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MICHIGAN MEDICAL REPORT

FROM THE PHYSICIANS AT ST. JOSEPH MERCY OAKLAND

WINTER 2011

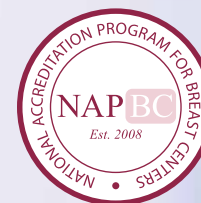
FOCUS: CARDIOLOGY

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THOMSON REUTERS

**50 TOP
CARDIO HOSPITALS
2011**

8 CONSECUTIVE YEARS!



**ST. JOSEPH MERCY
OAKLAND**

SAINT JOSEPH MERCY HEALTH SYSTEM

Register for free community
health seminars. See page 7.



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



SETTING HIGHER STANDARDS OF CARE THROUGH EXCELLENT OUTCOMES



KIRIT PATEL, MD

One of the many ways St. Joseph Mercy Oakland's (SJMO) Heart Institute maintains its leadership status among the top cardiovascular hospitals in the country is through its unwavering commitment to reducing heart disease in the community and in providing high-quality health care to each patient treated.

"Our success in achieving quality clinical outcomes is through a diligent and focused effort to meet and exceed national standards of care," says Kirit Patel, MD, Medical Director of the Cardiac Catheterization Lab at SJMO and Chairman of the Division of Cardiology. SJMO participates in data registries that establish national standards for

cardiac care and recognize hospitals that achieve or surpass those standards.

"We are pleased that once again SJMO is ranked among the top cardiovascular centers in the country for excellence in cardiac care," Dr. Patel says. This is the eighth year in a row that SJMO has received this recognition.

Thomson Reuters recently named the SJMO Heart Institute a national Top 50 Heart Hospital. This award recognizes hospitals for setting new standards and surpassing similar hospitals with:

- Significantly lower 30-day mortality rates
- Significantly lower 30-day hospital readmission rates for patients with heart failure and heart attacks
- Lower treatment costs while providing higher-quality care
- Better clinical efficiency, with patients returning to daily

life two-thirds of a day sooner on average

Also, Blue Cross Blue Shield of Michigan and the Blue Care Network of Michigan have, for the fifth straight year, named the SJMO Heart Institute as a Blue Distinction® Center for Cardiac Care, and the Greater Detroit Area Health Council continues to rank SJMO as one of the top-performing hospitals in clinical outcomes and patient care in southeastern Michigan.

Along with offering advanced technology and cutting-edge procedures, our expert medical team of board-certified physicians, nurses and clinical staff is committed to building on our achievements and remaining among the highest-rated cardiovascular providers in the nation.

"This outstanding level of quality performance and outcomes is what cardiac patients should look for when they choose their health care provider," Dr. Patel says. "We are committed to providing an exceptional patient care experience with these objectives in mind."

SINGLE-INCISION SLING PROCEDURE RELIEVES FEMALE INCONTINENCE



PETER P. SHAMAN, MD

A new minimally invasive surgical solution—the single-incision sling—is providing relief from the bothersome and embarrassing condition known as female urinary incontinence.

BACKGROUND According to the Agency for Healthcare Research and Quality (AHRQ), about 25 to 45 percent of women have experienced urinary incontinence. Stress incontinence, the most common form in women, happens when involuntary pressure is put on the bladder by coughing, laughing, sneezing, lifting or straining. It also can result from being pregnant, giving birth, playing high-impact sports, aging or being overweight. When the urethra loses its support because of these conditions, urinary leakage can occur.

According to Peter P. Shaman, MD, a St. Joseph Mercy

Oakland (SJMO) obstetrician/gynecologist (OB/GYN), women don't have to suffer anymore, thanks to a new treatment—the single-incision sling.

TREATMENT The sling is a small piece of polypropylene mesh placed under the urethra and attached to muscles in the pelvis. Polypropylene is used because "it's sturdy and retains its shape," Dr. Shaman says. As the sling cradles the urethra, it mimics normal anatomy and prevents leakage.

