

Fall 2008

HealthWorks

Health care news and information

Real-Time X-Ray Advances Pain Management

There's no doubt about it, when you're in pain, it gets your attention. It's estimated that more than 50 million Americans suffer from chronic pain—and that pain is usually in the back. Years ago, many people accepted pain as an inevitable part of getting older but no longer. People expect to be able to remain active as they age and doctors are getting more aggressive in pain management.

"Pain is the body's way of telling us there's something wrong," says Dan Hancock, MD, a pain management specialist at St. Mary's Pain Center. "Pain is a symptom. After we've ruled out correctable causes, we are left with treating the symptom."

Because no one treatment works for everyone, pain specialists can use a variety of medications, physical therapy, heat and cold therapy, injections and implants in treatment.

Ken Blackmore thought he had a problem in his legs after a bicycle accident earlier this year. He said he had pain shooting down his legs for months and they always felt tight. "I was surprised

continued on page 4

New Law Advances Acute Heart Care

The day Terry Waterman almost died started as "just another normal day." It was Sunday, July 13. She mowed the lawn, did some laundry and was getting ready for her grandbabies to visit.

"I thought I was getting the flu," says Waterman. "I started feeling funny and went to lie down." But then she felt even worse. Her sister and daughter feared it was serious and called 9-1-1. They were right to be fearful—Waterman was having a heart attack.

When someone has a heart attack, minutes matter. Waterman's heart attack was an ST-elevation myocardial infarction, or STEMI, a particularly fatal type of heart attack, caused by a blockage in the coronary arteries. The blockage prevents blood from flowing to the heart and it becomes starved for oxygen and eventually dies. The sooner the coronary artery is opened, the more heart muscle can be saved. Research has shown that the best treatment is immediate balloon angioplasty. but not every hospital is equipped for it.

Now, Missouri is leading the way in securing the best possible care for patients like Waterman. Last summer, Missouri became the first state in the nation enacting legislation creating a "time critical diagnosis system" for patients suffering from stroke or STEMI.

"The American College of Cardiology and the American Heart Association guidelines set a "door-to-balloon" time goal of 90 minutes or less," explains David R. Blick, MD, medical director of St. Mary's Heart Center. "Not all hospitals can meet that goal. It requires a coordinated effort from cardiologists, Emergency physicians, nursing, cardiac catheterization lab staff and paramedics transporting patients by ambulance."

continued on page 3



Terry Waterman is in Cardiac Rehabilitation at St. Mary's, weeks after having a heart attack. She didn't realize she was having a heart attack, but her daughter knew something was wrong and called 911.



Little Changes Bring Big Benefits

Robin Schluter, CEO
St. Mary's Medical Center

It seems you can't open a magazine or watch a news program without seeing something about America's "growing" weight issues. Many experts consider it a crisis. Some people get tired of all the talk and tune it out. But the time has come to pay attention—especially for our children.

In Missouri, 31 percent of those ages 10-17 are considered overweight or obese. Childhood obesity rates have quadrupled over the past 30 years. When I was a kid, we walked to school. We rode our bikes around the neighborhood until the street lights came on. We didn't have computers in every home and there were far fewer choices of what to watch on television. Eating "fast food" was a treat, not an everyday occurrence. Things were different then, and in some aspects, better.

The Centers for Disease Control and Prevention says being overweight contributes to a number of health problems, including:

- Hypertension (high blood pressure)
- Osteoarthritis
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Many communities and organizations across the country are using a "team approach" to battle the bulge. This fall the Blue Springs community is organizing its first annual Blue Springs F.I.T. (Families in Training) project. It's a program promoting health and fitness for the whole family. The message is simple: there are many little things you can do to improve your health. No six-weeks on a ranch with personal trainers needed for this program. We're promoting real solutions for real families.

Get started tonight—instead of watching TV, take the whole family for a walk, or a bike ride. Have fruit instead of ice cream for dessert. Change just one simple habit at a time. Live to be an example for our children and in the end, you'll be happier and healthier.

