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 PREGNANT & FIT  
IN THE NEWS

**QUALITY AWARDS  
ATTRACT BEST  
& BRIGHTEST**
**What do top doctors  
think of GCH?**
**Ihab Deebajah, M.D.**

"We provide professional care with a personal touch. That puts us one step ahead of many other hospitals."

**Thomas Scott, D.O.**

"I trained at Garden City Hospital. As a resident, I traveled everywhere and never found a better place to practice medicine."

**Additional honors:**

- **Governor's Quality Award** – Fourth straight (Michigan Quality Improvement Organization)

- **100 Best Places to Work in Healthcare** – Tops in SE Michigan, 31<sup>st</sup> nationwide (*Modern Healthcare* magazine)



## IN TIP-TOP SHAPE

### GARDEN CITY HOSPITAL EARNS HIGH MARKS AMONG NATION'S BEST

The news is out. On billboards, radio commercials, in print and on the Web. What's all the buzz about? Garden City Hospital (GCH) has been named a 100 Top Hospital in the U.S. And it's the only teaching hospital in southeast Michigan to receive the award.

GCH continues to build a reputation for excellence. "It's one of the area's best-kept secrets," says Fred Cizauskas, Director of Public Relations and Marketing for GCH. "This shows we're taking steps to improve the hospital and the health of our community. That includes Garden City, Dearborn Heights, Livonia and Westland."

**How did we win?**

GCH earned the award strictly by the numbers. The stellar ranking is totally based on public Medicare data. That's reliable, unbiased information.

All 2,800 hospitals are judged on the same criteria Thomson Reuters, a national healthcare information company, examined data on quality and financial measures from the last two years to determine the 100 Top Hospitals list. Hospitals cannot apply for the award.

GCH performed better than 90 percent of all hospitals, based on core measures in clinical excellence, operating efficiency and financial health. Thomson Reuters also benchmarks patient safety, as well as basic care practices for surgical patients.

Statewide, only four other teaching hospitals received the same honor.

**What does this award mean to you?**

We are very proud to receive the 100 Top Hospital designation, but how does it help if you or someone you love is treated at GCH? There are many benefits. First, this level of recognition helps GCH attract some of the best and brightest physicians available. Plus, medical students, interns and doctors from around the country come to learn at GCH, with many of the most gifted physicians deciding to stay and practice here.

In addition, to be considered a 100 Top Hospital, GCH must continue to strategically invest in its facilities, significantly enhancing patient care.

**New Surgery Center**

The 37,500 square-foot Surgery Center, which opened last August, is designed to improve the hospital experience for both patients and visitors. *It houses six surgery suites and three procedure rooms with state-of-the-art technology for physicians.* GCH spent \$15 million in the Center to deliver "convenience, comfort and the latest technological advances to patients, their loved ones, surgeons and staff," according to Annette Krupa, director, Surgical Services at GCH.

**Technology that PACS a punch**

PACS is short for Picture Archiving Computer System. With it, doctors can take any type of radiological procedure, like x-rays, CAT scans and MRIs, then store and send them virtually anywhere in the world — like high-tech, digital photos.

Let's say your doctor wants to consult a specialist in California or Calcutta, India. Thanks to PACS, both physicians can simultaneously look at the same digital images online. PACS also helps speed patient treatment in emergency situations, and it may ultimately help save lives while reducing healthcare costs.

**The latest in medical records**

iDoc is software that electronically stores patients' medical records. Your complete medical history is only a mouse click away. Physicians get lightning-quick access to accurate medical records. It's available online for cost-effective storage and retrieval. And your privacy is secure.

The federal government is targeting 2014 as a date when all healthcare providers will need to maintain electronic medical records for their patients. At GCH, we're already there.

Although the GCH team gets the recognition, it's clear that everyone in our community wins with the 100 Top Hospital award. ●



## HEALTHY THOUGHTS

### FROM THE PRESIDENT

In my 30 plus years at Garden City Hospital, I've seen plenty of change in the communities that we serve. During that time, our hospital has been able to provide quality services because of the tremendous support you've given us. Now that the economic tides have shifted, Garden City Hospital wants to return the favor. When it comes to health, we're taking steps to 'soften the blow' for those in our community who have been hit by this financial downturn.

That's why we're proud to introduce COMMUNITY ASSISTANCE PRICING (CAP) – a program that gives uninsured patients significant discounts on our services, including emergency room visits.

