



CareLink NewsBriefs

February - March 2010

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.

New Heart and Vascular Screening Clinics

Many heart and vascular problems are caused by the build-up of plaque in arteries carrying blood to the brain, abdominal organs, arms and legs. This build-up is known as atherosclerosis or arteriosclerosis, and it can lead to a heart attack, stroke or another serious problem. Early diagnosis is key, as frequently there are no signs or symptoms. The first sign of a problem for many is a major vascular event, such as heart attack, stroke or ruptured aneurysm.

Fortunately, simple, non-invasive tests are available to diagnose heart and vascular disease – even for those who have no symptoms. Our new Heart and Vascular Screening Clinics offer a full panel of tests that can identify cardiovascular risk factors. The diagnostic studies include:

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

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

Generally, insurance does not cover the cost of such screenings, but all of these tests are available for only \$75 through the Heart and Vascular Screening Clinics. **Plus, CareLink members receive a \$10 discount!** Cardiovascular disease can be prevented or lessened by reducing risk factors – \$65 is a small investment to discover a potential problem, or for peace of mind.

Schedule your Heart and Vascular Screening today! For more information or an appointment, call Providence Hospital (Southfield) at 248-849-2000, or St. John Hospital and Medical Center (Detroit) at 313-343-3595.

♥ Peek inside this issue for a variety of CareLink lectures supporting cardiovascular health. Watch for this heart symbol ♥!

Providence Hospital Providence Park Hospital

Kathy Zaguroli

New cardiac clinic opens at Providence

The Heart Institute at Providence Hospital is teaming up with Henry Ford Health System to offer another exceptional Cardiology Clinic. On the second and fourth Friday of each month, an *Advanced Heart Failure and Transplant Clinic*, will be in operation under the direction of Barbara Czerska, MD, Celeste Williams, MD, and David Lanfear, MD. We are excited about the opportunity to provide such services as an added convenience to patients and their family members.

The clinic is primarily targeted for cardiology patients who have failed to respond to prescribed medical therapies and are identified as possible transplant candidates. Also, it is designed for those patients who would benefit by an early assessment by the heart failure team in order to optimize early entry into more advanced therapy. **Appointments may be scheduled through the Heart Institute at Providence Hospital at 248-849-2000.**

In response to community requests, we are now offering CareLink lectures at Providence Park campus in Novi. We will alternate lectures on a monthly basis between Providence Hospital in Southfield and Providence Park in Novi.

Join us for “Cardiac Care: Know Your Numbers!” on February 9 at Providence Park Hospital (see page 4). ♥

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

LeaAnne A. Ivory

Keeping the beat

Rhythm disorders, like atrial fibrillation or arrhythmia, are common as we age, but can affect our quality of life. A slow or irregular beat may

cause heart palpitations, fatigue, shortness of breath or even loss of consciousness – and it increases our chance for a heart attack or stroke.

Fortunately, today we have some amazing technology for keeping the beat steady and strong:

- **pacemaker** – If a heart’s rhythm is too slow, or unreliable (skips or pauses between beats), then a pacemaker may be implanted. This small electronic device “paces” the heart using precisely timed electrical impulses to keep the heart beating regularly.
- **implantable cardioverter-defibrillator (ICD)** – If a heart beats with a dangerously fast rhythm, an ICD may be required. This implant delivers electrical impulses and/or shocks to restore the heart’s rhythm and blood flow.

Neither of these technologies provides a cure for a heart rhythm disorder, but they can provide more freedom to enjoy daily activities and even save a life. **For referral to a doctor specializing in rhythm disorders, call 1-888-751-5465.**

To learn more, join us on February 11 from 10:30 - 11:30 a.m. for “Heart Rhythm Disorders, Pacemakers & ICDs” with Ali Shakir, MD, Cardiologist and Electrophysiologist on staff at SJH&MC (see page 4). ♥

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

Janet Silvestri

Is your diet heart healthy?

Striving to choose heart healthy foods is a smart investment in your health. Foods that are good for your heart may also lower your risk of cancer and help you feel better overall.

Saturated fats, trans-fats, poly-unsaturated fats, and mono-unsaturated fats are found in many of the foods we eat, and some are actually good for the heart! Eating fiber on a regular basis is beneficial for two reasons, controlling cholesterol and weight.

Including more whole grain foods helps reach the RDA (recommended daily allowance) for fiber. Limiting salt can be challenging when shopping for foods, and using salt at the table can be a hard habit to break, but it pays off for a healthy heart. Omega-3 fatty acids and plant sterols are a must for anyone concerned with heart health. It's important to include foods rich in these nutrients regularly.

