

HEALTH

reflection

summer 2007

Better Living in Mind, Body & Spirit

Guarding Against Stroke: The Role of Carotid Artery Disease



No Warning for CAD

The first symptom of CAD often is a transient ischemic attack (TIA). Symptoms of a TIA are similar to those of a full-blown stroke, but they usually disappear within 24 hours. Watch for these signs:

- Numbness or weakness
- Difficulty talking or understanding speech
- Vision problems
- Dizziness or confusion
- Trouble walking
- Loss of balance and coordination
- Severe headache

If you experience these symptoms, call 911.

Reduce Your Risk

To reduce your stroke risk, Gebel recommends taking these steps:

- Monitor blood pressure and cholesterol.
- Manage diabetes, if you have it.
- Don't smoke, and drink only moderately.
- Exercise regularly. ■

The carotid arteries are the main suppliers of blood to your brain. When they become narrowed or blocked by plaque, carotid artery disease (CAD) occurs, according to James Gebel, M.D., a neurologist with Sts. Mary & Elizabeth Hospital. "If this blood flow is blocked long enough that brain tissue dies, a stroke occurs," Gebel said.

Neurologists at Sts. Mary & Elizabeth Hospital, an accredited Primary Stroke Center, are highly skilled in advanced stroke treatment. For more information, call our Resource Center at (502) 363-7930 or visit our Web site at www.jhsmh.org.

Dear Neighbor from Tom Gessel, CEO



Tom Gessel, CEO

For 133 years, Sts.

Mary & Elizabeth Hospital has served the South End. Following our recent merger with Jewish Hospital HealthCare Services, we've been able to expand, with a focus on advanced technology. We've opened a Bariatric Department and a Wound Healing Care Center. Our Stroke and Chest Pain Centers provide the same leading-edge treatment you would get downtown.

Our future plans include:

- A Women's Diagnostic Center;
- A Center for Interventional Radiology; and
- A 24-hour Ambulatory Care Center in southwest Jefferson County.

Sts. Mary & Elizabeth Hospital is growing to ensure that the latest technology and state-of-the-art facilities are always close by, whenever you need them, here in Louisville's South End.

INSIDE

Treatment for Uterine Fibroids	2
Finding At-Risk Arteries	2
Conquering Severe Obesity	3
Health Resource Center Schedule	4



Uterine Fibroids: What Are They and What Are Your Options?



What Are Uterine Fibroids?

Uterine fibroids are noncancerous growths in the uterus. They affect 20 to 40 percent of women ages 35 to 50. Fibroids range in size from very small to the size of a grapefruit — or larger. In

some cases, they cause significant swelling in the lower abdomen. “Fibroids usually are diagnosed by a pelvic ultrasound or MRI,” said Daren Repishti, M.D., an interventional radiologist at Sts. Mary & Elizabeth Hospital.



Daren Repishti, M.D.

Signs and Symptoms

Typical symptoms of fibroids include:

- Heavy, prolonged periods or bleeding in between periods
- Pelvic pain or pressure
- Pressure on the bladder leading to a constant urge to urinate
- Abnormally enlarged, distended abdomen

Treatment Options

Most fibroids do not cause symptoms, so they require no treatment. When fibroids do cause symptoms, there are several options available.

Medication: Hormones, including birth control pills, help some women control their symptoms.

Surgery: Hysterectomy — the surgical removal of the uterus — is the most common

treatment for fibroids. Myomectomy, another surgical procedure, involves removing the visible fibroids from the wall of the uterus.

Uterine Fibroid Embolization (UFE): “UFE is a minimally invasive procedure that is rapidly growing in popularity as a non-surgical treatment option,” Repishti said. UFE is performed on an outpatient basis by an interventional radiologist, a physician trained to perform many types of minimally invasive procedures. UFE requires only mild sedation.

The procedure begins with a tiny incision at the top of the leg. A small tube called a catheter is inserted and guided to the arteries that supply blood to the fibroids. Then, tiny plastic beads are injected into these arteries, blocking the blood flow to the fibroids and causing them to shrink. The procedure takes about 90 minutes and requires only a Band-Aid at the incision site. Side effects are minimal, and most women can get back to their normal activities in about one week.

Interventional radiologists have been performing uterine fibroid embolizations at Sts. Mary & Elizabeth Hospital for more than eight years. ■

Learn more about embolization on our Web site at <http://uterinefibroid.jhsmh.org>. You also can call our Resource Center at (502) 363-7930.

Finding At-Risk Arteries — Before They Cause Symptoms

Screening for heart disease has advanced in recent years, thanks to computed tomography, or CT scans. These tests can detect heart disease before it causes any symptoms.

