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MICHIGAN MEDICAL REPORT

FROM THE PHYSICIANS AT ST. JOSEPH MERCY OAKLAND

FALL 2011

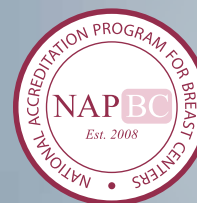
FOCUS: WOMEN'S HEALTH

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8 CONSECUTIVE YEARS!



**ST. JOSEPH MERCY
OAKLAND**

SAINT JOSEPH MERCY HEALTH SYSTEM

Join us at **Women's Night Out.**
See page 7.



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



PATIENT SAFETY IS OUR TOP PRIORITY



WILLIAM JEWELL, MD

At St. Joseph Mercy Oakland (SJMO), our commitment to patient safety is our top priority.

Let's look at what we've done in obstetrics. SJMO voluntarily joined the Michigan Health and Hospital Association Keystone Project, which is pioneering the application of the newest

evidence-based medical practices to obstetrics. The goal is to improve outcomes in the management of the more difficult areas of obstetrics, such as:

- The use of Pitocin
- Vaginal delivery after a previous cesarean section
- Eliminating non-medically necessary delivery at less than 39 weeks
- Maximizing how the second stage of labor is approached (the time between complete dilatation and delivery of the baby)

Our efforts in the past year have resulted in the following improvements:

- The percentage of early elective inductions performed at less than 39 weeks' gestation fell from 26.3 percent in

2009 to 3.3 percent in 2010 and is currently at 0 percent, far below the national average.

- Neonatal intensive care unit admissions at greater than 37 weeks have decreased from 12 percent to less than 2 percent.

● Teamwork and communication have improved with monthly high-fidelity simulation and team building and weekly multidisciplinary electronic fetal monitoring strip reviews and safety huddles that include doctors, nurses and administrators. The clinical staff has initiated protocols and policies based on best practices and standards of care from the American College of Obstetricians and Gynecologists; the Association of Women's Health, Obstetric and Neonatal Nurses; the American Academy of Pediatrics; and the National Association of Neonatal Nurses.

● More than 108 nurses, resident physicians and attending physicians have successfully completed the National Certification Corporation Electronic Fetal Monitoring exam. This has improved collaborative communication, use of standardized terminology and understanding of interpretation of fetal monitoring strips. (See below.)

- A national independent agency that provides physician information and hospital quality outcomes listed SJMO among the top 5 percent of U.S. hospitals that excelled in the treatment of women's health. In addition to honoring

SJMO with its Women's Health Excellence Award, the agency gave the hospital a five-star rating in women's health.

MORE GREAT SERVICES In addition to providing obstetrics, SJMO offers a wide range of services for mothers, babies and children:

- Skilled physicians and clinicians in the fields of obstetrics and gynecology, breast care, neonatology, maternal-fetal medicine, pediatrics, and gynecologic oncology
- Women's preventive care and counseling
- Level III neonatal intensive care unit
- Accredited breast imaging center, including digital mammography
- Accredited comprehensive breast program
- Progressive and innovative ambulatory surgery facility
- High-risk pregnancy care
- Lactation consultants
- Family-centered comprehensive pediatric care
- Healthy Start/Healthy Families Oakland for at-risk families

At the same time, we are equally proud of our commitment to other areas of women's health, such as gynecology, including robotic and minimally invasive surgery and urologic procedures for incontinence.

Some hospitals may brag about their doctors. We brag about our commitment to patient safety. That's our priority.

EFM-CERTIFIED PHYSICIANS

The following St. Joseph Mercy Oakland physicians have successfully completed the National Certification Corporation Electronic Fetal Monitoring exam:

Anan Abdelrahman, MD
Albert Capili, DO
Paul Corsi, MD
David Eisenstein, MD
Richard Ellenbogen, MD
Robert Goldfarb, MD
Julie Gordon Masters, DO
Aabeen Hagroo, DO
Lisa Helmick, DO

Jennifer Holan, MD
Stacy Jenkins, MD
William Jewell, MD
George Kazzi, MD
Reda Khalifa, MD
Patricia Kondratenko, DO
Rachel Lambert, DO
Arlene Marcy, MD
Anissa Mattison, DO

George Moser, MD
June Murphy, DO
Michael Nicholson, MD
Manoochehr Nooroziyan, MD
Jalal Panah, MD
Valerie Payne-Jackson, DO
Gouri Pimputkar, DO
Usha Ram, MD
Robert Robins, MD

Eugene Rogers, MD
Wahib Shaker, MD
Peter Shaman, MD
Toufic Wehbe, MD
Tanya Wynn, MD
Jonathan Zaidan, MD

UNDERSTANDING THE IMPACT OF SEIZURES



MALAZ ALMSADDI, MD

Epilepsy is a neurological condition in which an individual may experience chronic, abnormal bursts of electrical discharges in the brain that produce disturbances in the normal electrical function of the brain. These are known as seizures.

