



CareLink NewsBriefs

October - November 2009

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

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SJHS Vision

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

Leading-edge technology used for diabetes teaching

The Diabetes Programs at St. John Health System purchased leading-edge technology, called I-Pro, which provide patients and their physicians with over 800 glucose (sugar) readings in a 72 hour period. "I-Pro" is a Professional Continuous Glucose Monitoring System (CGMS) consisting of a sensor attached to a tiny transmitter that is about the size of a quarter. The sensor is inserted in seconds through a virtuously painless needle poke by a Certified Diabetes Educator (CDE). The needle is removed and the sensor is worn for 72 hours, recording 288 glucose readings per day, as the patient goes about their usual activities.

Three days later, the patient returns to the Diabetes Department where the device is removed as easily as a band-aid. The transmitter is downloaded and a report is generated that includes information from a three day food diary, blood sugar meter checks, exercise and diabetes medication. This data is shared with patients as part of their diabetes self-management education and sent to physicians who may use it to guide medication adjustments. Research demonstrates that collaborative care involving patients, their physicians and diabetes educators (nurses, dieticians, pharmacists and physicians specializing in diabetes self-management education) helps to improve the lives of patients with diabetes significantly.

Are you a candidate for I-Pro*? Talk to your St. John Health System physician or a member of the St. John Diabetes Education Department to find out more:

- St. John Hospital: 313-343-6830
- St. John Macomb-Oakland Hospital: 586-573-5740
- Providence Hospital: 248-849-4880

Come walk with us!

The American Diabetes Association's Step Out walk to fight diabetes is on Saturday, October 10th, 8:30 a.m. at the Detroit Zoo. Join either the St. John Health System team or the St. John Macomb-Oakland CareLink Cruisers team. For more information or to register for this event, call 1-248-433-3830 or visit www.diabetes.org

* Note:

Medicare and most major insurance companies are covering two I-Pro evaluations per year. To determine if you have coverage, call the number on the back of your insurance card and inquire about CPT codes 95250 and 95251.

See page 4 or 6 for pre-diabetes lectures.

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

LeaAnne A. Ivory

One in nine!

One out of nine women develops breast cancer. If someone you love is diagnosed, she'll want the most comprehensive care.

Liggett Breast Center (LBC) has the latest technology and a vast array of resources in one location. Inside the Van Elslander Cancer Center (SJH&MC campus), LBC uses digital imaging for mammography and breast ultrasound. Services also include stereotactic, ultrasound and MRI guided core biopsies.

Equally important, our treatment focuses on the individual. Investigation of early changes within the breast, and treatment options are geared to each woman's unique needs. A Breast Care Coordinator and Nurse Navigator guide patients through additional appointments, biopsy scheduling, physician visits and treatment. Whatever the needs, our breast care specialists are with you each step of the way.

LBC is accredited by the American College of Radiologists as a Breast Center of Excellence. Plus, we're backed by the nationally recognized St. John Health System Breast Care Program, a network of experts and technology providing access to research, clinical trials, genetic counseling and healing support for the mind, body and spirit.

Whether it's your routine mammogram or something potentially more serious, LBC services are offered Monday - Friday with some evening hours and select Saturdays.

For more information, call 313-647-3343, or call St. John SeniorLink for additional mammography locations.

Join us on November 2 for CareLink Lunch & Learn: "Art as Therapy" (see page 5) to learn more about how art is used as one of many healing therapy resources through the Van Elslander Cancer Center.

St. John River District Hospital (SJRDH)

Diana Morrison

What is pre-diabetes?

Have you been told you have pre-diabetes, impaired glucose tolerance or impaired fasting glucose by your doctor after a blood glucose (sugar) test? If so, do you know what this means? Actually, these terms are the same and are flags for developing diabetes. Unfortunately, they can mean you may already suffer from the adverse health effects of this serious condition before you actually have the diagnosis.

Pre-diabetes is when blood glucose (sugar) levels are higher than normal, but not yet high enough for a diagnosis of diabetes. Can you do something about it now rather than waiting until you are officially "diabetic?" Yes you can! If you take action to manage your blood glucose level when you have pre-diabetes, research shows you can delay or even prevent type 2 diabetes.

To learn more, join us for our next Pre-Diabetes class at SJRDH on October 7 (see page 6).

Join us on October 1 at St. John Medical Center - Macomb Township for "Pre-Diabetes: Know Your Risks & Cautions" with Beth Theisen, Clinical Dietitian, SJH&MC (see page 4).

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

Janet Silvestri

What is palliative care?

