

When you need a doctor right away.

1-888-DMC-2500

Sinai-Grace Hospital **DMC**



Dr. Valerie Abbott\*  
19830 James Couzens  
Detroit



Dr. Franco Attanasio  
19460 Grand River  
Detroit



Dr. Howard Dubin  
17187 Schaeffer  
Detroit



Dr. Leonard Ellison  
17330 Northland Pk. Ct.  
Southfield



Dr. Susan Harold\*  
6001 W. Outer Drive  
Detroit



Dr. Hills Howard, Jr.  
20905 Greenfield Rd.  
Southfield



Dr. Nazmul Haque\*  
13900 Woodward  
Highland Park



Dr. Alicia Jennings  
17330 Northland Pk. Ct.  
Southfield



Dr. Grace Patterson\*  
17603 W. 10 Mile  
Southfield



Dr. Wasim Qazi  
6001 W. Outer Drive  
Detroit



Dr. Dwight Smith\*  
7800 W. Outer Drive  
Detroit



Dr. Michael Taylor  
15565 Northland Dr.  
Southfield



Dr. Dennis Treece  
19460 Grand River  
Detroit



Dr. David Williams  
15121 W. McNichols Rd.  
Detroit

For a physician referral,  
call 1-888-DMC-2500.

\*Multiple office locations.



## TEST YOURSELF

The signs of heart attack and heartburn are very similar. Can you tell which of the following symptoms are likely to signal heart attack or heartburn?

1. Indigestion, gas-like pain or nausea
2. Cold sweat
3. Difficulty swallowing
4. Dizziness, weakness, fatigue
5. Shortness of breath and lightheadedness
6. Pain spreading to the neck, jaw or arms
7. Burning in the center of the chest
8. The feeling of a belt tightening around the chest
9. Bloating, discomfort in the abdomen
10. Chronic cough

Answers:

1. Heart attack AND heartburn 2. Heart attack 3. Heartburn  
4. Heart attack 5. Heart attack 6. Heart attack 7. Heart attack  
AND heartburn 8. Heart attack 9. Heart attack 10. Heartburn

If you think you may be having a heart attack, but aren't sure, call 911. Delaying can cause more damage to the heart muscle.

**29**  
MINUTE E.R.  
GUARANTEE

If you need emergency medical care, you'll get high-quality care FAST at Sinai-Grace Hospital. And we guarantee it.

## Heart Attack or Heartburn?

THE STAFF in the Emergency Department at DMC Sinai-Grace Hospital hear it all the time from patients: "I just thought it was heartburn." Yet the patient was having a heart attack.

This confusion can be life threatening. Prompt medical attention is key for heart attacks, while heartburn is unlikely to be life threatening.

"The pain of a heart attack and of heartburn is so similar that sophisticated medical testing is sometimes the best way to diagnose which is occurring," notes Anthony D. Williams, M.D., a gastroenterologist with offices in



Dr. Anthony D. Williams

Detroit and Southfield. "The symptoms can feel the same to patients, and both conditions tend to occur in older, overweight people."

Chest pain is one symptom common to both heart attacks and heartburn, but in heart attacks the pain is more likely to be felt as squeezing, as if a belt is tightening around the chest, notes Mukarram A. Siddiqui, M.D., chief of cardiology at DMC Sinai-Grace Hospital. "In heart attacks, the pain can also radiate to the shoulders, neck or arms, whereas in heartburn it rarely does."

For referral to a physician, call toll free 1-888-DMC-2500.

Despite its name, heartburn has nothing to do with the heart.

It is an irritation of the esophagus caused by stomach acid.

Occasional heartburn isn't harmful, but chronic cases can develop into gastroesophageal reflux disease or GERD and should be treated by a GI specialist.

HealthyLiving  
SUMMER 2008

INSIDE

- 1 Embarrassing 'Leaks' Are Treatable
- 2 Safer Summer Travel
- 3 Upgraded Auditorium Available

**DMC**  
Sinai-Grace  
Hospital

6071 W. Outer Drive, Detroit, MI 48235

Healthy Living is published as a community service by the marketing office of DMC Sinai-Grace Hospital, phone 313-966-1044. Sinai-Grace Hospital is a proud member of the Detroit Medical Center.

