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MICHIGAN MEDICAL REPORT

FROM THE PHYSICIANS AT ST. JOSEPH MERCY OAKLAND

FALL 2010

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MichiganMedicalReport.com



**ST. JOSEPH MERCY
OAKLAND**
SAINT JOSEPH MERCY HEALTH SYSTEM

**Register for free community
health seminars. See page 3.**



St. Joseph Mercy Oakland is a
tobacco- and smoke-free campus.



ABOUT THIS ISSUE

YOUR GATEKEEPERS TO GOOD HEALTH



DONALD BIGNOTTI, MD

A message from Donald Bignotti, MD, Vice President of Medical Affairs and Chief Medical Officer

St. Joseph Mercy Oakland is concerned with your health—not only when you are ill or injured but also when you're well. Our board-certified primary care physicians (PCPs) can guide you on the path to a healthy lifestyle.

Unlike specialists who deal with a single organ system or disease type, a PCP is a specialist in primary care. These physicians look at the whole patient, from head to toe. A PCP coordinates your health care and refers

you to a specialist if your injury or illness requires specialized care.

TRAINED TO CARE FOR YOU According to the American Academy of Family Physicians, a PCP is "a generalist physician who provides definitive care to the undifferentiated patient at the point of first contact and takes continuing responsibility for providing the patient's care. Such a physician must be specifically trained to provide primary care services." This training means that, after receiving a medical degree such as an MD or DO, the physician must complete a residency in family medicine, internal medicine or pediatrics and be board-certified.

As you will learn elsewhere in this issue, PCPs can treat a variety of non-emergency ailments and injuries in their

offices. Do you have a headache or stomachache? Did you sprain your wrist? Do you have a fever? Your PCP can help you. If your children need immunizations or you need a work physical, you can have these taken care of at your PCP's office.

Your PCP also plays a role in helping you prevent disease. He or she monitors you if you have a chronic disease such as diabetes and can advise you on exercise and healthy eating.

PHYSICIANS OF EXCELLENCE At St. Joe, our PCPs are committed to patient safety, high-quality outcomes, top performance and excellence. And we have the awards to prove it.

When you visit a St. Joe PCP, you will be seen by a compassionate, caring medical professional who is dedicated to ensuring your optimum health in body, mind and spirit.

STAYING HEALTHY IN SCHOOL



TRACY THOMPSON, MD

It's back-to-school time—and time to review your child's health.

Tracy Thompson, MD, a St. Joseph Mercy Oakland general pediatrician, says that parents should especially pay attention to eyesight, hearing, nutrition, backpacks and vaccinations.

EYE EXAMS "Eye exams and vision assessments are important to prevent problems with school performance," Dr. Thompson says.

An exam can detect myopia—nearsightedness—which is the most common problem among school-age kids, Dr. Thompson says. She recommends that children have a preschool eye exam and then a yearly exam thereafter.

Parents should especially pay attention to eyesight, hearing, nutrition and vaccinations.

HEARING TESTS Being able to hear well can ensure your child's success in school, Dr. Thompson says.

"Inability to hear well impacts their speech and language abilities and academic success," she says.

She recommends that the first hearing test be given to children between ages 3 and 5 years and then every other year between the ages of 5 and 12.

NUTRITION Packing your child's lunch has double value, Dr. Thompson says.

"It's a smarter and healthier option, especially if a child has an obesity problem or allergies," she says.

Pack a lunch that is low in fat and contains whole grains, fruit, vegetables and protein.

"Having the child help you prepare the meal gives you a chance to teach about nutrition and healthy eating," Dr. Thompson says.

BACKPACKS Children can have back and neck pain—among other difficulties—if they carry backpacks weighing more than what the American Occupational Therapy Association recommends, Dr. Thompson says. A child's backpack should weigh no more than 15 percent of the child's weight and not more than 25 pounds.

"Use a backpack with wide, padded shoulder straps, and wear it on both shoulders to distribute the weight," Dr. Thompson says.

VACCINATIONS The state of Michigan has mandated that children be vaccinated before returning to school. Children entering kindergarten should be vaccinated against measles, mumps and rubella (MMR); diphtheria, pertussis and tetanus (DTaP); chicken pox (Varicella); and polio (IPV). Children entering sixth grade (age 11) are required to have two doses of the chicken pox vaccine; the tetanus, diphtheria and pertussis (Tdap) vaccine; and the meningococcal vaccine.