In this difficult economy, many have lost their health insurance. That combined with the high cost of healthcare is forcing more and more people to delay treatment for health related problems or avoid necessary medical procedures all together. Our CAP program makes healthcare extremely affordable, so you don't have to choose between your family's physical health and financial health.

As a community, we can all do something to keep our neighbors healthy. Maybe it's as simple as telling someone you know about the CAP program. For more information about Community Assistance Pricing and to see if you qualify, call us at 877-717-WELL or visit our web site at [gchosp.org](http://gchosp.org).

We're here to help.

Gary R. Ley,  
President & CEO

# FOUR Seasons

## SPRING INTO ACTION ... SAFELY



**Dr. Stan Szczecienski**  
Sports Medicine

You're a softball slugger who's itching to hit the batting cage. A backyard gardener or simply a homeowner with a to-do list as long as your arm. When warmer weather arrives, we're all tempted to do too much. Too fast.

But unless you follow the advice of someone like "Dr. Stan" Szczecienski, chances are your sudden burst of activity will bring some aches and pains. Dr. Stan is a Garden City Hospital Sports Medicine Physician and Family Practice Residency Trainer. And he's on a mission to help prevent sports injuries.

### *Pace yourself*

"Everyone should work on strength, endurance and flexibility to get ready for spring or summer activities, not just athletes," said Dr. Stan. Men and women should develop a program that fits their needs as well as their body type. "I'm never going to lift a car because I'm not built that way," laughed Dr. Stan. But he still follows a routine to shape up for hiking.

What about kids? "Even 7 or 8 year-olds can work with weights, as long as they're guided by an adult who knows what they're doing, and they follow good form," added Dr. Stan.

Endurance comes by slowly increasing your preferred activity. And everyone needs to kick it up a notch. Young and old. Take it at your own pace, of course.

### *'Bend,' don't break*

Unfortunately, most of us ignore the value of getting 'loose,' according to Dr. Stan, who's also served as team physician for Wayne-Westland Schools for 22 years.

"NFL running backs are now using tai chi, yoga and ballet in the off-season to increase their flexibility and become less prone to injury," said Dr. Stan. (Incidentally, Dr. Stan is also team physician to the Detroit Panthers, a men's semi-pro basketball team, and advised U.S. athletes at the 1996 Olympic Games.)

Try this simple way to limber up. The equipment? Steps. "Put the balls of your feet on one end of the step and lower your heels down," said Dr. Stan. The tightness you feel is the back of your calf muscle being stretched. "Your friends may think you've got a little nervous tic, but you're actually gaining flexibility," he added.

### *The naked truth*

When it comes to getting ready for outdoor exercise, don't forget the largest organ in your body – your skin. Dr. Stan doesn't normally favor tanning booths, unless you're headed to Florida. "Snowbirds who are pasty white should get a base with three or four trips to a tanning booth," said Dr. Stan. "A burn is much worse than exposing your skin to a tanning booth." Apply sun block at least half hour before going outside, even if you're still in Michigan. These products need time to become effective, according to Dr. Stan.

And avoid using multi-use products, like those with insecticides. "You have to reapply these lotions or sprays every couple hours to get their full benefits and coverage," he noted. And small, sweaty kids will need additional applications of combination sun blocks. "The problem is that multiple doses of these products (with insecticide) isn't good for them," he added.

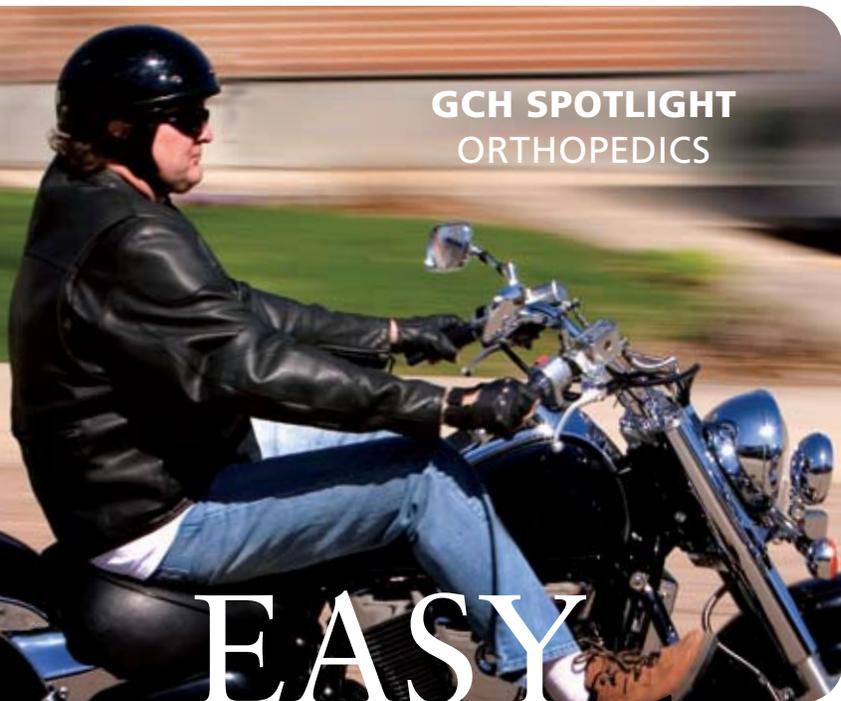
Look for sun blocks that don't contain PABA, which may irritate your skin.