According to computer resource, Wikipedia, the word "pal-li-a-tive" comes from the Latin word, palliare, to cloak. It is defined as, "any form of medical care or treatment that concentrates on reducing the severity of disease symptoms, rather than striving to halt, delay, or reverse progression of the disease itself or provide a cure." The goal is to prevent and relieve suffering and to improve quality of life for people facing a serious, complex illness.

Is this the same as hospice care? No, hospice care is dependent on a terminal diagnosis or a life-ending illness with a life-expectancy of less than six months. Palliative care does not mean death is imminent. It is offered in conjunction with curative and all other appropriate forms of medical treatment. Palliative care should not be confused with *hospice care* which delivers comfort care to those at the end of life.

Join us on October 22 at 10 a.m. for “Palliative Care: Improving Quality of Life for People Facing Serious Illness”, with Nancy Mason, RN, NP (see page 4).

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

Sue Davis

Stress management

Retirement may be considered the “golden years”, but they are not stress free. While a certain amount of stress keeps life interesting, too much can adversely affect physical and mental health. It’s important to recognize and manage stress before it becomes harmful.

Symptoms of stress can include headaches, upset stomach, over sleeping/insomnia, increased/worsening chronic conditions, over/under eating, anxiety, irritability, forgetfulness, confusion and hopelessness. Consider a few techniques for managing stress and find out what works for you:

- exercise (walk, dance, yoga, Tai Chi)
- breath deeply (slowly inhale through your nose, hold it and exhale through your mouth - each for a five count)
- think positively
- don’t demand too much of yourself and ask for help
- be flexible and accept what you can’t control
- make time to relax and socialize
- refresh your spirit
- laugh and let yourself cry

- avoid substance abuse
- maintain good nutrition
- get adequate sleep

To reduce stress, consider joining one of our mall walking groups (see page 7) or take a Tai Chi class (see page 4).

Providence

Kathy Zaguroli

Patients seek your donations

During serious illness, patients are often anxious, feel low and may be in pain. Palliative Care (comfort care while people are receiving aggressive curative treatment) provides Comfort Carts on each patient unit at Providence Hospital and Providence Park Hospital to offer relaxation items. Your donation of music, hand-made blankets or gently-used magazines can help to lift a person’s spirits. CD’s of any variety of music are a welcome contribution.

Last year, numerous community members responded to our CareLink request and generously donated nearly 200 beautiful hand-made blankets. These blankets have brought hours of comfort to patients who received them and to the families of those whose loved ones have passed on. Our supplies are limited again. Knitted, crocheted, quilted or fleece blankets (from 4’x4’ to 5’x6’) are ideal.

We also have volunteers who distribute gently used magazines and paperback books to patients and families. So, don’t toss them away. Simply bring any donations to Volunteer Services, or the main lobby desk of the hospital, and we’ll ensure they are shared with our patients in need. Be sure to leave your name and address so we can send a thank you letter. For more information, call Volunteer Services at 248-849-8627 in Southfield or 248-465-4095 in Novi.

Join us on November 11 at Providence Hospital for CareLink Lunch & Learn “Palliative Care - Comfort Care during Difficult Times” (see page 5)

CareLink Lunch & Learn

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

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

14 Wednesday 10:45 a.m. Lunch
11 a.m. - 12 noon Lecture

Skin Cancer

Providence Hospital, Fisher Auditorium

Learn about new screening techniques, diagnostic procedures and treatments.

Presenter: Barry Auster, MD, Dermatologist on staff at Providence Hospital

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

Healthy Eating

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

Presenter: Kim Gottesman, RD, CNSD, SJMOH

1 Thursday 10:30 - 11:30 a.m.
Pre-Diabetes: Know Your Risks & Cautions

St. John Medical Center-Macomb Twp., Medical Office Building, Third Floor Conference Room

Pre-diabetes can be a silent condition, but damage to your heart and circulatory system may be started. However, lifestyle changes may help delay or even prevent the onset of type 2 diabetes. Learn what to watch for, risk factors and when to seek assistance.

Presenter: Beth Theisen, Clinical Dietitian, Diabetes Education Program, SJH&MC

7 Wednesday 10 - 11 a.m.
(8 consecutive Wednesdays, October 7 - November 18)

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

8 Thursday 8:30 a.m. - 1:30 p.m.

Senior Expo 200

Assumption Cultural Center, St. Clair Shores

St. John Health System is a proud sponsor of this fun-filled, **FREE** event with lunch provided. See page 6 for details and consider joining us "off site" with Senior Expo.

22 Thursday 10 a.m. - 12 Noon
Palliative Care: Improving Quality of Life for People Facing Serious Illness

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

The goal of palliative care is to prevent and relieve suffering and to improve quality of life for those facing serious illness. Join us to learn more about this compassionate service.