SPECIAL HEALTH CONCERNS If your child has a chronic condition, such as asthma, diabetes or allergies, school personnel will need to have written plans in the event of an emergency.

"Parents need to have updated authorization forms on file and supply medications such as Epipens and inhalers," Dr. Thompson says. "An older child will need a written



A child's backpack should weigh no more than 15 percent of his or her weight.

consent form to carry and self-administer medications."

Finally, Dr. Thompson recommends having a talk with your child about stranger danger and traffic and bike safety. And parents should advise their children to always walk in a group.

To find a St. Joe primary care physician near you, call the referral line at **800-372-6094**.

IF YOU DON'T HAVE A PRIMARY CARE PHYSICIAN, IT'S TIME TO FIND ONE WHY YOU SHOULD HAVE A FAMILY DOCTOR



PRAKASH
SANGHVI, MD

Your primary care physician (PCP) provides one-stop shopping for your family's health care needs, says Prakash Sanghvi, MD, a St. Joseph Mercy Oakland family medicine physician. Your PCP can advise you on how to maintain a healthy lifestyle and can treat non-emergency ailments and injuries, such as a sore throat, minor back and joint pain, high blood pressure, diabetes, and earaches.

Your PCP also administers medical and sports physicals, immunizations, and flu shots. As the gatekeeper for your health, your family physician can refer you to a specialist if your condition needs a specific kind of treatment.

FINDING A PCP Family members, hospitals and health care organizations can help you find a PCP. A PCP should be "knowledgeable, board-certified, friendly and available when you need him or her," Dr. Sanghvi says.

For a referral to a St. Joe PCP, call the referral line at 800-372-6094.

To be board-certified, a PCP must have extra training after medical school and pass a rigorous exam. To maintain board certification, a family physician must be retested every seven years.



Your primary care physician can take care of your non-emergency health needs.

It's also important that your PCP has privileges at a local hospital so that he or she can help oversee your care in the event that you are hospitalized, Dr. Sanghvi says.

YOUR FIRST VISIT At your first visit to your PCP, "you should get a warm welcome from the physician and his or her staff members," Dr. Sanghvi says. "You should feel confident to share your (health) problems."

During the first visit, you should expect:

- A complete physical exam.
- A review of your medical history.
- A review of your past and current medications.
- A review of your social history—for example, do you

smoke, drink or take non-prescription drugs?

- A review of your family history—is there a history of diabetes, cancer or heart problems in your family?

Communication between you and your PCP is important to maintaining good health. "A patient should share all of his or her medical and social information—everything that affects his or her life and health status," Dr. Sanghvi says. "Better communication leads to better understanding, and that leads to better health management."

If you want to improve your health or stay healthy, it's important to have a PCP, Dr. Sanghvi says. "A family doctor will help you lead a healthy life now and in the future."

SJMO COMMUNITY EVENTS

Senior Fit

Mondays, Wednesdays and Fridays
Free

These one-hour exercise classes are for people ages 55 and older. To register or to learn more, call **248-858-2545**.

Metabolic Nutrition and Weight Management Program

Second and fourth Tuesdays
6:30 p.m.

St. Joseph Mercy Oakland
Franco Communications Center
44405 Woodward Ave., Pontiac
Free informational seminar

These seminars provide information about the serious medical complications of being overweight and how SJMO's program can help you.

Orthopedic Seminars

One Tuesday a month
6 to 7 p.m.

St. Joseph Mercy Oakland
Franco Communications Center
44405 Woodward Ave., Pontiac
Free

- "Foot and Ankle," Christopher Tisdell, MD, Oct. 26

- "Total Joint Replacement," Safa Kassab, MD, Nov. 16

Registration is required; call **800-372-6094**.
Light refreshments will be provided.

Michigan Bariatric Institute Seminars

Mondays, Oct. 18, Nov. 15, Dec. 20
6 to 7:30 p.m.

St. Joseph Mercy Oakland
Franco Communications Center
44405 Woodward Ave., Pontiac
Free

Learn about minimally invasive bariatric surgery options. Registration required; call **877-WHY-WEIGHT (877-949-9344)**.

