, Auditorium

There are many myths about osteoporosis that can interfere with your bone health, but more importantly, your well-being. Research on osteoporosis is ever-evolving, so learn the latest about bone health, osteoporosis risk factors, diagnosing problems, prevention and treatment options from a lead researcher and author. Valet pass provided.

Presenter: Henry Bone, MD, Endocrinologist and Section Chief, Endocrinology, SJH&MC

14 Tuesday 10:30 - 11:30 a.m.

Diverticulitis

Providence Park Novi, Conference Rooms A & B

Diverticulitis is a common condition in the US. More than half of Americans over age 60 are affected. It usually begins with abdominal pain, fever, nausea and vomiting. What causes diverticulitis and what can you do to prevent it? Our surgeon will discuss the symptoms, diagnosis and treatment options. Blood pressure screening will be available.

Presenter: Ernie Drelichman, MD on staff at Providence and Providence Park Hospitals

21 Tuesday 10 - 11 a.m.

Coping with Respiratory & Asthma Problems

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

Learn about the common causes of respiratory problems and how to cope with symptoms, such as wheezing, shortness of breath, chest tightness, reoccurring infections and chronic coughing. Plus, information about treating and controlling symptoms will be shared. Refreshments provided.

Presenter: Gary A. Reinheimer, MD, Allergist and Immunologist on staff at St. John Hospital and Medical Center

21 Tuesday 10:30-11:30 a.m.

Colon & Rectal Cancer CAN be Prevented

Providence Hospital, Fisher Auditorium, Southfield

Excluding skin cancers, colorectal cancer is the third most common cancer in both men and women in the US and the second leading cause of cancer-related deaths. Still, the death rate from colorectal cancer has been dropping for the last 15 years because of better detection and treatment. Learn more about prevention, screening and treatment.

Presenter: Ernie Drelichman, MD on staff at Providence and Providence Park Hospitals

23 Thursday 10 - 11 a.m.

Relaxation for Body, Mind & Spirit

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

Integrating relaxation techniques along with regular medical care can help ease pain and provide a greater sense of health and control in your life. Learn how to incorporate these techniques into your life to help improve your overall well-being.

Presenter: Mary Natschke, RN, BHS, HNB-BC, IAC Integrative Practice Department, SJH&MC

CareLink Lunch & Learn

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

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

June
15

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

Sudden Vision Loss

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

Presenter: Sidney Simonian, DO, Ophthalmologist on staff at SJMOH

July
20

Wednesday 11:30 a.m. - 12:30 p.m.
12:30 Lunch in the Cafeteria

Diabetes Control

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

Join us for an interactive discussion on the importance of the American Association of Diabetes Educators' 7 Self-Care Behaviors and having a diabetes health care team. Learn how you can gain control of your diabetes so your diabetes does not control you.

Presenter: Jennifer Smith, RN, Diabetic Nurse Educator, SJRDH

19 Tuesday 10 - 11 a.m.

Flu, Shingles & Pneumonia Vaccination Updates

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

Everyone is familiar with vaccinations for babies and children, but why do older adults need vaccinations? Are you up-to-date? Learn what is currently recommended, and why certain vaccines are needed to prevent infection and keep you healthy. Additionally, you will learn about the benefits and risks related to your decision to take or not to take a vaccine. Refreshments provided.

Presenter: Mohamad Fakh, MD, MPH, Medical Director, Infection Prevention and Control, St. John Hospital and Medical Center

28 Thursday 10 - 11:30 a.m.

Evolution of Cataract Surgery

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

Learn how replacing the lens in the human eye has evolved over time. Historical events and how procedures have changed to bring us to current cataract surgery will be shared.

Presenter: Joel L. Pelavin, MD, Ophthalmologist on staff at SJMOH

12 Tuesday 10:30-11:30 a.m.

Snoring & Sleep Apnea

Providence Park Hospital, Conference Rooms A & B

Learn about sleep apnea and why it increases your risk for heart disease, stroke and high blood pressure. Symptoms and current treatment options will be discussed. Blood pressure screening will be available.

Presenter: Bradley Rowens, MD, Pulmonologist on staff at Providence and Providence Park Hospitals



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.

