

CANCER AND HEART CARE ENHANCED WITH ROVING PET/CT SCAN

A medical device on wheels is helping St. John Health doctors better diagnose and treat cancer and heart disease. St. John Health is one of the first health systems in the state to offer a mobile PET/CT scanner. PET/CT is one of the most advanced diagnostic technologies available. The mobile PET/CT scanner is available at three St. John Health sites on a rotating basis: St. John Hospital and Medical Center in Detroit, St. John Macomb Hospital in Warren, and Providence Park Medical Center in Novi.



The technology combines images from the highly sensitive PET scan, which detects changes in the way cells behave, with detailed pictures of internal anatomy from the CT scan. After the scans are obtained, computer manipulation allows the two exams to be viewed independently, or in a superimposed form. The combined image shows precisely where abnormalities exist, making earlier cancer and heart disease diagnosis possible along with accurate staging and more precise treatment and monitoring. The image can also be used to detect recurrence of cancer, more clearly revealing tumors that may otherwise be obscured by scarring that results from therapy, especially in the head and neck areas.

“By offering this advanced outpatient diagnostic tool in three different counties, St. John Health is ensuring that patients throughout metropolitan Detroit have increased access to the very latest technology while remaining close to home,” says James Tucci, MD, chief medical officer for St. John Health.

A physician’s referral is required for the procedure to be performed. Scans can be scheduled by calling 1-866-667-7226.

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Tests for colon or prostate cancer also need to be done by a physician. Both are recommended beginning at age 50, but men at higher risk may want to begin these tests earlier. Talk to your doctor about your risk, and the appropriate age at which to begin screening.

Lifestyle choices

For the majority of Americans who do not smoke, eating a healthful diet and being physically active are the best ways to reduce cancer risk. In fact, about one-third of cancer deaths in the United States each year are due to unhealthy diet and insufficient physical activity.

Smoking contributes to dozens of illnesses and is the most preventable cause of death, causing one in five deaths each year. It directly causes lung cancer and has been linked to mouth, pharynx, larynx, esophagus, pancreas, kidney, bladder and colon cancer. If you smoke, talk to your doctor about quitting. It’s one of the best things you can do to improve your health.

Source: American Cancer Society

MANAGING YOUR MIGRAINES: A THREE-STEP PLAN

If you are one of the 28 million Americans who suffer from migraines, here’s a three-step plan to help you manage them.

Step 1: Is your headache a migraine?

Migraines are characterized by intense, throbbing or pulsating pain, usually on one side of the head, accompanied by nausea and vomiting, with sensitivity to light, sound, or odors. Some people also experience an aura such as jagged lines or flashing lights, visual or hearing hallucinations, or taste, smell or touch disruptions. Migraines usually last from 4 to 72 hours if untreated.

A number of these symptoms may indicate that your headache is a migraine; to find out for sure, talk with your doctor.

Step 2: Keep a diary

A migraine diary can identify triggers and help your doctor determine the best treatment.

Record:

- Date and time headache began and ended
- Warning signs before the attack (aura)
- Location, intensity and type of pain (pressing, throbbing, piercing)
- Other symptoms (nausea, vomiting, sensitivity to light)
- Hours of sleep before the headache
- Changes in weather conditions
- Other possible triggers (skipped meals, menstruation, stress, foods)

Step 3: Get the Right Treatment

Treatment for migraines may include prescription or over-the-counter medications taken at the sign of symptoms or taken on a regular basis to help avoid symptoms. Anti-nausea medicines may relieve accompanying nausea. Talk with your doctor about the right treatment for your symptoms.

For information about our Chronic Headache and Migraine Institute, visit us at realmedicine.org/migraineute.

Sources: WebMD.com, National Headache Foundation

WHAT’S YOUR CANCER RISK?

Find out today with St. John Health’s free online cancer risk assessment. It takes just a few minutes and could change your life.

Visit realmedicine.org/cancerrisk

ST. JOHN HEALTH HOSPITALS NEAR YOU

St. John Hospital and Medical Center

22101 Moross Road
Detroit, MI 48236
313-343-4000

Providence Hospital

16001 West Nine Mile Road
Southfield, MI 48075
248-849-3000

St. John Detroit Riverview Hospital

7733 East Jefferson Avenue
Detroit, MI 48214
313-499-4000

St. John North Shores Hospital

26755 Ballard Road
Harrison Township, MI 48045
586-465-5501

St. John Oakland Hospital

27351 Dequindre Road
Madison Heights, MI 48071
248-967-7000

St. John Macomb Hospital

11800 East Twelve Mile Road
Warren, MI 48093
586-573-5000

St. John River District Hospital

4100 River Road
East China Township, MI 48054
810-329-7111

For more information, visit realmedicine.org.