Seizures can cause a variety of symptoms, depending on the areas of the brain affected. About 1 percent of the population is reported to be affected by active epilepsy, and it affects people of all ages.

With proper diagnosis and treatment, epilepsy can be treated and its symptoms minimized.

BACKGROUND Because epilepsy is caused by abnormal activity in brain cells, seizures can vary from mild to severe and can lead to the following symptoms:

- Temporary confusion
- Staring spells
- Complete or partial loss of consciousness
- Uncontrollable jerking movements of the arms and legs

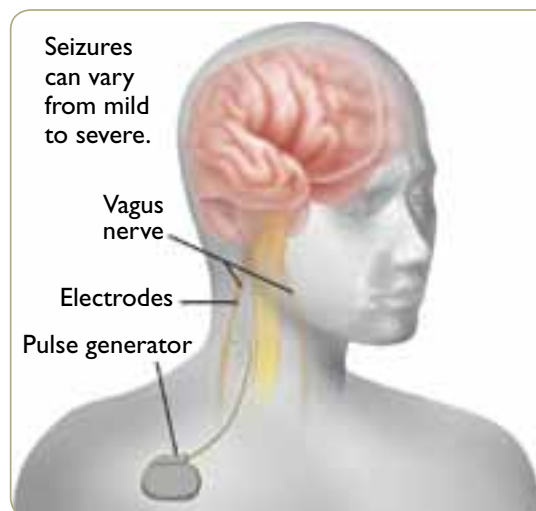
Epilepsy may be due to a medical condition or injury that affects the brain, or the cause may be unknown (idiopathic). Epilepsy can happen secondary to head trauma, dementia, stroke, brain tumors, alcohol abuse and brain infection.

DIAGNOSIS According to St. Joseph Mercy Oakland neurologist Malaz Almsaddi, MD, diagnosing a seizure depends primarily on a complete and detailed medical history and physical examination. An electroencephalogram (EEG) will be done to check abnormalities in the electrical activity in the brain. A long-term video monitoring EEG also may be required to help determine the localization of these abnormalities and predict diagnosis. This test watches brain activity with video monitors for an extended period of time.

Other tests may include

neuroimaging studies, such as computerized tomography (CT) or magnetic resonance imaging (MRI) scans, to search for other physical conditions in the brain that may be causing the seizures.

TREATMENT "The treatment of epilepsy usually starts with medications; if that does not work, epilepsy surgery or another type of treatment may be recommended," Dr. Almsaddi says. "Most patients with epilepsy become seizure-free by using a single anti-epileptic drug, and other drugs can decrease the frequency and intensity."



Another form of treatment is an implanted device programmed to stimulate the vagus nerve (VNS therapy). While finding the right medication and dosage or other form of treatment can be complex, many adults can eventually become seizure-free. It is important that the treatment be supervised by a physician specializing in neurology.

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

WHY PICK ST. JOE? QUALITY AND EXCELLENCE GO HAND IN HAND



JACK WEINER,
SJMO PRESIDENT
AND CEO

What do you look for in a health care provider? Is it close to home? Does it offer compassionate care? Are its physicians board-certified? Can you expect a high-quality experience and outcome?

St. Joseph Mercy Oakland (SJMO) is a world-class health care provider right in the neighborhood, which stretches throughout Oakland County. In addition to our main campus in Pontiac, we have urgent care centers in Lake Orion, Waterford and Birmingham, with more on the way, and imaging centers and labs throughout the county. They all share the same attributes: high quality, excellence and compassionate care.

QUALITY DEFINED Let's look at quality for a moment. What does that mean? It means that you are getting an optimal experience when you visit one of our facilities. You're receiving exceptional care from an institution that is nationally recognized for excellence. Your physician will treat you and your loved ones with compassionate care. Equally important, you will be getting top value for the services provided.



One of the areas in which our quality shows is mortality. This is an area we monitor closely. In calculations based on our performance for the last six months, our risk-adjusted mortality rate is lower than expected for specific diagnoses and procedures, based on the risk factors of the population we treat. Our actual, quantifiable data tells us that we are performing exceptionally well, better than the national standard.



Related to quality is value. We have always known that we provide a valuable service to the community, but now we have the national recognition to prove it. We were recently recognized as one of the best 100 hospitals in the nation based on the value that we provide to the community. The national Community Value Index (CVI) rated us in four performance areas: financial viability and plant reinvestment, hospital cost structure, hospital charge structure, and hospital quality performance. The CVI determined that we provide value

to the community because we are financially viable, we're appropriately reinvesting back into the facility, we maintain a low cost structure, we have reasonable charges, and we provide high-quality care to our patients.

We also received a Community Value Five Star designation for being in the top 20 percent of the Community Value 100. It is deeply gratifying to be recognized by a national entity for the value we provide to the community and for our dedication to quality, excellence and patient care.

