

Mark Kwartowitz, D.O.  
Orthopaedics



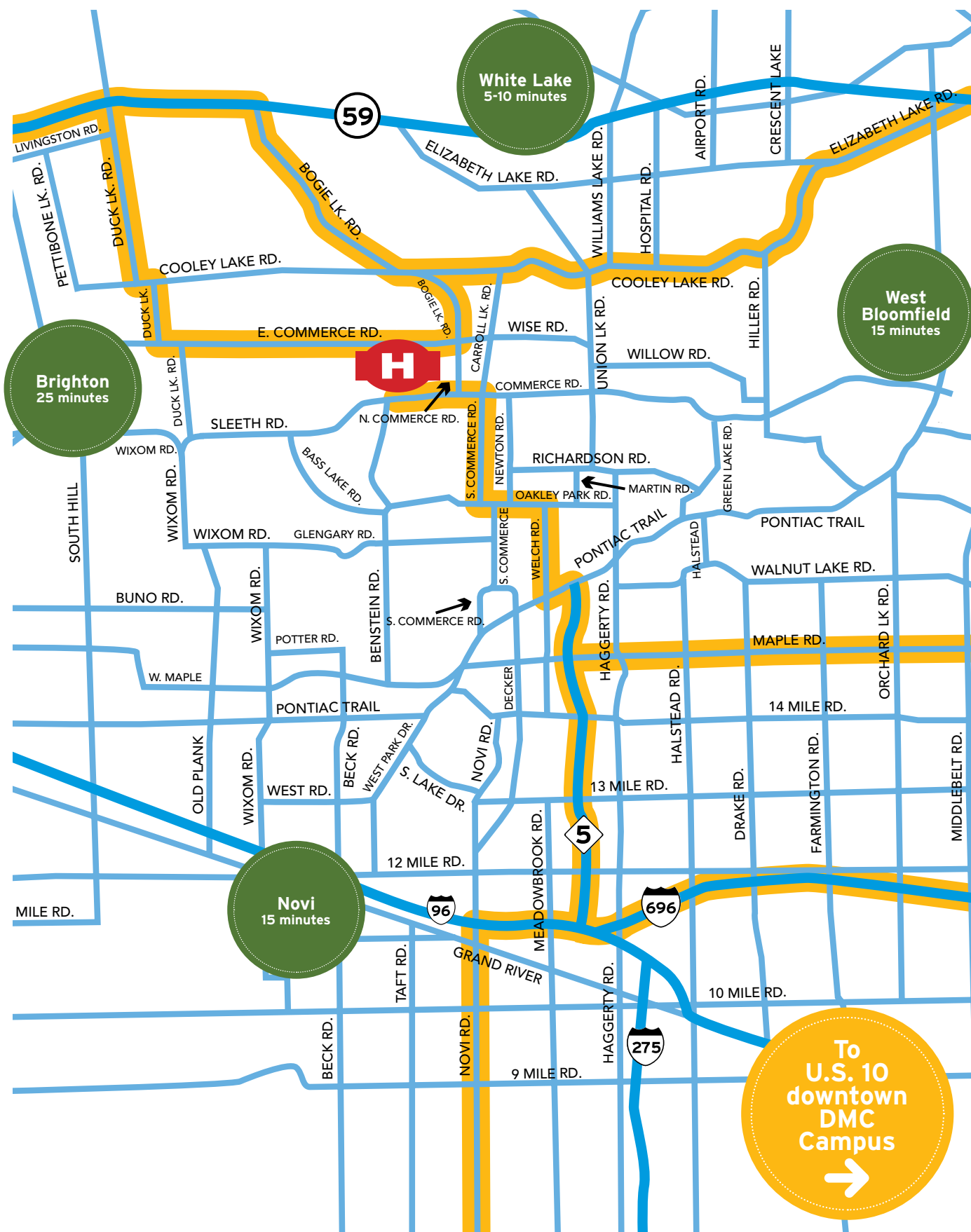
## REVERSE SHOULDER REPLACEMENT

A breakthrough shoulder surgery is restoring function and relieving pain for patients with a damaged rotator cuff or severe arthritis. Called a "reverse shoulder replacement," the procedure alters the mechanics of the shoulder by reversing the normal position of the ball and socket.

This surgery uses a metal and plastic implant that works the opposite of a normal shoulder by placing the ball onto the shoulder blade and the socket onto the top of the upper arm bone. After a reverse shoulder replacement, patients see a drastic difference in their range of mobility, and their ability to perform daily activities. It also provides restored motion, pain relief and increased stability.

