Excellence in orthopedics is a joint effort.

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Spring 2006

Five star care.
When choosing a fine restaurant or inn, you know that a five-star rating means exceptional service and attention to detail. When it comes to your health care, you should expect no less. At Bon Secours Cottage Health Services, we’re committed to providing five-star quality care for every patient we serve.

Five Star Care means consistently pursuing the highest standards in everything we do. “It’s our family taking care of yours,” says Catherine Newhouse, Executive Vice President of Operations. “We provide expert care that is also personalized, individualized care.”

How do we measure our success? We’re proud to say that Bon Secours Cottage Health Services received some of the nation’s highest patient satisfaction ratings in one recent independent survey. In another independent review, we earned five-star ratings in a range of procedures and diagnoses.

We’re the recipient of numerous 2004 Governor’s Awards of Excellence in areas such as diabetes and mammography screening, and flu and pneumonia immunizations. And 44 members of our Bon Secours Cottage Health Services staff were named in the annual “Top Docs” issue of Hour Magazine as physicians whom other area nurses and doctors would most recommend.

What does Five Star Care mean for you? Visit us online at bschealth.com to find out more about our health care and wellness services. Then count on us to make it all add up to a lifetime of living well.
Whether it’s a sprained ankle or symptoms of a life-threatening heart attack, in a medical emergency you know what you want: prompt, attentive care from highly qualified and experienced professionals.

Visit the emergency department at Bon Secours or Cottage Hospital and you’ll be seen promptly by a board-certified physician. And with two convenient locations—one on Cadieux and one on Kercheval—we’re right here in the neighborhood when and where you need us.

“Most of our physicians and nursing staff live here in the community.”

“We’re neighbors, and so we take pride in giving that specialized attention and care, in being a true community emergency department,” says Valerie Koczara, NP, MSN, RN, Director of Nursing. “It’s a given that we have the right technologies to provide optimal care, but we look at all the needs of the patient—emotional, physical, spiritual.”

Dr. Steven Sandubrae, Medical Director of Emergency Services for Bon Secours and Cottage Hospitals’ emergency departments agrees, “Our emergency doctors and nurses are committed to delivering the best, most appropriate care for each patient as quickly as possible.”

That service, adds Dr. Sandubrae, includes being seen by a board-certified physician, someone “who has a certain body of knowledge and experience,” he says. “Not every hospital is willing to invest in that level of expertise, but that’s what this community deserves.”

Experienced professionals. Prompt, patient-focused service. With our two emergency departments close at hand, it’s good to know that when minutes count, you can count on us.

Steven Sandubrae is a Fellow of the American College of Emergency Physicians and Medical Director of Emergency Medicine for Bon Secours and Cottage Hospitals.

HEART ATTACK OR STROKE?
Call 911 if you experience these symptoms.

Signs of a possible heart attack include:
• Chest discomfort that lasts more than a few minutes or goes away and returns
• Pain or discomfort in other areas of upper body, including one or both arms, back, neck, jaw or stomach
• Shortness of breath, with or without chest discomfort
• Other signs such as cold sweat, nausea or lightheadedness

Symptoms of possible stroke include:
• Sudden numbness or weakness of face, arm or leg—especially on one side of body
• Sudden confusion, trouble speaking or understanding
• Sudden trouble seeing in one or both eyes
• Sudden trouble walking, dizziness, loss of balance or coordination
• Sudden, severe headache with no known cause

For more information, visit americanheart.org.

Pictured from left to right: Mark R. Sadowski, MD, Steven D. Sandubrae, DO (Medical Director), Nicolo Leone, DO, Douglas J. MacAskill, DO.
A bum knee. A bad hip. They’re the price many of us pay for decades of wear and tear on our joints. What might start as the occasional ache or twinge, however, can over time progress to the point where it’s compromising your quality of life. For every individual, that point is different. But every individual knows when it has been reached, says orthopedic surgeon Michael Demers, MD, and that’s the time to consider partial or total joint replacement.
If you’re ready to get back on your feet, the Spa for Orthopedic Specialties at Bon Secours Hospital offers an innovative, whole-patient approach to joint replacement that attends to body, mind, and spirit together for the most positive, successful treatment and recovery.