### *Food for thought*

Some adults take over-the-counter supplements like glucosamine to improve joint health -- regardless of their exercise plans. Dr. Stan's advice – be choosy about what you buy. "In pills, only glucosamine sulfate can be absorbed by the human gut," he notes. You need at least 1500 mg every day in order to get a benefit, and it takes three to six months to make a difference. Of course, the supplement will only work if your knee joint, for example, has cartilage. ●

Register for exercise, stretching and yoga classes at [gchosp.org](http://gchosp.org) or by calling 877-717-WELL.





## GCH SPOTLIGHT ORTHOPEDICS

# EASY Rider!

## IT'S NOT YOUR GRANDFATHER'S HIP SURGERY



**Dr. Walkiewicz**  
Orthopedic Surgeon

When it's warm enough these days, 49-year-old Stephen Campbell loves to rev up his motorcycle and ride off to work. It's a journey the Ford Motor Company employee couldn't have made last year. At least not before he underwent a revolutionary option for younger patients who face conventional hip replacement surgery.

Dr. Joseph Walkiewicz, staff orthopedic surgeon at Garden City Hospital, used a procedure that's relatively new to the U.S., called Birmingham Hip Resurfacing, to put the Westland resident back on track — and pain-free for the first time in years.

Random movement made Campbell's damaged left hip throb. "It would drive me through the roof. I was limping, but I figured it was something I had to live with," he added.

At work, Campbell needed to get up and down off a hi-low and lift 100-pound engine blocks. At home, he was used to building things and cutting the grass. So Campbell was determined to find a solution.

### *Lasts longer*

After a visit to his family doctor, he was referred to Dr. Walkiewicz. He's the only orthopedic surgeon at GCH trained in the alternative procedure, developed ten years ago. It's targeted primarily for people under 60 years old.

In the past, young, active patients like Stephen Campbell would likely be advised to wait years before undergoing total hip replacement. Why? There's a chance that traditional hip replacements, using metal and plastic, will simply wear out during their lifetime and may need to be replaced again.

But the technology used in Campbell's surgery offers significant advantages, like conserving the head of the thighbone rather than removing it.

### *The process*

In simple terms, the surgeon 'sands' the surfaces of the damaged joint. "We use a hip resurfacing implant, made of two metal parts to restore the original function of the ball-and-socket (hip) joint," explained Dr. Walkiewicz. Both

new parts are chrome cobalt: a mushroom-like cap, which is inserted over the top of the resurfaced femoral head, and a cup that's pressed into the socket.

The patient's bone then grows into the socket, increasing stability. Data shows that less than 0.3% of patients suffer a dislocated hip with the resurfacing system. Some European studies have shown metal on metal hip resurfacing to last 30 years.

### *On the road again*

The complex surgery gets patients back to vigorous activity within weeks. Dr. Walkiewicz cites one patient who completed a 26-mile bike race just two months following surgery.

Campbell began his recovery by exercising at home, using a walker. He graduated to a cane in three weeks, and by eight weeks, was back on the job, with no restrictions.

Campbell credits his recovery to Dr. Walkiewicz and the staff at GCH. "I had an excellent surgeon, and as for the staff there, I love them."

Perhaps the ultimate compliment is the referral Campbell gave to his 46-year-old brother. He's slated for hip surgery with Dr. Walkiewicz next month at GCH. •

## GIVING BACK!

### GCH COMMUNITY CONTRIBUTIONS

Here are just a few highlights of our recent efforts:

#### 'TWO FOR THE MONEY'

Two events snared nearly a quarter million dollars for GCH last year.