People who experience significant pain and little to no movement in their shoulder are the best candidates for reverse shoulder replacement surgery. It is ideal for patients with chronic, longstanding rotator cuff tears or arthritis.

To find an orthopaedic surgeon in your area, please call **1-888-DMC-2500** or visit us on the web at [www.dmc.org](http://www.dmc.org).



For assistance with directions, please call 248-937-3300.  
For a physician referral, call 1-888-DMC-2500.

**DMC**  
Huron Valley-Sinai  
Hospital

1 William Carls Drive  
Commerce, MI 48382-2201  
248-937-3300  
[www.hvsh.org](http://www.hvsh.org)

## board members

**DMC Huron  
Valley-Sinai Hospital  
Board Chair**  
Merle Harris

David Aronow  
Mehmet Bayram, M.D.  
Jack Belen, D.O.  
Marc Bocknek, D.O.  
Karol Breen  
Barbara Dobb

Brian A. Derisley  
Jim Doyle, Ph.D.  
James R. Geisler, Ph.D.  
Christina Hamill  
Christopher Heberer, M.D.  
Jacqueline Johnston

Jay Kozlowski, M.D.  
Lila Lazarus  
Kim Margolis, M.D.  
Robert McGee  
Michael J. Moore  
George M. Nyman

Paul Oster  
Mark Steinberg  
Lyle B. Tyler  
Lynn M. Torossian

Your link to top docs in Oakland County

[www.hvsh.org](http://www.hvsh.org)



# TO YOUR GOOD HEALTH

Your Report From America's Best Doctors

FALL 2008

Kim Margolis, M.D. - 2008 DMC Huron Valley-Sinai Hospital Physician of the Year (left) • Neil Belgiano, D.O. - 2007 DMC Huron Valley-Sinai Hospital Physician of the Year (right)

Join us for our community open house – September 20 & 21

## SPOTLIGHT: PRIMARY CARE

- What's new at DMC Huron Valley-Sinai Hospital - page 3
- Is there a doctor in the house - how to choose a primary care physician - page 4
- High blood pressure - what it means for your health - page 4
- Combat high cholesterol - page 5
- Take control of diabetes - page 5

### IN OTHER NEWS...

- Message from the President - page 2
- Emergency angioplasty saves lives - page 2
- Say goodbye to varicose veins - page 3
- Event listings - page 6
- Frequently called numbers - page 6
- Get back to basics for back to school - page 7

[WWW.HVSH.ORG](http://WWW.HVSH.ORG)



**DMC**  
**Huron Valley-Sinai  
Hospital**

## MESSAGE FROM THE PRESIDENT

Lynn M. Torossian  
President



It is with great pleasure that I welcome you to the first edition of *To Your Good Health - A Report from America's Top Docs*. I hope you find this newsletter to be not only informative, but also a great resource tool for our hospital and all of the services we provide right here in our community.

As a community hospital, our family of loyal physicians makes the difference in the care we provide. Through their knowledge, expertise and compassion DMC Huron Valley-Sinai Hospital grew from a small semi-rural hospital into a first-class full-service medical facility which is held in the highest esteem by

our community, patients, and staff, as well as their families. The involvement and loyalty of our physicians provided, and continues to provide, the foundation for the hospital's growth and technological advancement.

So please, take a moment to learn something new about Huron Valley-Sinai Hospital, our "top docs," and the great care and customer service offered by the entire team. We think that you'll agree that this is a "Better Place to Get Better."

## HEART PROGRAM EXPANSION

The State of Michigan has authorized DMC Huron Valley-Sinai Hospital to perform PCI, most commonly known as angioplasty.

Angioplasty is a minimally invasive medical procedure and uses state-of-the-art technology to locate and open blocked vessels and restore blood flow to the heart. An incision is made in the patient's femoral artery in the upper thigh. A tiny, flexible tube or catheter is inserted into the artery. Using fluoroscopy, the physician threads the catheter to the heart.

After the physician diagnoses the size and location of the blockage, the blockage is usually opened by inflating a tiny balloon on the tip of the catheter shaft. To keep the artery open, a stent, or small mesh tube, is often inserted.

This technology is essential in providing the prompt care needed to reduce the amount of damage inflicted to the heart muscle during a heart attack.

The cardiologists at Huron Valley-Sinai Hospital have been performing diagnostic cardiac catheterizations for several years in the hospital's state-of-the-art cath lab, but this recent approval allows them to perform emergency angioplasty to open up arteries of the heart during a heart attack.

