



# HEALTHY Generations



Good Health. Generation to Generation.

Fall 2008

## Unexplained pain leads to lifesaving phone call

GARDEN CITY HOSPITAL RECOGNIZES THE NEED TO MAKE FINDING A DOCTOR quick, easy and comfortable. The hospital's Physician Referral service puts callers in touch with referral nurse Jessie Lutz, R.N. "Nurse Jessie" gathers information about the type of physician the caller is looking for, as well as the caller's location, insurance and personal preferences, and provides contact

information for up to three physicians who meet their needs.

Lindsey Price, Ypsilanti, called 877-717-WELL after visits to her physician didn't resolve her concerns. "I had pain and just knew something was wrong. I have a history of ectopic pregnancy and I believed I was pregnant. My doctor performed tests but told me there wasn't a problem and sent me home," she explains.

Price called Garden City

Hospital's Physician Referral service and spoke to Nurse Jessie. "Jessie listened to me and referred me to Hamid Sanjaghsaz, D.O., an OB/GYN. I made an appointment with him right away, and when I saw him, he sent me to the ER at Garden City Hospital. Even after seeing patients all day, he came to the hospital that evening to do tests. He discovered an ectopic pregnancy and performed surgery."

Ectopic pregnancy occurs when the fertilized egg implants outside the uterus, often in one of the fallopian tubes. According to Dr. Sanjaghsaz, just 30 or 40 years ago it was one of the leading causes of death in women. In Price's case, the ectopic pregnancy had already ruptured.

"Ruptured ectopic pregnancy is a grave situation, causing internal bleeding which can lead to loss of consciousness and even death. In Lindsey's case, we used clinical tests to determine that she was pregnant. Since ultrasound showed no pregnancy in the uterus, I was certain she had an ectopic pregnancy," explains Dr. Sanjaghsaz.

Dr. Sanjaghsaz performed Price's surgery using minimally invasive laparoscopy, where he confirmed and repaired the rupture. "The next day she had a smile on her face, and for me, the experience was very rewarding. A patient like her just makes my day," he says.

But when Dr. Sanjaghsaz performed her ultrasound, he discovered a surprise – gallstones. Price says she'd had pain for two years, and was relieved Dr. Sanjaghsaz had discovered the cause. "Naturally, I called Jessie again, and thanks to her, I had a Garden City Hospital surgeon, Louis Tegtmeier, D.O., for my gallbladder surgery," explains Price.

According to Dr. Tegtmeier, gallstones cause nausea and upper abdominal pain, which can be severe and even feel like a heart attack. "Pain from gallstones prevents people from living an active life," says Dr. Tegtmeier. "Left untreated, gallstones only worsen, and can cause serious problems like infection and pancreatitis, requiring emergency surgery." Removing the gallbladder eliminates the risk of complications and for patients, eliminates ongoing pain and worry.

"The Garden City Hospital Physician Referral service has literally been a lifesaver," says Price. "It's good to know there are people out there who are willing to help you find the right physician – someone who has met them, knows them and who will talk to you. The Garden City Hospital Physician Referral service has literally been a lifesaver."

Call Garden City Hospital Physician Referral between 10 a.m. and 6 p.m. weekdays by dialing 877-717-WELL.



While husband John is at work, Lindsey Price of Ypsilanti and her daughter Morgan relax at home just one week after Price's gallbladder surgery. "The Garden City Hospital Physician Referral service has literally been a lifesaver."

LINDSEY PRICE,  
Ypsilanti

**FEATURED PHYSICIANS**



**Hamid Sanjaghsaz, D.O.**



**Louis Tegtmeier, D.O.**

## Surgery Center design enhances patient, visitor experience

THE BRAND-NEW GARDEN CITY HOSPITAL SURGERY CENTER, officially opened Aug. 1. Housing six surgical suites, three procedure rooms and state-of-the-art surgical technology, special touches enhance the surgical experience for patients and visitors.

According to Richard Spinale, D.O., Chief of Surgery at Garden City

Hospital, "The Surgery Center is the finest and most advanced change the hospital has undergone in its history. It is fabulous for patients and families, and means we can offer the most advanced technology and the highest level of safety, all in new physical surroundings."