Diabetes Health Presentations

Thursdays, Oct. 7 and 21, Nov. 4
and 18, Dec. 2 and 16, Jan. 6 and 20
Mercy Place

55 Clinton St., Pontiac
Free

Topics include a description of diabetes, the importance of blood glucose monitoring,

diabetes and nutrition, diabetic foot care, exercise, and medical management. Includes support sessions and community forums. To register, call **248-333-0840, ext. 231**.

Fall Spectacular Benefit

Thursday, Oct. 7

The Townsend Hotel
100 Townsend St., Birmingham
Proceeds will benefit cutting-edge technology in the Surgical Pavilion. For information, call Joyce Russell at **248-858-6146**.

Cancer Resource and Support Center Benefit

Friday, Nov. 12

The Townsend Hotel
100 Townsend St., Birmingham
"A Night With New York Designer Tracy Reese" will feature informal modeling, a simple supper and dessert. Proceeds will benefit SJMO's Cancer Resource and Support Center. For information, call Joyce Russell at **248-858-6146**.

MICHIGAN MEDICAL REPORT SPEAKERS BUREAU

The Michigan Medical Report Speakers Bureau has qualified health care professionals who speak on a wide range of topics to community organizations.

If your group would like to have a speaker on a particular topic, please call St. Joseph Mercy Oakland Public Relations Specialist Heidi Press at **248-858-6662**.

Speaker appearances are free of charge.

PRIMARY CARE

Your gateway to good health

HOW TO HAVE A HEALTHY PREGNANCY



Tanya Wynn, MD, a St. Joseph Mercy Oakland obstetrician/gynecologist (OB/GYN), offers recommendations for women who want to become pregnant and women who are already expecting.

TANYA WYNN, MD Dr. Wynn recommends that women have pre-conception genetic counseling before pregnancy to determine if they have markers for genetic disorders, such as cystic fibrosis, sickle cell anemia or Tay-Sachs. After the woman becomes pregnant, the fetus can be screened for Down syndrome or other neural tube defects. The mother can also have a CVS test and amniocentesis to detect fetal abnormalities.

Before conception, women also should get the Tdap (tetanus, diphtheria and pertussis) and chicken pox vaccines. If the mother works in health care, she should also have

vaccines against meningitis and Hepatitis B. During pregnancy, seasonal flu and H1N1 vaccines are recommended.

Dr. Wynn says that once a woman becomes pregnant, she should eat a balanced diet, with a variety of starches, proteins, dairy, grains and vegetables. She also advises pregnant women to take prenatal vitamins, "because they provide nutrients pregnant women may be lacking if they don't have a healthy diet."

In addition to diet, exercise also is important. Yoga and prenatal water aerobics are safe. Dr. Wynn also recommends Kegel exercises help strengthen the pelvic floor, urethra and bladder.

Childbirth classes are important, too. "They ease anxiety and make you comfortable with the stages of labor," she says.

CAUTIONS While taking the necessary steps to have a healthy pregnancy, Dr. Wynn says, some things should be avoided or approached with caution:

- Avoid saunas, hot baths and whirlpools.
- Avoid travel in the near term.
- Avoid dental extractions.
- Avoid chemicals.
- Avoid deli meat and unpasteurized milk. These may carry bacteria that could make a pregnant woman ill.



In addition, Dr. Wynn advises women to always contact their physicians when they have questions.

To find a St. Joe OB/GYN near you, call the referral line at **800-372-6094**.

MANAGING BACK PAIN



We've all overdone it: raking leaves, shoveling snow, weeding the garden or carrying baskets full of laundry. The result? Nagging, persistent back pain.

RICHARD NADJARIAN, MD

CAUSES There are many causes of back pain, says Richard Nadjarian, MD, a St. Joseph Mercy Oakland pain management specialist.

These can include muscle strain, arthritis, degenerative disk disease, fractures and—more rarely—infection, kidney stones or cancer.

Back pain can be acute or chronic. Acute pain "usually occurs with a sudden onset over a distinct period of time until it runs its course," Dr. Nadjarian says. "Once the initial injury heals, the pain usually resolves with it."

Chronic pain lasts longer. "Chronic pain may be the result of a chronic medical condition such as arthritis," he says. In other instances of chronic pain, "your initial injury may have healed, but you continue to have pain." Because there is rarely a cure for chronic pain, your physician can help you manage it.