How They Work

Cardiac CT scans provide cross-sectional images of the heart.

“During the test, you’ll lie quietly in the scanner for about 20 minutes,” said Sts. Mary & Elizabeth Hospital Radiologist Jason Bronfman, M.D.



Jason Bronfman, M.D.

What the Tests Uncover

Cardiac CT scans look for calcium in the arteries, which can be a sign of plaque build-up, according to Ponnattu K. Cherian, M.D., a

cardiologist at Sts. Mary & Elizabeth Hospital. “If the CT finds calcium, you could be at risk of having a heart attack or dying from heart problems,” Cherian said.



Ponnattu K. Cherian, M.D.

Who Might Need a Heart CT

Many experts advise scans for those at “intermediate” risk for heart disease. “This risk is based on family history, blood pressure, obesity, cholesterol and other factors,” Cherian said. Ask your doctor if the test is for you.

Do you know your risk for a heart attack? For more information on CT scans, call the Sts. Mary & Elizabeth Hospital Resource Center at (502) 363-7930 or visit our Web site at www.jhsmh.org.



Conquering Severe Obesity: Minimally Invasive Surgical Treatment Now Available

Shedding weight is not easy. If you are severely obese — at least 100 pounds overweight or twice your ideal weight — weight loss surgery may be for you. A new, less invasive procedure called the Lap-Band® Adjustable Gastric Banding System is another option for those considering weight loss surgery.

Less Trauma with Lap-Band

The Lap-Band Adjustable Gastric Banding System is the only adjustable surgical treatment for severe obesity in the United States. It is offered at Sts. Mary & Elizabeth Hospital. This laparoscopic procedure is less invasive than traditional weight loss surgeries. Other benefits include:

- Reduction in post-operative pain
- Decreased hospital stay
- Quicker recovery

How It Works

An adjustable band is placed around the upper stomach, creating a small pouch. This significantly limits the amount of food you can eat and creates an earlier feeling of fullness.

Once the band is in place, your doctor can easily change its diameter at a later time to meet your weight loss needs. The procedure also is reversible.

Ask your doctor if Lap-Band is right for you. ■

If you're trying to lose weight, you may benefit from the Bariatric Program at Sts. Mary & Elizabeth Hospital, which has been named an American Society for Bariatric Surgery (ASBS) Center of Excellence. To learn more, visit our Web site at <http://bariatric.jhsmh.org> or call our Resource Center at (502) 363-7930.

How Obesity Affects Your Health

By losing extra weight — and keeping it off — you can reduce your risk for many conditions that could compromise your



John N. Olsofka, M.D.

health. In women, obesity has been linked to problems such as:

- Type 2 diabetes
- Heart disease and stroke
- Cancer of the breast and uterus
- Bladder and bowel control problems
- Arthritis
- Irregular menstrual periods and infertility

“Healthy habits can go a long way in preventing these problems,” said John N. Olsofka, M.D., a general surgeon at Sts. Mary & Elizabeth Hospital. “Just dropping 10 or 20 pounds can help reduce your risks.”

To lose the extra weight, you must eat fewer calories and be more active. Trim your portion sizes, and eat fewer fats and carbohydrates. Try a simple, safe exercise like walking for at least 30 minutes on most, preferably all, days of the week.

Eating a healthy diet and exercising also can help you stay slim and maintain your weight loss over time.



Special Section: Frazier Rehab Institute

A Service of Jewish Hospital & St. Mary's HealthCare

Welcome Inside the New Frazier Rehab and Neuroscience Center!

After much anticipation, the new Frazier Rehab and Neuroscience Center had its grand opening in June, and there was much to celebrate. With 27,000 sq. ft. on each floor, patients are able to receive world-class service in large patient rooms with incredible views of the Louisville area. Each room has its own private bath, Internet access and a 42-inch plasma TV. Therapy is provided in gyms on each floor. The new Frazier Rehab Institute includes neuroscience, pulmonary, pediatrics, orthopaedics and the Bill Collins Parkinson's Center.



Robot-Assisted Technology Helps Stroke Patients Relearn Skills

Thanks to a \$75,000 grant from the Kentucky Colonels, Frazier Rehab is the first facility in Kentuckiana to offer patients robot-assisted treatment to improve arm, shoulder and elbow movements. Designed by scientists at the Massachusetts Institute of Technology, the robot-assisted technology is based on the idea of neuroplasticity: the brain's ability to form new pathways, which helps a person relearn how to use parts of the body and mind affected by stroke, as well as other illnesses and injuries.

With new outpatient facilities, advanced technology and highly recruited team members, more patients throughout the region and country are turning to Frazier Rehab for care.