Annette Krupa, Director,

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Garden City Hospital  
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## FROM THE PRESIDENT'S DESK



WELCOME TO *HEALTHY GENERATIONS*. WE RECEIVED SO MANY positive responses to our first issue, and are already convinced this issue is even better. We've explored a new perspective by talking to our patients about their experiences and sharing their stories with you. As you read, you'll discover how physicians and staff at Garden City Hospital are making a difference in the health and lives of our neighbors.

You may have already read Lindsey Price's moving story. I hope you enjoy meeting our other patients and our physicians, who perform rotator cuff repair, cataract surgery, and help restore independence for patients recovering from illness and injury. Also in this issue we share some exciting news about the latest addition to the Garden City Hospital family – our technologically sophisticated, comfortable and convenient Surgery Center. Together with the entire staff of Garden City Hospital, I am very proud of this \$15 million facility. A physical representation of the hospital's dedication to the community, it also showcases some of the many technological advancements taking place throughout.

Please enjoy this issue of *Healthy Generations*, and if you have questions about our services or would like to make an appointment with a Garden City Hospital physician, I encourage you to call our Physician Referral nurse at 877-717-WELL or visit our Website at [www.gchosp.org](http://www.gchosp.org).

*Gary R. Ley*

Gary R. Ley, President

# Technology makes rotator cuff repair faster and easier

INDIVIDUALS IN THEIR 50S AND 60S ARE NOT ALWAYS ready to wind down careers and retire. Those who are ready often may want to be even more active. "Many in this age group are starting on their second careers," notes Paul Drouillard, D.O., a Garden City Hospital orthopedic surgeon. "The dynamics of the population have changed, and people are demanding more from themselves and their bodies."

But by age 60, activity can take a toll on joints. "Rotator cuff tears, involving the shoulder, are more and more common," says Dr. Drouillard, "and techniques to repair them are more successful than ever."

Improvements in technology mean only small incisions are made, recovery is fast and success rates high. "In the past, tendons were sewn back to the bone using tunnels made through the bone. Now we have anchoring devices that are left attached to the bone. They dissolve over time and are absorbed back into the body, making the repair stronger and the surgery easier for the patient," explains Dr. Drouillard.

The rotator cuff is a network of four muscles and several tendons that hold the upper arm bone, the humerus, in place in the shoulder joint and allow the arm to rotate. The most common symptoms of rotator cuff injuries are pain and weakness with reaching, overhead activities, and lifting. Overuse is a common cause, but patients also can develop a bone spur at the end of the collar bone, which rubs on the rotator cuff and causes damage over time.

Sharron Lile-King of Inkster had rotator cuff surgery when her shoulder became so painful her normal daily activities were affected. "It was hard to dress, and I couldn't reach up into cupboards, put rollers in my hair, or even eat with that arm," she remembers. "A friend of mine recommended Dr. Drouillard, who diagnosed a rotator cuff injury and a bone spur."

Rotator cuff repair is generally outpatient and performed in the new Surgery Center at Garden City Hospital. Patients use an arm sling for about four weeks after surgery. The repair is solid after three

months, and in six months, most are back to an active lifestyle, free of pain and with increased motion and strength.

When Lile-King scheduled her surgery, she was told by others to expect a painful experience. "But the way Dr. Drouillard did it, it was a piece of cake," she says, "and I'm back to my usual self." Now, she needs a knee replacement. "I'm having Dr. Drouillard do that surgery, too," she affirms.

"Any loss of function is not well tolerated by people who want to be active, play golf, play tennis, lift weights or keep working," says Dr. Drouillard. "Rotator cuff repair allows them to get back to doing all the things they want to do."

If you've been experiencing joint pain and would like a referral to a Garden City Hospital physician, call 877-717-WELL or log on to [www.gchosp.org](http://www.gchosp.org).

FEATURED  
PHYSICIAN



Paul  
Drouillard, D.O.