Putting you at ease
Many patients are naturally apprehensive about what joint surgery and rehabilitation will involve. That’s where Bon Secours Hospital’s comprehensive Spa for Orthopedic Specialties truly stands apart, addressing the full spectrum of the physical and emotional needs of patients and their families.

The process begins before the surgery, explains Catherine Jackman, Director of Orthopedic, Spine, and Rehabilitation Services. “Patients meet with a nurse, a physical therapist, and a case manager, which helps answer questions and alleviate a lot of anxiety.” The case manager also works with the patient to develop a post-operative plan of care.

“All of us worry about the unknown,” says Dr. Demers. “Helping patients with their apprehensions and planning for after the surgery is a big part of what the Spa for Orthopedic Specialties does very well.”

Faster recoveries
Patients typically spend three days in the hospital. There, says Jackman, “The hallmark of our program is a very aggressive physical therapy program. Patients get up and walk the first evening, then participate in twice-daily individual and group therapies. Before discharge, most will have managed between two- and three-thousand feet of walking.”

The result is that patients go home with greater confidence and independence, while also being less likely to suffer complications.

“Early rehab lessens complications in the whole body,” explains Dr. Demers. “We’ve seen dramatic reductions in problems such as blood clots and pneumonia.” It improves use of the joint as well, he adds, and there is an equally important psychological benefit. “We want to get them out of the mode of being a patient and into feeling like they are making progress and getting better.”

Nurses work closely with patients to establish effective pain management. At the same time, “We incorporate complimentary therapies such as hydrotherapy, foot baths, massage, music and even fresh fruit smoothies, to help them relax and reduce anxiety,” notes Jackman.

“We also use the coach concept,” she adds. “We encourage someone to come to the hospital to participate in the therapy and education sessions.”

A seamless return home
When patients leave the hospital, “We try to make it seamless,” continues Jackman. “We arrange home health care for most patients so they can continue their therapy at home.”

The final stage of the process is outpatient physical therapy, with continued support from the orthopedic team. “The surgery gives you the ability to get back on your feet. Then we help our patients find the motivation to work hard at their therapy to get the best outcome,” says Jackman.

“The most important thing about the Spa for Orthopedic Specialties is that the whole process is so well synchronized,” concludes Dr. Demers. “It’s an integrated program from pre-op to post-discharge, getting people up and out and on the way to a good recovery.”

Small fixes make a big difference
We subject our joints—and the muscles and ligaments that support them—to a lifetime of bending, twisting, turning, weight-bearing, and more. No surprise then that sometimes our joints end up needing some help.

That’s when you can count on a full spectrum of orthopedic care from Bon Secours Cottage Health Services, with a comprehensive sports medicine program, outpatient physical and occupational therapy in four convenient locations, and when repair is called for, minimally invasive arthroscopic surgery.

Typically performed on an outpatient basis, arthroscopic procedures result in smaller surgical scars and usually involve less pain or risk of post-surgical complications. Orthopedist Terrence Lock, MD, whose specialties are arthroscopic knee and shoulder reconstruction, says that at Bon Secours and Cottage Hospitals, “We have state-of-the-art arthroscopic equipment and instruments, and I operate with a skilled and efficient team that consistently works with me and knows these intricate procedures very well.”

“Patients tell me,” he adds, “that they have a very positive experience at the hospital, that the staff is very efficient and helpful.”

We can’t always avoid life’s twists and turns—but Bon Secours Cottage Health Services is here to get you back on the path to good health.

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Michael Demers, MD, is an orthopedic surgeon specializing in arthroscopic surgical repairs of the knee and shoulder.

Catherine Jackman is Director of Orthopedic, Spine, and Rehabilitation Services for Bon Secours Cottage Health Services.