"The procedure is performed vaginally, requiring one incision 1 to 1.5 centimeters in length," says Dr. Shaman. Because it is minimally invasive and performed under local anesthesia, a patient will experience reduced blood loss, less pain and a speedy recovery.

The procedure is done on an outpatient basis, and "some people go home the same day," Dr. Shaman says. "The patient should instantly notice a difference." The total recovery time is about two weeks.

And the procedure is safe.

"The damage is decreased using this procedure because we're not penetrating nearby vital structures," Dr. Shaman says. "There is less risk of injury."

However, there may be some short-term side effects: a



hematoma (small blood clot), vaginal pain after the procedure, mild cramping or urinary urgency.

No special preparation is needed for the procedure, except refraining from eating and drinking after midnight the night before. In some cases, a patient may need to be evaluated by her gynecologist or urologist with a bladder test to determine the true nature of her problem.

"If you're dealing with an incontinence problem, don't be afraid to seek help from your physician and gynecologist," says Dr. Shaman. "People shouldn't suffer or feel ashamed of having urinary incontinence."

REFERRAL For a referral to an SJMO OB/GYN near you, call the referral line at **800-372-6094**.



The single-incision sling helps relieve female incontinence.

CAMPUS REGENERATION

BECOMING BIGGER, BETTER AND MORE BEAUTIFUL



JACK WEINER

As technology advances, competition in the marketplace increases and the health care needs of the community change, St. Joseph Mercy Oakland (SJMO) is ready to meet those challenges. Improvements have already begun, both in the physical plant and in the way care is delivered. But no matter the challenge, SJMO consistently makes its top priorities patient safety, quality of care and performance excellence.



BARBARA HERTZLER

According to Jack Weiner, SJMO President and CEO, a hospital has to be responsive to the needs of the community it serves. For example, this past fall, SJMO opened its Senior Emergency Department to meet the unique care needs of seniors. In creating a healing environment, SJMO is treating seniors in an area with quieter rooms and safer, senior-friendly surroundings and a clinical team composed of board-certified physicians, geriatric nurse practitioners, nurses, pharmacists and case managers, all with specialized training to care for older adults and their caregivers.

"All go to creating a safer, higher-quality clinical environment," Weiner says.

Technological and safety advancements and personalized care were built into the hospital's \$60 million, 50,000-square-foot Surgical Pavilion, constructed in 2009. The spread of germs is reduced, thanks to a clean core that allows instruments and medical supplies to go to operating suites via pass-throughs rather than by people entering and leaving to retrieve them. Cords and cables are suspended overhead to prevent tripping.

This past fall, the pavilion's new pre- and post-op spaces were completed. "These spaces align with how we want to care for patients," says Weiner. A nurse greets the patient and directs him or her through the surgical process, avoiding multiple handoffs between clinical staff. Amenities are available, such as special garments to keep patients warm. And the new surgical lounge also will provide amenities for waiting loved ones, both for comfort and to keep them informed of their family member's progress.



Guests and associates can relax in the new seating areas.



A one-stop pharmacy/gift shop offers convenience to visitors.

Just opened is a new retail concourse, featuring an expanded and technologically advanced pharmacy, a new gift shop, a coffee shop and a convenience store. "When we looked at retail, we looked at spaces more responsive to patients and staff," Weiner says.

The new pharmacy is larger and has a greater selection of over-the-counter items, more drop-off and pick-up areas, and room for a private consultation with the pharmacist.

"It creates an environment that's open and airy and very professional looking, and that projects an image of quality," Weiner says.

PATIENT TOWER Meanwhile, construction is expected to begin soon on a new, technologically advanced, 136-bed patient tower, complete with private rooms, healing gardens and places for reflection.

"This again will be built around the same conceptual frameworks—around a healing environment—supporting the family and new technologies that make it better and safer for our staff to deliver care," Weiner says.

Barbara Hertzler, SJMO Executive Vice President and COO, says patient needs were a major part of the new tower's creation.

"We need additional space that is supportive of the care delivery," she says. "Plus, our patients and families want privacy. They want a place to be able to visit with their loved ones. They want to heal according to their own, very specific, needs. So it allows us to provide care in a much more personal way.