*"It was hard to dress, and I couldn't reach up into cupboards, put rollers in my hair, or even eat with that arm."*

SHARRON  
LILE-KING,  
Inkster



## Visit Garden City Hospital on the Internet

THE GARDEN CITY HOSPITAL WEB SITE, [WWW.GCHOSP.ORG](http://WWW.GCHOSP.ORG), has been redesigned and is easier to use. Information, photos and features are constantly being added to this dynamic resource for health and hospital information. A key feature on the site is Find a Doctor, where visitors can search for a Garden City Hospital physician by specialty, name, or location. Log on to [www.gchosp.org](http://www.gchosp.org) to find a physician or learn more about the array of services offered at your community hospital.



# Cataract surgery

## See what you've been missing

WHEN VISION ISN'T AS SHARP AS IT ONCE WAS, IT'S TIME TO investigate the cause. "Cataracts are a 'clouding' of the natural lens inside the eye, which usually occurs as part of the aging process," explains Michael Sherman, D.O., a Garden City Hospital ophthalmologist. "Most people who develop cataracts notice blurred vision, glare – especially in bright sun or when driving at night – dulled color vision and difficulty performing day-to-day activities."

Cataracts are common, affecting about 60 percent of people over age 60, but they can occur at any age. "Diabetes, steroid use and excessive sun exposure will increase risk for cataracts, especially in younger people," said Dr. Sherman.

If you notice changes in your vision, see an ophthalmologist. "There are so many advances in cataract surgery," said Dr. Sherman. "I use only eye drops for anesthesia, no stitches, and patients leave the hospital after about an hour with no eye patch or shield. I tell them they're ready to stop at Starbucks for a coffee on the way home, and by dinnertime, they can see great."

Elizabeth Pepin of Redford put a new spin on Dr. Sherman's advice after her cataract surgery. "I went out to eat a 'hungry man's' breakfast. I felt great and had no pain whatsoever," she says.

With only a 2.2 millimeter incision using an ultrasound probe to break up the cataract, Dr. Sherman implants one of several lenses, depending on the individual and personal preference. Specialty lenses, such as toric implants for astigmatism and multi-focal lenses that allow both distance and close-up vision, are exciting upgrades currently available.

The surgery itself takes just six to eight minutes, and is performed



*"The difference in my vision is like night and day. I am in awe and just can't brag enough about the results..."*

ELIZABETH PEPIN,  
Redford

in Garden City Hospital's new Surgery Center. Most insurances cover basic surgery. If both eyes are affected, Dr. Sherman performs two surgeries a week or two apart.

"I think it's the easiest surgery a patient will ever have – and one of the most rewarding. Patients often tell me how colorful the world looks after surgery, but that they have to clean their houses because now they can see the dust," jokes Dr. Sherman.

Pepin's vision has improved dramatically. "The difference in my vision is like night and day. I am in awe and just can't brag enough about the results, Dr. Sherman and all the people at Garden City Hospital. In fact, next to my husband, Dr. Sherman is my favorite person," she laughs.

Pepin and her husband Robert are avid motorcyclists. "Now," she adds, "I enjoy riding our motorcycle so much more because my vision isn't

restricted – I don't even have to wear glasses under my helmet."

For referral to a Garden City Hospital ophthalmologist, call 877-717-WELL, or log on to [www.gchosp.org](http://www.gchosp.org) to find an ophthalmologist in your area.

FEATURED  
PHYSICIAN



Michael  
Sherman, D.O.

### SURGERY CENTER DESIGN *continued from cover*

Surgical Services at Garden City Hospital, acknowledges that surgery of any kind is a stressful experience. "We incorporated several key features into the design that ease stressors and make the experience a pleasant one for patients and visitors," she explains. These features include:

#### PATIENT COMFORT

- Pre-surgical testing, such as blood work, EKG or chest X-rays, comes to the patient.
- Ceiling-mounted, temperature-controlled warming units adjust for individual patient comfort.
- Hand held radios are provided for patient relaxation.
- Loved ones stay with patients in spacious pre- and post-operative areas with natural lighting.

