

Fall 2008

HealthWorks

Health care news and information

Mammography Walk-Ins Welcome

Esther believes her husband's illness may have saved her. Esther (who asked us not to use her last name) was one of those women so busy taking care of others, she forgot to take care of herself.

"I got the reminder card that it was time to schedule my mammogram," says Esther. "I normally get one every year, but I was caring for husband at home, so I set it aside thinking 'oh, I'll do that some day'."

Research shows mammography is the single most important tool in breast cancer detection. That's why the American Cancer Society recommends a mammogram every year for women age 40 and older. But many women age 40 and over have never had a mammogram and many more don't get one every year.

To encourage women to take that step and make it as convenient as possible, St. Joseph Breast Center started offering "walk-in" mammography two years ago. Women could have the screening while at the medical center for another appointment or visiting a patient. Esther had read about it in *HealthWorks*.

continued on page 4

New Law Advances Heart Care

Not all hospitals are equal. Patients with particular illnesses or injuries should be taken to facilities best equipped to treat the condition. Missouri is a model for other states in ensuring patients get appropriate care. This summer, House Bill 1790 was signed into law.

This law creates a "time critical diagnosis system" for patients suffering from a stroke or ST-elevation myocardial infarction (STEMI), a common and particularly fatal type of heart attack. Missouri is the first state to enact legislation governing a STEMI and stroke statewide system of care.

"We know that when someone is having a stroke or heart attack, time is critical," says Robert Glueck, MD, executive director of the Carondelet Heart Institute. "These conditions are brought on by blockages in the arteries to the brain or heart. The sooner we can open the arteries, using the latest intervention technology or clot-busting drugs, the less damage to the brain or heart. Not all hospitals are equipped to handle that."

Research has shown that patients who are transported to designated stroke and STEMI centers, rather than simply the nearest hospital, have higher survival rates and better outcomes. The American Academy of Cardiology and the American Heart Association have set a goal of a "door-to-balloon" time of less than 90 minutes. St. Joseph Medical Center meets this criteria in 100 percent of its patients, with an average "door-to-balloon" time of 71 minutes.

Saving Lives is a Team Effort

Winnie Davis thought she was coming down with the flu. What started out feeling like she had congestion in her chest was much more serious. Davis works for a physician



Gerald Mancuso, MD, leads the team that ensures the Carondelet Heart Institute at St. Joseph Medical Center is meeting the standard of care for patients having a heart attack.



Paying it Forward

From Scott Kashman, CEO *St. Joseph Medical Center*

I have only been in Kansas City a few months, but already it is a place I am happy to call “home.” I moved here from Ohio earlier this summer and have been impressed by the city. There is great entertainment, great neighborhoods and great food. It did not take long to convince me Kansas City does indeed have the world’s best barbeque! The people I see in the neighborhoods during my daily runs (gotta work off all that great barbeque) are very welcoming, as are the community leaders I’ve met. I appreciate the willingness of community leaders to meet and openly discuss the challenges facing our community. In every way, Kansas City has exceeded my expectations.

When I accepted the position as Chief Executive Officer of St. Joseph Medical Center, I also accepted the responsibility of carrying on the tradition of the healing ministry of Jesus the Sisters of St. Joseph of Carondelet began more than 130 years ago. It’s a tradition of quality, compassion and access to care—a tradition I am honored to continue.

St. Joseph Medical Center is recognized for its outstanding nursing care. We have a reputation not only for clinical excellence, but also the caring compassionate nature of our staff. I felt a difference when I came to St. Joseph and I want everyone coming in to feel the difference in the care provided here. This goal requires the cooperation of everyone associated with St. Joseph Medical Center—physicians, nurses, technologists, support people, volunteers and auxiliary members—all play a role in making St. Joseph the best place to be a patient.

St. Joseph Medical Center, as a member of Ascension Health has committed to a “zero tolerance” for preventable injuries or death. Our call to action, *Healthcare that Works; Healthcare that is Safe; Healthcare that Leaves No One Behind*, calls us to be even better caregivers and better neighbors. We are working to improve access to care. To do that, we are actively building primary care and specialty networks.

It comes down to respect—respecting our patients, physicians, associates and volunteers. I pledge to do everything possible to exceed your expectations.