NATIONALLY RECOGNIZED Awards and honors like this and those listed below provide a barometer of how well we're doing:

- 2011: Thomson Reuters recognition as a Top 50 hospital in the U.S. for cardiovascular care
- 2011: Blue Distinction® designations for cardiac care, knee and hip replacement and spine surgery from Blue Cross Blue Shield of Michigan and Blue Care Network of Michigan
- 2011: A five-star rating and named among the top 5 percent of U.S. hospitals that excel in women's health
- 2010: National Accreditation Program for Breast Centers accreditation for our breast cancer program and recognition of our Breast Imaging Center as one of the first Breast Imaging Center of Excellence programs in the state recognized by the American College of Radiology (ACR)
- 2011: Three-year accreditation with six commendations from the American College of Surgeons Commission on Cancer, demonstrating that we meet the highest-quality care standards for cancer care
- 2011: Distinguished Hospital for Clinical Excellence
- 2011: Nurses Improving Care for Healthsystem Elders designation for our commitment to senior care excellence

And there are many more—for quality, excellence, performance and compassionate care. At St. Joe, we don't just say we're a high-quality hospital—we live it every day.

REGULAR ACTIVITY HELPS SENIORS STAY FIT

Oliver Wendell Holmes once said, "Men do not quit playing because they grow old; they grow old because they quit playing."

How can seniors maintain their quality of life? Keep moving!

That's the advice of Angellyn Grondin, an exercise physiologist at St. Joseph Mercy Oakland (SJMO), who teaches several Senior Fit classes in the community (see the article at right for more information).

"It is never too late for seniors to benefit from regular physical activity," Grondin says. "Our bodies are made to

move. Studies find that even small steps help seniors see big benefits, helping them maintain their quality of life."

Exercise also releases endorphins, reducing stress. Grondin says people in their 70s fear getting hurt and putting themselves in danger, so they may tell her they are too old for exercise. But older adults hurt their health far more by not exercising. Inactive seniors lose ground in strength, balance, flexibility and endurance—all key areas for staying healthy.

"I say let me show you, yes, you can exercise," Grondin says, adding that people find they can indeed be active and do experience benefits. Often people think that in order to exercise they need special equipment or a gym membership. Grondin says that's not true. She urges people to get away from the television and find activities that are fun for them.

"People just need to get up and get moving," she says.

BENEFITS Regular physical activity in older adults is associated with decreases in mortality and age-related illness. Additional benefits include:

- Improvement in balance, blood pressure, congestive heart failure symptoms,

joint function, brain/thought function and quality of life

- Decreases in the risk of coronary artery disease; incidence of type 2 diabetes; bone density loss; hip and spine fractures; joint pain; depression rates; risk of developing colon, breast, prostate or colorectal cancer; and risk of obesity.

FREE SENIOR FIT PROGRAMS

St. Joseph Mercy Oakland (SJMO) offers free Senior Fit exercise programs three days a week at convenient sites throughout Oakland County.

The program goal is to keep seniors healthy and able to perform activities they enjoy so that they maintain a high quality of life. The exercise program uses chair and standing exercises with small weights and resistance bands to build strength and flexibility, help maintain strong bones, control body fat, reduce stress, and improve an individual's sense of well-being.

New Senior Fit sessions will begin in January 2012. Registration is now being accepted for the free programs, which are geared to adults age 55 and up. A physician's consent is required to participate. For more information, call **800-372-6094**.



Senior Fit helps older adults build strength and flexibility.

WOMEN'S HEALTH

For every woman. For every stage. For life.

HELPING YOU LOOK YOUR BEST



AHMET
KARACA, MD

St. Joseph Mercy Oakland (SJMO) has many ways to improve your health from the inside, but what about the outside? SJMO plastic surgeons offer several procedures to help you look good.

TYPES OF PROCEDURES

Although there are many types of plastic surgery options available, the most requested and performed at SJMO include liposuction, breast augmentation and reduction, tummy tuck, cosmetic eyelid contouring and face-lift.



STEVEN STEIN, MD

PREPARATION In advance of these procedures, Ahmet Karaca, MD, and Steven Stein, MD, two board-certified SJMO plastic surgeons, will have you stop taking aspirin, ibuprofen or naproxen, since they cause bruising. Then the surgeon will check to see if you're in good health. Depending on the type of procedure you're having—such as liposuction, for example—you will need to be close to your ideal body weight. And most of all, you'll have to stop smoking.

Both physicians advise that before you have any procedures done, you do your research and go to a board-certified plastic surgeon with plenty of experience. Don't price shop.

LIPOSUCTION An outpatient procedure, liposuction involves removing fat to reshape an area of the body that hasn't responded well to diet or exercise.

"It's ideal for those people who are at an ideal body weight but have bulges they don't like or little pockets of fat they can't lose no matter how hard they diet," Dr. Stein explains.

The most common target areas are outer thighs, hips, face, neck, abdomen, back, buttocks, legs and upper arms. Recovery time takes about 10 days to two weeks, but "sometimes it's shorter if the procedure is done in a smaller area," Dr. Karaca says.