"We also believe that family and friends are such a critical part of the healing process," she says. "Having support space available so family and friends can be there makes a big difference on how patients heal."

Projects around the existing hospital also lend themselves to enhancing patient care and safety, she adds. One example involves medication stations.

"Really safe medication administration should occur in a safe, quiet area, so medical errors are not made," Hertzler says. "Now nurses are in a very, very safe, peaceful area. Having the space to really do their work without interruption in a very safe way is very helpful."



The Grand Concourse has many services.



The new patient tower will have private rooms that will incorporate the latest medical technology.

YOUR BEST CHOICE Hertzler says the campus regeneration is already making a difference.

"It will definitely make us more attractive, and we're already seeing that as you see patients and families go through the organization and talk about the support space and the environment and...the feeling of the organization," she says. "Our organization has always been viewed as a very friendly, family-like organization, but now also to have a very attractive environment and good space just enhances the experience overall.

"And it allows us, too, to provide cutting-edge technology so that patients realize they're getting the best possible care and advanced treatments. A lot of the regeneration has attracted a lot of physicians and additional specialties to us, and certainly that is very attractive to the community."

Local and national organizations have recognized SJMO's dedication to patient safety, quality of care and performance excellence.

"We are very proud of the fact that we have already proven that we provide the highest-quality care in this region as measured by external agencies," says Weiner. "It's our belief that having the highest quality, the highest customer satisfaction, lower cost than most of our competitors and an outstanding physical environment make us North Oakland County's hospital of choice and a good value. Why would you consider going anywhere else?"

CARDIOLOGY

We care for your heart

SJMO DEFINES EXCELLENCE IN CARDIOVASCULAR SURGERY



WILLIAM H. GORDON, MD

requiring surgical intervention.

In addition to offering advanced technology, the cardiovascular surgical program at SJMO provides patients with the advantage of an on-site multidisciplinary team of cardiologists, electrophysiologists, cardiovascular surgeons, anesthesiologists, radiologists, nurses and clinicians whose primary goal is to provide exceptional patient care and restore good health to each patient we treat.

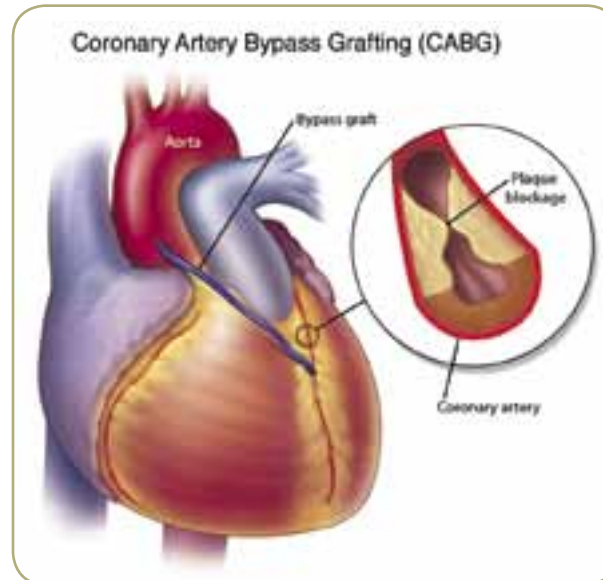
"The cardiac surgery program offers a full complement of conventional surgical interventions, including coronary artery bypass graft surgery, valve replacements and repair, carotid artery surgery, and temporary left ventricular support devices," says William H. Gordon, MD, SJMO

The Heart Institute at St. Joseph Mercy Oakland (SJMO) offers a full range of cardiac services, from prevention and detection to treatment and surgical intervention. An important part of cardiovascular services is the highly regarded cardiovascular surgical program that treats and repairs more serious heart conditions

cardiothoracic surgeon. "We also perform new, groundbreaking therapies, including minimally invasive heart surgery and surgical ablation for atrial fibrillation."