I’d like to hear from you about what we are doing or what we could do for improvement. Contact me at scott@carondelet.com.

Heart Attack Signs

Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort.

- Chest discomfort or pressure in the center of the chest lasting more than a few minutes, or that goes away and comes back.
- Discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Other signs including a cold sweat, nausea or lightheadedness.

If you or someone you’re with has chest discomfort, especially with one or more of the other signs, don’t wait more than five minutes before calling 9-1-1.

continued on page 2

Heart Care

continued from page 1

practice in rural Bates County—about 60 miles south of the metropolitan Kansas City area. When she started feeling even worse, she went to Gerard Stanley, Jr, MD, a physician in the practice. Dr. Stanley knew right away it was more than the flu. An EKG confirmed Winnie was having a heart attack—a STEMI.

“My first call was for an ambulance—then I called the Carondelet Heart Institute,” says Dr. Stanley. That call saved precious minutes. The Cardiac Cath Lab was cleared and ready before the LifeFlight Eagle helicopter landed at St. Joseph Medical Center. Gerald Mancuso, MD, an interventional cardiologist with the Carondelet Heart Institute, opened the blocked arteries and placed two stents.

“I am encouraged by our state’s commitment to excellence in patient care,” says Dr. Glueck. “The entire continuum of health care, from EMS, to physicians, small and large hospitals, rural and urban regions is demonstrating that collaboration works for the benefit of patients.”

Today, Winnie Davis is back at work full time and spending time with her grandchildren. She knows she needs to eat better. She also knows she was fortunate her doctors acted quickly and decisively—forming a great team to be in her corner when she needed it most.

The Carondelet Heart Institute offers heart disease risk screening, peripheral artery disease screening and cardiac calcium scoring. Call 816-9HEARTS (943-2787) to schedule.



Winnie Davis with Gerald Stanley, Jr., MD. His quick action saved precious minutes in getting Davis to the Carondelet Heart Institute.

Stroke Centers Save Precious Time

A minute is not a long time—but they add up quickly. And when it comes to stroke, minutes matter. It's important to seek appropriate treatment as quickly as possible. The longer you wait, the more damage to the brain.

The most common type of stroke is an ischemic stroke—sometimes referred to as a “brain attack.” It happens when a clot blocks the blood supply to the brain. The most promising treatment for an acute ischemic stroke is the clot-busting drug tPA. Traditionally, the drug is injected into a vein in order to “break up” the clot, and get the blood flowing again. But this treatment must be done within three hours of the onset of symptoms, or the risk to the patient is too great.

“Generally only about five to ten percent of those who suffer a stroke reach the hospital in time to be considered for the intravenous tPA,” says Arthur Allen, MD, medical director of St. Joseph Stroke Center.

New interventional techniques being used at St. Joseph Stroke Center do allow a bigger window for treatment. “We can insert a small catheter into the artery, and thread it toward the clot,” explains David Burkart, MD, interventional radiologist. “Then we can dissolve the clot by applying tPA directly, which requires much less of the drug, or we use a corkscrew-like device to retrieve and physically remove the clot.”

This treatment is not widely available in the Kansas City area. New legislation enacted in Missouri will designate stroke centers—meaning someone having a stroke will be taken to the hospital equipped to handle the condition, not simply to the nearest hospital. But the criteria for the designation are still being developed.

Still, the message is clear: don't wait or ignore symptoms to see if they'll go away. If stroke is suspected, call 9-1-1.

To receive a free refrigerator magnet with stroke warning signs, call 816-9HEARTS (943-2587).

F.A.S.T.

The symptoms of a stroke can vary widely and depend on the area of the brain affected. Medical experts say if you suspect someone is having a stroke, act F.A.S.T. for the best outcomes.

- F** = *Face*: Ask the person to smile.
Does one side of the face droop?
- A** = *Arms*: Ask the person to raise both arms.
Does one arm drift downward?
- S** = *Speech*: Ask the person to repeat a simple sentence.
Can he or she? Are words slurred?
- T** = *Time*: If the person shows any symptoms, call 911.
Time is brain.

A stroke can happen gradually or suddenly. The most important thing to remember is a stroke is always a medical emergency.

