



## Speeding Up Heart Attack and Stroke Treatment Times

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# In an Emergency, Think Fast— Think Southwest General!

At some point in time, you may find yourself—or a family member or friend—in need of emergency care. A broken bone, a sprain, chest pain, trouble breathing—whatever the reason, it can be a time of high anxiety and uncertainty. At Southwest General, we care for tens of thousands of patients each year at our emergency facilities in Brunswick and Middleburg Heights. We work hard to save lives, care for injuries and illnesses and ease fears by providing high-quality care, quickly and efficiently.

In this issue of *Southwest Today*, we'll take a closer look at our emergency services. You'll learn about Southwest General's CareSTAT Treatment Process, designed to get most Emergency Room patients treated and headed home quicker than ever. Additionally, we'll go behind the scenes to see how local EMS squads work closely with Southwest General physicians and staff to treat stroke patients with clot-busting drugs and move heart attack patients from the field to the Cardiac Catheterization Lab for treatment in less than 90 minutes.

Should your situation be on a smaller scale, Southwest General Urgicares provide prompt, urgent care for family members of all ages. Located in Brook Park and Strongsville, the Urgicares are staffed by specially trained physicians, nurses and technicians. They provide care for minor medical emergencies, illnesses and injuries—even during evening and weekend hours when physician offices may be closed.

At Southwest General, we're proud of the work we do, and of the fact that people are



Thomas A. Selden, FACHE  
President & Chief  
Executive Officer

taking notice. Earlier this year, HealthGrades—the nation's leading independent source of physician information and hospital quality ratings—identified Southwest General among their **Emergency Medicine Excellence Award Hospitals**. The award is based on HealthGrades' *Emergency Medicine in American Hospitals* survey, which analyzed data for more than seven million Medicare patients admitted to a hospital from the ED between fiscal years 2007 and 2009. Hospitals that performed in the top five percent across the relevant emergency conditions were named **Emergency Medicine Excellence Award Hospitals**—only 268 hospitals of the 4,873 evaluated nationwide.

Beyond this, Southwest General was one of only eight hospital Emergency Departments recognized for excellence in Greater Cleveland, and was the only west-side hospital in Cuyahoga County to be recognized.

So the next time you or your loved ones need care fast, be assured that Southwest General's award-winning, nationally recognized emergency care is close by. When you need us, we're ready, waiting and close! ■



Ruth Amelia Harding

## In Memory of Ruth Amelia Harding

March 26, 1914–Aug. 3, 2011

Ruth "Amelia" Harding was well-known throughout the community of Southwest General for her generous spirit and giving heart. She was an integral part of Southwest General's history, along with her late sister Clara Harding. The Harding sisters were active Southwest Community Health Foundation trustees and contributed greatly to the renovation of Southwest General's Coronary Care Unit (The Harding Center). We are forever grateful to have been blessed by knowing Amelia and Clara Harding. Their legacy will live on forever.

# The Best of Southwest

## Local College Student Finds Help at Southwest General's Emergency Department

In an emergency, there's no doubt that you need expert care, STAT! That's why at Southwest General, we are dedicated to providing patients with the highest quality emergency care in a warm, compassionate environment.

Our CareSTAT Treatment Process is changing the way patients receive emergency care. With CareSTAT, you see a board-certified emergency medicine physician and physician assistant/nurse team within minutes of arrival, eliminating the need to tell your story more than once and reducing the time you spend waiting.

For Antoinette Vargo, a student at Baldwin-Wallace College, in Berea, the care she received at Southwest General's Main Campus Emergency Department (ED) helped her get over a bad case of bronchitis and conquer her first solo visit to an ED. Antoinette wrote the following letter to the ED staff members who cared for her.

*I woke up yesterday morning and had difficulty breathing. I had been diagnosed with bronchitis twice in the last month and a half and was not getting any better.*

*I attend Baldwin-Wallace College and do not have a doctor in the area. I was completely miserable and didn't know what to do, so I went to Southwest General's Main Campus Emergency Department (ED).*

*I was there by myself and have never actually been to an ED before. Everyone was wonderful the entire time I was there. The nurses were constantly checking in on me to make sure I was okay, the doctor was incredibly understanding and helpful, and the X-ray technicians were kind and comforting. I've never been this sick before, and I don't think that any place could have made me feel more taken care of.*



**Student Antoinette Vargo found just the right care—and comfort—at Southwest General's Emergency Department.**

*I can't express how appreciative I was. I felt cared for as a person and not just as some random patient. I wish I could tell you the name of every nurse who helped or the doctor's name, but at the time I was so out of my element that I can't seem to remember. I feel very sorry for that, but I do hope that you could possibly find some way to get this to the appropriate people.*

*It would mean a lot to me to let them know how much everything they did was appreciated. Thank you so much—you were a blessing in a difficult time.*

*Sincerely,  
Antoinette Vargo*

### Share Your Story!

Do you have a story you'd like to share? Each and every person who enters our doors is important to us, and we would love to hear about your experience at Southwest General.

To share your story, visit our website, [www.swgeneral.com](http://www.swgeneral.com), and complete the "Share Your Story" form located under the "For Patients and Visitors" tab. We look forward to hearing from you.

# Take Control of Your Heart Health

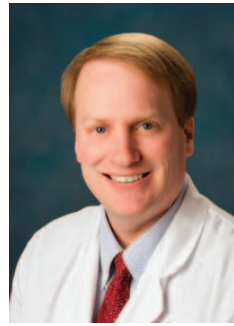
During the next year, more than 600,000 people will have a heart attack caused by coronary artery disease (CAD). CAD, a condition that affects more than 13 million Americans, occurs when the arteries become clogged and restrict bloodflow to the heart. Without sufficient bloodflow, the heart can become deprived of the oxygen and nutrients it needs to work. At Southwest General, we're taking steps every day to help prevent you from becoming one of the statistics and to keep your heart beating strong.

