

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.

Heart matters at St. John Providence Health System

St. John Providence Health System (SJPHS) Heart and Vascular Center of Excellence is a network of top cardiac physicians, specially trained cardiac nursing and clinical staff located at three outstanding heart hospitals and multiple outpatient sites throughout Southeastern Michigan working together to provide the latest in heart and vascular care.

Recognized for excellence

St. John Providence excels in cardiovascular surgery and intervention, peripheral vascular intervention and heart rhythm management. We are the only health system in the state with three Blue Distinction Centers for Cardiac Care as recognized by the Blue Cross Blue Shield Association.

We are proud of the launch of one of our newest programs, The Gretchen C. Valade Cardiovascular Hybrid Laboratory and Minimally Invasive Structural Heart Program at St. John Hospital and Medical Center. This program includes an integrated (hybrid) operating room/cardiac cath lab. This lab allows us to provide the latest transcatheter valve therapies, combining surgical and interventional techniques.

Advancing heart care through research

The SJPHS Heart and Vascular Center of Excellence has an extensive research program providing our physicians access to the very latest therapies, devices and interventional techniques.

We continue to explore research for innovative, non-surgical alternatives to surgery for patients who are at high risk, or are ineligible, for open heart surgery.

Cardiology Specialty Clinics

Some conditions present special cardiology challenges and our Heart and Vascular Center of Excellence addresses these at the Cardiology Specialty Clinics located at the Providence Heart Institute. The Cardiology Specialty Clinics focus on:

- adult congenital heart disease
- advanced heart failure and transplant
- multidisciplinary valve
- resistant hypertension
- heart and vascular screening
- lipid
- pacemaker/ICD
- pulmonary hypertension
- atrial fibrillation

For more information about any of our heart and vascular services, please call SJP SeniorLink at 1-888-751-5465.

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

Janet Silvestri

Diabetes and your eyes

Diabetic retinopathy is a serious eye condition associated with diabetes where the blood vessels supplying the retina block or leak and affect your vision. Unusual changes in blood sugar levels from uncontrolled diabetes can affect the lens inside the eye. This can result in short-term blurred vision which comes and goes throughout the day depending on your blood sugar levels. Long-term diabetes can cause the lens to cloudy, which is called a cataract.

Not everyone who has diabetes develops eye complications. To reduce your risk if you are diabetic, work with your physician to control your blood sugar, blood pressure and cholesterol levels. Keeping fit, maintaining a healthy weight and giving up smoking are all part of good diabetes control. Smoking increases your blood pressure and raises your blood sugar levels, making it harder to control your diabetes. Early detection with regular retinal screenings and treatment by your ophthalmologist can prevent sight loss.

Join us on March 22 at 10 a.m. for “Diabetes and Your Eyes” presented by Chris Raptis, MD, Ophthalmologist on staff at SJMOH (see page 5).

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

LeaAnne A. Ivory

SJH&MC first in Michigan

As a nationally recognized leader in cardiovascular care, SJH&MC enrolled the first patient in Michigan for a global, multi-center, randomized clinical trial. The trial will evaluate the effectiveness of the Moxy™ Drug Coated Balloon for the treatment of peripheral arterial disease (PAD), or reduced blood flow to the limbs. Thomas Davis, MD, Interventional Cardiologist, performed the case.

As one of 55 centers worldwide, SJH&MC will help investigate whether the Moxy balloon is more effective than standard angioplasty in keeping leg arteries open and free from re-blockage over time. This trial, one of the largest peripheral vascular studies ever conducted, expects to follow 476 patients with diseased leg arteries over five years.

“The potential opportunity to treat PAD without the use of a permanent implant is exciting. If the results of this trial are positive, we feel it could significantly change the way PAD is treated in the future,” said Dr. Davis. **For more information about this trial, call 313-343-7536.**

Join Dr. Davis at SJMOH,MC for “Peripheral Artery Disease” on February 23 at 10 a.m. (see page 4).

Providence Hospital Providence Park Hospital

Kathy Zaguroli

Heart screening now at Novi

Providence Park in Novi is pleased to announce the availability of the Heart and Vascular Screening Clinic on site. For those of you who may be unfamiliar with these clinics, they have operated at several St. John Providence Health System hospitals for nearly two years and have been a huge success! In addition to our other sites, the Heart and Vascular Screening Clinic at Providence Park offers a full panel of eight different diagnostic tests to identify cardiovascular risk factors (see page 6).