BREAST AUGMENTATION AND REDUCTION Breast augmentation involves either a silicone or saline implant. It is an outpatient procedure with a three- to five-day recovery period, and you can be back to full activity in four weeks. Dr. Stein cautions that implants don't last forever, and you'll need to replace them or have a breast lift 10 to 20 years later.



Consult with your physician about plastic surgery.

"Breast reduction is done mostly for medical reasons, such as extra weight, shoulder and back pain," Dr. Karaca explains. The two-hour outpatient procedure has little risk. However, there are rare complications, such as loss of nipple sensation, infection and asymmetry.

TUMMYTUCK A tummy tuck removes skin and fat around the stomach and tightens the abdominal wall muscles to enhance the appearance of the abdomen. It generally requires an overnight hospital stay, and you can return to work in 10 days and your normal routine in 6 weeks. After you have healed, you'll "have a better fit of your clothes, better stability of your core and less back pain," Dr. Stein says.

—Continued on page 7

PROTECT YOURSELF FROM HEART DISEASE



VARSHA
REVANKAR, MD

Heart disease is the No. 1 killer of women. More women die from heart disease than from all cancers combined.

Women exhibit different symptoms before and during a heart attack than do men, but few recognize the warning signs. By living healthy and being aware of the symptoms, you can reduce your risk.

RISK FACTORS "Risks for heart disease are high blood pressure, diabetes, smoking, high cholesterol, stress and obesity," says Varsha Revankar, MD, a St. Joseph Mercy Oakland (SJMO) internal medicine physician. "If your parents, grandparents, aunts, uncles and siblings have heart disease, then you have a predisposition."

A low level of estrogen after menopause also is a risk factor: "Within a few years of menopause, your risk of heart disease is the same as men," Dr. Revankar says.

Hormone replacement therapy after menopause increases risk of heart disease.

"Women who smoke or are exposed to passive (second-hand) smoke have a two to six times greater risk of heart disease," Dr. Revankar says.

About 23 percent of women who've had a heart attack will die within a year, and of women who have died suddenly, 64 percent had heart disease. Women with heart disease also are at risk for heart failure, congestive heart failure or arrhythmia, which can lead to stroke. The incidence of heart disease is higher in African American and Hispanic women.

SYMPTOMS "Men usually have crushing chest pain," explains Dr. Revankar. "But women rarely complain of chest pain. They complain of shortness of breath, fatigue, malaise, but rarely angina (chest pain)."

Other symptoms include neck, shoulder, upper back or abdominal pain; nausea or vomiting; and sweating, lightheadedness or dizziness. "Be aware of the symptoms!" Dr. Revankar urges.

DIAGNOSIS Your doctor can diagnose heart disease with an electrocardiogram, stress tests or blood tests to find out if you have any risk factors. If your tests are abnormal,

you may even need a cardiac catheterization administered by a cardiologist.

TREATMENT "We first try to prevent heart disease by treating your blood pressure, diabetes and cholesterol," Dr. Revankar says. "However, if the degree of your heart disease requires it, you may be referred to a specialist to have a stent implanted to open up your blocked arteries or bypass surgery."

PREVENTION "If you're at high risk, we put you on aspirin and encourage you to stop smoking," Dr. Revankar explains.

Patients are encouraged to include omega-3 fatty acids in their diet. To prevent heart disease, says Dr. Revankar, "Eat a healthy, Mediterranean diet, full of fruit and vegetables."

She also recommends 30 minutes of exercise 3 to 5 days a week; limiting red meat to one meal a week; reducing saturated fat—like butter—and replacing it with olive oil; and reducing stress in your life. Most important, she urges women, "If you have a family history of heart disease, risk factors or symptoms, get checked out. It's never too late to start. We are here to help you lead a long, healthy life."

For a referral to an SJMO physician near you, call the referral line at **800-372-6094**.

SJMO: THE PLACE TO TURN FOR TREATMENT OF WOMEN'S CANCERS



JULIE GORDON MASTERS, DO

When obstetrician/gynecologist (OB/GYN) Julie Gordon Masters, DO, needs assistance in making a cancer diagnosis or needs to refer a patient for cancer care, she feels extremely comfortable partnering with the specialists at St. Joseph Mercy Oakland (SJMO) to provide the full spectrum of treatment for women's cancers.



AMY KIRBY, MD

Among the cancer specialists are breast program Medical Director and surgeon Amy Kirby, MD, who uses the latest surgical procedures, and Michael Hicks, MD, gynecologic oncology Medical Director and one of only 13 gynecologic oncologists in the state. These and other St. Joe cancer specialists are available for consultations.



MICHAEL HICKS, MD

"I have great confidence in the specialists," Dr. Masters says. "I know them personally, I know their skills, and I know the services provided at St. Joe. I refer patients who require cancer treatment to St. Joe over other hospitals."

WE'RE ON YOUR TEAM SJMO offers a multispecialist approach to gynecologic and breast cancer care, bringing the patient's own physician and cancer specialists together to develop individualized treatment plans.