To help prevent strokes and heart attacks, Southwest General offers Cardiac Calcium Scoring. This procedure detects heart disease in its earliest stages by using a state-of-the-art 64-slice Computed Tomography (CT) scanner to produce images of the heart. The images help physicians identify blockages caused by calcium plaque on the walls of the arteries in the heart.

"We have been performing Cardiac Calcium Scoring for years now, and it provides quite an impact on prevention of heart attack and helps us in assisting with a patient's cardiac maintenance," says Michael Deucher, MD, a board-certified cardiologist on the Medical Staff at Southwest General and chairman, Department of Medicine. "This is the best, non-invasive test to detect CAD in a person with no symptoms."

The test takes four to five minutes, uses minimal radiation and causes no discomfort or pain. The score is then calculated, and the amount of calcium in the arteries is defined.

Cardiac Calcium Scoring is recommended for individuals between the ages of 40 and 60, especially if they have two or more cardiac risk factors. These include, but are



**Michael Deucher, MD, FACC**  
Cardiology  
Chairman, Department of  
Medicine

not limited to, family history of cardiac disease, high blood pressure, diabetes, high cholesterol and smoking.

"With this test, we can detect calcium build-up at its earliest stage, so we are able to strategize and assess the individual's risk properly," says Dr. Deucher. "If your Cardiac Calcium Scoring shows that you have a high chance of having heart disease, we can take the proper steps to lower your chance."

A physician referral is recommended, and the test carries an out-of-pocket fee of \$75.

"Heart disease is the leading cause of death for men and women in the U.S.," says Dr. Deucher. "If you happen to be 40, 50 or 60 years of age and are in good health but had a parent suffer from heart problems, you may want to consider undergoing the scoring. The test helps identify people who may be at high risk for a heart attack and allows us to treat them more aggressively." ■

*For more information on Cardiac Calcium Scoring, call Health Connection at 440-816-5050.*



## Take Steps to Maintain Your Heart Health

Start today by making "heart-conscious" decisions for a healthy heart:

- Reduce stress—chronic stress exposes your body to unhealthy, persistently elevated levels of stress hormones like adrenaline and cortisol. Additionally, stress can increase blood pressure and may cause an individual to overeat, exercise less and/or smoke.
- Exercise—participate in some form of cardio or aerobic exercise three to four times a week for about 30 minutes.
- Know your numbers such as cholesterol (good and bad), blood sugar and blood pressure.
- Develop a heart-healthy diet low in saturated fats, high in fiber and with a variety of fruits and vegetables.

For any of your heart concerns, call Southwest General's Heart & Vascular Institute's FREE 24-hour nurse practitioner support line at 1-877-SWG-BEAT (794-2328).

# Emergency Care ... With a Personal Touch



Brunswick resident Paula LaManna and her daughter, Angelina.

What impressed Brunswick resident Paula LaManna the most about Southwest General's new Brunswick Emergency Room (ER) was the attention the staff gave to her husband and daughter while she was being treated.

"They didn't only treat me, they treated my family," recalls the work-at-home mom who has made two recent ER visits for severe dehydration. "When they wheeled me back to the Treatment Room, they let my family go with me. And they explained everything that was going on to my daughter, who was a little nervous. It made her feel so much better."

And, she laughs, they gave four-year-old Angelina the biggest Popsicle she had ever seen!

Earlier this year, a bout with the flu left Paula dehydrated, fatigued and in need of emergency treatment. A few months later, she became dehydrated again after a bad reaction to allergy medication.

She received three liters of intravenous fluids during six to seven hours of treatment to hydrate her body's cells.

"I was really weak and out of it when I arrived, but the staff was wonderful—the doctor, the nurses, everybody,"

**When in doubt as to the nature of your problem, it's best to be checked. If you are having a medical emergency, call 9-1-1.**

Paula recalls. "They do so much to make you comfortable. I know dehydration is bad, but it is preventable, and I felt kind of silly going to the ER. They reassured me and treated me just as seriously as any other patient."

Paula also loved the warm, microwavable blankets.

"I felt like I was at a spa," she laughs. "If they had somebody doing my nails, I would have been in seventh heaven."

After treatment, the staff sent Paula home with a large packet of information about dehydration and how to prevent it in the future.

"It's wonderful to have this kind of treatment so close to home in Brunswick," Paula says. ■

**Brunswick Emergency Room | 330-558-0123  
4065 Center Rd. (next to City Hall)  
Brunswick, OH 44212**

**(Entrance is in the rear of the building)**

- Full-service emergency care
- The CareSTAT Treatment Process—designed to get most ER patients treated and headed home, faster than ever
- Care 24/7, 365 days a year
- Treatment provided by board-certified emergency medicine physicians and specially trained staff

## Dehydration

Think about an engine running without oil. Its unlubricated moving parts would soon grind to a halt. Dehydration does the same to your body.

Dehydration is the lack of water and fluids your body cells need to function. It can be caused by not drinking enough fluids or by losing too much fluid due to vomiting, diarrhea or excessive sweating or urination. Symptoms can include severe fatigue, dry mouth, lack of tears and low or no urine output.

Mild cases of dehydration can be corrected by drinking water, but severe cases may require medical attention.

# Heads Up!

Any parent knows that bumps and bruises are just part of growing up, especially for kids in sports. But what seems like a harmless bump on the head might actually be a concussion.

“Concussion is a traumatic injury to the brain that affects the way we think and our mental status,” says Robert Coale, MD, medical director, Southwest General Sports Medicine, and an orthopedic surgeon on the Medical Staff at Southwest General.