Procedures can be done alone or in combination, depending on a patient's situation. The following describes some of the more common procedures performed at SJMO:

- **Coronary artery bypass surgery** creates new pathways around blocked arteries, allowing blood flow to be restored. Coronary arteries are bypassed with an artery or vein taken from another part of the body.
- **Heart valve surgery** involves the repair or replacement of a damaged valve.
- **Carotid artery surgery** is a procedure to restore proper blood flow to the brain. This artery runs along the side of your neck and can become partially or totally blocked. Treatment includes removing plaque buildup and inserting a stent to allow for proper blood flow.
- **Minimally invasive surgeries** are less invasive cardiac surgical procedures with smaller incisions for select patient conditions.
- **Temporary left ventricular support devices** are mechanical circulatory devices used to partially or completely replace the function of a failing heart.



"Patients in the community should know that they can have leading-edge cardiac surgery at one of the most technologically advanced surgical pavilions in the country," Dr. Gordon says. "In addition to our excellent clinical and quality outcomes, SJMO has invested in surgical suites that contain the latest technology and allow for the safest patient care environment possible."

PROPERLY DIAGNOSING HEART RHYTHM DISORDERS



RUSSELL T. STEINMAN, MD

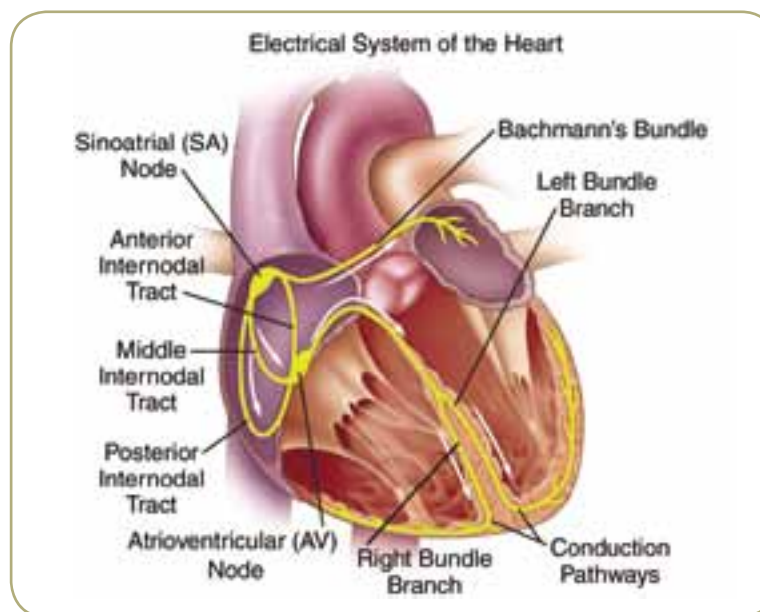
patients at risk for a lethal cardiac rhythm. Cardiac rhythm disorders may be misdiagnosed, leading to delays in appropriate diagnosis and treatment.

The Arrhythmia Center at the St. Joseph Mercy Oakland (SJMO) Heart Institute specializes in the diagnosis and treatment of heart rhythm disorders. A comprehensive approach is used, including performing a careful history and physical examination, evaluating the patient's overall cardiac status and using specialized diagnostic tools to evaluate cardiac rhythm disorders both on an outpatient and sometimes inpatient basis. The electrophysiology laboratory is used for performing special electrical tests of the heart and treating heart rhythm disorders with cardiac ablation, a pacemaker or an implantable defibrillator.

Russell T. Steinman, MD, is the Medical Director of

Most people are unaware of their heartbeat and take their heart rhythm for granted.

Once a cardiac rhythm disorder occurs, a patient may experience palpitations, light-headedness, dizziness or fainting. These symptoms are often associated with tiredness or fatigue and may place



Electrophysiology at SJMO. He is a cardiologist with a subspecialty in cardiac electrophysiology, which is the discipline concerned with the study of cardiac arrhythmias.

"Most cardiac arrhythmias are not life-threatening and are often controlled with medication or cured with cardiac ablation," says Dr. Steinman. "For life-threatening arrhythmias, pacemakers or implantable

cardiac defibrillators may be used."