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

EnhanceFitness

Mondays 10-11 a.m. or 1 - 2 p.m.
Tuesdays & Thursdays 10 - 11 a.m. or
11:30 a.m. - 12:30 p.m.

This ongoing class offers all the key elements of fitness for the mature participant: stretching and flexibility, low impact aerobics, strength training and balance. Join us to increase your strength, boost your activity level and elevate your mood.

Riverview Racers

Tuesdays & Wednesdays 9 - 9:30 a.m.
Come walk with us for fun and companionship.

Basic Computer

June 6 - June 27, Mondays 11:30 a.m. - 12:30 p.m.
If you don't know what to do with your computer after you turn it on, this four week class is for you. Learn how to send and respond to email; how to access the Internet; and how to find information. Space is limited to seven participants.

Diabetic Medications

Wednesday, June 15 10 - 11 a.m.
Learn all about your diabetic medications and how to manage them. Pharmacist Mike Thibault will speak on how proper use of medications may help maintain normal blood sugar levels and prevent complications. Light refreshments.

Blood Pressure Screening

Tuesdays, 10 a.m. - 12 Noon
• **June 7** • **July 5**

Pilates or Zumba?

What exercise program is right for you? Currently, there are several options available through St. John Providence Health System. Two popular classes are Zumba Gold and Pilates – but, which is right for you? The answer is probably BOTH, since the focus of each method is very different.

Zumba Gold involves high energy Latin-style music using choreographed dance movements. It focuses on a cardiovascular workout and burning calories; and it requires supportive shoes and ability to move along with the instructor's movements.

Pilates is more toned down with soft music. It's performed on a mat and focuses on controlled and deliberate movements of the arms and legs, while maintaining strong abdominal control. While the heart rate can be raised at times and it's a workout, it's more about strength and flexibility.

When combined in a weekly exercise program, the control you learn in Pilates can be applied to Zumba Gold and help decrease risk of injury and enhance overall outcomes of weight-loss and increased endurance.

Currently, Pilates and Zumba Gold is offered at two locations through St. John Providence Rehabilitation Services on Garfield Road (near Metro Parkway/16 Mile) and 23 Mile Road (at Romeo Plank Road). For more information, call 586-263-5220.

**Introducing
all-new CareLink discounts...**

We are pleased to offer new CareLink exercise discounts for Zumba Gold, Pilates and Individual Personal Training. See page 7 for details.

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

Join us for our

Second Chance (SC) Heart Club Supper on Wednesday, June 22, 5 - 7 p.m.

Auditorium, St. John Hospital and Medical Center

Exercise

Presenters: Alan Choleniak, EP and Laura Marchwinski, EP

Cost: \$5 (\$4 for SC Heart Club or CareLink members)

This event includes a lecture, low-cost dinner option in the Moross Market Cafe (following the lecture) and information/support through our SC Heart Club.

There is no charge to attend the lecture only. To ensure adequate materials and secure your dinner reservation, please pre-register at 1-888-751-5465.

Move it and have fun!

We all know the importance of exercise, but what if you had fun while exercising and met some new friends too?!

Don't let getting started hold you back. Why not join us for one of these many options and just give it a try? Most classes have a daily class rate, as well as a discounted monthly cost. Plus, all classes listed offer a discount to CareLink members!

- **Pilates** – Tone up with controlled and deliberate movements for the arms, legs and abdomen performed on a mat with soft music to increase strength and flexibility (see page 6). **Cost = \$60** (\$54 for CareLink members) for a six-week class. **Call 586-263-5220.**
- **Zumba Gold** – Latin-inspired, choreographed dance movement with high energy music to burn calories and provide a fun cardiovascular workout (see page 6). **Cost = \$48** (\$43 for CareLink members) for a six-week class. **Call 586-263-5220.**
- **Tai Chi** – Low impact exercise designed to enhance balance, circulation and flexibility offered at St. John Macomb-Oakland Hospital, Oakland Center (see page 4). **Cost = \$4** (\$3 for CareLink members) per class. **Call 888-751-5465.**
- **EnhanceFitness, Tai Chi, Riverview Racers and Hustle Group** – St. John Riverview Senior Wellness Center in Detroit on East Jefferson offers several

fun and FREE group exercise options (see page 6). **Call 888-751-5465.**

- **Additional Diagnosis-Related and Healing Arts Center Exercise Classes** – Many St. John Providence Health System sites offer exercise options through our Healing Arts Centers and exercise options designed for those with specific health challenges, such as cardiac, PAD and diabetes. Plus, most of these classes offer a CareLink discount. **Call 888-751-5465 for an updated CareLink Benefit & Discount Flyer.**