This is an exciting addition to the hospital's continuum of cardiovascular services which already includes screening, prevention, diagnostic and rehabilitation services.

Physicians who perform this procedure at Huron Valley-Sinai Hospital are:



Nishit Choksi, M.D.



Michele DeGregorio, M.D.



Abdual Halabi, M.D.



Kirit Patel, M.D.

Hanna Al-Makhamreh, M.D. (not pictured)

# COMING SOON - LASER ABLATION FOR VARICOSE VEINS

If you've been living with varicose veins for fear the treatment is too complicated, painful and risky, the news couldn't be better. In October, the physicians at DMC Huron Valley-Sinai Hospital will be performing laser treatment of varicose veins. This is a precise, safe and simple non-invasive medical procedure. If you suffer from unsightly, painful varicose veins, now is the time to do something about it.

- 45 minute procedure
- No scarring
- No general anesthesia or hospitalization
- Immediate return to your daily routine

Get dramatic results without drastic measures.

For more information on laser ablation, call the Huron Valley-Sinai Hospital Radiology Department at 248-937-3440.

Physicians who will be performing laser ablation at Huron Valley-Sinai Hospital in October are:



Bruce Wolf, D.O.



Rich Krikorian, D.O.



Gregg Warren, D.O.

In celebration of the ongoing construction and growth at DMC Huron Valley-Sinai Hospital we are hosting a community health fair and open house on September 20 and 21.

## Saturday, September 20 – 10:00 a.m. - 2:00 p.m.

Community Health Fair - meet the Huron Valley-Sinai Hospital doctors, take in an Iron Chef cook off, talk to local health vendors and participate in free health screenings.

\*\*\*\*\*

## Sunday, September 21 – 1:00 p.m. - 4:00 p.m.

Community Fun Day/Open House - Take a tour of the hospital, participate in children's craft stations, meet Peter Nielsen, watch Radio Disney perform, have lunch, enter our cutest baby contest and much more!

For more information visit [www.hvsh.org](http://www.hvsh.org)

# WHAT'S NEW AT DMC HURON VALLEY-SINAI HOSPITAL

DMC Huron Valley-Sinai Hospital has once again expanded its clinical capabilities to better serve our patients.

The hospital's radiology services have expanded through the acquisition of a fixed MRI and a 64-slice dual-source CT scanner. The new equipment greatly expands Huron Valley-Sinai's MRI availability. The 64-slice dual-source CT scanner creates very clear images that can focus in on a single bone, a pulmonary embolism or arterial plaque, helping physicians with their diagnosis and treatment. The hospital now has three CT scanners plus PET-CT capabilities.

Huron Valley-Sinai Hospital's affiliation with the world renowned Karmanos Cancer Center is allowing our physicians to connect directly with specialists on the Detroit Medical Center campus. This strengthened affiliation will grant our physicians and their patients access to select tumor boards and clinical trials without ever leaving Oakland County.

While we have undergone many renovations and additions over the years -- and continue to do so, the success of Huron Valley-Sinai Hospital is clearly tied to more than just campus improvements. It is the commitment of the entire hospital team to our patients, their families, and our community that has continuously propelled Huron Valley-Sinai Hospital forward and upward.

## CHOOSING A PRIMARY CARE PHYSICIAN

Choosing a primary care physician (PCP) is an extremely personal choice. Having a good relationship with your physician can be vital when it comes to your healthcare choices.

Primary care physicians are often considered to be the first line of defense in medical care. They are trained and skilled at assessing and treating an array of ailments. PCPs screen for diseases such as cancer, heart disease, high blood pressure, high cholesterol and diabetes. Your PCP can also refer you to a specialist if needed.

When searching for a new physician you may want to consider: size of practice, whether the physician is affiliated with an academic medical center, the length of time in practice, size of the patient base he/she services, and how much time the physician spends on average with patients during the first visit and for subsequent visits.

Additional questions you may want to ask your potential PCP are:

- What are your office hours?
- Which hospitals do you have admission privileges to?
- How many specialists do you work with regularly to treat patients?

There are many methods and resources available to you to find a PCP. Ask your friends and family who their PCP is. Many times they will be able to provide the name of a physician who is conveniently located and meets your health care needs.

Referral lines, such as the Detroit Medical Center's **1-888-DMC-2500 physician referral line**, are available 24 hours a day, seven days a week. The Detroit Medical Center's physician referral line can provide you names and numbers of physicians in your area.