The Electrophysiology Laboratory at SJMO is equipped with state-of-the-art digital fluoroscopy equipment, special computerized 3-D cardiac mapping systems and intravascular ultrasound, permitting visualization of the structures within the heart. This equipment is used for both diagnostic testing and treatments, such as cardiac ablation. Many of the common arrhythmias, such as supraventricular tachycardia and atrial fibrillation, are curable with a technique called cardiac ablation. If the problem is more serious, a pacemaker or implantable defibrillator may be the course of treatment.

"While arrhythmias can be serious, with proper diagnosis and testing most arrhythmias may be adequately treated with medications or ablation," says Dr. Steinman. "Electrophysiologic testing, cardiac ablation and implantation of medical devices are generally safe and highly effective with minimal complications."

Heart rhythm doctors work closely with your own referring doctor, such as your cardiologist or internist, to ensure the best overall cardiac care.

NON-INVASIVE CARDIOLOGY IS KEY TO DIAGNOSIS



LEONARD SALVIA, DO

"Non-invasive cardiology involves tests to evaluate and diagnose disorders of the heart," says Leonard Salvia, DO, Medical Director of Non-Invasive Cardiology. "Typically, non-invasive methods involve imaging techniques like ultrasound or nuclear tracer imaging to analyze the condition and performance of the heart and blood vessels and do not involve entry into the arterial system."

Non-invasive tests include:

- **Echocardiogram.** This non-invasive exam includes an ultrasound of the chest, showing detailed images of the heart's structure and function. It allows a cardiologist to see the heart's pumping power as well as the size and dimensions of the heart's chambers and the function of the valves.
- **Electrocardiogram (EKG).** An EKG measures the heart's electrical activity and can help the cardiologist determine the cause of chest pain, shortness of breath, dizziness or irregular heartbeat.
- **Holter monitor.** A holter monitor is a portable EKG that the patient typically wears for 24 to 72 hours to capture a record of the heart, allowing a cardiologist to detect occasional heart rhythm irregularities that may not be found during a routine exam.
- **Exercise stress test.** This is a means of measuring the heart's work capacity while exercising at increasing levels of exertion. The test usually involves walking on a treadmill or pedaling a stationary bike at different speeds and inclines. Sometimes (for example, when a person can't walk) a medication is used to stress the heart.
- **Nuclear stress test.** A nuclear stress test is similar to the exercise stress test, except that the patient is given a small dose of a safe, radioactive substance before the end of the test.
- **Dobutamine stress echocardiogram.** This test combines an echocardiogram with a stress test using the medication dobutamine. The echocardiogram is done before and after the medication is given and helps to determine what areas of the heart are not getting enough blood supply.
- **Transcranial Doppler.** This test studies the speed of blood flow in the brain's main blood vessels. It can detect emboli and hemorrhaging from an aneurysm, among other conditions.
- **Echocardiogram and Bubble Study Evaluation of patent**



Dr. Salvia uses a non-invasive approach to diagnose heart disease.

foramen ovale (PFO—a hole in the heart). To determine how well the heart is functioning, an echocardiogram is performed and then saline is injected into the patient's vein through his or her arm. This study helps evaluate a PFO, a birth defect.

● **Transesophageal echocardiogram.** This is used to obtain a clearer 2-D echocardiogram of your heart. The back of the throat is numbed, and an ultrasound transducer, positioned as an endoscope, is guided down the patient's throat into the esophagus to view the heart without interference from the ribs or lungs.

PERIPHERAL ARTERIAL DISEASE MAY CAUSE MORE THAN LEG PAIN



MICHELE DEGREGORIO, MD

In the United States, more than 8 million adults over age 50 have peripheral arterial disease (PAD), a serious condition and common circulation problem in which arteries that carry blood to the legs or arms become narrowed or blocked, sometimes causing pain but often causing no symptoms.