SYMPTOMS According to Dr. Nadjarian, the symptoms of back pain vary but may include sensations of stabbing, throbbing, cramping, aching and gnawing. In addition, back pain can affect you in other ways. It can lead to depression, difficulty sleeping and loss of appetite and change the way you walk. But, Dr. Nadjarian says, "everyone reacts differently to pain."

At the same time, back pain can be a symptom of more serious diseases, such as cancer, infection and certain autoimmune disorders.

"If you experience increased back pain at night as well as fever and/or night sweats, these are causes for concern," and you should see your physician, Dr. Nadjarian says.

TREATMENT Treatment begins with your doctor taking your detailed medical history and giving you a physical examination. He or she will also look at any recent x-rays, MRIs or CT scans.

Depending on what the underlying problem is, your physician may prescribe medications or physical therapy or recommend an evaluation by a pain management specialist.

"The best way to treat pain is to spend time with your patient and determine the underlying cause of the pain based on all the evidence at hand," Dr. Nadjarian says. "Treatment success often depends on a correct diagnosis."

Dr. Nadjarian advises: "If you have a condition that persists or doesn't resolve with rest, ice or over-the-counter medication, see your physician. Don't let it go for too long!"

For a referral to a St. Joe pain management specialist, call the referral line at **800-372-6094**.

WHEN GOUT STRIKES



LESLIE A. CAREN, MD

The pain awakens you from sleep. The joint involved is red, swollen and hot.

If you're experiencing these symptoms, you may have gout.

BACKGROUND "Gout is a form of arthritis, because it is an inflammatory disease of the joints," says Leslie A. Caren, MD, a St. Joseph Mercy Oakland primary care internist and pediatrician.

Joints that may be affected by gout are the ankles, heels, knees, wrists, fingers and elbows.

Deposits of uric acid crystals in tissues and fluids are the major cause of gout. These crystals are formed when there is an overproduction or under-excretion of uric acid, which comes from the breakdown of substances called purines. Purines occur naturally in the body but may also come from eating liver, dried beans and peas, mackerel, scallops, and anchovies. Many high-protein foods, like red meat, are high in purines.

Uric acid usually dissolves in the blood and passes through the kidneys and out of the body in urine. However, if your body increases the amount of uric acid it produces, if your kidneys don't get rid of enough of it or if you eat too many foods high in purines, uric acid can build up in the blood. High uric acid levels can also lead to kidney stones.

SYMPTOMS Symptoms usually come on suddenly and may be accompanied by a fever of up to 102 degrees,

Dr. Caren says. "It's extremely painful. Pain is out of proportion to the physical appearance of the joint."

Attacks of gout, called flares, "may be precipitated by minor trauma, illnesses causing hospitalization, surgery or excessive alcohol use," Dr. Caren says. Flares can last days or weeks, followed by long periods without symptoms.

Gout is the most common cause of arthritis in people over age 65; however, men age 30 and older are most likely to have gout because of alcohol intake and a diet heavy in red meat.

"In women, the onset is usually postmenopausal," Dr. Caren says. Often, gout is hereditary.

TREATMENT AND PREVENTION Gout is typically treated with joint immobilization and medications. A new medication has been approved by the U.S. Food and Drug Administration for chronic management of high levels of uric acid in the blood. To prevent gout, Dr. Caren recommends:

- Maintaining a healthy weight
- Decreasing alcohol consumption
- Eating a well-balanced, low-purine (less red meat) diet
- Drinking two to three liters of fluid daily to help dilute urinary uric acid
- Establishing a healthy lifestyle

"If you notice any symptoms, discuss them with your doctor," Dr. Caren says.



Drinking plenty of fluids can help prevent gout.

To find a St. Joe primary care physician near you, call the referral line at **800-372-6094**.

FIGHTING FATIGUE



IMAD MANSOOR, MD

If you're feeling sleepy or drowsy and lack energy, it's most likely fatigue.