A website can be a great way to gain preliminary knowledge of a physician and their practice. You can also visit [www.dmc.org](http://www.dmc.org) and search for a physician in your area as well as book an appointment with them.

Be informed and don't be afraid to ask questions during your search. Most importantly, no matter who you choose as your primary care physician, make sure you are comfortable and confident with the healthcare you are receiving.

To find a primary care physician in your area, call **1-888-DMC-2500** or visit us on the web at [www.dmc.org](http://www.dmc.org).

## HIGH BLOOD PRESSURE



Samuel Jonnalagadda, M.D.  
Internal Medicine

Many of my patients ask *why is high blood pressure bad?* High blood pressure makes your heart work harder than normal causing the heart and arteries to be more prone to injury. High blood pressure also increases the risk of heart attacks, strokes, kidney failure, eye damage, congestive heart failure and fatty buildups in arteries. If high blood pressure isn't treated, your heart has to work harder to pump enough blood and oxygen to your body's organs and tissues. A heart forced to work harder for a long time tends to enlarge and weaken.

While we many not always understand all causes of high blood pressure, we do know many factors that may contribute to it. Heredity is thought to play a factor in high blood pressure. People whose parents have high blood pressure are more likely to develop it than those whose parents don't. Blood pressure also tends to increase with age, and is more prevalent in people who are overweight.

Some other related factors contributing to high blood pressure are: inactive lifestyle, heavy alcohol consumption, diabetes, kidney disease, pregnancy and use of some oral contraceptives and other medications.

High blood pressure is a lifelong disease. Many people have high blood pressure for years without knowing it. The only way to tell if you have high blood pressure is to have it checked. It usually can be controlled by lifestyle changes and/or medication. Once you begin to manage it and start a treatment program, maintaining a lower blood pressure is easier.

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher

\*Your doctor should evaluate unusually low readings.

If you do have high blood pressure, there are many steps you can take to reduce it. Treatment may include changing your diet, eating less salt, drinking less alcohol, losing weight and engaging in regular physical activity. Smoking cessation is also important to reduce your overall risk for heart attack and stroke. Many medicines also can help reduce and control high blood pressure. Your doctor will decide whether you need medicine in addition to dietary and lifestyle changes.

Get the facts on high blood pressure and how to live a heart-healthier life from your physician.

To find a physician near you, please call **1-888-DMC-2500** or visit us on the web at [www.hvsh.org](http://www.hvsh.org).

## HIGH CHOLESTEROL



**Adil Arabbo, M.D.**  
Chief of Family Medicine

Your cholesterol level has a lot to do with your chances of getting heart disease.

Cholesterol is a waxy, fat-like substance that your body produces and is necessary for many body functions. However, when there is too much cholesterol in the bloodstream, some will build up on the walls of the blood vessels, including those of the heart. Over time, this buildup causes hardening of the arteries and can hinder the flow of blood. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

A variety of things can affect your cholesterol level such as diet, weight, level of physical activity, age, gender and heredity. Whatever the reasons for high cholesterol, the one thing you do want to do is treat it. The main goal of cholesterol-lowering treatment is to lower your LDL (bad cholesterol) level enough to reduce your risk of developing heart disease or having a heart attack. The higher your risk, the lower your LDL goal will be.

High cholesterol itself does not cause symptoms; so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering them helps to lessen the risk for developing heart disease and reduces your risk of heart attack.

There are two main ways to lower your cholesterol: therapeutic lifestyle changes and drug treatment. Therapeutic lifestyle changes include a cholesterol-lowering diet, physical activity, and weight management. Drug treatment is used if cholesterol-lowering drugs are needed. These drugs are used together with therapeutic lifestyle changes.

To find out if you have high cholesterol, discuss treatment options or find out the best way to lower your cholesterol levels, please consult your physician. To find a physician in your area, call **1-888-DMC-2500** or visit our website at [www.dmc.org](http://www.dmc.org).

### Cholesterol

A desirable total cholesterol level:  
200 mg/dL or lower.

A desirable LDL is 100 mg/dL  
(130-159 is borderline high; 160 is high;  
190 is very high).

HDL, the “good cholesterol,” should  
be around 40 mg/dL or greater.

## DIABETES & HEALTHY LIVING



**Lowell Schmeltz, M.D.**  
Chief of Endocrinology

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications including blindness, kidney damage, heart disease, lower-limb amputations and premature death, but people with diabetes can lower the risk of developing these and other diabetes complications by controlling blood glucose, blood pressure, and blood lipids.