BACKGROUND The most common cause of PAD is atherosclerosis, often called hardening of the arteries. Atherosclerosis is a gradual process in which cholesterol and scar tissue build up, forming a substance—called plaque—that blocks the blood vessels. The blood flow channel narrows from the buildup of plaque, preventing blood from passing through as needed, restricting oxygen and other nutrients from getting to normal tissue.

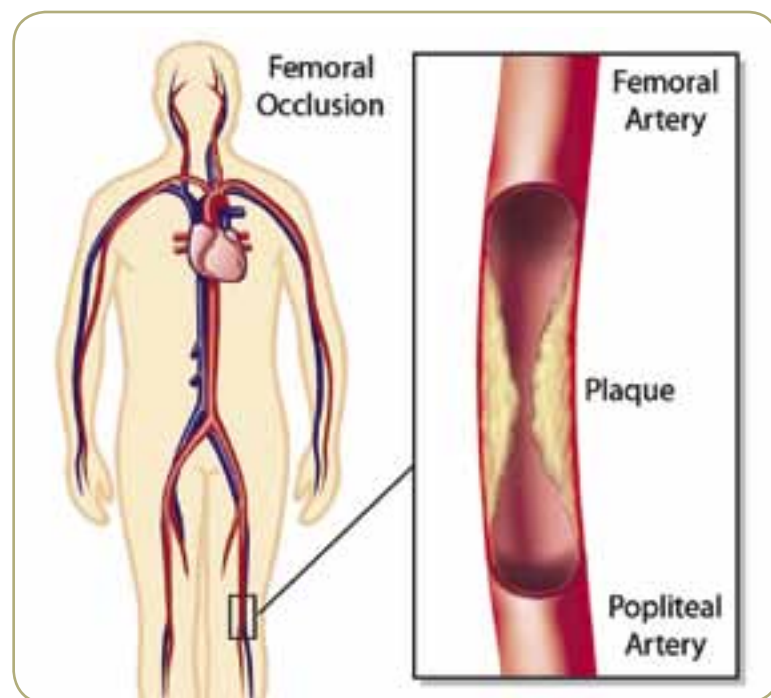
"The most common symptom of PAD is claudication, which is leg pain that occurs when walking or exercising and disappears when the person stops activity," says Michele DeGregorio, MD, Medical Director of Peripheral Vascular Intervention at SJMO. "Other symptoms include numbness and tingling in the lower legs and feet,

coldness, and ulcers or sores on the legs that don't heal."

RISK FACTORS Risk factors for PAD include high blood pressure, diabetes, high cholesterol, cigarette smoking and obesity. People may confuse leg pain from arthritis with the more serious leg pain caused by PAD. Left untreated, PAD can be dangerous.

TREATMENTS Often, PAD can be treated with lifestyle changes, including smoking cessation and a structured exercise program to reverse the progress of PAD. But for patients with early or stable PAD, a physician may also recommend medication to prevent worsening of leg artery disease. These medications may include cholesterol-lowering drugs, blood-pressure-lowering medications or medications that reduce blood clotting in narrowed arteries.

In more advanced cases, patients can be treated with minimally invasive therapies, such as angioplasty, stent insertion or atherectomy (plaque removal), according to Dr. DeGregorio. "Patients with more severe PAD may have restricted blood



Arteries blocked by plaque can cause pain when you exercise. Left untreated, they can be dangerous.

supply, putting them at a very high risk of gangrene and limb loss," he says. "Prompt treatment is required and may include medication and endovascular or surgical blood flow restoration."

Often, patients experiencing this problem are advised to have an angiogram to explore revascularization options to preserve limb function.

NEW TECHNOLOGY IMPROVES PATIENT SAFETY

Patient safety at St. Joseph Mercy Oakland (SJMO) is a top priority, and new technology is raising it to new levels and improving clinical outcomes.

SJMO has piloted a new U.S. Food and Drug Administration-cleared software application that works like an early warning system to measure patient wellness.

The software analyzes information from vital signs that are entered into the patient's electronic health record, such as blood pressure, pulse rate, respiratory rate, body temperature and blood oxygen levels.