SJMO physicians and staff give compassionate, skilled cancer care.

OB/GYNs are valued members of the care team.

"St. Joe offers a true continuum of care for treatment of patients with breast and women's cancers," Dr. Masters says. Gynecologic cancers are cancers of the female reproductive organs (ovaries, endometrium, uterus, cervix, vagina and vulva) and include trophoblastic disease.

Dr. Masters says she appreciates being able to be in the operating room when Dr. Hicks performs surgery. Her patients are much more comfortable having their personal physician in surgery along with the specialist. "It's a more collaborative team here [at SJMO] than at the other hospitals," Dr. Masters says.

Another strength is the SJMO Breast Program. It stands

apart from other community and university programs through its National Accreditation Program for Breast Centers (NAPBC) designation. NAPBC accreditation means that the hospital has met 28 standards and provides a full spectrum of breast care that encompasses screening, diagnosis, treatment and aftercare.

The hospital was also one of the first in Michigan to receive an American College of Radiology Breast Imaging Center of Excellence designation, demonstrating that SJMO has achieved high standards in image quality, facility equipment and personnel qualifications.

ALL YOU NEED, RIGHT HERE

Dr. Masters appreciates that cutting-edge care is available at SJMO, close to her patients' homes. There is no need for women to travel out of the community to receive specialty care or to gain access to the latest clinical trials.

SJMO participates in National Cancer Institute-sponsored trials through its Michigan Cancer Research Consortium (MCRC) affiliation. The MCRC is one of only 50 Community Clinical Oncology Programs (CCOP) across the nation. SJMO's patients have access to nearly 150 clinical trials.

Dr. Masters says she also appreciates the hospital's "fantastic new surgical pavilion that offers the latest surgical equipment."

For a referral to a St. Joe cancer specialist, please call **800-372-6094**.

ANXIETY, DEPRESSION, STRESS NOT JUST THE BLUES



NEEL JOLEPALEM, MD

Are the pressures of work, home and kids overwhelming you emotionally? Here's how to identify if you are just stressed out, have anxiety or if it's something more, and how to find relief.

EMOTIONAL DISTRESS Some women suffer from anxiety, depression or stress. According to Neel Jolepalem, MD, St. Joseph Mercy Oakland psychiatrist and Chair of the Department of Behavioral Medicine, more women than men report having symptoms. "Women are more willing to acknowledge it," Dr. Jolepalem says. "Men may use alcohol as another way to deal with it."

ANXIETY Anxiety is marked by excessive worry over a long period of time along with physical and psychological symptoms that interfere with daily functioning. "A patient with anxiety may have muscle pain, tension, headache, back spasms, upset stomach, trouble sleeping, racing thoughts and a sense of foreboding," Dr. Jolepalem explains.

Causes include anxiety carried from childhood, an event, genetics, personality or the individual's environment. There is no test or cure, but anxiety can be managed by changing

your pattern of thinking and behavior and with medication. "If patients comply with the treatment plan and maintain their medications, they can have definite relief from the symptoms," Dr. Jolepalem says.

DEPRESSION Signs of depression include persistent sadness; lack of pleasure, interest, motivation, concentration and drive; fatigue; headaches; irritability; sleeping too much or too little; change in eating habits; body- and stomach-aches; or suicidal thoughts. It can be caused by a family history of depression, genetics, chemistry of the brain, loss or growing-up experiences.

Women in their childbearing years may experience premenstrual dysphoric disorder. Depression, irritability and tension may appear before a period and end when or shortly after it begins. After giving birth, some women may experience postpartum depression, which is more serious than just the baby blues. "Baby blues clear up without psychiatric intervention," explains Dr. Jolepalem. "If postpartum depression is not treated, it can present significant functioning difficulties for the mother."

Older women often experience depression from the loss



A behavioral medicine specialist can help you learn how to deal with stress.

of spouses and friends and decreased socializing due to retirement and isolation when they no longer can drive.

Treatment for depression includes medication and psychotherapy. Dr. Jolepalem also recommends having a positive outlook, exercising, using relaxation techniques, maintaining healthy eating habits, and developing goals and a purpose.

STRESS According to Dr. Jolepalem, stress is caused "mostly by changes and demands. It's a disturbance in the psychological, family, social and work situation." Typical causes are loss of a relationship, moving, job change or

promotion, financial problems or a serious health problem. Symptoms include sadness; poor sleep; appetite changes; and head-, stomach- and body aches.

To manage stress, Dr. Jolepalem recommends developing a positive attitude, eating healthy, exercising, tapping into your spirituality and "trying to change the source of the irritant."

To handle anxiety, depression and stress, "start taking measures as soon as you recognize there's a problem rather than ignore it," Dr. Jolepalem advises. Second, seek help from your family physician, who can refer you to a behavioral medicine specialist.

MANAGING WEIGHT—YOURS AND YOUR KIDS'



TOM RIFAI, MD

Women can improve their health and their children's health by following a healthy eating plan accompanied by increased physical activity.