How can you recognize a concussion? Dr. Coale shares some important information:

## What are the signs of a concussion?

“The main symptoms of a concussion are headache, balance problems, confusion, dizziness, nausea and vomiting, fatigue, sensitivity to light, memory difficulties and irritability. Some people may blow off their symptoms, thinking that it can’t be a concussion if they didn’t lose consciousness. But only 10 percent of people with concussions actually lose consciousness.”



**Robert Coale, MD**  
Medical Director, Southwest  
General Sports Medicine,  
Orthopedic Surgeon

## So what should a parent do if they suspect a concussion in their child?

“If you think your child may have a concussion, he or she should be evaluated by a health care provider within the same day, either by the team athletic trainer if it’s a sports injury, or by a physician. With children, we like to play it safe, so don’t be worried about being too cautious.”

## How do physicians treat concussions?

“Typically, the patient must rest from all physical activities for a period of one week. They also need a mental rest as well. If they are injured in a football game on Friday and have a big test on Monday, they’ll need to adjust their academic activities. Same thing with texting, video games, computer work—continuing to tax the brain cognitively could make the symptoms worse or slow the healing process.”

## What are the long-term health effects of concussions?

“The biggest risk factor for concussion is a previous concussion. We’re just starting to understand the health effects of numerous concussions, which can include depression and premature aging of the brain.” ■



## When Is a Bump on the Head Actually a Concussion?

As concussions are becoming more prevalent in the sports world, it is important to take proper steps to prevent head injuries. Below are some tips to identify when someone has a concussion as well as suggestions for preventing head injuries. Never ignore a concussion—stay aware and pay attention!

### Symptoms can include the following:

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue
- Confusion or disorientation
- Sensitivity to light
- Irritability
- Memory difficulties

To prevent concussions and other head injuries, be sure that all helmets fit properly and are regularly inspected. For athletes, make sure that the proper way to hit is practiced each time—hit with your head up! Most importantly, do not allow the athlete to return to play if any symptoms are present, and get clearance from a physician to go back and play. When in doubt, sit it out!

For more information, visit [www.swgeneral.com](http://www.swgeneral.com) or call Health Connection at 440-816-5050. If you think your loved one has a concussion, head to one of Southwest General’s Emergency Departments located in Brunswick or Middleburg Heights.

# Don't Wait—"Time is Muscle!"

## Speeding Up Heart Attack Treatment Times

**T**ightness in the chest. Shortness of breath. Pain that radiates down the left arm. You've heard them all before—they're the classic signs of a heart attack. However, there are other signs that might not sound as familiar, but they're no less serious.

"Many patients, especially women, may experience indigestion, nausea, fatigue or pain in the jaw," says Trilok Sharma, MD, a board-certified cardiologist on the Medical Staff at Southwest General and medical director of Southwest General's Cardiac Catheterization (Cath) Lab. "They delay coming in because they don't think it's anything to do with the heart."

Physicians often say "time is muscle"—the longer a patient waits to seek treatment for a suspected heart attack, the more damage that can be done to the heart muscle.

"When an artery that feeds the heart muscle gets totally blocked, the muscle fed by this vessel slowly dies," explains Dr. Sharma. "Once those cells die, they die for good."

At Southwest General, heart attack patients arriving in the Emergency Department (ED) are quickly taken to the Cardiac Cath Lab where blocked arteries are opened to restore bloodflow (known as door-to-balloon time).

Southwest General's "door-to-balloon" times average less than an hour, with some patients being treated in as quickly as 15 minutes.

While the American Heart Association's standard of care is 90 minutes from arrival at the ED door to opening the blocked artery in the Cardiac Cath Lab, Southwest General consistently tops that goal.

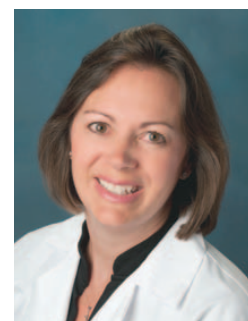
Heart attack patients who seek emergency care at Southwest General benefit from the Health Center's new CareSTAT Treatment Process. CareSTAT helps speed patients experiencing heart attacks from the ED to the Cardiac Cath Lab for emergency interventions, where cardiologists clear heart artery blockages 24 hours a day, seven days a week.

CareSTAT uses an approach known as "split flow," in which all patients who arrive in the ED are seen right away, then routed for care depending on the severity of their condition.

"It's a concept that's relatively new to emergency medicine," says Susan Tout, MD, a board-certified emergency medicine physician on the Medical Staff at



**Trilok Sharma, MD, FACC**  
Cardiology  
Medical Director, Cardiac  
Catheterization Lab



**Susan Tout, MD**  
Emergency Medicine  
Medical Director,  
Emergency Department

Southwest General and medical director of Southwest General's Emergency Department. "You're screened right away, and we initiate care much more quickly."

"It is the primary goal of the ED to ask the appropriate cardiac screening questions, assess the patient's risk and perform an expedient EKG," explains Dr. Tout. "These steps enable us to notify the interventional cardiologist as quickly as possible." ■

### Don't Ignore Heart Attack Warning Signs

**Chest discomfort:** An uncomfortable pressure, squeezing, fullness or pain in the center of the chest. Usually lasts more than a few minutes or may go away and come back.

**Upper body discomfort:** Pain or discomfort in one or both arms, back, neck, jaw or stomach.

**Other signs:** Shortness of breath, cold sweats, lightheadedness, nausea or fatigue.

**If you think you are having a heart attack, call 9-1-1 immediately.**

*(adapted from [www.americanheart.org](http://www.americanheart.org))*

For any other cardiac-related information, call **1-877-SWG-BEAT (794-2328)**, Southwest General's Heart & Vascular Institute's FREE 24-hour nurse practitioner support line.

# Stroke Speed

What's the most critical tool in stroke treatment? It isn't a medication or a high-tech gadget. It's speed.

