

Winter  
2019

Learn about the  
NEW Garden  
City Hospital

# Garden City Hospital *Today*

## Nationally recognized. Locally preferred.

We invite you to learn more about what's new at Prime Garden City Hospital. We've been hard at work and the results show. This year, we've improved for you by expanding our heart program, improving ER processes for fast-ER care and maintaining renown excellence in orthopedic surgery. This has earned us some of the most prestigious awards including being named a 100 Top Hospital® and Everest Award recipient by IBM Watson Health™, 2019 Patient Safety Excellence Award™ and other five-star awards from Healthgrades. We've also recently been named one of America's 100 Best Hospitals for Orthopedic Surgery™ and among the top five percent in the nation for overall orthopedic services in 2020 by Healthgrades. At Garden City Hospital, you can feel confident you're in good hands. Learn more at [gch.org](http://gch.org).

Watson Health™  
**100 TOP  
HOSPITALS**®  
2019

100 Top Hospitals® is a registered trademark  
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Learn more about  
sports medicine at  
Garden City Hospital

## Don't be sidelined by injury. *Get back to the sports you love.*



Maintaining an active lifestyle has many health benefits, like reducing the risk of chronic diseases and disability as you age. According to the federal physical activity guidelines, it's recommended adults get at least 150 minutes of moderate exercise, or 75 minutes of vigorous exercise, per week, in addition to engaging in muscle-strengthening activities at least twice a week. That's why no matter who you are, professional athlete or just a weekend warrior, we want to help you stay active.

When you think of common 'sports' injuries, like a broken bone, torn ACL or tendinitis you may think of them in competitive athletes. While this may be true, we recognize these injuries can happen to anyone, of any age, who leads an active lifestyle. Sports medicine, while not a specialty itself, is an approach to treating an injury or condition that limits a person's activity level. This can include anything from ankle sprains, knee and shoulder injuries, to concussions and heart issues, and can be helpful to anyone who engages in some type of physical activity.

At Garden City Hospital, we've designed our sports medicine program to cater to your injury and what stage in your journey to recovery you're in. Our team of board-certified physicians and specially trained staff are here to help you, from fast-ER care during time of injury, to surgery, to rehabilitation and recovery; making sure you have the strength to get back to the sports you love.