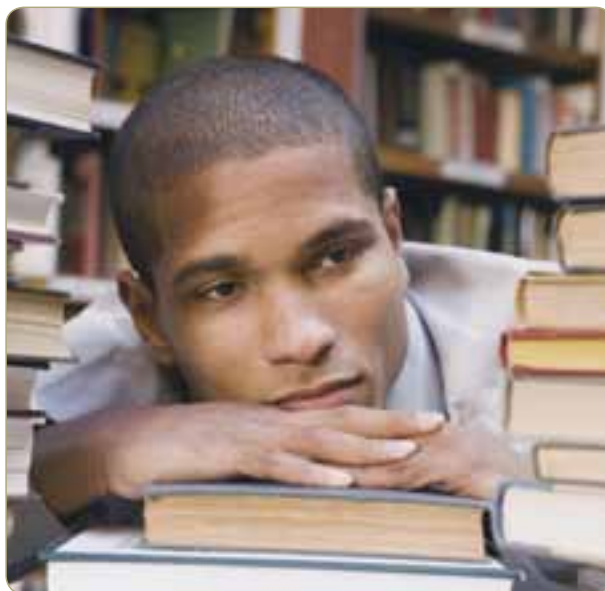
"Fatigue is a lack of energy," says Imad Mansoor, MD, a St. Joseph Mercy Oakland internal medicine physician. "One doesn't have the energy or drive to carry out the tasks one normally is able to do.

There's a lack of concentration and ability to focus."

CAUSES There are many causes of fatigue, including infection, heart or lung conditions, anemia, lack of sleep, cancer, and hormonal issues. Blood pressure medications, beta-blockers, diuretics and antibiotics also can cause fatigue. Fatigue can be a by-product of a disease or illness, such as heart disease. Allergies, persistent pain and substance abuse also can contribute to fatigue, as can sleep disorders.

"A lack of adequate sleep is one of the major causes of feeling fatigued," Dr. Mansoor says.

Being fatigued can bring on physical and emotional problems, including "depression, heart trouble, a disruption in an individual's ability to function and lower



Being fatigued can bring on physical and emotional problems, including depression and heart trouble.

performance," Dr. Mansoor says.

Extreme fatigue, combined with an inability to concentrate, a sore throat, a feverish feeling, swollen glands, muscle aches and joint pain may be signs of chronic fatigue syndrome. If you

experience this combination of symptoms, see your physician.

If you're feeling fatigued, avoid driving, operating heavy machinery and climbing ladders, which could result in injury or worse.

TREATMENT To learn what is causing the fatigue, your physician will take your medical history and do a physical exam, including blood work, urinalysis and other tests as necessary. These will determine if there is a medical cause. With the exam, your physician also can learn if the cause of the fatigue is physical or not.

Light exercise and a balanced diet can help prevent regular fatigue. If your doctor determines that your fatigue is caused by another condition or is unusually severe, he or she may recommend bigger lifestyle changes. Dr. Mansoor warns that you should see your physician as soon as possible, because being fatigued is "not the normal way a person should feel."

To prevent fatigue, Dr. Mansoor recommends that you:

- Get a good night's sleep.
- Get light, regular exercise.
- Eat a well-balanced diet.
- Seek medical attention if fatigue is not normal.
- Avoid taking medications unless under a physician's care.

For a referral to a St. Joe primary care physician, call the referral line at **800-372-6094**.

THREE CONVENIENT LOCATIONS ST. JOE URGENT CARE

Access to non-emergency medical care after office hours just got easier, thanks to the extension of hours at St. Joseph Mercy Oakland's (SJMO) Waterford Urgent Care Center and the planned opening of the SJMO Birmingham Urgent Care.



SJMO's urgent care centers in Lake Orion, Waterford and—soon—Birmingham are the places to turn for care when, for example, it's Thursday evening and your child is tugging on his ear or you have a fever and sore throat on a Sunday. Board-certified and board-eligible physicians provide urgent care treatment for cuts, sprains, fever, earaches, infections and more.

The SJMO **Waterford Urgent Care Center** is located at 5800 Highland Rd. (just east of Airport Road). Office hours are now 8 a.m. to 10 p.m. seven days a week. For more information, call Waterford Urgent Care at **248-673-2474**.

Our **Lake Orion Urgent Care Center** is open 24 hours a day, 7 days a week. It is located at 1375 S. Lapeer Rd., Suite 106 (inside the Bald Mountain Regional Medical facility north of Scripps Road). Call **248-693-9040** to learn more.