BACKGROUND Women have different nutrition needs during various stages of life, says Tom Rifai, MD, Medical Director of St. Joseph Mercy Oakland's (SJMO) Metabolic Nutrition and Weight Management Program. Young girls and teens "have to build a bank of bone strength," he explains.

In the childbearing years, "women should be cognizant of their vitamin D status," Dr. Rifai says. Maintaining a healthy weight improves fertility, and a healthy eating approach—eating breakfast and following a regular pattern of eating and sleeping—can help reduce diabetes, heart disease and obesity.

Older women need a combination of a healthy diet and resistance training exercise to reduce the risk for heart attack, diabetes and cancer, explains Dr. Rifai. They need vitamin D3 and possibly a vitamin B12 supplement, as well as lean protein; more fruit, vegetables and legumes; and fewer refined grains.

HEALTHY DIET GUIDELINES

- Eat whole fruit and vegetables and lean protein throughout the day in moderate amounts.

- Have two servings (3 to 6 ounces per serving) of fish per week (salmon, mackerel or trout, for example).
- Drink skim milk and eat low-fat or fat-free Greek yogurt for protein.
- Eat more beans and lentils or whole-grain breads and cereals that are low in calorie density.
- Limit your sodium intake to less than 1,500 milligrams per day.
- Keep unhealthy snacks out of the house.

In addition, physical activity, including exercise, is critical to keeping a healthy weight.



The USDA Healthy Eating Plate is a general guide on what foods to eat and how much per meal.

A useful tool for managing weight is the new MyPlate guide issued by the U.S. Department of Agriculture. Note that fruits and vegetables should comprise half the meal.

PREVENTING CHILDHOOD OBESITY As mothers are the primary cooks and grocery shoppers in the home, their efforts can prevent childhood obesity. According to Kingsley Thomas, MD, SJMO Acting Chair of the Department of Pediatrics, mothers and schools can help stave off this health concern.

According to Dr. Thomas, childhood obesity is an "epidemic disaster." In the U.S., childhood obesity has nearly tripled since 1980, reports the Centers for Disease Control and Prevention. "This excess weight can cause high blood pressure, heart disease and kidney disease and has led to an increase in the prevalence of type 2 diabetes in children at younger ages," he says.

Too much time in front of the TV and computer and not enough exercise contribute to the problem. Schools can help by offering healthy options at lunchtime and providing education on healthy eating. Mothers can help keep kids healthy by:

- Encouraging them to exercise 30 to 60 minutes a day
- Increasing the child's fruit and vegetable intake
- Reducing the child's intake of soda pop and increasing the intake of water
- Including more fish and chicken in the child's diet

For information about weight management options or a referral to a St. Joe physician, call the referral line at **800-372-6094**.

VASCULAR DISEASE: A COMPREHENSIVE APPROACH TO A COMPLEX CONDITION



DIEGO HERNANDEZ, MD

While the awareness of heart disease has increased, conditions that affect the rest of our peripheral blood vessels have only recently received some attention, as evidenced by the commercials that describe leg pain as a sign of a condition known as PAD, or peripheral arterial disease. The incidence of vascular conditions continues to increase, as a result of an expanding aging population.

BACKGROUND Vascular disease is a complex problem commonly affecting two types of blood vessels—the arteries and the veins—and causing very different conditions. Knowledge about arterial disease is becoming commonplace, but venous problems do not attract a lot of publicity. Yet these affect almost half of the U.S. population, mostly women, and can create symptoms that at times may be quite disabling.

The complex nature of these conditions often results in a lot of confusion. In an effort to provide outstanding care in this arena, St. Joseph Mercy Oakland (SJMO) is committed to not only enhancing the education of our community in all aspects of vascular care, but also to providing the most

comprehensive management possible, including the use of the latest minimally invasive approaches to these problems.

CAUSES In its most common form, vascular arterial disease affects the blood vessels supplying the brain and the legs.

Restrictions to blood flow caused by the buildup of plaque—a complex mix of cholesterol and fat deposits—in the carotid arteries may predispose a patient to strokes, including transient or mini-strokes that may cause limited or minimal damage.

In the arteries supplying the legs, plaque may restrict blood flow to the point that it may cause leg pain or cramps with activity. This is known as PAD. In its advanced stages, there may be such lack of circulation that the leg may become discolored and sores may not heal.

Arterial disease can also manifest itself as aneurysms. Whereas restrictions of blood flow may result in pain, the breakdown of the wall of an artery results in a weakness that may then become an aneurysm, or ballooning of the artery, a condition that usually has no symptoms. Often associated with potential for rupture and death, aneurysms may produce other complications. Recent advancements allow us to treat these aneurysms with minimally invasive

techniques, but patients should discuss all of their options with a specialist to ensure that they receive the most appropriate treatment.