Join us on February 25 at 10 a.m. for "Heart Healthy Nutrition", with Connie Stefanski, RD, CDE, Outpatient Diabetes Program Dietitian, SJMOH-Macomb Center (see page 4). ♥

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

Sue Davis

Nutrition labels 101

Nutrition labels can help to ensure we're getting the most out of what we eat. They can help us cut back on calories, fats, cholesterol and sodium. They can help us increase nutrients that most Americans don't get enough of such as calcium, iron, fiber and vitamins A and C.

Beware of front label claims. Go straight to the nutrition facts. First check servings and serving size. They correspond to the nutritional information listed, so if you eat multiple servings, you'll need to increase calories and nutrients accordingly.

Also, check ingredients. If there's a long list of things you can't pronounce, you may want to make another selection. Look for whole grains and natural ingredients. Here's a quick guide: nutrients of 5% are low, 20% high, 40 calories are low, 100 moderate and 400+ high. To reap the full benefit of nutrition labels, interpret the information and use it to compare foods.

St. John River District Hospital (SJRDH)

Diana Morrison

A peek inside the heart

SJRDH offers leading-edge technology to capture incredibly crisp images inside a beating heart. The 64-slice CT heart scan is a non-invasive, quick and safe tool to look inside your arteries and heart. With a doctor's referral, this scan can provide information about your personal risk for heart disease.

The 64-slice CT heart scan creates 3-D images comparable to those of a cardiac catheterization. The actual scan takes five second or less with an open doughnut-shaped scanner. Within 5 - 7 days following your visit, a specially trained cardiologist and radiologist prepare a complete report for your referring physician.

SJRDH is one of four St. John Health System hospitals offering this scan. This technology is not yet covered by all health insurance. However, \$700 is a small investment to diagnose heart problems before a potential life-threatening event, or for peace of mind. For more information, call 810-329-5390.

Join us on March 17 from 10 - 11 a.m. at the Marvin Blank Senior Center (Macomb Twp.) for "Leading-Edge Technology for Your Heart." Nancy Mesiha, MD, a 64-slice certified cardiologist on staff at SJRDH will explain this amazing technology. ♥



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.**

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)

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

Ask the Pharmacist – Prescription Review

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

Presenter: Gary Hill, Pharmacist, SJMOH, Oakland Center

3 Wednesday 10 - 11 a.m.
February 3 - March 24
(No class February 17)

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

9 ♥ Tuesday 10:30-11:30 a.m.

Cardiac Care: Know Your Numbers!

Providence Park Hospital, Outpatient Bldg., Conference Rooms A & B

Advances in technology and knowledge are providing us with new and better methods of screening for heart disease and its risks. When should you be concerned that your numbers are too high or low? Come and learn about these new developments for your well-being. A tour of the Cardiac Rehabilitation area and Cardiac Diagnostic Testing area will be offered following the lecture.

Presenter: Mark Lebeis, MD, Cardiologist on staff at Providence and Providence Park Hospitals

11 ♥ Thursday 10:30 - 11:30 a.m.

Heart Rhythm Disorders, Pacemakers & ICDs

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

Learn about irregular heart beats (arrhythmia), symptoms and importance of treating a rhythm disorder. Current technology and treatment options will be explained, including pacemakers and ICDs (defibrillators). Valet parking pass provided.

Presenter: Ali Shakir, MD, Cardiologist and Electrophysiologist on staff at SJH&MC

17 Wednesday 10 - 11 a.m.

Tips for Coping with Stress

Marvin Blank Senior Center, Macomb Township*

Life presents plenty of stressful situations, but worry stresses your body and can have a negative impact on your health. Learn a variety of tips, strategies and skills to help you reduce and cope with stress in your life. Refreshments provided.

Presenter: Rebecca L. Palen, LMSW, OSW-C, GC-C, Certified Oncology Social Worker and Certified Grief Counselor, Van Elslander Center at St. John Hospital and Medical Center

25 ♥ Thursday 10 a.m. - 12 Noon

Heart Healthy Nutrition

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

Striving to choose heart healthy foods is a smart investment in your health. Learn how to make the best choices for your heart and for your health!

Presenter: Connie Stefanski, RD, CDE, Outpatient Diabetes Educator, SJMOH, Macomb Center

* New site for CareLink lectures in Macomb Township (see page 6).