"The most important part of treating stroke is to get the patient to the hospital as quickly as possible," says Rishi Goel, MD, a neurosurgeon on the Medical Staff at Southwest General.

The first six hours following stroke offer the best opportunity to limit the damage it can cause. Stroke occurs when a blood vessel to the brain bursts or is blocked by a clot. The longer the brain is deprived of oxygen-rich blood, the more extensive and long-lasting the stroke's impact on motor functions, speech, muscle control and cognitive abilities.

Minimizing that damage requires quick action—on your part and ours.

## Your Part: Know the Signs, Practice Prevention

"Stroke symptoms can start very suddenly, over a few seconds to a few minutes," says Dr. Goel. "The warning signs of a stroke include inability to speak, a noticeable facial droop or an inability to move an arm or a leg."

### At the first sign of stroke, call 9-1-1 immediately.

Provide Emergency Medical Technicians (EMTs) with the approximate time the person was last well, their current medications and any other medical history.

But there's more you can do—take steps to reduce your own risk of a stroke. The most significant risk factors for stroke are high blood pressure, high cholesterol, diabetes, obesity and smoking. By seeking treatment for these conditions, losing weight and quitting smoking, you'll be taking steps to protect yourself against stroke.

## Our Part: Quick Medical Intervention

"Once a suspected stroke is called in, the clock starts to tick," says Jackie Haumschild, RN, EMTP, EMSI, nurse manager and EMS coordinator for Southwest General.

A call to 9-1-1 not only dispatches emergency medical personnel but also activates Southwest General's Stroke Team.

Arriving at Southwest General, the EMTs meet a team of emergency medicine physicians, neurologists and neurosurgeons waiting to deliver priority care for stroke patients. They immediately initiate testing to determine the right treatment.



Rishi Goel, MD  
Neurosurgery

"Southwest is unique because the entire action plan for stroke treatment is initiated upon assessment of stroke findings by the EMTs in the field or from the moment the patient enters the ED." Dr. Goel explains. "The system is tried and tested."



The Joint Commission  
Primary Stroke  
Center Certification

Southwest General recently achieved, for the second year in a row, Primary Stroke Center Certification by The Joint Commission. The Joint Commission's Certificate of Distinction for Primary Stroke Centers recognizes facilities that have demonstrated that they follow national standards and guidelines that can significantly improve outcomes for stroke patients.

## Stroke: Know the Facts

- The critical window of time for most effective intervention is six hours following a stroke.
- Each year, approximately 795,000 Americans suffer a new or recurrent stroke.
- Stroke kills 137,000 people each year.
- Stroke is the third most common cause of death in the U.S., behind heart disease and cancer.
- Sixty percent of stroke deaths occur in women.
- Risk factors for stroke include high blood pressure, high cholesterol, diabetes, obesity and smoking. ■

(Sources: American Stroke Association and Rishi Goel, MD)

# Need a Doctor? Here's Your Health Connection!

Looking for a doctor, and need a referral? Have a health care question? Southwest General's Health Connection is staffed by registered nurses who can provide answers to health care questions or refer callers to community resources as appropriate.

## Connect with Physicians

When you need to find just the right doctor or want a second opinion, Health Connection is just a phone call away. Our qualified professional staff can make a referral to a physician in any specialty you require. Once you choose a physician, we can connect you directly to his or her office to make an appointment.

Physician information available includes:

- Office location(s) and contact information
- Qualifications and specializations
- Insurances accepted at the practice
- Much more!

## Connect with Answers

If you have non-emergency medical questions, the registered nurses who staff Health Connection can provide you with answers to these questions and any other health care-related concerns. If you can't reach your doctor or you're just not sure whether you have a problem, give Health Connection a call. In case of an emergency, call 9-1-1.

## Connect with Resources

Health Connection staff are experienced in matching community resources to the specific needs of callers. Additionally, they can connect you to the many community services offered through Southwest General, including:

- Education and support programs
- Wellness clinics and screenings
- Counseling programs
- Senior programs
- Confidential pregnancy testing
- Physician presentations

Call Health Connection  
at 440-816-5050.

## Congratulations!

Southwest General is proud to recognize the following physicians on its Medical Staff who were included in the 2011 *Cleveland Magazine* "Best Doctors" list (released in March 2011). The list is excerpted from the Best Doctors in America 2011-2012 database. Thank you to these physicians, and to all physicians on the Medical Staff, for your dedication and commitment to providing outstanding patient care.

### *Cardiovascular Disease*

Michael F. Deucher, MD  
Naim Z. Farhat, MD

### *Colon and Rectal Surgery*

Bradley Champagne, MD

### *Endocrinology and Metabolism*

Zuhayr T. Madhun, MD

### *Family Medicine*

David C. Lash, MD  
David C. Ludwig, MD  
Judith K. Waters, MD  
Brian D. Zelis, MD  
Cynthia B. R. Zelis, MD

### *Geriatric Medicine*

Matthew S. Wayne, MD

### *Hand Surgery*

Harry Hoyen, MD  
Michael W. Keith, MD

### *Infectious Disease*

Matthew Schinabeck, MD

### *Internal Medicine*

Jeffrey Harhay, MD  
John K. Jewell, MD  
Lakshmi Khatri, MD  
Joshua S. Miller, DO

### *Medical Oncology & Hematology*

Gregory Warren, MD

### *OB/GYN*

John A. Alton, MD  
Peter Rose, MD  
Kristine M. Zanotti, MD

### *Ophthalmology*

Lawrence J. Singerman, MD

### *Orthopedics*

Mark A. Panigutti, MD

### *Pediatrics/General*

Daniel D. Hostetler, Jr., MD

### *Pediatric Specialist/Neonatal-Perinatal Medicine*

Jill E. Baley, MD  
Richard J. Martin, MD  
Eileen Stork, MD

### *PM&R*

Usharani V. Tandra, MD

### *Rheumatology*

Douglas N. Flagg, MD

### *General Surgery*

Leonard L. Brzozowski, MD

### *Thoracic Surgery*

Philip A. Linden, MD

### *Urology*

Lawrence A. Gervasi, MD

### *Vascular Surgery*

Ferdinand M. Plecha, MD

# A Team Approach to Breast Care

You may have heard the words no individual ever wants to hear, “You have breast cancer.”  
Now what?