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

Generally, insurance does not cover the cost of screenings such as these, but the entire battery of tests are available at the Heart and Vascular

Screening Clinic for only \$75. CareLink members receive a 20% discount, paying only \$60. Since cardiovascular disease can actually be prevented or lessened by reducing individual risk factors, most consider this cost an investment in their peace of mind.

The new clinic at Providence Park is located in the Heart Institute (2nd Floor – Outpatient Center). Appointments may be made by calling 248-849-2000.

St. John River District Hospital (SJRDH)

Diana Morrison

Wound care facts

Many wounds are superficial and only require local first aid. Deeper wounds require medical attention to prevent infection and loss of function due to potential damage to underlying structures like bone, muscle, tendon, arteries and nerves. Medical care for wounds helps prevent complications and preserve function.

Almost six million Americans suffer from problem wounds. Some are associated with complications from diabetes and others are related to vascular disorders. Other types include pressure sores and traumatic wounds. Healing these wounds can be very frustrating and time consuming.

Hyperbaric oxygen therapy (HBOT) is an effective treatment to help heal wounds. In HBOT, the patient breathes in 100% oxygen inside a pressurized chamber. This delivers high concentrations of oxygen to the bloodstream quickly to assist the healing process and fight certain types of infections. HBOT stimulates new blood vessel growth and improves circulation.

For more information about this treatment, call the Center for Wound and Hyperbaric Medicine at 810-329-7111.

Join us for “CareLink Lunch & Learn: Love the Skin You’re In” on March 21 at 11:45 a.m. with Jackie Ponessa, RN, SJRDH (see page 5).

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

Sue Davis

Ouch! – I’ve got gout

Gout, a type of arthritis, is one of the most frequently recorded medical illnesses throughout history. It’s often related to an inherited inability to process uric acid. High levels of uric acid form crystals which settle in joint fluid and lining, usually in toes, feet, ankles, knees, wrists, fingers and elbows. This causes a rapid onset of pain, followed by warmth, swelling, reddish discoloration and tenderness.

In addition to heredity, other risk factors include obesity, excessive weight gain (especially in youth), moderate to heavy alcohol intake (particularly beer and liquor), eating foods high in chemicals called purines, high blood pressure and abnormal kidney function. While more common in males, post-menopausal women are also at risk.

Treatment for gout attacks may include corticosteroids, ibuprofen or other non-aspirin anti-inflammatory medications to reduce inflammation and manage pain. Long-term treatment includes adequate fluid intake, a low-purine diet and medications to reduce uric acid.

See your doctor for diagnosis since other arthritic conditions and joint infections can mimic gout.

Join us for “CareLink Lunch & Learn: Ouch! – I’ve Got Gout” on February 15 at 11:45 a.m. with Gary Langnas, DO on staff at SJMOH (see page 4).

February

Pre-registration recommended

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)

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

Ouch! I've Got Gout

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

Gout is one of the most frequently recorded medical illnesses throughout history. Learn more about the causes, diagnosis, treatment and how to live with this painful form of arthritis.

Presenter: Gary Langnas, DO, Internist and Geriatrician on staff at SJMOH

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

Chronic Health Challenges

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

Whether your illness is or is not life-threatening, managing a long-standing health issue is draining. Learn tips to cope with chronic illness, how to attend to your spiritual and emotional needs during this time and what resources might be helpful to you and those you love. Valet pass provided.

Presenter: Kathy Blazoff, RN, ANP-BC, AOCNP, ACHPN, Nurse Practitioner, Palliative Medicine, SJH&MC

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

Ladies: Laugh More, Leak Less

Providence Park, Novi: Conference Rooms A & B

Women, don't accept urinary incontinence as a normal part of aging. It can worsen as we age, so join us to learn more about types of incontinence, treatment options and coping strategies.

Presenter: Gynecologist on staff at Providence and Providence Park Hospitals

21 Tuesday 10 - 11 a.m.

ER vs. Urgent Care vs. Doctor's Office?

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

With injury or sickness, should you seek treatment through a doctor's office, urgent care or ER? The correct decision can make a critical difference in outcomes and timely treatment. Learn how to decide depending on the situation and the type of injury. Plus, learn tips to avoid common accidents. Refreshments provided.

Presenter: Victor Abuel, MD, Emergency Medical Physician and Medical Director, Emergency Department, St. John Medical Center - Macomb Township

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

Atrial Fibrillation

Providence Hospital, Southfield, Fisher Auditorium

Learn about Atrial Fibrillation (AF), the most common abnormal heart rhythm, and the treatments available. Some people with AF have no symptoms and are unaware of their condition. The likelihood of developing AF increases with age and increases your risk of stroke – so join us to learn more.