Presenter: Nancy Mason, RN, Nurse Practitioner, Palliative Care, SJMOH

CareLink Lunch & Learn

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

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

2 Monday 1:30 a.m. Lunch
Noon - 1 p.m. Lecture

Art as Therapy

Van Elslander Cancer Center at St. John Hospital, 3rd Floor Conference Room, Suite 35

Did you know the creative process of art can improve and maintain emotional health and well-being? Learn and experience how art is used as a therapy in clinical settings to increase insight and cope during times of stress. Free valet parking provided.

Presenter: Diane Marx, Artist in Residence Program, The Zoe Foundation for Infusion Art Therapy & Van Elslander Cancer Center at SJH&MC

11 Wednesday 10:45 a.m. Lunch
11a.m. Lecture

Palliative Care – Comfort Care During Difficult Times

Providence Hospital, Fisher Auditorium

Learn about the latest techniques for providing patients with quality comfort to supplement pain and symptom management during serious illness. We will also discuss options for continue comfort-focused care including discussing living wills.

Presenter: Jeanne Aichele, Adult Nurse Practitioner in Palliative Care, Providence Hospital

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

Depression

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

Presenter: Gurpreet Singh, DO, on staff at SJMOH

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

Carotid Artery Disease

St. John Medical Center-Macomb Twp., Medical Office Building, Third Floor Conference Room

With or without symptoms, carotid arteries can narrow, block oxygen to the brain and place you at risk for a stroke. Learn more about risk factors, symptoms, diagnostic tests, lifestyle modification and treatment options.

Presenter: Gerald Cohen, MD, Cardiologist and Medical Director, Non-Invasive Cardiology, SJH&MC

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

Shoulder Pain & Treatment Options

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

Do you have shoulder pain during sports, exercise or daily living activities? If so, learn about common causes of shoulder pain, managing the pain and possible treatment options. Valet parking pass provided.

Presenter: Shariff Bishai, DO, Orthopedic Surgeon on staff at SJH&MC

19 Thursday 10 a.m. - 12 Noon

Rhythm Disorders

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

Heartbeat disorders are common. They affect the daily quality of life with symptoms of palpitations, fatigue, shortness of breath and occasionally loss of consciousness. Treatment of arrhythmia will be discussed and our state-of-the-art electrophysiology services. Join us to get your answers to common arrhythmia issues.

Presenter: Sohail Hassan, MD, Eastside Cardiovascular Medicine, P.C.

Join us for our
Second Chance (SC) Heart Club Supper
on Wednesday, November 11, 5 - 7 p.m.

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

Topic: Living Mindfully to Manage Stress

Presenter: Sharon Rose, LMSW, ACSW, CAAC,
Psychotherapist, St. John Eastwood Clinics

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

This event includes the lecture, information about
our SC Heart Club, low-cost dinner option in the
Moross Market Café and an optional support/
networking group meeting following dinner.

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.

St. John Health System is pleased to sponsor

Senior Expo 2009

at Assumption Cultural Center
21800 Marter Road, St. Clair Shores

Thursday, October 8 – 8:30 a.m. - 1:30 p.m.

- welcome from Dr. Frank McGeorge,
WDIV's Good Health reports
- vendor exhibits
- free lunch
- entertainment
- variety of health & wellness screenings

Pre-registration is not required for this free event.
For more information, call Assumption Cultural
Center at 586-779-6111.

"55 or Better" Health & Wellness Lectures

CareLink is sponsoring new lectures in partnership
with Macomb Township Parks & Recreation (MTPR):

- **Nutrition & Digestive Health** – September 16
- **Suffer from Neck, Back or Spine Pain?** – October 21
- **Health & Weight: Stay on Track Over the
Holidays** – November 18

These free lectures are now held the **third
Wednesday monthly** from 10 - 11 a.m. at the
Marvin Blank Senior Center (23 Mile Road, just
east of Romeo Plank behind the fire station). Call
St. John SeniorLink for a flyer, or call MTPR to
register at 586-992-2900.

Pre-Diabetes Class

Wednesday, October 7, 7 - 9 p.m.

At St. John River District Hospital, Meeting Room 1

Cost: \$20 (\$15 for CareLink members)

For information or to register, call 810-326-4700.
Or, call St. John SeniorLink for additional locations
for these classes at 1-888-751-5465.

Mall walking groups

St. John 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 monthly blood pressure
screenings on the 3rd Wednesday of each month
from 8 - 10 a.m. located in the Food Court
- **Eastland Mall:** free monthly 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

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

Registration required: 1-888-751-5465

Call for dates and locations.

St. John Health System offers a variety of ongoing programs:

- specialized and medically supervised exercise programs
- minimally invasive surgery
 - healing arts classes
 - diabetes management
 - nutrition counseling
- lap band surgery for obesity
- blood pressure checks
- low vision program
 - Tai Chi
- support groups on a wide variety of topics and much more

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



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.