For most women, and some men, the dreaded diagnosis raises concerns about whether they are going to die or whether they might lose a breast, says Leonard Brzozowski, MD, a board-certified general surgeon on the Medical Staff at Southwest General.

“Breast surgery is an extremely emotional topic,” he says. “Cancer is life threatening, yet there also is the cosmetic issue that women—and their partners—are often hesitant to talk about. A woman wants to feel complete and attractive.”

Depending on the advancement of the cancer and other considerations, today’s treatment is usually minimally invasive, with an emphasis on breast conservation, Dr. Brzozowski assures.

“The two main surgical options for breast cancer are a modified radical mastectomy, which is the complete removal of the breast and some lymph nodes, or a lumpectomy, in which the tumor and some surrounding tissue is extracted,” he explains. “The lumpectomy usually doesn’t require breast reconstruction, and the surgeon is as careful as possible to minimize scarring and disfigurement.”

Both procedures are usually done during outpatient surgery, allowing the patient to go home the same day. A lumpectomy is typically followed by further treatment, such as radiation therapy. Radiation treatments are usually not necessary after a mastectomy, Dr. Brzozowski says.



Leonard Brzozowski, MD, FACS  
General Surgery

“If detected early, breast cancer is a very treatable disease,” Dr. Brzozowski says. “I tell my patients that the glass is half full, not half empty. It may be a tough time, but we have the resources available to help you along the way.”

Southwest General’s Breast Center and University Hospitals Seidman Cancer Center at Southwest General offer a comprehensive approach to breast care. A team of breast cancer specialists—including medical oncologists, surgical oncologists, radiation oncologists, pharmacists and nurses—is committed to serving the needs of breast cancer patients.

Additionally, Southwest General’s Breast Center focuses on breast health by offering education through a personalized nurse navigator, screening and diagnosis and treatment services. The Center has been designed with our patients’ comfort and privacy in mind. ■

For more information, call Health Connection at 440-816-5050.



**Southwest General’s highly qualified breast surgeons are available to help you navigate through your breast health concerns.**

From a listening ear, to the skillful hands that help minimize scarring, caring breast surgeons on the Medical Staff at Southwest General walk patients step-by-step through their journey—be it the fearful words of “you have breast cancer” or the removal of a benign tumor.

The following breast surgeons are on the Medical Staff at Southwest General:

- Cathy Graham, MD, FACS, co-medical director, Southwest General Breast Center
- Leonard Brzozowski, MD, FACS
- Vladimir Dubchuk, MD
- Craig Eyman, DO, FACS
- Chandra Hassan, MD, FRCS
- Tanmay Lal, MD
- Dilip Narichania, MD
- Donna Vecchione, MD

# News Briefs

## A Top Workplace!

The honors continue to be awarded to Southwest General! We are pleased to announce that Southwest General has been recognized for a second consecutive year by *The Plain Dealer's* Top Workplaces program.

For 2011, the Top Workplaces Survey was completed by 46,465 employees from 235 companies in Northeast Ohio. The survey asked employees their opinions about six areas of the workplace, including Strategic Direction, Execution (ability to communicate and get work done), Career Opportunities, Quality of Managers and Pay and Benefits. As a result, Southwest General was ranked 21st among large employers with 500 or more employees in Greater Cleveland.

This recognition is a testament to the commitment and support of the staff members of Southwest General. We are grateful to all our employees for their ongoing support of Southwest General and their dedication to providing outstanding patient care. ■

## Light Up The Night!

Save the date for the 26th annual Festival of Lights on Wednesday, Nov. 16, 2011, at 5:30 p.m., in the Health Center's Main Lobby. After entertainment and a few words from hospital representatives, all the trees lining Old Oak Boulevard and at the Circle of the Oaks at the hospital's Main Entrance will be lit for the holiday season. Refreshments will follow the tree lighting.

Individuals may make a \$10 donation in tribute to, or in memory of, family, friends and/or other loved ones. The person being honored will have his/her name included in the Festival of Lights book, displayed throughout the year in the Main Lobby. Business organizations may recognize someone for a donation of \$50. The names of supporting business organizations will be included on a corporate sponsor page in the Festival of Lights book. Checks can be made payable to Southwest Community Health Foundation and mailed to *Southwest Community Health Foundation, 18697 Bagley Rd., C-105, Middleburg Heights, OH 44130.*

This year's proceeds benefit The Thomas P. Perciak Family Residential Hospice. For more information, call 440-816-6713. ■

## NorthCoast 99 Winner— Times Nine!

For the ninth consecutive year, Southwest General was named as a NorthCoast 99 award recipient. This designation, given by the Employer's Resource Council (ERC), recognizes the 99 best places to work in Northeast Ohio. ■



## Memory Loss Is a Natural Part of Aging. Unless It Isn't.

It's normal to forget a name from time to time. It's not normal to keep forgetting days of the week, or when to pay bills or take medicine. If you or a loved one are experiencing memory loss, or you have a family history of cognitive impairment, then the Memory Clinic at Southwest General could be for you. Typical symptoms include:

- More forgetful than usual, getting lost driving, increased confusion
- Word-finding issues, jumbled verbal sentences
- Forgetting daily living acts like paying bills, missing appointments, taking medications
- Functional issues like unkempt appearance, dirty house, not getting out/seclusion