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

23 Thursday 10 - 11:30 a.m.

Peripheral Artery Disease

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

Do you have pain in your legs when you walk? Does it go away when you rest? This is a symptom of Peripheral Artery Disease (PAD). Learn how PAD is related to your risk of stroke and heart disease, and how it is diagnosed and treated.

Presenter: Thomas P. Davis, MD, Cardiologist on staff at SJMOH

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)

21 Wednesday 11:30 a.m. Lunch
Noon - 1 p.m. Lecture

Love the Skin You're In

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

Join us to learn tips for caring for your skin and preventing wounds. When to seek medical attention for wounds and some treatment tips will be shared.

Presenter: Jackie Ponessa, RN, SJRDH

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

Getting a Good Night's Rest?

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

Is getting a good night's rest a problem? Do you fall asleep watching TV, but can't sleep when you move to bed, or wake-up with racing thoughts? Learn how to improve your sleep habits and adjust to losing that hour with daylight savings time. Valet pass provided.

Presenter: Emad Alatassi, MD, Sleep Medicine Physician, Pulmonologist and Internist on staff at SJH&MC

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

Manage Your Medications!

Providence Park Hospital, Novi, Conference Room A

Take an active role in the selection, cost and organization of your medications. Learn the benefits and drawbacks of over-the-counter medications, generics and name brands, and about possible interactions. Find out about coupons, possible cost savings and organizational tips.

Presenter: Heidi Schmid, PharmD, St. John Providence Retail Pharmacies

20 Tuesday 10 - 11 a.m.

Label Reading & Healthy Food Options

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

Don't be overwhelmed. Label reading is not difficult and helps you select healthier products for your home. Join us for food label reading tips and how to assess the nutritional value of your foods.

Refreshments provided.

Presenter: Suzanne Povinelli, RN, Faith Community Coordinator, St. John Community Health

22 Thursday 10 - 11:30 a.m.

Diabetes and Your Eyes

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

Uncontrolled diabetes can have serious adverse effects on your vision. Join us to learn about the symptoms, risks and treatment options available.

Presenter: Chris Raptis, MD, Ophthalmologist on staff at SJMOH



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
Basic Computer

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 4-week class is for you. Learn how to send and respond to email, how to access the internet and find information. Space is limited to 6 participants.

Tai Chi for Seniors

Wednesdays: 1:30 p.m. - 2:30 p.m.

This ongoing class concentrates on using Tai Chi movement to increase balance and strength for the mature exerciser. Pay as you go, \$3 per class.

Blood Pressure Screening

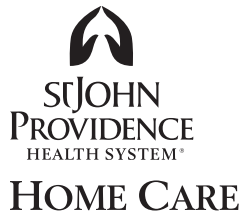
Tuesdays: 10 a.m. - 12 Noon

- February 7
- March 6

There's no place like home.

That's why St. John Providence 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 stjohnprovidence.org/homecare or call 800-248-2298 for more information.



A PASSION for HEALING

Heart & Vascular Screening Clinics

Early diagnosis is key. Simple, non-invasive tests are available to diagnose heart and vascular disease – even for those without symptoms. The H&VS Clinics offer a full panel of diagnostic tests to identify cardiovascular risk factors including:

- cholesterol and diabetes blood work
- blood pressure check
- electrocardiogram (EKG)
- body mass index (BMI)
- ankle brachia index (ABI) — shows how well blood is flowing to arms and legs
- carotid ultrasound — shows blood flow to the brain
- abdominal aorta ultrasound — checks for aneurysm

This entire series of tests takes about an hour. Then, these results are combined with an individual's medical history and lifestyle questionnaire to develop a coronary risk profile. Within a couple of weeks, our clinic mails out the individual's risk profile and test results to their home to share with their primary care physician.

This extensive screening is available to CareLink members for only \$60 (regularly \$75)! Consider investing in a solid assessment of your heart health through our Heart & Vascular Screening Clinics by calling 1-866-501-3627. Don't forget to mention you are a CareLink member.

Clinic locations include:

- Providence Hospital, Southfield
- Providence Park Hospital, Novi (new location see page 2)
- St. John Hospital and Medical Center, Detroit
- St. John Macomb-Oakland Hospital, Macomb Center, Warren
- St. John River District Hospital, St. Clair

Hip and Knee Pain Seminars

Haven't got time for the pain? Do you think arthritis pain is a part of getting older? No way! Attend a 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 8: 1 - 2 p.m. Providence Park Hospital (Novi), Outpatient Building, Conference Room E

February 23: 2 - 3 p.m. Van Elslander Cancer Center at St. John Hospital, Third Floor Conference Room

March 14: 9:30 - 10:30 a.m. Providence Hospital (Southfield), Fisher Auditorium

Registration recommended at 1-888-751-5465.