Terrence Lock, MD, is an orthopedic surgeon specializing in knee and hip replacement.
MEET OUR ORTHOPEDIC STAFF

Ready to schedule an appointment with one of our orthopedic specialists? Call our Physician Referral Service at 1-800-303-7315 and we’ll take care of it for you.

James D. Bookout, MD
Total Joint Replacement
Medical School: Wayne State University School of Medicine
Internship: William Beaumont Hospital
Residency: Fort Wayne Medical Ed. Program
Fellowship: Total Joint-Hennepin County Medical Center

Michael R. Demers, MD
Total Joint Replacement
Medical School: Wayne State University
Residency: Wayne State University

James J. Dietz, MD
Wrist and Hand Surgery
Medical School: Wayne State University
Internship and Residency: Henry Ford Hospital
Fellowship: Wrist and Hand Surgery, State University of NY at Buffalo

Donald F. Garver, MD
Total Joint Replacement and General Orthopedics
Medical School: University of Cincinnati
Internship and Assistant Residency: St. Joseph Mercy Hospital
Orthopedic Residency: University of Michigan Hospitals

Jeffery Carroll, DO
General Orthopedics
Medical School: Michigan State University
Residency: Mount Clemens General Hospital

Kenneth Cervone, MD
General Orthopedics
Medical School: Wayne State University
Residency: Grace Hospital

Steven Cusick, MD
General Orthopedics
Medical School: Michigan State University
Residency: McLaren Medical Center
Fellowship: McLaren Medical Center

Edward Jefferies, MD
General Orthopedics
Medical School: Wayne State University

Michael Kosinski, MD
General Orthopedics, Total Joint Replacement
Medical School: Wayne State University

Christopher L. Lee, MD
Pediatric Orthopedics, Total Joint Replacement
Medical School: Wayne State University

Terrance R. Lock, MD
Sports Medicine, Knee and Shoulder Injury
Medical School: Wayne State University

Glenn J. Minster, MD
Spinal Surgery
Medical School: Wayne State University
Internship and Residency: Wayne State University
Fellowships: Tulane Medical Center, Richard Holt, M.D.

Sam Nasser, MD
Reconstructive Surgery and Joint Replacement
Medical School: Wayne State University
Internship and Residency: Wayne State University
Fellowship: University of California, Los Angeles

Richard T. Perry, MD
Total Joint Replacement, Knee Surgery
Medical School: University of Michigan Medical School

Nicholas J. Schoch, DO
General Orthopedics
Medical School: Michigan State University
Internship and Residency: Mount Clemens General Hospital

Paul J. Schreck, MD
Sports Medicine, Total Joint, Knee and Shoulder Injury
Medical School: University of Michigan Medical School
Residency: San Diego State University
Fellowship: Sports Medicine, Long Beach California

Kanwaldeep S. Sidhu, MD
Spine Surgery
Medical School: Wayne State University
Graduate Training: William Beaumont Hospital and University of Michigan Hospitals

L. Patrick Stephens, MD
General Orthopedics
Medical School: University of Michigan Medical School

Jeffrey Zacharias, MD
Sports Medicine, General Orthopedics
School of Medicine: University of Michigan Medical School
Residency: Creighton-Nebraska Universities
Fellowships: Sports Medicine, University of Wisconsin

Christopher N. Zingas, MD
Foot and Ankle Orthopedics
Medical School: Wayne State University
Residency: Henry Ford Hospital
Fellowship: Foot and Ankle Orthopedics, Baylor University Medical Center

Julie L. Henry, MD
General Orthopedics
Medical School: Medical College of Ohio
Residency: University of Michigan Hospitals

William H. Salot, MD
General Orthopedics, Total Joint Replacement
Medical School: Columbia University

Bon Secours Cottage Health Services offers a range of classes, educational programs, and counseling for your health and wellness.