Information in Healthy Living comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

Models may be used in photos and illustrations.

The Detroit Medical Center is an ISO 9001:2000-certified quality management system.

Non-Profit Org.  
U.S. Postage  
PAID  
Detroit, MI  
Permit No. 1606

DMC SINAI-GRACE HOSPITAL Presents

# HealthyLiving

**DMC**  
Sinai-Grace  
Hospital

6071 W. Outer Drive, Detroit, MI 48235

SUMMER 2008

## Embarrassing 'Leaks' Are Treatable

DON'T ASSUME that urinary incontinence – or the accidental release of urine – is a natural part of aging. Even if you're embarrassed about this medical condition, you should seek medical treatment because you don't have to live with it.

"If it is affecting your lifestyle, you should go to the doctor," says Conrad Maitland, M.D., chief of urology at DMC Sinai-Grace Hospital. "The good news is that most cases of urinary incontinence are treated fairly easily with either medication, bladder training or – as a last resort – surgery. No one should leave the urologist's office without some plan of action to treat their condition."

Diagnosis can be as simple as your doctor giving you a physical exam and asking you questions about your health and the problems you're having going to the bathroom.

To help make the diagnosis, your doctor may ask you to keep a "voiding diary." You'll write down how much you drink, when you urinate, how much you urinate, whether you feel an urgent need to go or have any pain when urinating, when you leak and how much.

About one-third of patients may need additional urodynamic testing that checks how well the bladder holds and empties urine. These tests are generally done only if treatment has not worked and you need to know more about the cause or if surgery is being considered.

Sinai-Grace Hospital has advanced urodynamic testing equipment to perform a complete range of diagnostic tests.

Your doctor may also recommend an outpatient test called a cystoscopy. Using a scope, the urologist looks inside the urethra and the bladder for abnormalities. Tiny surgical instruments can be inserted through the cystoscope to allow your doctor to remove samples of tissue (biopsy) or samples of urine from each kidney.

Following testing, treatment will vary depending on the type of incontinence (see box).

It can include simple solutions such as medications and bladder retraining, known as Kegel or pelvic floor exercises.

The eight urologists on staff at Sinai-Grace perform the latest types of surgery, including male and female "sling" procedures and artificial urinary sphincters.

All surgeries for urinary incontinence are now done on an outpatient basis, with most people going home in less than 24 hours. "Recovery is fast and the success rates are higher than 75 percent," Dr. Maitland says.

For a referral to a urologist, call 1-888-DMC-2500.



Nine years ago when Lucille Hall, of Detroit, had problems emptying her bladder, she knew something was wrong. But when the pain got so bad Hall had trouble walking, she went to see urologist Conrad Maitland, M.D. He diagnosed a fallen bladder or cystocele. After Dr. Maitland performed bladder suspension surgery, Hall's symptoms completely disappeared. In women, a fallen bladder is often the result of childbearing and reduced muscle strength due to age.

## Types of Urinary Incontinence

### Stress Incontinence

The most common type of bladder control problem in women. Occurs when you sneeze, cough, laugh or do other things that put pressure on your bladder.

### Urge Incontinence

Occurs when you have a strong need to urinate but can't reach the toilet in time. This type is often called "overactive bladder."

### Mixed Incontinence

A combination of different types of bladder control problems, usually stress and urge incontinence, often occurring together in older women.

### Overflow Incontinence

A constant or frequent dribble of urine that occurs when the bladder fails to empty properly.

### Functional Incontinence

Physical problems such as arthritis or cognitive problems such as dementia prevent you from getting to the bathroom in time.

### Total Incontinence

Continual leakage of urine due to loss of sphincter function.

A urologist can perform simple tests to properly diagnose and plan treatment for incontinence.

# Prevent Blood Clots for Safer Summer Travel

TRAVELING BY CAR or plane can be dangerous, but not just in the way you'd imagine. Long trips can lead to a serious medical condition called deep vein thrombosis or DVT.

"DVT is a silent killer," says John W. Sealey, D.O., a specialist in peripheral vascular surgery and general thoracic surgery at DMC Sinai-Grace Hospital. "With the summer travel season, everyone needs to take precautions."