**For injuries, visit our ER or  
call 734-458-3300 for a referral.**

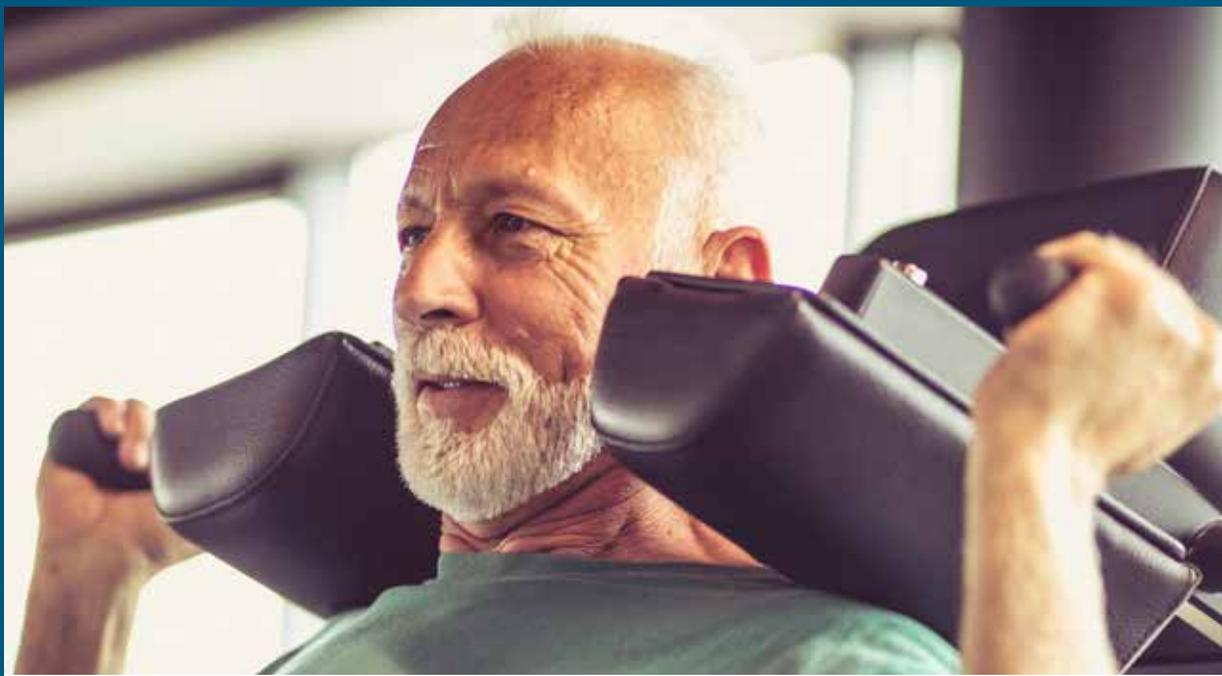


**Garden City Hospital**

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## Go to the emergency room or call 911 if you or someone else is experiencing any of the following sports injuries:

- Concussion or other head injury with confusion, loss of consciousness, severe headache, vomiting, abnormal behavior and excessive drowsiness.
- Neck injury with numbness, tingling or arm weakness and inability to talk or swallow.
- Chest discomfort lasting more than a few minutes after stopping exercise, accompanied by shortness of breath, dizziness, light-headedness, discomfort in back, neck, jaw, stomach and arms and unusual sweating. *Talk to your doctor before beginning a new exercise program if you have heart disease, have recently experienced a heart attack or are at risk.*
- Sudden onset of shortness of breath that lasts longer than a few minutes.
- Severe or consistent pain with moving or bearing weight in your shoulders, knees or hips that does not get better with over the counter medication and ice.
- Open wound with possible break or fracture.
- Obvious deformity that may indicate fracture.



## Fast-ER care for sports emergencies

As we strive to live healthy, active lives we too understand there is always risk of injury. In some cases, injuries can be treated with rest, ice, compression and elevation. However, more serious conditions require a trip to the emergency room for immediate treatment. Garden City Hospital has one of the area's fastest ER to handle sports injuries promptly. Our ER physicians are board certified in emergency medicine and our nursing staff are specially trained to handle rapid diagnosis and care for critical sports conditions like head and neck injuries, bone and joint injuries and heart issues.

## Heart and Vascular

While physical activity can help decrease your risk of heart disease by 50 percent, overexertion or engaging in an exercise routine that has not been evaluated by your doctor if you already have a heart condition, can increase your risk of heart issues. If you or someone else is experiencing recognizable heart attack symptoms like sharp chest pain, discomfort in the arms, neck, jaw and back, shortness of breath, nausea and sweating during or following physical activity, seek emergency medical attention immediately. At Garden City Hospital, patients have the advantage of 24/7 Heart Care, a full range of emergency heart services and team of experienced cardiologists and ER doctors working together, offering rapid diagnosis and treatment before a cardiac situation worsens.

Risk of heart issues from physical activity can increase if you were born with a heart problem, have a chronic heart problem and recently experienced a heart attack or if you're not physically fit and engage in vigorous activity. If you have any of these characteristics, it's recommended you talk to your doctor about safe physical activities before strenuous exercising.



## Orthopedics

Orthopedics involves your body's musculoskeletal system, which includes your bones, joints, ligaments, tendons, muscles and nerves that allow you to move and be active. Some injuries resulting from increases in intense activity, accidents or improper form may require surgery to assure the best chance of full recovery. For instance, injuries impacting joints like knee, hip and shoulder, may result in replacement surgery where the damaged parts of the joints need to be replaced or fixed.

People who choose Garden City Hospital for bone and joint injuries that require surgery have the advantage of award-winning orthopedic care. Our orthopedic surgery has recently been recognized as the only hospital in the Detroit, Livonia, Dearborn and Wayne County region to be named one of America's 100 Best Hospitals for Orthopedic Surgery™ by Healthgrades and is a Blue Cross Blue Shield of Michigan Designated Blue Distinction Center+ for knee and hip replacement. Whether you come in through the ER or get a referral from your primary care doctor for your bone and joint injury, you have the advantage of Garden City Hospital's team of board-certified orthopedic surgeons to help evaluate and treat your injury to get you back to an active lifestyle.