Individuals at higher risk for developing diabetes include those who are overweight, have a family member with diabetes, have a history of gestational diabetes, or are on certain medications that affect insulin production or action. Symptoms of diabetes include frequent urination, excessive thirst, and unexplained weight loss. Screening can be done by your healthcare provider with a simple blood test.

Prevention of diabetes is the best treatment. Leading a healthy lifestyle including a balanced diet and routine exercise is the key. Though weight loss is a challenge for most people, seeking the help of your health care provider or a registered dietitian can help you succeed. Even losing only a small amount of weight can have a dramatic impact on reducing your risk for diabetes and other serious conditions.

**If you have diabetes, it is important to discuss certain issues with your healthcare provider on a routine basis including:**

- Blood sugar monitoring and review of diabetes medications
- Hemoglobin A1c (blood test every 3-6 months indicating your diabetes control)
- Annual eye exam
- Annual foot testing for sensation
- Annual screening for protein in the urine

Self-management education improves health outcomes and quality of life for individuals with diabetes. By focusing on self-care behaviors, such as healthy eating, being active, and monitoring blood sugars, you and a certified Diabetes Educator can map out a plan to control your diabetes and improve your overall health.

**Please see page 6 for more information about attending our diabetes support group.**

### Diabetes Risk Factors

Family History

Age

Being Overweight

History of gestational diabetes

Sedentary lifestyle

# event listings

## SUPPORT GROUPS

GROUP	DATE/TIME
AL-ANON	Every Sunday, 10 a.m.
ALATEEN	Every Sunday, 10 a.m.
AA Meetings	Every Sunday, 10 a.m.
Alzheimer's Family Support Group	Second Monday, 7 p.m. Fourth Monday, 2 p.m.
Arthritis Support Group	Third Thursday, 2 p.m.
Breather's Club	Third Wednesday, 12 p.m.
Breast Cancer Support Group	Second & Fourth Thursday, 10 a.m.
Cardiac Rehab Support Group	Call (248) 937-3606 for dates and times.
Diabetes Support Group	Call (248) 937-3600 for dates, 7 p.m.
H.U.G.S. (Help, Understanding and Grief Support)	Third Thursday, 7 p.m.
Journeys Cancer Support Group	First & Third Monday, 7 p.m.
Postpartum Depression Support Group	Every Thursday, 7 p.m.

Support groups are free and held at Huron Valley-Sinai Hospital. Registration is not required unless otherwise indicated. Family members or friends are welcome. **Note: some support groups may vary their schedules around holidays and during the summer.**

## CPR/FIRST AID CLASSES

### Family & Friends CPR, \$25

Covers CPR and choking for adults, children and infants. This course is intended for persons who wish to know CPR but do not require training for work purposes.

### Heartsaver CPR, \$35

Covers CPR and choking for adults, children and infants. This course is intended for persons who need CPR for work purposes. Participants receive a completion card.

### CPR and First Aid, \$60

Covers CPR/Choking/First Aid/AED for adults and children, and CPR/Choking for infants. This course is intended for persons who need training for work purposes. Participants receive a completion card.

For CPR class dates, please go to our website, [www.hvsh.org](http://www.hvsh.org) or call 248-937-3314.

## DMC PEOPLE'S MEDICAL COLLEGE

People's Medical College is a DMC educational series designed to teach healthcare consumers about various health topics. Topics can range from cardiovascular disease to joint replacements to women's health. Held on both weeknights and weekends, these short conferences will help you better understand various conditions and how to prevent and treat them as well. Registration is available by going to [www.dmc.org/peoplesmedcollege](http://www.dmc.org/peoplesmedcollege), or by calling 1-888-DMC-2500.

## COMMONLY USED NUMBERS

GENERAL INFORMATION			
Visiting Hours & Patient Information	(248) 937-3300	Retail Pharmacy	(248) 937-5710
Emergency Services	(248) 937-3400	DMC Health Access Center/ Physician Referral Services	888-DMC-2500
		Physical Rehabilitation	(248) 360-8700
		Radiology/x-ray	(248) 937-3440
		Respiratory Care	(248) 937-3468
		Social Work/ Discharge Planning	(248) 937-3384
PATIENT MEDICAL SERVICES			
Cardiopulmonary Rehabilitation	(248) 937-3606		
Cardiology Services (EKG)	(248) 937-3467		
Medical Records	(248) 937-3360		
Obstetrics/Gynecology	(248) 937-3480		
Occupational Rehabilitation	(248) 360-8700		
Oncology Services	(248) 937-5045		
Orthopaedic Services	(248) 937-4947		
Outpatient Laboratory	(248) 937-3427		
Patient Representative/ Relations	(248) 937-3344		
ADMINISTRATIVE SERVICES			
		Admitting	(248) 937-3461
		Billing Information	(313) 578-2700
		Community Health Education	(248) 937-3314
		Human Resources	(248) 937-4040
		Volunteer Services	(248) 937-3505