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

Spotlight on exercise

The following are CareLink sponsored exercise options:

Wednesday 10 - 11 a.m.
(9 consecutive Wednesdays, February 1 - March 28)

Tai Chi - Basic Level

St. John Macomb-Oakland Hospital, Oakland Center, Educational 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: \$36 payable at the first class (\$27 for CareLink Members)

Wednesdays 6 - 7 p.m.
(6 consecutive Wednesdays, February 1 - March 7)

Zumba Gold

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

Zumba Gold is an easy to follow, Latin-inspired dance fitness party. It is easier than basic Zumba fitness, but just as much fun! Wear comfortable clothing and aerobic/tennis shoes. Drop-ins are welcome at the first two classes only, pre-registration requested to ensure space is available.

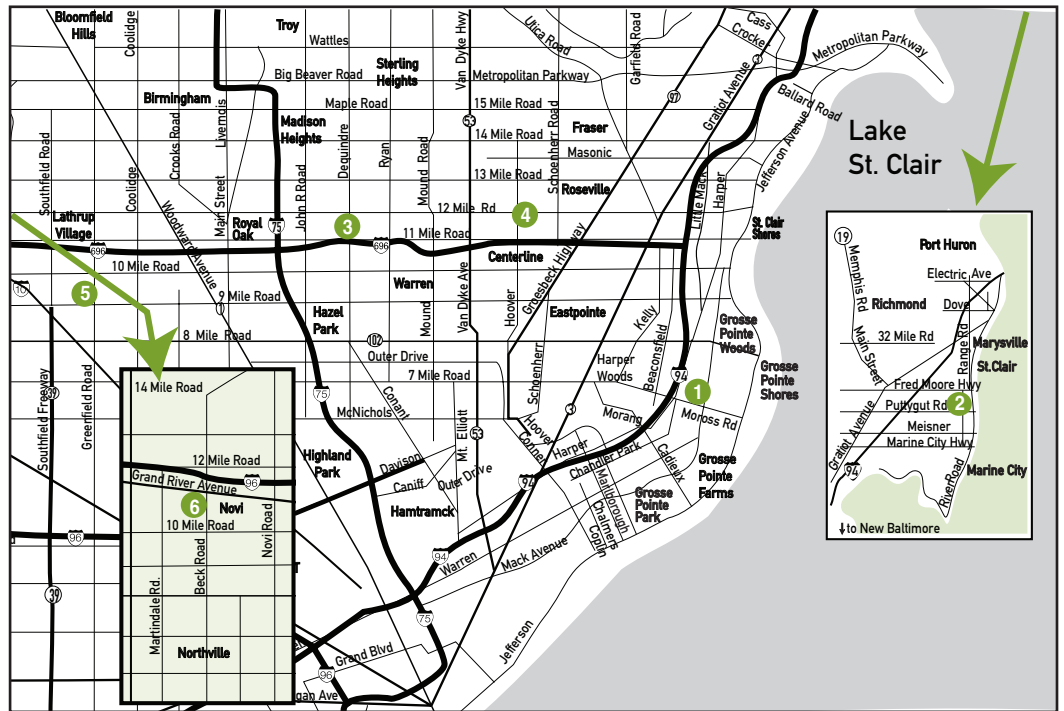
Cost: \$48 payable at the first class (\$43 for CareLink members) or \$10 drop in fee (First two classes only)

There are a variety of exercise options through St. John Providence Health System Physical Rehabilitation offering discounts to CareLink members. Call 1-800-711-8150 for more information about dates and locations for the following:

- \$6 off Pilates (6 week class)
- \$5 off Zumba Gold (6 week class)
- \$6 off Yoga (6 week class)
- \$5 off Tai Chi (6 week class)
- \$5 off Individual Personal Training (1 hour session)

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 Riverview Senior Wellness Center
7733 East Jefferson
Detroit, MI 48214
Louise Rydzewski
313-499-4035

St. John Providence 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 PROVIDENCE HEALTH SYSTEM
 St. John Hospital and Medical Center
 St. John River District Hospital
 St. John Macomb-Oakland Hospital
 Macomb Center
 Oakland Center
 Providence Hospital
 Providence Park Hospital
 St. John Providence Home Care
 St. John Providence Hospice
 Eastwood Clinics
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