COMMUNITY CALENDAR

SPECIAL PROGRAMS

Heartburn or Heart Attack?: Was it something you ate, or is it a potentially life-threatening emergency? Join Dr. Steven D. Sandubrae, Medical Director for Bon Secours Emergency Services, for a free seminar on how to recognize the symptoms of heart attack, and what to do when minutes count. Tour of the new Bon Secours Emergency Center included.
4/6 and 4/10, 7:00-8:00 PM in Connelly Auditorium, Bon Secours Hospital. Free. Reservations: (586) 779-7900

So Long to Sore Knees?: Bum hip? Bad knee? Is joint replacement for you? Join orthopedic surgeons Paul Schreck, MD, and James Bookout, MD, for a presentation on the innovative techniques and outstanding outcomes available through joint replacement surgery at the Spa for Orthopedic Specialties at Bon Secours Hospital.
Two Sessions: 3/30, 6:00-7:30 PM in Bon Secours Hospital Connelly Auditorium and 4/1, 2:00-3:30 PM in St. Joan of Arc Church Gathering Room. Free. Reservations: (586) 779-7900

A Uni-Knee for You?: An alternative to total joint replacement, the Uni-Knee system replaces only the damaged parts of the knee, for faster recovery and greater range of motion. Is it right for you? Find out in this presentation from orthopedic surgeon Dr. Richard Perry of the Spa for Orthopedic Specialties.
4/26, 7:00-8:30 PM, Bon Secours Hospital, Connelly Auditorium. Free. Reservations: (586) 779-7900

Vanish Those Veins: Bon Secours Cottage surgeon Drew Georgeson, DO, FACS, discusses the TriVex® method, a new, FDA-approved, minimally invasive, outpatient
procedure to remove varicose and spider veins with less pain and shorter recovery time. Wednesdays, 5/10, 6/14, 7:00-8:00 PM at Bon Secours Hospital, Connelly Auditorium. Pre-registration: (586) 779-7900.

Outsmarting Osteoporosis: An expert panel of Bon Secours Cottage physicians will help you learn how to maintain strong, healthy bones and understand the signs, symptoms and management of osteoporosis. Saturday, 4/22, 1:00-4:00 PM. At Bon Secours Hospital, Connelly Auditorium. Free.

Osteoporosis Exercise Class: Three-session program educates about osteoporosis and teaches participants exercises to help manage the disease. Participants will practice exercises focusing on natural correction and prevention of deformity or fracture that may result from osteoporosis and poor posture. Wednesdays, 5/31, 6/7 & 6/14, 11:00 AM–noon. Cottage Hospital Conference Rooms. $48.

DIABETES & NUTRITION

Nutrition counseling: Individualized counseling by a registered dietitian. Includes specialized diets for weight reduction, cholesterol or diabetes management, and cardiac health. At Cottage Hospital. Information and appointments: (313) 640-2650

Diabetes Resource Center: Educational literature, videotapes, and private outpatient counseling. At Bon Brae Center, St. Clair Shores. For information or an appointment call (586) 779-7661.

Adult Outpatient Comprehensive Diabetes Education Program: Recognized by the American Diabetes Association and certified by the Michigan Department of Community Health. Learn how to eat well, exercise for fun, prevent long-term complications, control and monitor blood sugar and recognize signs of high and low blood sugar. Physician referral and individual assessment by a nurse and dietitian required before class. At Bon Brae Center, St. Clair Shores. Day and evening programs. Information and registration: (586) 779-7900.

Gestational Diabetes Program: For pregnant women diagnosed with gestational diabetes. Program focuses on how to control diabetes for a healthy pregnancy and baby. Physician referral required. Information and registration: (586) 779-7900

WOMEN’S HEALTH

A Woman at Mid-Life: Taking Charge of Change: Join us for Women’s Health Wednesdays in May to learn the latest news and information about women’s health issues in the middle years. All seminars will be held from 7:00-8:30 PM in the Cottage Hospital first floor Conference Rooms. Call (586) 779-7900 for your reservation.

• Alternatives to Hysterectomy: New Technology, More Options: New medications, technologies, and procedures are being used to effectively treat noncancerous uterine conditions. Are they appropriate for you? Join Dr. Amy Teneja, OB-GYN, to learn about current alternatives to hysterectomy. Wednesday, 5/10.