Vascular venous disease includes conditions ranging from varicose veins to vein clots or deep venous thrombosis (DVT). Despite current commercials that promise that the treatment of varicose veins is simple, venous problems are often complex and, if inadequately treated, may cause lifelong complications. There are sophisticated new approaches to treatment of varicose veins and vein clots, but only a vascular specialist is in a position to help you decide what the best option is for you. Vein centers often do not have this level of expertise.

TREATMENT Treatment options for both arterial and venous vascular conditions may often include lifestyle modifications or even some medications. However, these are complex problems that require appropriate diagnosis and an adequate plan of action. As the treatment of these problems can have profound effects on a patient's livelihood, it is important that questions are asked about all the available options as well as the advantages of one technique over another. The implications of not having the right answers can be dramatic, but with effective treatment, one can achieve successful outcomes.

At SJMO, specialists offer comprehensive, compassionate care in all aspects of these complex vascular problems. Be proactive with your health, and be sure to speak to a specialist who is truly passionate about vascular disease.

ST. JOSEPH MERCY OAKLAND'S ANNUAL

WOMEN'S NIGHT OUT

LOOK YOUR BEST. FEEL YOUR BEST. BE YOUR BEST.

EVENING HIGHLIGHTS

- Light dinner, cash bar and dessert
- Women's health presentations by St. Joe physicians
- Health screenings
- Fashion show by Macy's by Appointment
- Gift basket drawings

BREAKOUT SESSIONS (REGISTER FOR TWO PRESENTATIONS OF YOUR CHOICE):

- Cardiology: Women and heart health
- Plastic Surgery: Advancements in cosmetic surgery
- Nutrition and Wellness: It's never too late to be healthy
- Gynecologic Health: Advancements in care
- Orthopedics: Women and joint care
- Women's Health: Minimally invasive surgical treatment options every woman should know

For more information on the presentations and speakers, visit our website at stjoesoakland.org/wno, or to register call 800-372-6094.

Tuesday, November 1
5:30 - 9:00 p.m.
(dinner begins at 6:00 p.m.)

Cost: \$25 per person

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



Celebrity Guest Speaker Lila Lazarus



St. Joseph Mercy Oakland (SJMO) has been given the distinction of a five-star rating in women's health and named among the top five percent of U.S. hospitals in women's health excellence.

As designated by a national independent health care ratings organization.

LOOK YOUR BEST

—Continued from page 4

COSMETIC EYELID CONTOURING Cosmetic eyelid contouring "gives a person a cleaner, more youthful look," Dr. Karaca explains.

The procedure corrects drooping eyelids, removes puffiness under the eye and corrects the contour of upper and lower eyelids. No hospital stay is required, and patients can return to work in 10 days.

FACE-LIFT People seek face-lifts for facial rejuvenation, repair of a contour irregularity, a more youthful appearance and correction of acne scarring. The procedure sometimes requires an overnight stay in the hospital, but you can go back to work in 10 days.

Dr. Karaca and Dr. Stein also perform two minimally invasive face-lift procedures that involve smaller incisions, have absorbable gadgets to hold the skin, and result in less blood loss and less pain.

BOTOX Botox injections smooth out wrinkles and fine lines around the forehead and face. Administered in the physician's office, Botox injections have little, if any, risk. The effects of the injections last three or four months, and they should be repeated to maintain the results.

RISKS Overall, common risks of these kinds of procedures are contour irregularities, asymmetry, bleeding, infection, scarring, pain, swelling and bruising. These often are temporary. If they continue, call your physician.

In the end, you'll not only look better but feel better, too! To locate an SJMO plastic surgeon near you, call the St. Joe referral line at **800-372-6094**.

SJMO COMMUNITY EVENTS

Metabolic Nutrition and Weight Management Program
Tuesdays, Oct. 25, Nov. 8 and 22, Dec. 13
6 p.m.
St. Joseph Mercy Oakland
Franco Communications Center
44405 Woodward Ave., Pontiac
Free

These seminars provide information about the serious medical complications of being overweight and how SJMO's program can help you. For details, call Metabolic Nutrition and Weight Management at **248-858-2475**.

Orthopedic Seminars
Tuesdays, Oct. 25 and Nov. 15
6 to 7 p.m.
St. Joseph Mercy Oakland
Franco Communications Center
44405 Woodward Ave., Pontiac
Free

Learn about orthopedic conditions and joint replacement. Light refreshments will be provided. For information and to register, call **800-372-6094**.

Breast Cancer Month Special Event
Thursday, Oct. 20
St. Joseph Mercy Oakland
Franco Communications Center
44405 Woodward Ave., Pontiac
6 to 8:30 p.m.
Free

This event will feature remarks by four physicians, an exhibit of the Lilly Oncology on Canvas art, and refreshments. Registration is required; call **800-372-6094**.

MICHIGAN MEDICAL REPORT SPEAKERS BUREAU

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

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

Speaker appearances are free of charge. Groups must have a minimum audience of 25 people.

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**.