The Memory Clinic offers a comprehensive evaluation and diagnosis from a multi-disciplinary team of experts. Patients will be in the compassionate care of a board-certified neurologist, a clinical neuropsychologist and a geriatrician. Specific recommendations for next steps and treatment options will follow the diagnosis. The good news is that about half the cases of mild cognitive impairment may be halted from progression with appropriate interventions. To learn more about the Memory Clinic, call Health Connection at 440-816-5050. ■

## Valet Service Offered

Southwest General, through ParkMed Inc., now offers valet parking and front-door service to visitors of the Health Center's Main Campus. ParkMed Inc. representatives are happy to assist with directions, obtain wheel chairs and aid at drop off and pick up points. Valet parking is a \$3 charge. ■

# Tell Me Doctor



Irena Kodz, MD  
Internal Medicine

## Diabetes Management

### Q. What is diabetes?

**A:** Diabetes is an elevation of sugar in the blood. There are two types of diabetes. Type one occurs when the pancreas doesn't make insulin, which is a hormone needed to convert sugar, starches and other food into energy needed for daily life. Type two is more common and is a condition in which the body develops a resistance to insulin or is unable to use it properly and eventually exhausts the pancreatic reserve of insulin (the pancreas is a gland where insulin is produced).

### Q. Who can get diabetes?

**A:** Type one diabetes typically affects children and adolescents but very seldom occurs in adults. Type two diabetes primarily is diagnosed in adults, but in the past decade it has started to affect teenagers and children, especially when they are overweight or obese.

### Q. What is the treatment for diabetes?

**A:** Type one diabetes is treated by injecting insulin into the body, either through a shot or through a pump. Type two can be treated with oral medication or a combination of oral medication and insulin.

### Q. What are the side effects of foregoing treatment for diabetes?

**A:** Without treatment, your vision may decline and eventually lead to a loss of sight. You may lose kidney function and, eventually, it can cause individuals to go on dialysis. Also, untreated diabetes can cause an array of vascular problems, which could result in gangrene and amputation. Frequently, people develop neuropathy of the feet and legs, which can cause problems with walking and balance and lead to poor sensation in the feet, which may eventually lead to gangrene as well. If people take proper care of themselves, they can live with diabetes and have a productive life. With treatment, they can slow down eye problems by 20 years or more.

### Q. Can diabetes be prevented or cured?

**A:** Type one is usually a permanent condition that is controlled only through insulin injections. Type two can sometimes be prevented or eliminated with a healthy lifestyle. Obesity and diabetes have a strong link. Sometimes, after people lose weight, their diabetes completely resolves because their insulin resistance disappears and glucose control goes back to normal. ■

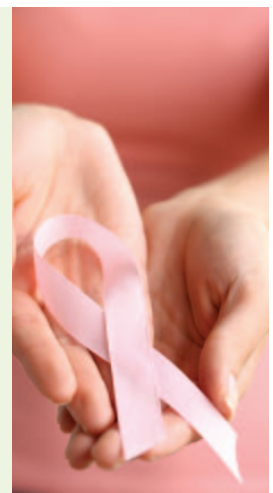
***Irena Kodz, MD, is a board-certified internal medicine physician on the Medical Staff at Southwest General. In her practice, she cares for both adolescents 15 years of age and older and adults. Dr. Kodz is fluent in Russian, Polish and Belarusian. She has special medical interest in cardiology, rheumatology and dermatology.***

## “Like” Us and Help Others Too!

For every new “Like” on our Facebook page starting in September and lasting throughout National Breast Cancer Awareness Month 2011 (Oct. 1-31, 2011), Southwest General will donate \$1 to the “Fitness is Power ... Fight Like a Girl” initiative, presented by LifeWorks of Southwest General and University Hospitals Seidman Cancer Center at Southwest General. The program provides a complimentary fitness membership for qualified breast cancer patients, as recent studies have shown that exercise may help to improve outcomes for breast cancer patients.



For more information, visit  
[www.facebook.com/SWGeneral](http://www.facebook.com/SWGeneral).



# Physician Presentations in Your Community



Physicians on the Medical Staff of Southwest General present talks on the latest health information—right in your home town, at convenient locations. Check out

[www.swgeneralnews.com/events](http://www.swgeneralnews.com/events)

for our easy-to-use education, events and screenings listings, and click on the “Physician Presentations” block. Once there, you can see if there is a talk just right for you! If so, registration is required, and you can make your choice on that same web page.

Additionally, you can register by calling the Education Department, from 9 a.m. to 3 p.m., weekdays, at 440-816-8446. After hours, leave a voicemail with presentation title and date, your name and those attending with you (if any), complete address, phone number and e-mail. If less than 20 people

have registered for a talk, the event is subject to either change or cancellation. ■

**Southwest Community Health Foundation would like to express grateful appreciation to everyone who helped make this year's Golf Benefit a success!**

Special thanks to our sponsors:

Event Sponsor:

**Legacy Health Services/Parkside Villa**

Double Eagle Sponsor:

**Mutual Health Services**



## Southwest Community Pharmacy Celebrates 25 Years!

On Wednesday, Oct. 15, 1986, the Southwest Community Pharmacy opened their doors for business. Since the opening, the Pharmacy has filled more than 600,000 prescriptions—from as far away as California, Canada and France! Located in Southwest General's Main Lobby, the retail Southwest Community Pharmacy makes it convenient to fill prescriptions, purchase a variety of health-related products and durable medical equipment, use most prescription insurance plans, including Medicare Part D, is approved to give immunizations such as influenza and the shingles vaccine, and much more. To learn more about the Southwest Community Pharmacy, call 440-816-8410 or visit [www.swgeneral.com](http://www.swgeneral.com). ■

## Wellness Clinic Sites

Southwest General's Community Nurse Program offers wellness clinics throughout the hospital's service area. The nurses provide free blood pressure screenings, glucose screenings and general health information. No appointment is necessary, and everyone is welcome. For additional information, call the Community Nurse Program at 440-816-4037. Please note: Wellness Clinics are closed on holidays. In case of inclement weather, clinics are closed if schools in the area are closed.