*Timothy Doig, DO, orthopedic surgeon at Garden City Hospital board certified in American Osteopathic Board of Orthopedic Surgery.*



## Rehabilitation

Those recovering from orthopedic surgery or are experiencing chronic pain from a sports injury can benefit from rehabilitation. At Garden City Hospital, we offer a variety of inpatient and outpatient rehabilitation programs. One of the first in the area, our inpatient rehabilitation unit has 18 private rooms, provides you with closely monitored care, customized rehabilitation plans and rehabilitation nurses staffed around the clock. We also offer outpatient physical therapy for injuries like strains, sprains, joint replacement recovery, back and neck pain and neurological recovery, with physical therapists specially trained in manual therapy and sports rehabilitation.

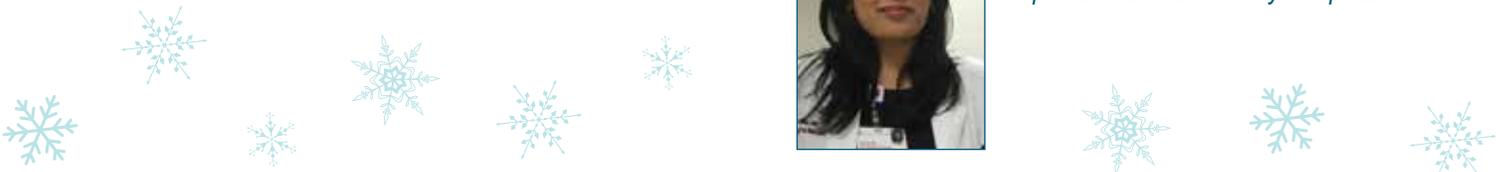
Our rehabilitation program and its board-certified team of experts have been recognized for outstanding services and quality of care, both locally and nationally, to help you return your normal life quickly.

## Pain Management

Dealing with pain after orthopedic surgery or while suffering with a chronic condition can be daunting. The good news is there are many different methods for treating pain. This includes pharmacological methods and non-pharmacological methods. Pharmacological methods involve both opioid and non-opioid medications. While opioids can be very helpful for patients when used correctly, with the rising rates of opioid abuse and risks of these medications, we put greater emphasis on non-pharmacological methods of treating pain by offering techniques that help lower the doses of pain medication needed. Dr. Sruthi Kondur, practicing pain management specialist at Garden City Hospital, recommends alternative treatments like "implementing lifestyle changes to reduce stressors that cause pain, behavioral therapies or procedures like nerve blocks, which are simple injections of anesthetic that help reduce inflammation of the nerves." Dr. Kondur also says "each treatment plan is unique to the type of pain. If you're recovering from a sports injury, your treatment may be different and potentially shorter than someone struggling with chronic pain." Garden City Hospital offers this multi-model treatment approach to align with your specific goals.



*Sruthi Kondur, MD, Pain Management specialist at Garden City Hospital.*



# A special message from the president

Dear neighbor,

As we pause to count our blessings, I'm grateful for YOU entrusting your care with our team. Thank you for your support towards fulfilling our mission and your belief in our organization. During this season of giving, at Garden City Hospital we have created a number of opportunities for our team to give back to each other and our patients. This includes a clothing and winter wear drive to collect donations for patients in need and a Garden Caring Hands fund to provide financial or other relevant assistance to eligible employees experiencing hardship. We have made our last Passport to Good Health challenge about 'paying it forward,' and encourage you to find ways to give back this season too.

As we wrap up 2019, we are thankful for the many accomplishments we had this year. We are grateful to have reached many major milestones, including earning the 100 Top Hospital® designation by IBM Watson Health™. We are also excited about the program expansions in cardiology, orthopedics, trauma and new Internal Medicine Continuity Clinic. We added many new updates to different areas in the hospital including two new patient units. In the new year, we look forward to opening an inpatient behavioral health unit, a comprehensive cancer program and our Westland Community Health Center.

From our Garden family to yours, we thank you for your support and wish you a happy holiday season and a healthy New Year. It's a continued honor to serve you.

Sincerely,



Saju George, Chief Executive Officer, Garden City Hospital  
Regional CEO Prime Healthcare MI Market



*Wishing you peace,  
good health and  
happiness this season  
and throughout the  
coming New Year!*



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Winter 2019

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6245 Inkster Road  
Garden City, MI 48135  
734.458.3300  
[gch.org](http://gch.org)



## Find Us Fast

- Dearborn Heights 8 minutes away
- Redford 13 minutes away
- Livonia 12 minutes away
- Westland 10 minutes away
- Inkster 9 minutes away