GCH Foundation's 17<sup>th</sup> Fall Fundraiser, netted more than \$126,000 for hospital-wide telemetry. Title sponsor, National City, other sponsors and guests contributed generously to the October festivities.

With 710 guests, this was the largest turnout ever. "We have received nothing but accolades and positive responses to the fundraiser," said Chris Hunt, Garden City Hospital Director of Library Services and Sponsorship Chair for the event. "To be a part of such a great success and important endeavor is both rewarding and inspirational."

A summer Golf Invitational to support growth initiatives at GCH — raised \$102,000.

#### SHARING TECHNOLOGY WITH THE WORLD

In distant Africa, GCH is helping to save unborn babies. Dr. Anne Pawlak, GCH neurologist, partnered with Dr. Kirsten Waarala, Vice President Medical Education, donated an ultrasound unit to a Zambian mission last October.

Dr. Pawlak heard about the need through a friend who volunteers there. In the past, breech babies frequently died at birth because the clinic could not identify their condition early in pregnancy. The technology has also gotten more Zambian fathers interested in the pregnancy and birth of their babies, a rarity in the country.

Another source provided paper for the ultrasound, so that the mothers and fathers could take home a snapshot of their unborn son or daughter.

"What a blessing the machine has been," wrote mission volunteer Rebecca. "One mom came and said she heard we had a 'television to see' her baby."

# A Life Saving SURPRISE

Raymond Gage knows heart disease can sneak up on you. And because spring's warmer weather tempts even 'couch potatoes' to get going, if you're not physically active year-round, you're at risk for heart trouble.

Fourteen years after his first heart attack, Gage faced his mortal enemy again last December. But this time, the 77-year-old experienced "a life saving surprise" thanks to Garden City Hospital's digital, state-of-the-art cardiac treatment.

Soon, he should be back swimming up to 100 laps three days a week, ready to enjoy the family cottage in Port Austin – thanks to GCH.

## *The second time around*

During daily exercise, Gage became concerned because his chest felt "heavy." When his wife drove him the mile from their Dearborn Heights home to the emergency room at GCH, both figured he'd be airlifted to Ann Arbor again. That's where GCH physicians arranged for him to be transferred for angioplasty and a cardiac stent back in 1995. At the time, GCH wasn't equipped to treat cases like Gage's.

Today, specialists like Dr. Amine Zein, GCH cardiologist, can easily handle just about any heart-related issue. Inserting pacemakers, implantable defibrillators, and cardiac rehab – it's all at GCH. "Whatever we have here in cardiac care is very comparable to university hospitals," said Dr. Zein. Getting treated quickly can save your life.

## *When minutes matter*

Sixty seconds after he came to GCH, medical staff knew Gage was having a heart attack. Three minutes later, he had an EKG. And within 19 minutes, Gage was in the Cath Lab.

There, Dr. Elias Kassab, a GCH specialist in interventional cardiology and cardiovascular disease, performed angioplasty and implanted two stents – within 69 minutes from the time Gage sought help. If he'd had to travel any further Gage says, "I would have been a dead man."

## *It's up to you*

Heart disease can strike anyone. If there's heart trouble in your family history, you're a man over 45 or a woman over 55, you're at risk. Dr. Zein's message: Control your weight, eat healthy and exercise. Your physician may recommend additional tests if you're at risk. ●



## “ASK JESSIE”



For more than 24 years, Jessie Lutz, R.N., has dedicated her career to caring for GCH patients. She has worked as an Emergency Room Nurse, and over the past year, Jessie has answered the GCH Physician Referral Line. She's become a GCH expert. If you have a question, Jessie will help you herself – or direct you to the best resource. Just call 877-717-WELL. Here are some common questions people “Ask Jessie.”

### **Can you help me find a new doctor?**

Absolutely. I'll work to accommodate all your preferences. People call me because they are new to our service area; don't have a doctor; are unhappy with their current physician; or need a specialist. We can help you choose a GCH physician by specialty, location, gender, language(s) spoken, and even insurance coverage.

You can also review GCH physician profiles at [gchosp.org](http://gchosp.org) by searching our “Find a Doctor” application.