To Avoid Injury, Ease Back into Action

It's true that exercise is important for our health and wellbeing, but trying to do too much without taking precautions can lead to injuries.

Scott Luallin, MD, is the medical director for the Kansas City Wizards professional soccer team. He is also an orthopedic surgeon practicing at St. Joseph Medical Center. He says with school sports starting up and people getting back into their routines after a summer break, he sees more knee injuries and ankle sprains in the fall than any other time of year.

“Many people try to do too much, too soon,” says Dr. Luallin. “They expect to pick up at the intensity level they had months before. Our bodies don't work that way.”

It's estimated that about half of “over use” injuries are preventable. “It sounds simple, but don't exert beyond your ability. Unfortunately getting older is a reality. We can't do what we did 20 years ago,” says Dr. Luallin.

Pay attention to pain. It's the body's way of telling you there is a problem. “Playing through” pain can mean a greater injury and more time lost before getting back in the action.

If you do get an injury, remember the R.I.C.E. treatment:

- Rest—long enough to recover,
- Ice—to reduce swelling,
- Compress or wrap—for support,
- Elevate—to reduce the blood flow and swelling.

“If there's no improvement after a week or two, it probably needs to be looked at,” says Dr. Luallin.

Need something to carry items for your workouts? Call 816-9HEALTH (943-2584) to receive a free sling-pak from St. Joseph Medical Center.

Repairing the Damage of Osteoporosis

Minimally Invasive Procedures Ease Back Pain

About eight million women and two million men in the U.S. have osteoporosis. The disease causes progressive bone loss and could lead to bone fractures—frequently in the vertebrae. According to the National Osteoporosis Foundation, osteoporosis is responsible for 700,000 vertebral fractures each year. It is the most common cause of compression fractures of the vertebrae, causing tremendous pain and impacting a patient's quality of life. Not too many years ago, patients with vertebral fractures were treated with rest and pain killers. But advances in treatments over the past decade are helping those with fractured vertebrae get their lives back.

Velma Coiner, 88, has osteoporosis and vertebral fractures were causing her “considerable pain.” She first saw David Burkart, MD, an interventional radiologist at St. Joseph Medical Center three years ago for a procedure called vertebroplasty.

“Vertebroplasty, and a similar procedure called kyphoplasty, are used to stabilize the bone and relieve the pain,” explains Dr. Burkart. “There’s no surgical incision, we use a needle to place surgical bone cement into the fractured vertebra. It works as an internal splint and most patients will have dramatic improvement within hours.”

Vertebroplasty does not prevent future fractures. Coiner has had the procedure three times to splint additional vertebrae—the latest about two months before talking with us. She is on medication to prevent further bone loss and for now is holding her own and returning to normal activities.

“The risk of complications with vertebroplasty and kyphoplasty is very small and research has shown pain is reduced in about 90 percent of patients,” says Dr. Burkart. But it is important to treat the osteoporosis and try to prevent further damage.

Mammography Walk-Ins

continued from page 1

Eventually, Esther's husband moved to a skilled nursing facility and Esther spent most of the day with him. Early this year, a respiratory illness sent him to the Emergency Room at St. Joseph Medical Center. “He was down having some tests, so I had some time on my hands, and remembered reading about walk-in mammography,” says Esther. “I asked the ER nurse and she took me right down.”

Esther's mammogram showed a small mass in her left breast. She came back for an ultrasound, then a stereotactic breast biopsy—it was cancer. She had a lumpectomy, radiation therapy and continues with hormonal treatment. “Everything went really well,” says Esther. “It was convenient to do it all there.”

“The real benefit of having a comprehensive breast health center is evident when patients need it most—when something suspicious is found,” says Mary Williams, RN, St. Joseph Breast Center nurse navigator. “We are able to coordinate services and guide patients through the treatment process, answer question and provide support.”

“The nurse navigators have been so wonderful,” says Esther. “They sat with me and held my hand the whole time. I just feel blessed that everything happened the way it did.”

Call 816-9HEALTH (943-2584) for more information or to schedule a screening mammogram.

CHECK YOUR LIST

When choosing benefits for next year, be sure St. Joseph Medical Center is covered in your plan. We accept most area insurance plans including:

United Health Care
Blue Cross
Coventry
Humana
Aetna
Cigna

You can find a complete list at www.stjosephkc.com or call 816-943-4784.