#### VISITOR CONVENIENCE

- Pagers given to loved ones allow staff to stay in touch throughout surgery.
- After surgeries that require a hospital stay, loved ones receive a card with the patient's name, hospital room number and phone number, allowing them to join the patient in a seamless transition from surgery to hospital room.
- The Surgery Center lobby provides free WiFi, two public access computers with Internet access, a flat screen television, and small-group seating areas for families seeking privacy.
- Coffee, meals and snacks are available in the hospital Cafeteria, the Garden Café, and round-the-

clock at the Fast Track convenience center, all located in Garden City Hospital. The pager system allows loved ones to relax, knowing they will be paged when needed.

#### SURGICAL TECHNOLOGY

- Modern, spacious surgical suites and procedure rooms offer exceptional professional surroundings for surgical staff.
- The newest, most advanced surgical equipment and technology increases surgical efficiency and capabilities.

"The Surgery Center offers the latest technology available, whether it is the ergonomics, the equipment installed in each O.R. suite, the layout and design or flow for the entire patient experience, it is truly

cutting edge," said Dr. Spinale.

"The Surgery Center represents where Garden City Hospital is going, and is a testament of our commitment to the community. I believe it will mark a new era in a very bright future for Garden City Hospital, its patients, and the community."

For referral to a Garden City Hospital physician or to find out how you can have your surgery at Garden City Hospital, call 877-717-WELL.

FEATURED  
PHYSICIAN



Richard  
Spinale, D.O.

# Patients come back strong with help of inpatient rehabilitation

LOSS OF INDEPENDENCE IS FRIGHTENING AND troublesome for many individuals and their families. A stroke, serious injury, hip fracture, joint replacement complicated by other health problems, and even a long illness can make it difficult to perform daily activities again.

“At Garden City Hospital, the Inpatient Rehabilitation Unit is available for patients with a wide variety of conditions who need help regaining motion, strength, and ultimately, independence,” says Elizabeth Hall, M.D., a Garden City Hospital physical medicine and rehabilitation medicine specialist.

The unit’s 18 private rooms are large enough to accommodate wheelchairs and walkers, and gathering areas like the dining room and TV room, equipped with a 56-inch plasma television and Wii system, are designed to complement the rehabilitation process.

“Patients learn to get up and out of bed, into a chair, walk with a walker, bathe, dress, and achieve their previous level of functioning whenever possible,” explains Dr. Hall. “Patients don’t wear hospital gowns. Getting dressed is part of their therapy.”

After just one week in Garden City Hospital’s Outpatient Rehabilitation Unit, John Mormon of Wayne says he is “doing better than I have in years.” He was admitted to the unit after triple-bypass heart surgery. “I’ve come a long way. When I arrived, I couldn’t walk or even get out of bed. The staff here taught

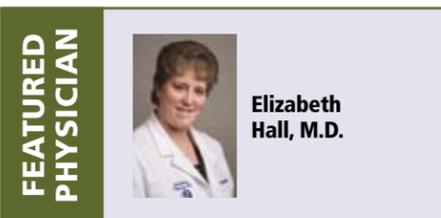
me how to get out of bed and got me moving,” he says.

A board-certified physician sees patients daily to head-off medical concerns before they arise. The unit’s team of rehabilitation professionals also includes rehabilitation physicians, physical, occupational and speech therapists, specially certified rehabilitation nurses, nurse case managers and even a therapeutic recreation specialist. The team meets regularly to discuss patient progress and develop a comprehensive plan for care.

After a typical stay of about two weeks, most patients are prepared to transition home. “But not without a comprehensive discharge plan,” assures Dr. Hall. “We have a social worker who, together with the family and patient, helps arrange all aspects of discharge, from in-home or outpatient rehab to the right home medical equipment.”

When leaving the unit, many patients are already looking forward to a return to an active lifestyle. Mormon says, “I used to love to go bowling and now, that’s something I’m looking forward to doing again.”

Patients at other hospitals and at nursing homes can be transferred to Garden City Hospital’s Inpatient Rehabilitation Unit. For information about how to make the transition, call Garden City Hospital Physician Referral at 877-717-WELL.



FEATURED PHYSICIAN

Elizabeth Hall, M.D.