SJMO-sponsored imaging (x-ray) services are located across the hall from the Lake Orion Urgent Care Center. Hours

are 8 a.m. to 6 p.m. Monday, Tuesday, Thursday and Friday and 10 a.m. to 8 p.m. on Wednesday. For an appointment, call SJMO imaging services at **248-814-7800**.

SJMO plans to open its new **Birmingham Urgent Care** in fall 2010. Located at 2100 E. Maple Rd., Birmingham, the urgent care center will provide care from 8 a.m. to 10 p.m. seven days a week.

All SJMO urgent care centers offer treatment for conditions including:

- Minor asthma-related symptoms
- Minor cuts or animal bites where bleeding is controlled
- Broken bones or sprains (if the bone is showing or the limb is deformed, go directly to the emergency room)
- Skin rashes, sunburns or minor burns
- Fever (if the patient is younger than 6 months, go to the emergency room)
- Earache, cough and/or sore throat
- Illness with nausea, vomiting and/or diarrhea

In addition, our urgent care centers also offer:

- Sports and school physicals
- Pre-employment physicals, drug and alcohol screening, treatment for work-related injuries/illnesses, and return-to-work examinations
- Vaccines
- Pregnancy testing

NEW: SENIOR EMERGENCY CARE UNIT OPENS MEETING SENIORS' UNIQUE EMERGENCY CARE NEEDS

Studies show that seniors (people ages 65 and older) and their families are more likely than others to find emergency room visits stressful. Seniors often have unique and complex conditions that require numerous medications and repeat emergency care visits.

To address the needs of this population when they seek emergency care, St. Joseph Mercy Oakland (SJMO) has opened the Senior Emergency Department (ED)—the first of its kind in Oakland County.

PATIENT-CENTERED SJMO joins the hospitals of St. Joseph Mercy Health System in adopting initiatives that create patient-centered experiences for seniors by addressing both their medical and preferential needs. The goal is to deliver compassionate care in an environment that provides comfort and eases anxiety for seniors with emergency health care situations, says Mary Jo Malafa, MD, Chief of the Department of Emergency Medicine.

Special criteria in triage determine those who may benefit from treatment in the new area. SJMO doctors are seeing more senior patients in the ED, in part because of the hospital's heart, stroke and orthopedic excellence, Dr. Malafa says.

The Senior ED is designed reduce seniors' anxiety, confusion and risk of falling, Dr. Malafa says. She adds that in a typical ED, the noise, bright lights and commotion negatively affect seniors' thought process and may increase confusion.

"The Senior Emergency Department is a soothing and safe environment with such amenities as softer

lighting, decreased noise, flooring that reduces the risk of falls, hearing assistive devices, and clocks and telephones with larger numbers," Dr. Malafa says. Stretchers have thicker, pressure-reducing mattresses to enhance comfort, and each room has a recliner for a visitor.

ADVANCED TRAINING All emergency team members—physicians, nurses, nurse practitioners and physician assistants, care managers, pharmacists, and other ancillary staff—have completed continuing education to help them better understand and meet seniors' special needs.

Physicians have completed additional training in identifying and treating patients with pre-existing conditions, those who take multiple medications, and those who have problematic living conditions, poor nutrition or depression.

Pharmacists are key members of the new and innovative program. Their role includes providing multiple-medication reviews—especially important for seniors—to identify and address adverse drug reactions and other concerns.

A geriatric case manager provides necessary outpatient assistance to help patients maintain their independence



All emergency team members have completed continuing education to help them better understand and meet seniors' special needs.

and remain at home or develop an alternative care plan. Dr. Malafa says that it is important to understand that the physicians providing care are all residency-trained, board-certified emergency physicians. Each Senior ED patient's primary care physician is notified that the patient is receiving emergency care and is consulted about treatment and the care plan.

EXPANDING TO MEET YOUR NEEDS

Construction is wrapping up on several campus regeneration projects at St. Joseph Mercy Oakland (SJMO). These projects will enable the hospital to better meet patient and family needs.

EXPANDED PHARMACY A larger retail pharmacy will open in mid-October in the new concourse on the first floor of the hospital, where it will be easily accessible from both the hospital lobby and the Medical Office Building.