Fadi Alali, MD
Internal Medicine
7210 N. Main St.
Suite 200
Clarkston
248-625-0372



Jason D. Gumma, DO
Emergency Medicine
44405 Woodward Ave., H-52
Pontiac
248-758-7000



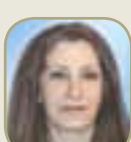
Hima J. Challa, MD
Internal Medicine
44405 Woodward Ave., H-13
Pontiac
248-858-3126



Zef Lucaj, MD
Neurology
15945 19 Mile Rd.
Suite 106
Clinton Township
586-263-0610



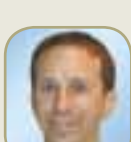
Craig F. Duhaime, DDS
Dentistry-Endodontics
6770 Dixie Hwy.
Suite 300
Clarkston
248-620-0002



Noura F. Mansour, MD
Internal Medicine
4967 Crooks Rd.
Suite 130
Troy
248-952-1601



Zouheir Fares, DO
General Surgery
8384 Holly Rd.
Suite 1
Grand Blanc
810-733-8400



Brian J. Markle, MD
Internal Medicine/
Gastroenterology
44555 Woodward Ave.
Suite 304
Pontiac
248-858-3878



Srinivas Gullapalli, MD
Internal Medicine
43368 Woodward Ave.
Suite 104
Bloomfield Hills
248-758-0730



Yogesh J. Shukla, MD
Behavioral Medicine
44555 Woodward Ave.
Suite 405
Pontiac
248-335-4010

Find a doctor that's right for you. Click on "Find a Physician" at stjoesoakland.org.

LAKE ORION URGENT CARE HAS NEW HOURS

7 A.M. TO MIDNIGHT, 7 DAYS A WEEK

SJMO Urgent Care-Lake Orion Board-certified and board-eligible physicians provide treatment for any urgent health care need, including cuts, sprains, fevers, earaches and sore throats.
1375 S. Lapeer Rd., Bald Mountain
Regional Medical Complex
248-693-9040

SJMO LABS ST. JOSEPH MERCY OAKLAND SAINT JOSEPH MERCY HEALTH SYSTEM

SJMO has outpatient labs in several locations. All are open weekdays only unless otherwise noted.

OUTPATIENT LABS

- Berkley:** 1695 W. 12 Mile Rd., Suite 200, 248-414-5326, 7:30 a.m. to 5 p.m.
- Birmingham:** 2110 E. Maple Rd., 248-758-7742, 8:30 a.m. to 5 p.m.
- Bloomfield Hills:** 42557 Woodward, Suite 220, 248-335-7834, 7:45 a.m. to 6 p.m.
- Clarkston:** 7210 Ortonville Rd., Suite 100, 248-620-2940, 7:30 a.m. to 6 p.m. weekdays, 8 a.m. to 1 p.m. Saturdays
- Commerce Township:** 2630 Union Lake Rd, Suite 200, 248-366-0612, 8 a.m. to noon and 1 p.m. to 4:30 p.m.
- Lake Orion:** 1375 S. Lapeer Rd., Suite 210, 248-814-7310, 8:30 a.m. to 1 p.m. and 2 to 5 p.m.
- Pontiac:** 44200 Woodward Ave., Suite 105, 248-334-7195, 8:30 a.m. to 1 p.m. and 2 to 5 p.m.
- Pontiac:** 44405 Woodward Ave., (hospital), 248-858-3250, 7 a.m. to 6 p.m. weekdays, 7:30 a.m. to 11:30 a.m. Saturdays.
- Pontiac:** 44555 Woodward Ave., (Medical Office Building), 248-858-3258, 8 a.m. to 5 p.m.
- Waterford:** 5800 Highland Rd., 248-673-7583, 8:30 a.m. to 12:15 p.m. and 1:15 p.m. to 5 p.m.

A physician's order is required for all diagnostic tests.



DISCOVER  REMARKABLE

NORTHERN OAKLAND COUNTY'S HOSPITAL OF CHOICE.

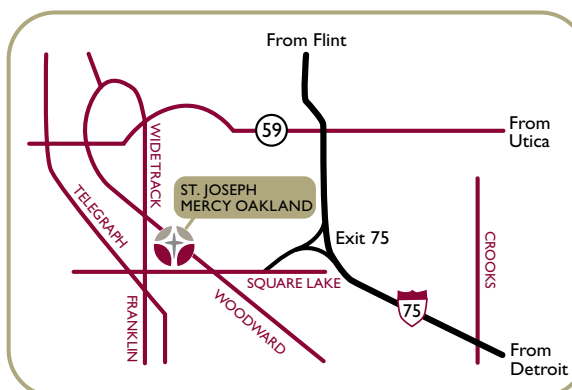
To learn more about our top-rated quality services and programs, visit our website at stjoesoakland.org, or to find a physician nearest you, call our referral line at 800-372-6094.

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.



MICHIGAN MEDICAL REPORT

FROM THE PHYSICIANS AT ST. JOSEPH MERCY OAKLAND

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Information in MICHIGAN MEDICAL REPORT comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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FALL 2011