### Berea Recreation Center

451 Front Street

*Blood Pressure & Glucose Screening*

1<sup>st</sup> Tuesday each month, 7:30–8:30 a.m.

3<sup>rd</sup> Monday each month, 8–noon

### Berea Senior Center

St. Paul Lutheran Church, 276 Bagley Road

*Blood Pressure & Glucose Screening*

2<sup>nd</sup> Tuesday each month, 12:30-2 p.m.

### Brook Park Rec. & Senior Center

17400 Holland Road

*Blood Pressure & Glucose Screening*

1<sup>st</sup> Tuesday each month, 9 a.m.–noon

3<sup>rd</sup> Wednesday each month, 8–9:30 a.m.

### Brunswick Community Recreation & Fitness Center

3637 Center Road

*Blood Pressure & Glucose Screening*

2<sup>nd</sup> & 4<sup>th</sup> Wednesday each month,

8 a.m.–noon

### Ehrnfelt Rec. & Senior Complex

18100 Royalton Road

*Blood Pressure & Glucose Screening*

1<sup>st</sup> Monday each month, 7–9:30 a.m.

3<sup>rd</sup> Tuesday each month, 10:30 a.m.–1 p.m.

### LifeWorks of Southwest General

7390 Old Oak Boulevard

*Blood Pressure & Glucose Screening*

1<sup>st</sup> Monday each month, 5–7 p.m.

2<sup>nd</sup> Monday each month, 9 a.m.–noon

### Middleburg Heights Community Center

16000 Bagley Road

*Blood Pressure & Glucose Screening*

2<sup>nd</sup> Monday each month, 7–8:30 a.m.

2<sup>nd</sup> Tuesday each month, 8 a.m.–noon

### Olmsted Falls Senior Center

Jenkins Community Center, 7932 Main Street

*Blood Pressure & Glucose Screening*

1<sup>st</sup> Monday quarterly (March, June, Aug., Dec.) 10-11 a.m.

### ParkFit at Westfield SouthPark

Shopping Mall

500 SouthPark Center, Upper Food Court

*Blood Pressure Screening*

3<sup>rd</sup> Tuesday each month, 9–10 a.m.

# Education, Screenings and Support Groups

For complete details about the listings below, please visit our NEW web page,  
[www.swgeneralnews.com/events](http://www.swgeneralnews.com/events).

## Registration

Below are listings of our educational opportunities, screenings and free support groups. For complete details (when, where, registration, etc.), please visit [www.swgeneralnews.com/events](http://www.swgeneralnews.com/events). Searching this new web page is easy and quick! To ensure a place in the class/program of your choice, register as soon as possible by calling the number listed. Payment at the time of registration will guarantee your placement into the class. Please note, no refunds are offered.

## Location

Most classes meet at Southwest General, 18697 Bagley Road in Middleburg Heights. When you call to register, you will be told the location of your class. Some classes are held outside the hospital. To register for a class, call the phone number listed next to each class title.

## EMS Programs

### C.E.R.T. – Community Emergency Response Team

Contact your city rep for upcoming classes.

- Berea ..... bereacert@gmail.com
- Brook Park ..... CERT\_Admin@windstream.net
- Brunswick Hills ..... Dalzi3@aol.com
- Columbia Station ..... CTFIRE210@aol.com
- Hinckley Township..... Chiefpotts@sbcglobal.net
- Middleburg Heights..... mhfdpio@wowway.com
- Olmsted Falls..... firechief@olmstedfalls.org
- Strongsville..... alan.finkelstein@strongsville.org
- Cleveland Hopkins Airport  
..... Rdavis@clevelandairport.com

### Emergency Medical Technician

- Basic EMT ..... 440-816-4553
- EMT Basic Refresher..... 440-816-4553
- EMT Paramedic Refresher ..... 440-816-4553
- First Responder ..... 440-816-4553

### American Heart Courses

- Heartsaver/First Aid..... 440-816-4553
- Pediatric Advanced Life ..... 440-816-8804
- Support (PALS)
- Advanced Cardiac Life ..... 440-816-8804
- Support (ACLS)

### International Trauma Life Support (ITLS)

- ..... 440-816-4553



## Family Life Programs

### Now that You're Pregnant

- Boot Camp for New Dads ..... 440-816-8036
- Breastfeeding ..... 440-816-8036
- Maternity Tour..... 440-816-8036
- Happiest Baby on the Block..... 440-816-8036
- Infant Care ..... 440-816-8036
- Prepared Childbirth..... 440-816-8036
- Grandparenting..... 440-816-8036

### For Children

- Sibling Preparation..... 440-816-8036
- Southwest Safe Sitter™ ..... 440-816-8036

### Safety

- Family and Friends CPR ..... 440-816-8036

## Health and Nutrition

- Diabetes Basics ..... 440-816-5728
- Diabetes Education Program ..... 440-816-5728
- Hospice Volunteer Training..... 440-816-5967
- Individualized Nutrition ..... 440-816-8605
- Counseling
- Stop the Clock! ..... 440-816-5728
- Pre-Diabetes/Metabolic Syndrome

## Life Support Programs —Basic

- Health Care Provider CPR..... 440-816-8036
- Health Care Provider Renewal.... 440-816-8036
- Heartsaver CPR and AED ..... 440-816-8036
- Family and Friends CPR ..... 440-816-8036

*The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.*

## Physician Presentations

- Free community talks ..... 440-816-8446
- or [www.swgeneralnews.com/events](http://www.swgeneralnews.com/events)