### **What if I need a doctor whose office is close to my home/work?**

GCH doctors practice in several Michigan counties and almost every city within Wayne County. In addition, the Allen Breakie Medical Office building is conveniently located at the front of the hospital – where a number of physicians practice a wide array of specialties. Plus, free shuttle services are available for seniors and the disabled throughout most of our service area.

### **How do I know a doctor will accept my health insurance?**

The best way is for you to call the doctor's office and ask, before you schedule your first appointment. Or you can request a list of participating physicians from your insurance carrier. I'll be glad to review the list to help you choose the right doctor.

### **Does GCH have doctors who speak languages other than English?**

Many are bi-lingual. Just let me know the language you prefer.

To find a physician or inquire about other GCH services, visit [gchosp.org](http://gchosp.org) or call 877-717-WELL and “Ask Jessie.”



# Baby steps

## WORKOUT FOR TWO!

### PICTURE THIS

Dozens of photographs now line the main corridor of GCH, offering a more soothing environment for all. EXPOSURE.Detroit, an online community of Michigan photographers, partnered with GCH for the exhibit.

All photographs will be sold and the GCH Foundation receives a portion of the proceeds.

### ANNUAL GOLF OUTING

#### SAVE THE DATE: Monday, June 22

Enjoy a day of golf, camaraderie and fundraising at the 18<sup>th</sup> Annual Foundation Golf Outing. Last year, the 2008 Golf Outing raised \$102,000, supporting various growth initiatives at Garden City Hospital, such as construction of the new Surgery Center facility and Surgery Center programs.

TIME: 11 a.m. Registration and Lunch; 1 p.m. Shotgun Shot

LOCATION: Walnut Creek Country Club, South Lyon



**Dr. Rainna Brazil**  
Womens Health Services

Like thousands of working moms, Rainna Brazil stayed on the job throughout her pregnancies. In fact, she worked until two days before delivering healthy twin boys at Garden City Hospital (GCH). But this modern mother did something many women avoid during pregnancy – regular exercise.

There's a reason Brazil knows a lot about what's good for expectant mothers. For 11 years, this Board Certified OB/GYN and Residency Director at GCH has delivered some 3,000 babies. She recommends pre-natal conditioning for all her patients.

#### *Follow her lead*

With spring approaching, now's a great time for prospective moms to follow Dr. Brazil's lead. Try some kind of regular, low-impact movement. It's good preparation for labor, and allows you to return more quickly to physical activity after the baby arrives.

Go outdoors, hit the gym, or just get physical at home.

With her first pregnancy, Dr. Brazil lifted weights and did cardio exercises 30 minutes twice a week. "My labor was shorter than most, and I had more energy for the whole time," she said. Dr. Brazil shifted to gardening and walking while she was expecting her twins.

#### *It's okay to sweat*

Recent studies show regular activity can also help reduce post-partum depression. Plus, moms who work out increase their flexibility and improve their breathing techniques for labor.

How much activity? "We tell patients to get 30 minutes of moderate exercise for most of their pregnancy," said Dr. Brazil, "unless your physician restricts you because of some medical complication."

Walk briskly or swim. Ride a stationery bike. Try water aerobics, even yoga. And jogging is okay, too. Just choose a soft, level surface and wear tennis shoes for support. A well-balanced diet is critical, along with taking pre-natal vitamins your physician will prescribe. Forget about dieting during pregnancy. "You could jeopardize the baby's growth," said Dr. Brazil.

#### *'No-no's' for pregnant moms*

You'll need to give up skiing. Racket sports, horseback riding, scuba diving and any contact sports are taboo. Even bowling can be dangerous. "Your body changes shape and releases hormones that can make you clumsy," said Dr. Brazil.

If you haven't been active before pregnancy, it's never too late. "Start with stretching or warm up routines, and then build up to that half hour of moderate exercise," she cautioned. "It helps relieve some of pregnancy's aches and pains."

Too much of a good thing can be harmful. "If exercising makes you short of breath, or you feel pain in your belly, have trouble walking or have vaginal bleeding, stop and call your physician," Dr. Brazil advised.