• The Look You Want: Fine Tuning Your Best Assets: More and more women are choosing cosmetic surgery and other forms of aesthetic enhancement. Dr. Daniela Rodriguez, Board Certified Plastic and Reconstructive Surgeon, discusses surgical options including liposuction, eyelid surgery, tummy tuck and breast reconstruction and augmentation. Wednesday, 5/17.

• Oh, My Aching Head – Managing Migraines and Headaches When They Strike: Are migraines affecting your quality of life? Valerie Koczara, NP, MSN, RN, shares strategies and lifestyle changes, including integrative therapies, that can help ease the symptoms associated with migraines and other headaches. Wednesday, 5/24.

SUPPORT GROUPS

Alzheimer’s/Dementia: Monthly sessions for caregivers. Second Monday of each month, 10:00–11:30 AM, in the Inservice Room, Bon Secours Nursing Care Center. Information: (586) 779-7032.

Bereavement Support: For adults who have experienced the death of a loved one.
First Thursday of each month, 1:30–3:30 PM in the Cottage Hospital chapel. Information: (313) 343-1656.

VOLUNTEER OPPORTUNITIES

Join the Bon Secours Cottage Volunteer Team: Lend a hand. Offer a caring touch. Join our volunteer team! Opportunities at both hospital campuses and Bon Secours Nursing Care Center.
More information or to request volunteer application, call:
Bon Secours Hospital (313) 343-1795
Cottage Hospital (313) 640-2455
Nursing Care Center (586) 779-7011

Bon Secours Cottage Hospice Volunteer Training: Learn how to support terminally ill patients and their families. 20-hour training course. Required for all Hospice volunteers.
Information: call Maria Ciccone at (313) 343-6051.

For more information, visit us at bschealth.com. Click on “Health Education Calendar.”

10% Off
Make May a Little More Beautiful—for Less

Thinking about cosmetic surgery? Schedule yours in May at Cottage Hospital Ambulatory Surgery Center and we'll give you ten percent off the standard ambulatory surgery charges. Call the Bon Secours Cottage Cosmetic Surgeon Referral Line today at 1-586-779-7477 to schedule your physician’s consultation.

Ten percent discount applies only to elective, strictly cosmetic procedures not covered by your insurer, performed between May 1, 2006 and May 31, 2006 at Cottage Ambulatory Surgery Center. Questions and more information, call Kerry Connolly at 313-343-1912.
PHYSICIAN OFFICES & OUTPATIENT SERVICES:

3 Bon Secours Cottage Internal Medicine Center
15200 Kercheval Avenue
Grosse Pointe Park, MI 48230
(313) 417-6100

4 Bon Secours Cottage Family Physicians
131 Kercheval Avenue, Suite 99
Grosse Pointe Farms, MI 48236
(313) 640-2424

5 Bon Secours Cottage Eastpointe Physicians
22480 Kelly Road, Suite A
Eastpointe, MI 48021
(586) 771-1216

6 Bon Secours Cottage Family Practice Center
21400 E. Eleven Mile Road
St. Clair Shores, MI 48081
(586) 498-4400

7 Bon Secours Cottage Internists
25319 Little Mack Avenue
St. Clair Shores, MI 48081
(586) 447-4000

8 Bon Secours Cottage Shorepointe Family Physicians
22646 Nine Mile Road, Suite A
St. Clair Shores, MI 48080
(586) 498-4800

9 Bon Secours Cottage Shores Family Physicians
29751 Little Mack Avenue
Roseville, MI 48066
(586) 447-4100

10 Bon Secours Cottage Associated FamilyCare Physicians
27070 Hoover Road
Warren, MI 48093
(586) 498-4300

11 Bon Secours Cottage Moravian Family Physicians
36015 Utica Road
Clinton Township, MI 48035
(586) 741-4650

Looking for the right physician for your needs? Call the Bon Secours Cottage Physician Referral Service and we'll help you find the doctor you want. We'll even set up an appointment if you'd like.
1-800-303-7315