## Recovery Programs

- Arthritis Exercise Program ..... 440-816-8036
- (formerly P.A.C.E.)
- Cardiac Rehabilitation ..... 440-816-5772
- Phase II
- Cardiac Rehabilitation ..... 440-816-5772
- Phase III
- Heart Failure Rehabilitation..... 440-816-5772
- Look Good... Feel Better ..... 1-888-227-6446
- option 2
- Moving On..... 440-816-5861

- Moving On Aquatics ..... 440-816-5861
- Pulmonary Rehabilitation II ..... 440-816-8982
- Pulmonary Rehabilitation III..... 440-816-8982
- Speaking On..... 440-816-8010

## ■ Screenings and Wellness Clinics

- Blood Pressure/Glucose. .... 440-816-4037  
Screening
- Cholesterol Screening ..... 440-816-4037  
(appt. required)
- Community Nurse Program ..... 440-816-4037
- Osteoporosis Screening..... 440-816-4037

## ■ Support Groups—Free

- Breastfeeding Mother's ..... 440-816-8397  
Support Group
- Caregiver Support Group ..... 440-816-5018  
and Resource Center
- Coping with the Holidays ..... 440-816-5019
- Domestic Violence ..... 216-651-8484, ext. 311  
Support Group
- Healthy Grief Class: ..... 440-816-5019  
A Six-Week Series (reg. required)
- Heartwise Education/ ..... 440-816-5772  
Support Group
- Moving Forward With ..... 440-816-2674  
Breast Cancer..... or 440-816-6075
- "Out of the Valley": ..... 440-816-5019  
A Grief Support Group



## ■ Women's Programs

- Comprehensive Women's ..... 440-816-5395  
Health Care
- Seasons of a Woman's Life ..... 440-816-5395  
Membership
- Women's Health Navigator ..... 440-816-5395



## LifeWorks of Southwest General

[www.lifeworksfitness.net](http://www.lifeworksfitness.net)

### A Premier Health and Fitness Center

7390 Old Oak Boulevard, Middleburg Heights, OH 44130

Front Desk: 440-816-4202; Programs: 440-816-4222; Membership: 440-816-4214

LifeWorks is a premier health and fitness center owned by Southwest General Health Center. Connection to a hospital ensures a level of quality and expertise that is unique to this area. Our facility provides a comfortable atmosphere in which professional staff assist members toward living a healthier lifestyle. Our degreed and certified exercise specialists use the most advanced tools to help you reach your goals.

Membership includes six (6) appointments with an exercise specialist and a personal trainer. Also, enjoy more than 90 weekly group exercise classes, including TRX suspension.

### 50% OFF Enrollment Special

(month-to-month memberships are available)

Please contact Karen to schedule an appointment to find out more information at 440-816-4210 or [kraisch-siegel@swgeneral.com](mailto:kraisch-siegel@swgeneral.com).

Must present this coupon at time of sign up. Certain restrictions apply. Must be 18 years of age or older. Valid only on new joins now through Oct. 31, 2011.

[www.lifeworksfitness.net](http://www.lifeworksfitness.net)

### Additional programs offered:

Weeks of Nov. 3 – Dec. 18; Jan. 8 – Feb. 18; Feb. 26 – April 7

### Bootcamps

- Call Jodi at 440-816-4222 or e-mail [jclute@swgeneral.com](mailto:jclute@swgeneral.com)
- Beach Body Bootcamp
- Bootcamp For Baby Boomers
- Bootcamp For Moms

### Personal Training

- Call Leigh at 440-816-4207 or e-mail [lcavalli@swgeneral.com](mailto:lcavalli@swgeneral.com)
- One-on-one Personal Training
- Small Group Training: Kettlebells, Tabata Training

### Prenatal

- Call Jodi at 440-816-4222 or e-mail [jclute@swgeneral.com](mailto:jclute@swgeneral.com)
- Prenatal Water Exercise

### Yoga or Pilates


- Call Jodi at 440-816-4222 or e-mail [jclute@swgeneral.com](mailto:jclute@swgeneral.com)
- Hot Yoga
- Pilates: Six Weeks to a Healthier Back
- Pilates Reformer 30-minute Workout

### Weight Loss

- Call Wendy 440-816-4218 or e-mail [wzullo@swgeneral.com](mailto:wzullo@swgeneral.com)
- Nutrition Coaching – Six- or 12-week programs
- Weight Loss with Hypnosis

### Wellness

- Call Wendy 440-816-4218 or e-mail [wzullo@swgeneral.com](mailto:wzullo@swgeneral.com)
- Hip or Knee Pre-Op/ Post-Op Program
- Stop Smoking with Hypnosis
- Tai Chi

 Check us out on Facebook at [facebook.com](http://facebook.com), search "LifeWorks of Southwest General Hospital"

Southwest General Health Center  
18697 Bagley Road  
Middleburg Heights, Ohio 44130-3497  
440-816-5050

Thomas A. Selden, FACHE  
President & CEO

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[www.swgeneral.com](http://www.swgeneral.com)



## Emergency? We're Ready, Waiting and Close!

### Southwest General's Brunswick ER

In response to the growing need for emergency care close to home, Southwest General is proud to offer the new Brunswick Emergency Room. Open 24 hours a day, seven days a week, the Brunswick ER features:

- Full-service emergency care
- Care 24/7, 365 days a year
- The CareSTAT Treatment Process—designed to get most ER patients treated and headed home, faster than ever
- Treatment provided by board-certified emergency medicine physicians and specially trained staff



**Brunswick Emergency Room staff members include (from left to right): Lynn Horton, RN, clinical manager; Angela Safko, RN, staff nurse; Theresa Durante, paramedic; Susan Tout, MD, medical director, Emergency Department; Jessica Suder, RN, staff nurse; and Joy Peters, unit secretary.**