Take healthy snacks on your next outing and carry them in a handy sling-pak from St. Mary's Medical Center. Call 816-228-3335 to get yours free.

Blue Springs F.I.T. Challenge

(Families in Training)

www.bluespringsfit.org

Health information and fun for the family

Metal Implants for Hip Replacement

Longer Lasting and Fewer Restrictions

Each year, an estimated 400,000 Americans have hip replacement surgery. The number is expected to rise as baby boomers age. Patients are sometimes told to wait as long as they can before having hip replacement surgery, because the "new" hip may wear out before they do. But that's changing.

A total joint replacement removes the worn bone of a joint and replaces it with new material, allowing the joint to regain normal function. The implant relieves pain and improves the mobility of the joint. Traditionally, hip replacements have used a metal ball against a polyethylene or plastic cup placed in the hip socket. Over time, the plastic may wear down and another replacement would be needed in as early as 15-20 years later.

Some orthopedic surgeons are using a newer, metal-on-metal implant. "It's essentially the same concept but the metal-on-metal means less wear and should last longer," says Robert Paul, DO, an orthopedic surgeon at St. Mary's Medical Center.

But that's not the only advantage. "I think the biggest advantage to patients is the use of the oversized ball," says Dr. Paul. "The average size of the metal implant is often twice the size or more of the older model ball. The larger head gives greater stability and cuts the risk of dislocation dramatically." He says because of that, patients have fewer post-surgery restrictions.

The standard size for the older-style ball is 28 millimeters. But the metal implants come in varying sizes that are very close to the size of a natural hip.

"That helps make the joint motion much more fluid and natural. Just as people come in all sizes, we can find the right

continued on page 4

Repairing the Damage of Osteoporosis

Minimally Invasive Procedures Ease Back Pain

The risk of developing a number of medical problems increases as people age. An example is osteoporosis. 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. It is the most common cause of compression fractures of the vertebrae, causing tremendous pain and impacting a patient's quality of life.

Virgle Damour of Grain Valley suffered with back pain for years. The 90 year old has severe osteoporosis and an examination two years ago showed compression fractures in his vertebrae. "When vertebrae collapse, it causes not only pain, but also a spinal deformity or "hunchback" appearance," explains John Borsa, MD, an interventional radiologist at St. Mary's Medical Center. "We use vertebroplasty and kyphoplasty to stabilize the bone and relieve the pain."

During the procedures, the interventional radiologist inserts a needle through the skin to place surgical bone cement into the fractured vertebra. It works as an internal splint, strengthening the collapsed vertebra and relieving the pain. No surgical incision is needed, there is only a small nick in the skin.

"Most patients will have dramatic improvement within hours," says Dr. Borsa. "Research has shown a very low complication rate with the procedures. And overall, pain is reduced in about 90 percent of patients."

The two procedures are very similar. But in kyphoplasty, a balloon is placed in the collapsed vertebra to help lift it into its normal position and create space before cement is injected. "There's an advantage in kyphoplasty in that some of the height can be restored," says Dr. Borsa. "But we can only do that if the fracture is fairly recent."

Because of the severity of his osteoporosis, Damour has had multiple procedures stabilizing seven vertebrae. He has to resume his normal daily activities. "I feel good and I don't have pain," he says. "I still drive and do anything I want. At my age and what I've been through, I feel like that's pretty good."

Mammography

continued from page 6

St. Mary's provides digital mammography, which has shown to be better for some women. Digital mammography allows the radiologist enhance the picture by adding contrast, zooming in or magnifying an area. It works much the same way a person can enhance a digital photograph on a computer.

"We know many women over 40 have never had a screening mammogram, and only a fraction of women get a screening mammogram every year" says Ewing. "The walk-in scheduling is great because the easier we can make it, the more women might get screened."

We have expanded hours for your convenience. Call 816-228-3335 for more information or to schedule a mammogram.

Acute Heart Care

continued from page 1

The cardiac catheterization lab at St. Mary's provides 24-hour coverage, seven days a week for emergent cardiac conditions including patients suffering from a STEMI.