St. Joseph Breast Center nurse navigator Donna Freisinger-Loyd and former patient and breast cancer survivor Karyn Booker, two of the more than 100 members of the St. Joseph Breast Center team in the annual Susan G. Komen Foundation's Race for the Cure. Overall, the Kansas City event raised \$1.2 million.

From the Foundation

Take Me Out to the Ol' Ball Game



Sister Margaret Vincent threw out the first pitch at a summer gathering for the Friends of St. Joseph at the T-Bones. “The Friends” watched a spirited game against the Winnepeg GoldEyes at the Community America Ballpark.

A benefit of membership in the Friends is participating in exclusive social and networking events. If you would like information on Friends of St. Joseph membership, call 816-943-2766.

Sign her up! Sister Margaret Vincent throws out the first pitch at the T-Bones vs. GoldEyes game.

Sam’s Club Chooses St. Joseph for Its Good Works

On July 11, Sam’s Club presented a check for \$6,000 to the St. Joseph Medical Center Foundation for critical needs of the hospital and a risk assessment tool for breast cancer. The funds were raised through Sam’s Club Good Works Foundation efforts in Grandview, Overland Park and Independence. Numerous volunteers from Sam’s Club also volunteered their time at the record-breaking St. Joseph Medical Center Foundation Healthy Food and Good Wine event last May at the Armacost Museum which raised \$130,000.



Representatives from area Sam’s Clubs presented the check: from left to right—Norm King, Grandview Sam’s Club; Connie Abbot, Grandview Sam’s Club; Susan Orr, Overland Park Sam’s Club; Scott Kashman, CEO, St. Joseph Medical Center; Charlene Gross, Independence Sam’s Club and Pat Oppenheimer, executive director, St. Joseph Medical Center Foundation.

New board appointments

The foundation is pleased to announce the officers for the board of directors for fiscal year 2009: Sam Sabaugh, chairperson; Laura Foley, vice chairperson; John L. Brown, treasurer; and Karen Morgan, secretary

We are delighted to welcome the following new board members: Daniel J. Durkin, Susan M. Mou, MD, Ronald R. Weis, MD. Our gratitude for their years of board service goes to retiring members Bernard Judy, MD and Spencer Kerley, MD.

Belly Fat May Lead to Brain Attack

Could a tape measure be the key to assessing stroke risk? A recent study showed extra weight around your middle could mean four times the stroke risk compared with people with typical waistlines.

The study looked at the stroke risk using two different measure—waist circumference and Body Mass Index. They found waist measurements were much stronger predictors of stroke. Researcher said participants with bigger waists—greater than 40 inches for men and 35 inches for women—were at the highest risk. It was true even after adjusting for other factors like activity levels, smoking or diabetes.



Call Center

816-9HEALTH
(943-2584)

Monday-Friday

- *Physician referral*
- *Knee and Hip Center seminars*
- *Well•Life health education classes*
- *Breast Center screening mammograms*

8 a.m. - 4:30 p.m.

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In this issue...

Act F.A.S.T. When Stroke
 Suspected

Help for Back Pain

Don't wait to get a mammogram

www.stjosephkc.com

Kindness from Strangers

Who doesn't love getting care packages? Especially when you're a soldier, thousands of miles away from home, a little package is a big deal.

Curtis Ottinger, Sr., is in the Cardiac Rehabilitation program at St. Joseph. He sends care packages to several soldiers every week. "I send books, magazines, snacks, cards, puzzles—whatever I can scrounge," says Ottinger.

After talking with Helen Maupin, RN, Ottinger added her friend, First Sergeant John Connover with the Army National Guard, to his mailing list.

Connover says the packages were a big hit with his company. "There was always something for everyone in there. Hunting, bicycling, health and wellness—everyone could find something of interest."

Connover is back home for now and recently met his benefactor. He got a little emotional as he presented Ottinger a flag flown in his honor over Camp Bucca, Iraq. "The magazines and things were great," Connover says, "but it's the thought. The thoughtfulness and support of a stranger meant so much to all of us."



Curtis Ottinger, Sr. shows the flag presented to him by First Sergeant John Connover.

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