Seeing Swallowing in a New Light with Digital Technology

Swallowing. It's something that most of us do without a thought. But for patients with neurological conditions, such as a stroke or brain injury, difficulty swallowing is an entirely different story.

"Because of weakened muscular activity in coordination, swallowing can be extremely difficult for some patients," said Alice Inman, clinical supervisor of Frazier Rehab's acute care program. With the new digital technology, all swallowing studies are included in a patient's medical record. "Now, the swallow study is literally at the therapist's fingertips and can be replayed for the patient or a family member," Inman said.

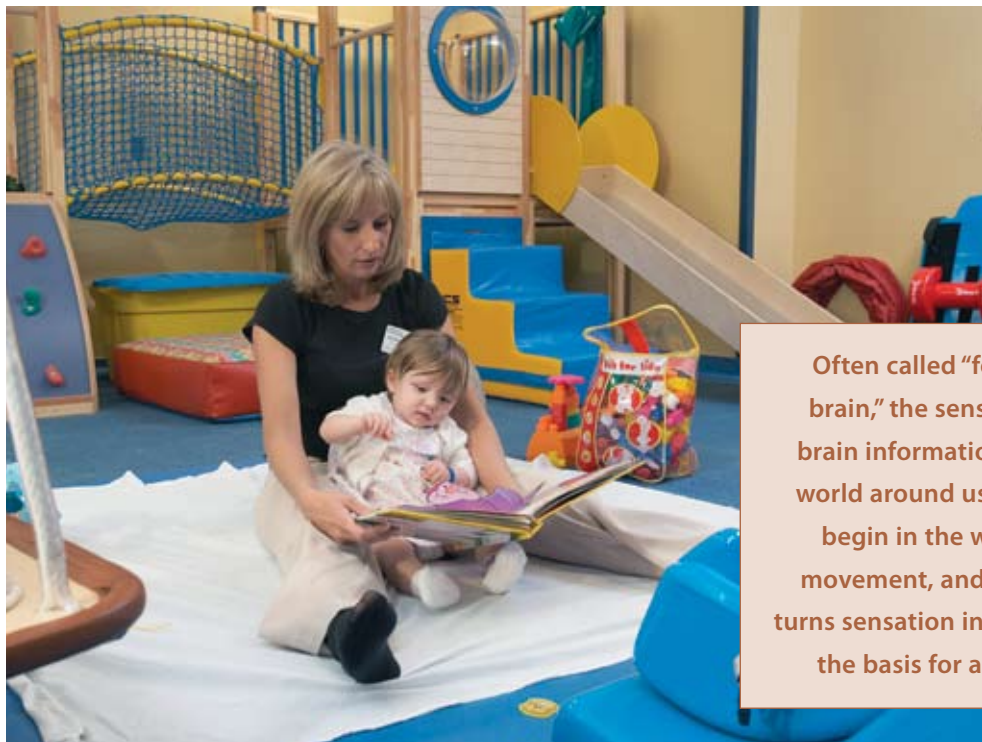
New Lift System: Ensuring Safe and Gentle Lifts for Patients

At Frazier Rehab, the aquatic therapy area, neurological rehab gyms and 10 patient rooms have been equipped with a new, power-operated "hoist and sling transfer system" that glides over ceiling tracks.

For team members and patients alike, the new Guldmann Lift System minimizes the risk of injury and ensures the safest, easiest transfer of patients, particularly spinal cord injury patients, who are not able to actively assist with transfers.

Frazier is committed to the development of programs that combine traditional rehab with innovative therapeutic techniques. Learn more on our Web site at www.jhsmh.org/carecenters/rehabmedicine.asp.

New Pediatric Gym Brings Child's Play to Sensory Integration



The new Pediatric Sensory Integration Gym provides the ideal setting for Mary Beth Conniff, OTR/L, to work with 10-month-old Lola Staser.

Often called “food for the brain,” the senses give our brain information about the world around us. Sensations begin in the womb with movement, and integration turns sensation into perception, the basis for all learning.

Frazier Rehab's new Pediatric Sensory Integration Gym was designed to treat children of all ages with sensory integration dysfunction. A quick glance inside the eighth-floor space reveals a playful scene, complete with swings, a climbing wall and colorful slides. For Frazier Rehab's therapists, the gym is the perfect treatment setting for youngsters who have difficulty processing information because of neurological disorders.

“For a lot of kids, sensory integration — how they process sights, sounds, textures, smells, tastes and movement — does not develop smoothly,” said Kelli Schneider, occupational therapist and a supervisor of Frazier Rehab's neuro and pediatric floors. “Their

brains do not easily process all the different information coming into their bodies.” ■



Physical therapist Krista Kinzer and physical therapy technician Carolyn Medley (center) work with patient Rob Kihnley.