The new pharmacy will feature an expanded prescription service counter with multiple locations for drop-offs and pick-ups to cut down on wait time. The pharmacy will fill prescriptions for everyone, including patients, visitors and hospital associates.

Robotics will be used behind the counter to assist in filling prescriptions, says Phillip Wein, RPh, Pharmacy Manager. Other planned amenities include a fully stocked, larger over-the-counter medication area and a dedicated space for one-on-one consultations with a pharmacist to answer questions about medications.

The pharmacy also will offer prescription delivery to the patient bedside upon discharge.

“For the convenience of patients and family, prescriptions will be filled before discharge, ensuring patients have their

medications before leaving the hospital,” Wein says.

The expanded pharmacy will be located along the hospital's new retail concourse and will share space with the Gift Shop so that customers can pick up prescriptions and typical drug store items without having to make multiple stops. The concourse also will have a convenience store selling items such as bread and milk, an expanded Joe's Cafe with a larger selection of coffee and food items, a durable medical equipment vendor, and more waiting room seating.

SURGICAL CONSTRUCTION NEARS COMPLETION SJMO recently completed construction on the Surgical Pavilion's pre-operative and post-anesthesia care unit (PACU) spaces, and, in mid-November, SJMO will open its new surgical and endoscopy reception area and surgical lounge.

The reception area is designed to welcome patients and their families as a one-stop registration area. “This will allow the nurse who is doing the pre-procedure prep work



An expanded pharmacy will be located in the new retail concourse.

and documentation to personally bring our patients to both the endoscopy and surgical area,” says Trudy Lentini, Director of Perioperative Services. “This helps enhance the patient care experience by reducing multiple handoffs that patients can find overwhelming.”

The expanded, family-friendly surgical lounge will have coffee kiosks, computer stations, a reflection room and private seating arrangements. A patient tracking board will keep families informed of patient progress through the surgical process and will indicate patient room assignments.

PREVENTING FALLS



JEFFREY A. MASON, DO

When an older adult falls, it can result in a bruise or something worse, such as a broken hip, traumatic brain injury or even death. But falls can be prevented.

CAUSES Falls among older adults are often attributed to age, but medications are the biggest risk factor, says Jeffrey A. Mason, DO,

a St. Joseph Mercy Oakland internal medicine physician. Sedatives, anti-depressants, blood pressure medications and diuretics can contribute to falls. Additional causes include muscle weakness, depression, neurological disorders such as Parkinson's disease, a history of stroke, dementia, vision or hearing loss, and poor balance.

A fall can result in injury to the spine, hip, forearm, leg, ankle, pelvis, upper arm, hand or brain.

The most common place for seniors to fall is at home. “There are more obstacles in the home, such as throw rugs and loose carpeting, and often there's not much assistance,” Dr. Mason says.

Bathrooms are most dangerous “because you're dealing with soap, water and a lot of bending,” Dr. Mason says. “It's hard to catch your balance.”

According to the latest figures from the Centers for Disease Control and Prevention, more than one-third of adults ages 65 and older fall each year. More than 16,000 adults ages 65 and older die from injuries due to falls each year.

PREVENTION To prevent falls, Dr. Mason recommends:

- Getting exercise and balance training
- Removing clutter and adding brighter lighting and handrails
- Removing tripping hazards, such as pets, low tables, footstools, phone cords and throw rugs
- Installing light switches at both ends of a room
- Installing handrails, tub rails, shower chairs and raised toilet seats in the bathroom
- Ensuring that clothes fit properly
- Having a hearing test and eye exam
- Wearing non-slip slippers and shoes

Attending a fall prevention clinic and having a risk assessment can also be helpful to an older adult. In a fall prevention clinic, a patient can get an eye exam and hearing test, a medication review, and a home modification review and the physician can check the patient's gait. During a risk assessment, the physician can look at the patient's history of falls and timing of falls, which can suggest a particular cause, and review the home environment.

Dr. Mason says that whether you're a new or long-standing patient, your physician should ask about falls.

“The physician should get the timing, location, frequency, relationship to medications and the way they're falling,” he says. “You want to address that.”

The best way to prevent injury from a fall, Dr. Mason says, is to “have a good diet. Include vitamin D—it helps strengthen bones—and get at least the minimum recommended daily amount of protein for your weight.”