There's no place like home.

That's why St. John Home Care provides health care services in the comfort of the patient's home. Our staff includes RNs, therapists, home health aides, pharmacists, nutritionists and social workers who are available to help with your home care, hospice or infusion needs. We are the largest faith-based home health care agency in Southeast Michigan and have been providing top quality home care for nearly twenty years.

Visit stjohn.org/homecare or call 800-248-2298 for more information.



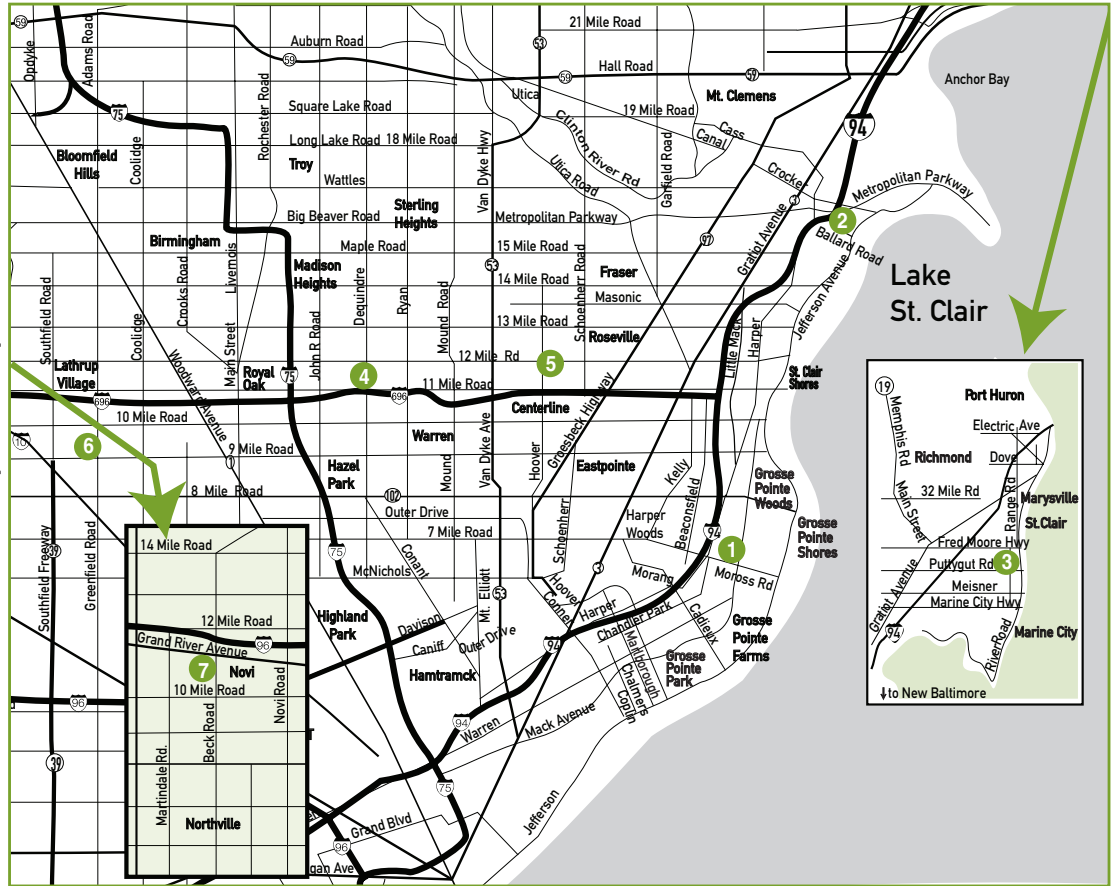
ST. JOHN
HOME CARE

A P A S S I O N f o r H E A L I N G

St. John 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 North Shores Hospital**
26755 Ballard Rd., Harrison Twp.
LeaAnne A. Ivory, 586-465-5501
3. **St. John River District Hospital**
4100 S. River Rd., East China Twp.
Diana Morrison, 810-329-7111
4. **St. John Macomb-Oakland Hospital, Oakland Center**
27351 Dequindre, Madison Heights
Sue Davis, 248-967-7000
5. **St. John Macomb-Oakland Hospital, Macomb Center**
11800 E. Twelve Mile Rd., Warren
Janet Silvestri, 586-573-5000
6. **Providence Hospital**
16001 W. Nine Mile Rd., Southfield
Kathy Zaguroli, 248-849-3000
7. **Providence Park Hospital**
47601 Grand River, Novi
Kathy Zaguroli, 248-465-4100

1-888-751-5465



1-888-751-5465

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



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