## TUESDAY TEA

The Sinai Center for Women (SCW) at Huron Valley-Sinai Hospital hosts a series of lectures on Tuesday evenings. *Tuesday Tea* provides a gathering place for women while educating them on health-related concerns they face every day. These programs take place in the lobby of the SCW. Please call 248-937-5055 for more information and to register. Space is limited.

## JOIN US! \*JOIN US! \*JOIN US!

In celebration of the ongoing construction and growth at DMC Huron Valley-Sinai Hospital we are hosting a community health fair and open house on September 20 and 21.

### Saturday, September 20 – 10:00 a.m. - 2:00 p.m.

Community Health Fair - meet the Huron Valley-Sinai Hospital doctors, take in an Iron Chef cook off, talk to local health vendors and participate in free health screenings.

### Sunday, September 21 – 1:00 p.m. - 4:00 p.m.

Community Fun Day/Open House-Take a tour of the hospital, participate in children's craft stations, meet Peter Nielsen, watch Radio Disney perform, have lunch, enter our cutest baby contest and much more!

For more information visit [www.hvsh.org](http://www.hvsh.org)

Together, We're Here  
For Your Child's  
Emergency



DMC Huron Valley-Sinai Hospital is the hospital of choice for your child's emergency.

DMC Huron Valley-Sinai Hospital is the only hospital with a partnership with DMC Children's Hospital of Michigan, providing your child with consistent and personalized care that reaches well beyond the emergency.

No matter how small the patient or how big the emergency, we're here for you and your children.



**DMC**  
Huron Valley-Sinai  
Hospital

**DMC**  
Children's Hospital  
of Michigan

## SCHOOL DAZE



Marc Bocknek, D.O.  
Pediatrician  
Vice-President Medical Affairs

After a summer of sleeping in, playing at the beach and doing things on their own time, the sound of the school bell announcing the start of class can be a rude awakening. Whether your child is starting their first day of middle school, moving into high school or beginning their senior year, heading back to school is always a time of transition.

Help your child to realize it is okay to feel nervous, stressed or anxious. Although teens that are coming back as seniors may be excited to enter their final year, most freshman and new kids are likely to be tense or worried. Once students get back into rhythm and begin a normal school routine these feelings may die down.

Regardless of their feelings on classes or teachers, there is one subject all kids love - lunch! With foods like burgers, fries and pizza being offered daily in cafeterias across the nation it can be difficult to make healthy choices. To help combat the daily onslaught of fatty food choices get a copy of the school's menu. If the school offers salads or a salad bar encourage your child to take advantage of it. If they prefer to bring a sack lunch, consider packing healthy foods such as carrot sticks, and fresh fruit. Along with eating healthy, don't neglect what a good night's sleep can do for kids academically. Between the ages of twelve and twenty, young people need an hour more sleep than pre-teens. Studies have shown with only eight hours of sleep, the daytime alertness of teens is severely impaired.

About two weeks prior to the start of school get the kids back into a schedule. With kids and teens going to sleep later in the summer it is a good idea to start moving their bedtimes earlier in 20-30 minute segments otherwise they will start back to school sleep deprived.

As part of the school year routine don't forget to schedule a physical for your child. For a referral to a physician or pediatrician in your area, please call **1-888-DMC-2500** or visit [www.dmc.org](http://www.dmc.org). Help your child or teen start the school year off right and set them on the path for a healthy and happy tomorrow.

# Family Life Education

Whether you're expectant parents for the first time or the fifth, Huron Valley-Sinai Hospital has an array of Family Life Education classes to help you prepare for life with a baby.

Questions regarding any of our classes and associated fees can be directed to (248) 937-3619. You can register online at [www.hvsh.org](http://www.hvsh.org). Register early as our classes fill up quickly.

- Big Kids Class
- Birth Awareness
- Birth Review
- Breastfeeding
- Bringing Baby Home
- Gestational Diabetes
- Siblings at Birth