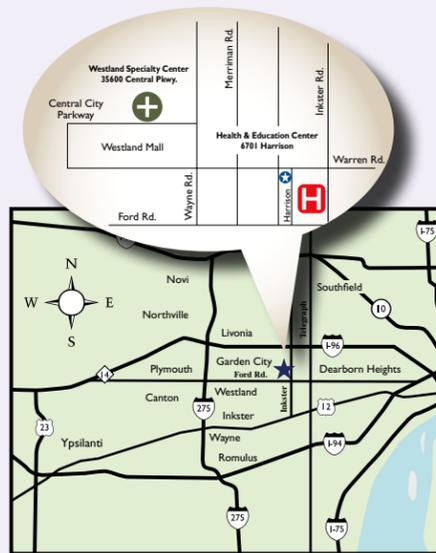


*“When I arrived, I couldn’t walk or even get out of bed. The staff here taught me how to get out of bed and got me moving.”*

JOHN MORMON,  
Wayne

## CONVENIENT AND SIMPLE PHYSICIAN REFERRAL SERVICE

Call 877-717-WELL



Jessie Lutz, R.N.

# COMMUNITY HEALTH PROGRAMS

### MEN’S HEALTH SCREENING

Receive a prostate exam by a urologist and PSA, cholesterol, and testosterone screening. Call 877-717-WELL for an appointment.

TIME: 8 to 11 a.m.

DATE: Sunday, Sept. 21

LOCATION: Garden City Hospital, Medical Office Building, lower level classrooms.

FEE: The exam is free; lab tests are \$8.

### DIABETES FOOT SCREENING

The American Diabetes Association and Garden City Hospital offer free foot screening by a podiatrist and foot care information by certified diabetes educators. Call 877-717-WELL for an appointment.

TIME: 10 a.m. to 5 p.m.

DATE: Wednesday, Sept. 24

LOCATION: Westland Specialty Center, 35600 Central City Parkway, Westland

FEE: Free.

For more information on any of these events or to register call 877-717-WELL.

### 16TH ANNUAL DIABETES EDUCATION DAY

Enjoy expert speakers, diabetes product displays and information, continental breakfast and light lunch.

TIME: Registration begins at 8:30 a.m.; program from 9 a.m. until 2 p.m.

DATE: Saturday, Oct. 11

LOCATION: Hellenic Cultural Center, 36375 Joy Road, Westland

FEE: \$16 per person, \$30 for two.

### FALL FUNDRAISER

The Garden City Hospital Foundation’s Fall Fundraiser, “6245th M\*A\*S\*H,” brings fun, hospital fundraising and a military theme together. Enjoy dinner and dancing to live music by Sunset Boulevard, and come dressed in military attire. For information, reservations, or to make a donation to the Garden City Hospital Foundation, call 734-458-4331.

TIME: 6:30 to 11 p.m.

DATE: Friday, Oct. 24

(Make reservations by Friday, Oct. 17.)

LOCATION: Laurel Manor, Livonia

FEE: \$75 each; \$800 table of 10.

Cash, check, credit cards accepted.

## FIND OUT MORE



Michael Sherman, D.O.

Join Garden City Hospital ophthalmologist Michael Sherman, D.O., from 7 to 8 p.m. Tuesday, Sept. 30 for, “Advances in Cataract and Laser Eye Surgery.” This free community program is held in the Garden City Hospital Auditorium, and includes a presentation by Dr. Sherman, question-and-answer session, and refreshments. Call 877-717-WELL by Thursday, Sept. 25, to register.



Paul Drouillard, D.O.

Two Garden City Hospital physicians team up to provide valuable information about joint repair and replacement, and rehabilitation following the procedures, at a free Garden City Hospital community program. Paul Drouillard, D.O., presents “Advances in Joint Repair and Replacement,” followed by Elizabeth Hall, M.D., who will address “Rehabilitation after Joint Repair and Replacement.” Presentations will include question-and-answer sessions. The program takes place from 7 to 8:30 p.m. on Wednesday, Oct. 22, in the Garden City Hospital Auditorium. Refreshments will be served. Call 877-717-WELL by Friday, Oct. 17, to register.



Elizabeth Hall, M.D.



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