Dr. Sealey explains how DVT can develop: "When you sit in a cramped space for a long time, the blood pools in your legs and you can develop blood clots in your limbs, usually your legs. If a clot dislodges and moves to your lung, it can cause a pulmonary embolism, which can be fatal if not detected in time."

Almost anyone can develop DVT, Dr. Sealey warns. "Even one of my medical students who was only 28 years old developed a blood clot after driving back from a trip down South. Fortunately, it was caught in time."



Dr. John W. Sealey

Those most at risk for DVT are:

- obese people
- pregnant women
- seniors
- bedridden patients
- cancer patients
- smokers
- women on birth control pills or hormone therapy

## SIMPLE EXERCISES PREVENT DVT

Preventing DVT is the key, says Dr. Sealey. He recommends:

1. If you're planning a long car or plane trip, talk to your doctor first. Tell him or her about any family history of blood clots. You may be given medications.
2. Keep moving! On a plane, get up and walk around at least every hour. In a car, stop hourly and take walking breaks.
3. If you can't walk, exercise in your seat. Flex your ankles to get your calf muscles contracting. This helps keep the blood circulating back to your heart and reduces swelling. Any stretching or muscle contracting will help.
4. Elevate your feet if possible.
5. Drink plenty of fluids to stay hydrated. Dehydrated blood is more likely to clot.
6. Wear loose clothing.
7. Don't take sleeping pills, which will keep you in one position for too long.



## MAPPING A ROUTE TO DVT

Dr. Sealey recommends going to the doctor or the ER if you experience swelling in one leg after sitting for a long time. The leg may also be painful or red.

To confirm a diagnosis, doctors may perform a Doppler test, a painless ultrasound scan to check for blood clots in the limbs.

If a clot has moved to the lungs, two studies help confirm the problem:

- Ventilation perfusion scan, in which the patient breathes radioisotopes to see how this "marker" is distributed in the lungs
- CT scan, to examine blood vessels in the lungs

All of these tests can be performed at Sinai-Grace Hospital.

**For referral to a physician, call toll-free 1-888-DMC-2500.**

# Upgraded Auditorium Will Be Open to Groups

RENOVATIONS are continuing at DMC Sinai-Grace Hospital, as this summer the auditorium gets a new look. Funding for the updates is coming in part from generous donations from the hospital's employees.

The 250-seat facility will get new chairs with side tables, wall coverings and state-of-the-art audiovisual equipment. Look for an unveiling in early fall.

"We are very pleased to open this new showcase facility soon, because it will allow us to host our very popular People's Medical College events in the hospital and expand registrations to 200 people," notes Conrad L. Mallett, Jr., president of Sinai-Grace.

Community groups are invited to use the auditorium for free for their meetings. Call 313-966-1607 to reserve the room.

If you, too, would like to support the auditorium renovation effort with a contribution, please call Katie Spillane-Knight at 313-966-3508.



The Sinai-Grace auditorium (left) will be remodeled this summer to look similar to the upgraded auditorium at DMC Harper University Hospital (right), featuring new seating with side tables, flat screen monitors for easier viewing and an upgraded audiovisual system. Community groups will be able to reserve the auditorium for free.

## Volunteers Needed

Want to join the Sinai-Grace effort to bring high-quality healthcare to the community? Anyone can get involved and a variety of volunteer opportunities are available.

Sign up to:

- volunteer at special events
- join the Grace Guild
- work as a volunteer on a regular basis in patient care areas or non-clinical departments in the hospital

**Apply online at [www.sinaigrace.org](http://www.sinaigrace.org) or call 313-966-4565.**

# All in Good Health HEALTH-RELATED CLASSES AND PROGRAMS FOR INDIVIDUALS AND FAMILIES

## Stop the Violence

Teach youth about the effects of violence and emphasize the role of personal choice in injury prevention. Three-hour sessions simulate a trauma case in the ER and include a visit to the hospital morgue. For 20 young people with adult chaperones. Held 9 a.m. to noon on weekdays. Call **313-966-3845** to schedule a group.