Outpatient Services at Home on Sixth Floor

The sixth floor of Frazier Rehab is the new home of Outpatient Services. Up here you'll find physical, occupational and speech therapy; psychology; aquatics; the Locomotor Training; and the Spinal Cord Medicine and Movement

Disorder clinics. In addition, a new Primary Stroke Clinic will help patients reach their fullest potential.

Aquatic Therapy

The new Outpatient Services area has two specially designed, state-of-the-art pools for aquatic therapy. The pools provide an ideal exercise setting for post-op and pain-sensitive patients to work on improving balance, coordination, strength, endurance and range of motion.

The pools also have a variable-speed treadmill

floor. Patients can walk or run in a semi-weightless environment and still get all the benefits of a rigorous workout. In addition, the pools are equipped with underwater cameras that make it possible for team members to closely monitor patients and provide immediate feedback. ■



The new GaitRite mat in Outpatient Services electronically “maps” a patient's footprints like steps in the sand, helping Frazier Rehab team members evaluate a patient's walk and tailor therapy programs accordingly. Here, rehab technician Anthony Gallaher (left) and physical therapist Lee Smith use the GaitRite system to evaluate outpatient Mark Plummer.

Meet the Most Helpful Neighbor You'll Ever Have

Here in Your Neighborhood. Here for You.

When you need help, support or information about your health or that of a loved one, turn to the new Health Resource Center at Sts. Mary & Elizabeth Hospital.

Located in our main lobby, this state-of-the-art facility features library books, brochures, tapes, computers with Internet access, a private consultation room, a classroom and a children's play area.

The center offers a regular schedule of educational and support services, including classes, free health screenings, counseling services, support group meetings, seminars, children's play therapy and more. The setting is relaxed and comforting, with knowledgeable health professionals there to assist you.

Dedicated to Healing You: Body, Mind and Spirit

Every month, the Health Resource Center offers a variety of programs that help our neighbors deal with the most common health care concerns. But, if you don't see what you're looking for listed here, please ask!

Screenings. Often, a simple test can make a world of difference to your long-term health. The Health Resource Center offers weekly glucose, cholesterol and blood pressure screenings, as well as periodic screenings for other conditions.

Classes. Information is the key to making sound health care decisions. The Health Resource Center offers a variety of classes to

educate you on issues important to your well-being. Here are just a few examples:

Free Diabetic Teaching by a Certified Diabetic Educator — Offered the first and third Thursday of each month, this class is for the newly diagnosed diabetic or someone taking insulin. Registration is required.

JHSMH Diabetes Education classes — In-depth diabetes education classes provided by Certified Diabetes Educators. Includes individual consultations and group classes.

Look Good, Feel Better — Women undergoing cancer treatment can learn tips on makeup application and wigs.

Support Groups. The Health Resource Center offers a number of monthly support group meetings for those affected by stroke, Alzheimer's, heart disease, cancer, chronic lung conditions and other illnesses.

For more information about our programs, call **(502) 363-7930** or log on to **www.jhsmh.org**. ■

The Health Care Answers You Need Are Closer than Ever.

The Health Resource Center
1850 Bluegrass Avenue
Louisville, Ky.
(502) 363-7930
www.jhsmh.org
Open Monday to Friday,
8 a.m. to 4:30 p.m.

The Health Resource Center Monthly Program Schedule

Friendly Folks Stroke Club

For patients, caregivers and family members affected by stroke.

2nd Wednesday of each month
Noon to 1:30 p.m.

Screening Fridays

Get your cholesterol, glucose and blood pressure checked.

Every Friday, 9 a.m. to 2 p.m. (\$9 fee)

Look Good, Feel Better

Instruction on makeup application and wigs, for women with cancer.

3rd Monday of odd-numbered months
10 to 11:30 a.m.

Better Breathers

For people with chronic lung conditions.

4th Monday of each month, 4 to 6:30 p.m.

Alzheimer's Support Group

For patients, loved ones and caregivers.

Last Wednesday of each month,
2 to 3:30 p.m.

Parkinson's Support Group

For patients and their caregivers.

3rd Wednesday of each month, 6 to 7 p.m.

Healthy Heart Support Group

For patients affected by heart disease.

3rd Wednesday of each month, 6 to 7 p.m.

Cancer Support Groups

For patients affected by the disease.

3rd Tuesday of the month, 7 to 8:30 p.m.

Sts. Mary & Elizabeth Hospital

A service of Jewish Hospital & St. Mary's HealthCare

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