The new legislation means people suffering from STEMI's will be transported to the closest hospital designated as a STEMI center, with a cardiac catheterization lab and a team ready to treat the patients—not simply to the nearest hospital.

Don't Delay--Time is Muscle

Many people think of a heart attack as a sudden, intense pain. But most heart attacks start slowly, with mild pain and discomfort—like Waterman had. She was surprised by the diagnosis. While some of the risk factors fit, she was only 47, fairly active with a blood pressure reading on the low side of normal—and that's without medication.

"It's very important not to ignore that pain in your chest, shortness of breath, lightheadedness, or pain in your arms, back, neck or jaw," says Dr. Blick. "Calling 9-1-1 is the best path to treatment. With the new legislation, you will be taken to a STEMI center—to a facility equipped and trained to provide the best treatment."

With the communication from the paramedics in the ambulance, physicians at St. Mary's knew Waterman was having a heart attack before she even arrived. She went to the cardiac cath lab for angioplasty and stenting. "They told me one artery was 99.9 percent blocked, another was 80 percent blocked," says Waterman. Now she has two stents and a new outlook. She's going to cardiac rehabilitation three times a week and has taken steps to improve her health.

"I know if no one had been at home when this happened, I wouldn't have made it," says Waterman. "This just shows it can happen to anyone."

To receive a free copy of a blood pressure tracking card from St. Mary's Heart Center, call 816-228-3335.

KU Center for Advanced Fetal Care at St. Mary's Medical Center

Having a baby is an exciting event for a family. You wonder about the eyes and what color of hair. Will the baby be pretty, smart, thoughtful? But mostly, parents worry whether their babies will be healthy. Reassurance is closer than ever.

St. Mary's is partnering with KU Med Center in bringing experts in caring for unborn babies to our community. The KU Center for Advance Fetal Care at St. Mary's Medical Center opened this summer on the St. Mary's campus.

The center at St. Mary's is the third opened by Carl Weiner, MD. He was one of the early practitioners of fetal medicine and performed the first fetal blood sampling in North America in 1984. Physicians with his Center for Advanced Fetal Care have performed more than 3,000 successful fetal procedures.

The KU Center for Advanced Fetal Care at St. Mary's will provide:

- Fetal blood transfusion
- Treatment of fetal thrombocytopenia
- Shunt placement (e.g., fetal bladder outlet obstruction)
- Minimally invasive fetal surgery
- Treatment of fetal heart failure
- Treatment of fetal hypothyroidism / hyperthyroidism
- Treatment of fetal infection
- Treatment of fetal arrhythmias
- Drug therapy
- Gene therapy
- Fetoscopic electrocautery and laser surgery

"While most women don't need this level of pre-natal care, having it close to home for those women who do is important," says Robin Schluter, CEO of St Mary's Medical Center. "The cooperation between hospitals in bringing this specialty to Eastern Jackson County is good for everyone."

Contact the KU Center for Advanced Fetal Care at St. Mary's Medical Center at 913-588-6259.

Metal Implants

continued from page 2

implant to give the best fit and consequently, the best range of motion," says Dr. Paul.

Of course, this implant is not the best option for everyone. The metal-on-metal implants have been used in Europe for more than 20 years and studies indicate they are safe, but Dr. Paul says because of the inherent risk of the metal ions being released in the body, people with renal disease, diabetes and women of child bearing age may not be good candidates. "But for younger patients or those who are very active, I think this is the best option for them to remain active return to normal movement," says Dr. Paul.

If you're experiencing joint pain and want to speak with one of the orthopedic navigators, call 816-655-5555.

Real-Time X-Ray

continued from page 1

when my doctor told me the problem wasn't my legs—it was my lower back," says Blackmore. He was referred to Dr. Hancock.

"Epidural steroid injections are the most common procedure in pain management," says Dr. Hancock. "They have been used for low back problems since the 1950s. They are very effective because it allows us to put a concentrated dose of the medicine where it's needed."

Dr. Hancock says the development of fluoroscopy in the past few years has made a huge impact on pain management. "Fluoroscopy is a real-time x-ray, or "movie" x-ray. Instead of using a previous image and feeling the spine to determine where to inject, we can see a live image and know exactly where we want to inject the medication."