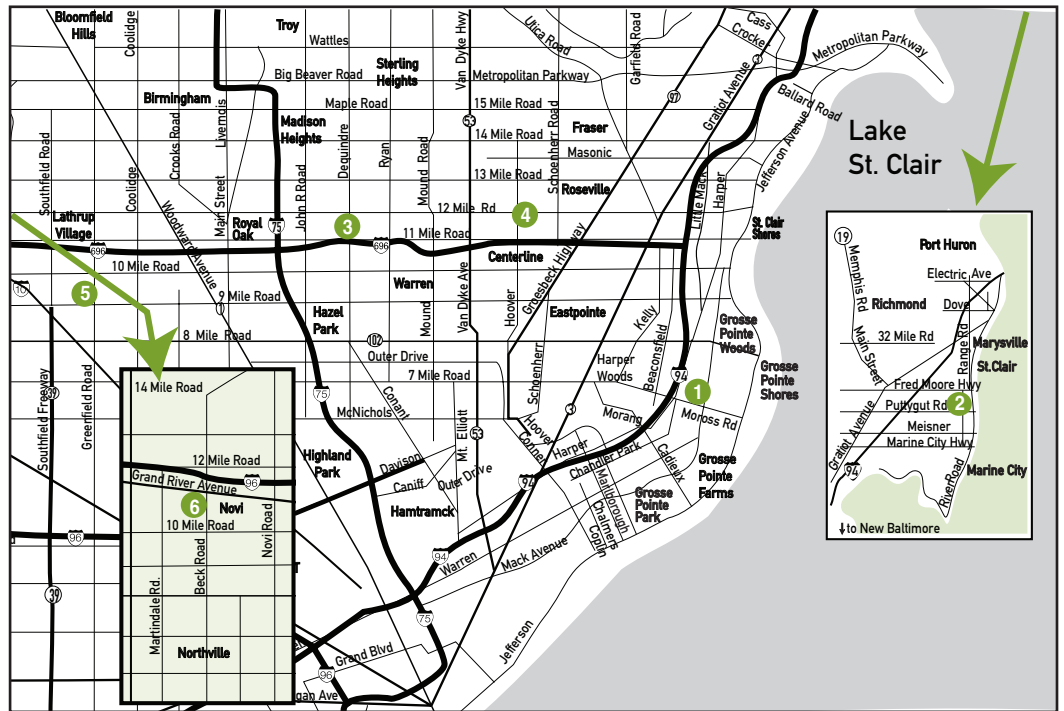
For those who prefer some individual exercise guidance, we offer:

- **Individual Personal Training** – One-on-one instruction on flexibility, strength training and cardiovascular exercises that will move you to a healthier you. Work with a personal trainer to create a unique and individualized exercise routine addressing your individual needs and situation. A personal trainer can reduce your risk of injury while improving the effectiveness during your exercise time. **Cost = \$50** (\$45 for CareLink members) for one hour individual sessions. **Call 800-711-8150.**

Remember, being active plays an important role in helping you manage health conditions, decreasing your weight, lowering blood pressure, reducing pressure on your joints, lessening arthritis pain and increasing your overall quality of life. Why wait?

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

Father Murray Nursing Center
8444 Engleman
Center Line, MI 48015
586-755-2400

1-888-751-5465

Eastwood Clinics
St. John Hospice
St. John Home Care
Father Murray Nursing Center
Providence Park Hospital
Providence Hospital
Oakland Center
Macomb Center
St. John Macomb-Oakland Hospital
St. John River District Hospital
North Shores Campus
St. John Hospital and Medical Center

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