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)

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

Keys to Successful Weight Loss

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

Presenter: Lynda Velanovich, RD, Program Dietitian, St. John Weight Loss Clinic, SJMOH

3 Wednesday 11 a.m. - Noon
March 3 - 24 (No class March 31)

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: \$16 payable at the first class (\$12 for CareLink members)

9 Tuesday 12 Noon-1 p.m.

Estate and Gift Planning

Providence Hospital, Fisher Auditorium

Will your assets go where you want them to upon your death? It's never too early to have a plan. Learn about the laws and opportunities to ensure your wishes are followed. Free lunch will be provided.

Presenter: Sal LaMendola, Attorney

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

Healthy Habits for Life

St. John Hospital & Medical Center, Auditorium

Learn tips to start healthier habits now to prevent diabetes, reduce stress, lose weight or increase physical activity. Even without symptoms, you could have pre-diabetes. Learn what to watch for, risk factors and when to seek assistance. Valet parking pass provided.

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

17 ♥ Wednesday 10 - 11 a.m.

Leading-Edge Technology for Your Heart

Marvin Blank Senior Center, Macomb Township*

Learn about current technology for diagnosing and treating your heart. The 64-slice cardiovascular CT scan, our non-invasive screening tool to peek inside a beating heart, will be explained. Refreshments provided.

Presenter: Nancy Mesiha, MD, Cardiologist on staff at St. John River District Hospital, St. John Hospital and Medical Center and St. John Macomb-Oakland Hospital

18 ♥ Thursday 10 a.m. - 12 Noon

Hypertension in Older Adults

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

Learn the signs and symptoms of hypertension in older adults and possible treatment options.

Presenter: Sam-Hussein H. Awada, MD, Family Medicine, on staff at SJMOH

* New site for CareLink lectures in Macomb Township (see page 6).

Join us for our
Second Chance (SC) Heart Club Supper
on Wednesday, February 17, 5 - 7 p.m.

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

Heart Healthy Food, Cooking Tips and Demonstration

Presenters: Chef Caleb Cook, Manager, Retail
Services and Beth Theisen, Clinical Dietitian,
Diabetes Education Program, SJH&MC

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.

CareLink programs at St. John Medical Center- Macomb Township moved

Our monthly CareLink program at St. John
Medical Center-Macomb Township relocated to
the Marvin Blank Senior Center starting in
February 2010. Programs are now sponsored by
CareLink in partnership with Macomb Township
Parks and Recreation the third Wednesday
monthly, from 10 - 11 a.m. Marvin Blank Senior
Center is located at 19925 23 Mile Road, 1 mile
east of Romeo Plank Road, behind the fire station.

Mark your calendar and join us for:

- **Tips for Coping with Stress** - February 17
- **Leading-Edge Technology for Your Heart** -
March 17
- **Quick Action Saves Lives** - April 21

See pages 4 - 5 for more details. Pre-registration
recommended at 1-888-751-5465.

CareLink's 2010 Hunt for Health

Did you realize CareLink provides free health
programs designed for those "55 or better?" Each
month you can take advantage of many health and
wellness programs at sites throughout St. John
Health System. In addition to learning something
valuable, attending these CareLink programs could
earn you a prize!

Your **2010 Hunt for Health** challenge starts in
February 2010. Simply watch the "educational
programs" calendar section of your *CareLink
NewsBriefs*. Then, pick up the *2010 Hunt for Health*
information and validation card at the next
CareLink program you attend. Or call the St. John
SeniorLink to receive this information and
validation card by mail. You must attend and
validate your card at six CareLink programs before

November 30, 2010. Present your card for validation
at the on-site check-in at each CareLink-sponsored
program you attend.

When your card is full, add your name and
address and mail it to the address printed on the
bottom of the card. All members meeting eligibility
requirements (validated attendance at six CareLink
programs) will receive a gift by mail and be entered
into a random drawing for a special prize in January
2011. If you travel to more than one site, you can
obtain the BONUS 2nd CareLink site validation on
your card. This BONUS validation entitles you to a
second random drawing.

So, let your *2010 Hunt for Health* begin! Good luck!!

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.

February 18: 2 - 3 p.m. in the Van Elslander Cancer Center at St. John Hospital, Third Floor Conference Room

Registration required: 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

CareLink NewsBriefs online

The link to the current issue of the CareLink NewsBriefs can be emailed to members with a valid email addresses. If you would like to receive this Internet link, please email your name and address to CareLink@stjohn.org

If you would like to help us "go green", please let us know by emailing us your name and email address asking us to send the link and to discontinue your hard copy newsletter mailing.

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.



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