While relief isn't immediate, most people see relief within a few days. Ten days after his injection, Blackmore said that his pain was "pretty much gone."

"Pain management is getting your life back," says Dr. Hancock. "We can't guarantee everyone will live pain free, but our goal is to be able to manage a person's pain to maintain the quality of life."

To receive a free pill-box key chain from St. Mary's Medical Center, call 816-228-3335.



Dr. Hancock says fluoroscopy gives a live image, so he can see exactly where to do the injection for the best pain relief.

From the Foundation

St. Mary's Golf Classic

The St. Mary's Medical Center Foundation and auxiliary's 28th annual Golf Classic in June raised \$35,600 for the medical center.

Overseeing the tournament activities were co-chairs Jennifer Splittorff and Jay Dorst. "It was a perfect day for golf—mild weather, a lush course and a whole lot of fun," says Splittorff. Celebrities from the Kansas City Brigade and Marines as well as alumni from the Royals and Chiefs enhanced the festivities.

Key sponsors include Anesthesia Services, Haldex Corporation, J.E. Dunn Construction Company, Kansas City Cardiology, Kansas City University of Medicine & Biosciences, Medical Emergency Associates LLC, Physician's Reference Laboratory, St. Mary's Medical Center Medical Staff, Marion Goetz and Joe Goetz, MD.



Joseph Mackey, MD, St. Mary's Medical Staff president, with Fox 4 News meteorologist, Joe Lauria, driving out to the greens.

Community Health Seminars

The Speakers Bureau at Vesper Hall is a community service provided by St. Mary's Medical Center to the senior citizens of Blue Springs.

Thursday, September 25

12:30- 1:30 p.m.

Arthur Weisman, DPM

Keeping your Feet Happy

Thursday, October 23

12:30- 1:30 p.m.

Diane Warren, Diabetic Educator
Screenings and information about adult diabetes

Call 816-228-0181 to register.

Educational Seminars are also provided quarterly in conjunction with The Fountains at Greenbriar:

Thursday, October 23

11 a.m.

2100 S Swope Drive
Independence, MO

Gina Myers, RN, Center for Wound Care and Hyperbaric Medicine at St. Mary's on the importance of foot care for diabetic patients.

Call 816-257-5100 to register.



Kelly Hooker, Chair, St. Mary's Medical Center Foundation.

New Board Appointments

St. Mary's Medical Center Foundation is pleased to announce the following officers for the board of directors for fiscal year 2009: Kelly Hooker, chair; Richard Waldron, vice chair; Max Jewell, treasurer; Kim Roam, secretary. In addition, we welcome the following new board members: David Chinnery, Daniel Dunker, MD, Bill Essmann, Helen Newlin and Jennifer Splittorff. A special thank you for their years of board service to retiring board members Julius Oswald, Evelyn Ericson, Marion Goetz, Ameet Deshmukh, MD, and Deanna Gilbert.



CHECK YOUR LIST

When choosing benefits for next year, be sure St. Mary's 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.stmaryskc.com or call 816-943-4784.

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Get Ready for the F.I.T. Challenge

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Mammography Walk-Ins Welcome

There's no debate about the fact that early detection of breast cancer greatly increases survival rates. But some women just don't think about making an appointment for the yearly screening mammogram recommended for women age 40 and older by the American Cancer Society.

Walk-in mammography, available at St. Mary's Medical Center, makes it easier to women to fit mammography into their schedules. They don't need to plan weeks ahead, they can get a screening mammogram on their schedule—when they might be in the medical center for a doctor's appointment or visiting a patient. Of course, women can still schedule ahead if they choose.

"We do a lot of walk-ins," says Kathy Ewing, mammogram technologist at St. Mary's. "A lot of women will come directly from their annual GYN checkup. They love the convenience of getting everything done in the same day."



Yearly screening mammograms are recommended for women age 40 and over. Schedule today by calling 816-228-3335.

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continued on page 3