The system is designed to identify deterioration in vital signs. It emits audible and visual alarms at the nurses' station when a certain threshold is reached. Depending on the patient's condition, nurses respond immediately by clinically reassessing the patient and, when appropriate, alerting the rapid response team.

In the first 12 months of operation, the system has made a remarkable difference. It has:

- Reduced the number of cardiac or respiratory failure arrests by 33 percent
- Reduced patients' average length of stay in the hospital by half a day

- Reduced mortality in non-end-of-life patients by 35 percent

"Given the success of this pilot, our intention is to expand the program to other units in the hospital," says Fabian L. Fregoli, MD, Chief Medical Informatics Officer. "Through the use of technology, we're always looking at new ways to keep patients safe. This is one example of providing our nursing staff with valuable clinical tools to help care for our patients."

The pilot program is in use at SJMO in 110 medical and surgical patient rooms.

SJMO is the first hospital in Southeast Michigan and the only hospital in the Trinity Health system to implement this technology.

SJMO is recognized consistently for its patient safety efforts, high-quality health care, performance excellence and clinical outcomes.



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PATIENT THANKFUL FOR ADVANCED STROKE CARE SURVIVING A STROKE



ANDREW R. XAVIER, MD

Kraig Vincke is lucky that his son, Trevor, disobeyed him. It saved his life.

In October, the elder Vincke was at his dining room table when he suddenly slipped out of the chair. He had little movement on his left side, slurred speech and a headache—

classic signs of a stroke. His son told him he was having a stroke, but the Chesaning father of two said he wasn't.

"Luckily, my son didn't listen to me," he says today.

Vincke, a field tile installer and volunteer fire fighter, was transported to Covenant Medical Center in Saginaw, where he was seen by emergency room physician Tim Brown, MD, and resident Corrine Kvamme, MD. Dr. Kvamme contacted the Michigan Stroke Network (MSN) at St. Joseph Mercy Oakland (SJMO) for a consultation for treatment.

Within minutes, Dr. Kvamme reached the stroke specialist at the Stroke Center, who collaborated with her on Vincke's care. "We knew something had to be done emergently or he would have neurology problems all his life," says Dr. Kvamme. Vincke was transported immediately by helicopter to SJMO.

ROBOTS TO THE RESCUE The MSN is a network of 30 hospitals throughout Michigan, 28 of which have remote presence robots, whose videoconferencing technology allows emergency room physicians to consult with stroke specialists at SJMO 24/7. With the robots, stroke specialists

can communicate with the patient and physician and determine whether the patient can be treated at his or her community hospital or needs to be transported to SJMO, where the stroke team is always at the ready. As soon as the call is made to the MSN, a helicopter, plane or ambulance is alerted—depending on the patient's proximity to SJMO—to transport him or her to the Stroke Center.

A stroke occurs when a blood vessel in the brain becomes blocked or bursts. It can cause brain damage or death if not treated promptly. Generally, if the patient is seen within the first 4½ hours after onset, he or she can be treated with clot-busting medications. If not, or the stroke is severe, the patient may need a neurointerventional procedure to remove the clot.

"The Michigan Stroke Network worked beautifully," says Dr. Kvamme "It made the transport of the patient easy. With him, time was of the essence."

Andrew R. Xavier, MD, an interventional neurologist and SJMO Medical Director of Neuroendovascular Services, determined that Vincke was a candidate for a procedure that involved inserting a catheter into the brain to remove the clots from the blocked brain artery.

"The patient recovered movement on the left side of his body while on the operating table," says Dr. Xavier. "He went on to make an excellent recovery."

In fact, Vincke was home with his family four days after having the stroke. Dr. Xavier says Vincke's prognosis is excellent.



Stroke survivor Kraig Vincke and his daughter Kristen

"The MSN is able to bring cutting-edge stroke treatment to remote institutions all over Michigan," says Dr. Xavier. "We screen rigorously and transfer only patients that need advanced care at a tertiary stroke care institution. The patients are returned back to their communities after the advanced level of care."