#### *Warning signs*

Too much of a good thing can be harmful. If you experience any of the following symptoms while exercising, Dr. Brazil advises you stop immediately and contact a GCH Doctor:

- Pain anywhere, but especially in your back or pelvic region
- Excessive fatigue
- Dizziness or feeling faint
- Shortness of breath
- Contractions
- Difficulty walking
- Leaking from your vagina
- Vaginal bleeding fluid

#### *Thinking about spring-cleaning?*

"Light activity is okay," laughed Dr. Brazil. "But don't pick up anything heavier than 10 pounds or bend excessively." And if you're using household cleaners, wear protective gloves. "Otherwise, you could absorb toxic chemicals through your skin, and your baby could be exposed, too." ●



# GCH COMMUNITY SPRING CALENDAR

FOR ADDITIONAL INFORMATION PLEASE VISIT [GCHOSP.ORG](http://GCHOSP.ORG) OR CALL 877-717-WELL (9355)

## UPCOMING EVENTS

**March 24, 7 p.m.**

### *Women's Health Series*

Free lecture. Pap Smears, Cervical Cancer and HPV Vaccine with GCH staff Obstetrician/Gynecologist Ingrid Wilson, D.O. Westland Specialty Center, Community Room, 35600 Central City Parkway, Westland.

**April 7, 7 a.m. – 4:30 p.m.**

### *American Red Cross Blood Drive*

Lower Level Classrooms, Allan Breakie Medical Office Bldg., on GCH campus.

**April 28, 7 p.m.**

### *Shape Up for Summer*

A Garden City Registered Dietitian will provide strategies for healthy eating habits, with the goal of losing five pounds.

## Monthly Health Screenings

### *"First Tuesday"*

Noon – 2 p.m. Free blood pressure check; Cholesterol level (\$5) or Lipid panel (\$10). No registration. Main Lobby, Garden City Hospital.

## Bi-Weekly Blood Pressure Tests for Seniors

### *Maplewood Community Center*

10:30 a.m. Free. GC Maplewood Community Center, on Maplewood, just west of Merriman.

## Diabetes Self Management Education

### *Four class series, rotating session schedule*

Tuesday 9:30 a.m., & Thursday 6:30 p.m.

Learn about nutrition; exercise; managing medication; monitoring blood sugar levels; foot/skin care and more. Physician referral required. Fee reimbursement available by Medicare, Medicaid and most commercial insurance.

## Cardiac Rehabilitation – Weekdays

### *Classes in Phase II & III Cardiac Rehabilitation/ Cardiac Wellness;*

Peripheral Vascular Disease Exercise and Strength Training and Diabetes Exercise. Call for an exercise program designed for you.

## UPCOMING CLASSES & CLINICS

### *Childbirth education – (Six-week course)*

Rotating schedule – Mondays, 6 - 8:30 p.m. \$60 fee. Expectant moms and coaches learn valuable coping techniques for labor/delivery. Medicaid accepted.

### *CPAP & BiPAP Mask fitting clinic – (Weekly)*

Wednesdays, 5 - 6 p.m. Visit the Sleep Disorders Center of Michigan, 35600 Central City Parkway, Ste. 103 for free mask fitting clinic. No appointment needed.

### *CPR - Infant/child – (Monthly)*

Wednesdays, 6 p.m. \$40 fee. American Heart Association/American Red Cross approved. Caregivers learn to recognize/care for breathing and cardiac emergencies in infants and children, ages 8 and under. GC Health and Education Center, 6701 Harrison, just north of Maplewood.

### *CPR - Adult – (Monthly)*

Wednesdays, 6 p.m. See above for description.

### *Community CPR Class*

Thursday, April 30. 1 – 4:30 p.m. Free of charge. Garden City Hospital Health & Education Center, 6701 Harrison.

## SUPPORT GROUPS

### *Diabetes – (Monthly)*

1st Wednesday, 2:30 & 6:30 p.m. Speakers and open discussions on new diabetes topics.

### *Cardiac education – (Monthly)*

2nd Tuesday, 5 p.m. Free. GC Health Enhancement Center.

### *Alzheimer's – (Monthly)*

2nd Wednesday, 7 p.m. Free. Sponsored by the Alzheimer's Association. Allan Breakie Medical Office Building (attached to the main hospital), 6255 N. Inkster Road, Garden City.

*Hearing Loss Association of America – (Monthly)* 2nd Wednesday, 7 p.m. Free.

### *Eating Disorders Support Group*

Each Wednesday, 7 p.m.

### *Look Good... Feel Better!*

Offered occasionally – Wednesdays, 2 p.m. A Public service program to help women offset appearance-related changes from cancer treatment.



Good Health. Generation to Generation.

[gchosp.org](http://gchosp.org) | Physician Referral 877-717-WELL | Main Hospital 734-458-3300