If you do fall, Dr. Mason recommends that you “see your



doctor after the first fall. Each fall is a risk for a second or third fall.”

For a referral to a St. Joseph Mercy Oakland primary care physician near you, call the referral line at **800-372-6094**.

WELCOME, NEW DOCTORS

St. Joseph Mercy Oakland (SJMO) is constantly searching for physicians to bring you the best care. Listed below are some of the recent additions to our medical staff. Please visit our website at stjoesoakland.org for the most up-to-date information on SJMO physicians. You also may call our physician referral line toll-free at **800-372-6094**.



William M. Coplin, MD
Neurology
4201 St. Antoine
Suite 8C-UHC
Detroit
313-745-4275



Ramesh Madhavan, MD
Neurology
4201 St. Antoine
Suite 8C-UHC
Detroit
313-745-1540



Salman Fateh, DO
Hematology/Oncology
543 N. Main St.
Suite 223
Rochester
248-650-1090



Sunitha Santhakumar, MD
Neurology
4201 St. Antoine
Suite 8C-UHC
Detroit
313-745-4994



Diego A. Hernandez, MD
Vascular and Endovascular
Surgery
44405 Woodward Ave.
Pontiac
248-858-3000



Carl B. Shermetaro, DO
Otolaryngology
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Suite 200
Clarkston
248-620-3100

SAME-DAY CARE AT SJMO

When your health care just can't wait but you know it isn't an emergency, remember that you can make an appointment for that same day with a St. Joseph Mercy Oakland (SJMO) primary care physician, thanks to our same-day scheduling service.

Participating physicians reserve appointments each day for patients requesting same-day scheduling. That way, you don't have to wait to see a doctor, and you save the cost of an emergency room visit.

If you call before noon, you'll get an appointment the same day, and if you call after noon, you'll be seen the following business day. To schedule an appointment with an SJMO primary care physician or to find one near you, call the SJMO physician referral line at **800-372-6094**.

NORTHERN OAKLAND COUNTY'S HOSPITAL OF CHOICE.

To learn more about our top-rated quality services and programs, visit our website at stjoesoakland.org, or to find a physician nearest you, call our referral line at **800-372-6094**.

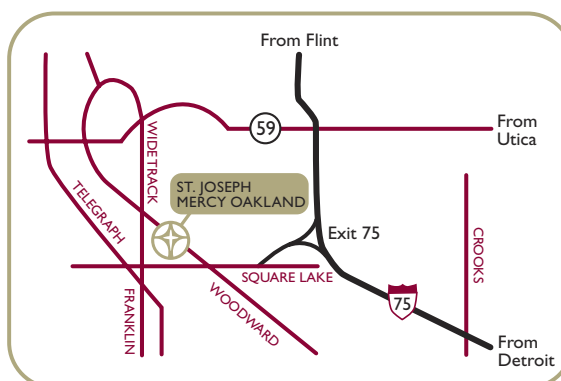
OUR MISSION

We serve together in Trinity Health in the spirit of the Gospel to heal body, mind and spirit, to improve the health of our communities and to steward the resources entrusted to us.



ST. JOSEPH MERCY OAKLAND

SAINT JOSEPH MERCY HEALTH SYSTEM



REMARKABLE MEDICINE.
REMARKABLE CARE.

You're invited to our Women's Night Out

The holidays are just around the corner, and we all want to feel and look our best during the season, so let St. Joe's help! Join us for a night of entertainment and education.

Wednesday, November 3rd
5:30-9:00 p.m.

Auburn Hills Marriott - Pontiac at Centerpoint
3600 Centerpoint Parkway
Pontiac, MI 48341

Program

- Strolling Supper
- Cash Bar
- Breakout Sessions (scheduled when you register)
- Gift Basket Drawings
- Vendor Booths

Cost

\$25 per person

To RSVP, call **800-372-6094**.

Invite a few friends and bring them along!

Women's Health & Wellness

Advancements In Obstetrics & Gynecological Care

Depression & Stress Management

Latest in Cosmetic & Plastic Surgery

Treatment Options for Incontinence

Managing Osteoporosis

What You Should Know About Varicose Veins


MICHIGAN MEDICAL REPORT
FROM THE PHYSICIANS AT ST. JOSEPH MERCY OAKLAND

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