Vincke is grateful for the care he received at SJMO and the collaboration between the St. Joe stroke team and Covenant Medical Center emergency room staff.

"I'm very satisfied," Vincke says. "I had a lot of good care."

To learn more about the MSN, visit **MichiganStrokeNetwork.com** or call **866-522-8676**.

SJMO COMMUNITY EVENTS

Metabolic Nutrition and Weight Management Program

Tuesdays, Jan. 18 and 25, Feb. 8 and 22, March 8 and 22

6:30 p.m.

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

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

SHAPEDOWN

● Orientation: Thursday, Jan. 20

6:30 p.m.

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

● Classes begin: Thursday, Feb. 10
SHAPEDOWN is a weight-management program for children and teens ages 6

to 18 years. This unique program involves the whole family and focuses on diet, exercise and emotional well-being. For information and to register, call Julie Esparsa at **248-858-2554**.

Michigan Bariatric Institute Seminars

Wednesdays, Jan. 19, Feb. 16, March 16, April 20, May 18, June 15
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)**.

Orthopedic Seminars

Beginning in February, fourth Tuesday of the month
6 to 7 p.m.

Feb. 22: Benefits of Minimally Invasive Shoulder Surgery

March 22: Effective Management of Osteoporosis

April 26: Total Joint Replacement

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

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



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.

WELCOME, NEW DOCTORS

St. Joseph Mercy Oakland (SJMO) is constantly adding physicians who provide you with the best care. Listed 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**.



Aabeen A. Hagroo, DO
Obstetrics/gynecology
3950 S. Rochester Rd.
Suite 1300
Rochester Hills
248-659-1150



Surya C. Nallani, MD
Internal medicine
725 S. Adams
Suite 243
Birmingham
248-220-1148



Alla Yeras, MD
Urgent care
1375 S. Lapeer Rd.
Lake Orion
248-693-9040

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**.

DRIVING PROGRAM SAVES LIVES

Ford Motor Co. and St. Joseph Mercy Oakland (SJMO) have teamed up for a pilot program designed to help save lives.

Ford's Driving Skills for Life is a national safety initiative created by the auto manufacturer, the Governors Highway Safety Association (GHSA) and a panel of safety experts. Vehicle crashes are the No. 1 killer of teenagers in America, claiming nearly 5,000 lives each year. Crash rates are highest during a teen's first few hundred miles on the road. That's why the Driving Skills for Life website at

drivingskillsforlife.com offers training, tools and free resources to help make teens safer drivers. The program helps young drivers improve their skills in four key areas that are factors in more than 60 percent of teen vehicle crashes: hazard recognition, vehicle handling, and space and speed management.

Ford asked SJMO to serve as a pilot partner with it to join forces with a health care organization that sees one side of vehicle crashes—the teens who are injured in the accidents.

NORTHERN OAKLAND COUNTY'S HOSPITAL OF CHOICE.

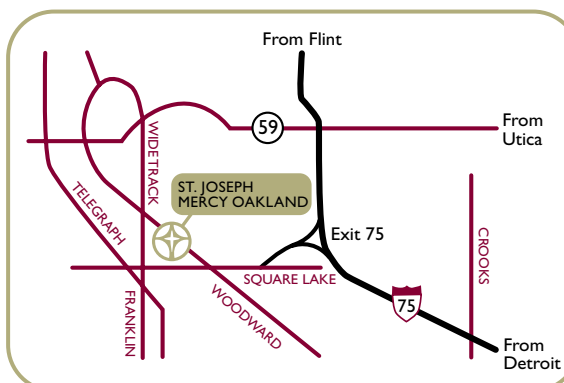
To learn more about our top-rated quality services and programs, visit our website at stjoesoakland.org, or to find a physician nearest you, call our referral line at **800-372-6094**.

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.



SAINT JOSEPH MERCY HEALTH SYSTEM



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5800 Highland Rd.
248-673-2474
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For more information, visit stjoesoakland.org/urgentcare.

REMARKABLE MEDICINE. REMARKABLE CARE.



MICHIGAN MEDICAL REPORT

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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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