## Cardiac Rehabilitation

The DMC Sinai-Grace Cardiac Rehabilitation Program helps participants achieve personal levels of physical, psychological and social health. Sessions include aerobic exercise and resistance training, as well as risk modification education. Physician's referral required. Morning and afternoon sessions are held Mondays, Wednesdays and Fridays at the DMC Lahser Campus on Lahser north of Eleven Mile in Southfield. Call **248-355-1699**.

## Senior Lifestyle and Injury Prevention (SLIP)

Falls are a major cause of injury to senior citizens. Learn home safety, as well as pedestrian safety, motor vehicle safety and tips for preventing falls. Call **313-966-3845** to schedule a speaker for your group.

## How to Call 911

Children in Pre-K through Grade 3 in the Detroit Public and charter schools learn how and when to call 911 in an emergency, as well as other safety tips. Call **313-966-3845** to schedule a speaker.

## Spiritual Care Services

When illness raises faith issues, a chaplain is available day or night to visit when you or your loved one is hospitalized at DMC Sinai-Grace. Ask a nurse to contact Spiritual Care Services for you.

## Speakers Bureau

DMC Sinai-Grace staff and physicians are experts on a range of health-related topics. We can deliver presentations for your group, school or business in Detroit or the near northwest suburbs. For more information or to schedule a speaker, call **313-966-9835**.

## Adventures in Caregiving

The Spiritual Care Services Department at Sinai-Grace hosts a series of educational sessions for anyone interested in developing practical skills in spiritual caregiving, for those who do hospital visitation on behalf of their religious congregation, and for agency providers who want to appropriately attend to the spiritual dimension when caring for their clients. Classes are held every Monday, Sept. 29 to Dec. 1, from 7 p.m. to 9:30 p.m., at the hospital. Cost is \$5 per session or \$45 for all 10 sessions. The training is required for Spiritual Care volunteers at Sinai-Grace. For more information, call **313-966-3452**.

## DIABETES

### Outpatient Diabetes Education Program

Provides information on disease management, exercise, nutrition, medications, complications and stress management for adults with Type 1 or Type 2 diabetes. Includes a personal assessment and five sessions. Daytime and evening sessions are held at DMC Sinai-Grace Professional Bldg. Most insurance policies cover some or all of the costs. Call **313-966-3150**.

### Diabetes During Pregnancy Program

Offered weekly for expectant mothers with Type 1, Type 2 or gestational diabetes. Learn meal planning, monitoring and what to do after the baby is born. Glucose meters are provided. Call **313-966-3150**.

### Feeling Fit with Diabetes

This discussion/support group teaches you how to live with diabetes and provides support for daily diabetes

management. Meets the second Wednesday of each month, 12:30 to 1:30 p.m. at DMC Sinai-Grace Hospital. Snacks and beverages provided. To RSVP, call **313-966-3150**.

## CHILDBIRTH & PARENTING

Sign up before your sixth month of pregnancy for a series of childbirth education classes. Classes offered in Detroit. For dates, locations and to register, call **313-966-3246**.

### Obstetric Unit Tours

Schedule a tour of the private birthing suites at DMC Sinai-Grace.

### Childbirth Preparation

Focuses on nutrition, labor and birth, relaxation and breathing techniques, medical options and caring for yourself and your baby. Classes are offered in a four-week or two-day format. Cost: \$65 per couple.

## Breastfeeding

This three-hour course includes the health benefits and proper technique of breastfeeding. Participants learn how to get started, how to make sure your baby is getting enough milk and how breastfeeding can fit into your lifestyle or career. Cost: \$20 per couple.

## Infant/Child CPR

Would you know what to do if your child stopped breathing? Every parent can benefit from this three-hour instructional course in emergency CPR. Cost: \$20 per person.

## Perinatal Loss Support Group

Fellowship, compassionate listening and support to cope with the loss of a baby. Free sessions are the fourth Tuesday of each month from 6:30 to 8 p.m. in the Women's Resource Center (1 Main) at DMC Sinai-Grace Hospital. For information, call **313-966-3452**.



Join us at the **Gooley Cadillac Invitational** to help build a new ER at Sinai-Grace

\$450 per golfer  
\$1,800 per foursome  
Sponsorships available

Monday, July 28  
Country Club of Detroit  
Shotgun start at 11 a.m.  
For details, call **313-966-3508**.

National Sponsors



GREG NORMAN

