

Fall 2014

# OSF St. Francis Hospital & Medical Group Health Site



# How Does 3-Dimensional Scanning Catch More Breast Cancers?

Three-dimensional movies can take you inside an animated world, a fantasy scene, or the heart of the action. Now, technology is improving breast cancer screenings, too.

Tomosynthesis — a three-dimensional, digital version of a mammogram — is proving it can spot more tumors and produce fewer false positives, according to a new study in the *Journal of the American Medical Association*.

## KNOW YOUR BREAST CANCER TESTS

Conventional mammography involves taking an x-ray of your breast and displaying it on film. A radiologist then studies the image. He or she searches for changes that don't look normal.

In recent years, many screenings have gone digital. Instead of on film, images from a digital mammography are stored directly on a computer. This may help doctors more easily share them with other experts and reduce the need for follow-up tests.

What's more, digital images may find cancer better in certain women. That includes those with dense breasts who:



- Are younger than age 50
- Haven't hit menopause yet

OSF was the first hospital in the Upper Peninsula to offer digital mammography and remains the only hospital in the Upper Peninsula with three-dimensional mammography,

or breast tomosynthesis. With tomosynthesis, a machine takes x-rays from many different angles. Special software then uses these pictures to produce a three-dimensional image of your breast.

In the new study, researchers took a look at more than 450,000 mammograms, some digital alone and some using tomosynthesis. Cancer was accurately detected 29 percent more frequently in women who got three-dimensional scans. They were also 15 percent less likely to get a callback for a second mammography if they didn't have cancer.

## SCHEDULE YOUR SCREENING

OSF St. Francis Hospital & Medical Group is the only hospital in the Upper Peninsula to offer three-dimensional mammography. To schedule a screening, talk with your doctor and ask to have a three-dimensional mammography at OSF. You only have one a year—why not make it the best? Call 786-5707, ext. 5345.

# Know the Signs of a Gradual Heart Attack

When you think of a heart attack, you probably imagine what you see in movies: a person suddenly clutching his or her chest in pain. But most heart attacks don't happen that way. For more than half of heart attack patients, symptoms appear gradually.

Researchers studied nearly 900 people who had heart attacks. The findings, published in *The Journal of Emergency Medicine*, showed only 35 percent of them experienced sudden chest pain. The other 65 percent described symptoms that were mild at first and worsened over time, or came and went away. Not all patients felt chest pain, either.

## FAST ACTION SAVES LIVES

People with gradual symptoms waited longer to seek treatment. They arrived at the hospital within three and a half hours, on average. That's compared with two hours for people with sudden symptoms. Patients with gradual symptoms were also less likely to call 911.

That delay may seem small, but it makes a big difference. If you're treated one to two hours after symptoms start, your risk of dying from a heart attack is cut in half.

## WATCH FOR THESE SYMPTOMS

Chest pain is the most common sign of a heart attack. Other symptoms include:

- Shortness of breath
- Cold sweats
- Nausea
- Light-headedness
- Pain or discomfort in your arms, back or jaw

Symptoms may feel mild at first. Or they might go away, then return. Remember, you can be having a heart attack even if you don't feel chest pain.



William F. Shaw, M.D.

## MEET OUR BOARD CERTIFIED CARDIOLOGIST!

We're honored to have William F. Shaw, M.D., F.A.C.C., on the cardiology team at OSF St. Francis. Board certified in cardiology, Dr. Shaw's areas of interest include heart failure, high blood pressure and high cholesterol. To schedule an appointment with Dr. Shaw, please call 789-4427.

## The Beat That Your Heart Skipped

A lack of rhythm may embarrass you on the dance floor, but when it comes to your heart, slipping out of sync has serious consequences.

Hospitalizations for a type of irregular heartbeat called atrial fibrillation (AFib) increased about 23 percent between 2000 and 2010, sending nearly 4 million Americans to hospital beds. That's according to a new study in the journal *Circulation*.

## Heart Troubles on the Rise

Atrial fibrillation occurs when the electrical signals that control your heartbeat go haywire. The atria, or small upper chambers of your heart, quiver rapidly instead of contracting fully. As a result, your heart can't pump blood properly.

As the population ages, more people than ever are at risk for AFib, researchers say. Also, other risk factors are on the rise. These include high blood pressure, sleep apnea and diabetes.

## Watch for These Red Flags

People with untreated AFib have five times the risk for stroke as those with a regular heartbeat. Talk with your doctor if you have:

- Irregular or rapid heartbeats
- Thumping in your chest
- Frequent fainting
- Weakness
- Dizziness, shortness of breath or anxiety
- Chest pain

Medicine, a pacemaker or surgery can correct your heart's wiring.

## Meet Our Women's Center Team

We're accepting new patients! No referral necessary. For an appointment, call 786-1356.



Kim Johnson, D.O.



David Hamacher, M.D.



Michael DeGroot, M.D.



Casey Sager, M.D.



Leah Hongisto, N.P.

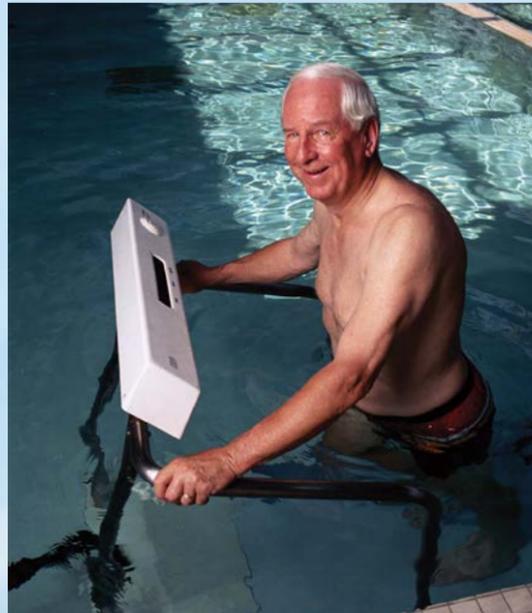
# First-Rate Rehabilitation Care, RIGHT AROUND THE CORNER

In early October, OSF St. Francis Hospital & Medical Group's new John & Melissa Besse Physical Rehabilitation & Wellness Center opened its doors to patients and the public. The 13,300-square-foot facility — located along Willow Creek Road on the Hospital's campus — provides added space for existing rehabilitation services, including physical and occupational therapy, work hardening, pediatric therapy and athletic training services, as well as new services including speech and aquatic therapy.

## DIVE INTO AQUATIC THERAPY

OSF St. Francis Hospital & Medical Group is the only facility in Delta County that offers a warm-water, chlorine-free therapy pool with an underwater treadmill and resistance jets. Research shows aquatic therapy provides enhanced patient outcomes, particularly in children and adults with a number of conditions, such as:

- Peripheral neuropathy or nerve injuries
- Sports, foot and ankle injuries
- Total joint replacement
- Neck, back and spine surgeries
- Arthritis
- Head and spinal cord injuries
- Stroke and cardiac problems
- Chronic pain
- Parkinson's disease
- Poor balance



**Amber Quigley, certified speech/language pathologist with OSF St. Francis Hospital & Medical Group, works with a patient as part of OSF's expanded outpatient speech therapy services.**

## SPEAK YOUR MIND WITH SPEECH THERAPY

Earlier this year, the Hospital also introduced speech therapy services. Two certified speech/language pathologists are now part of the OSF rehabilitation team. Speech therapists Amber Quigley and Renee Loman are available to see patients at both the new clinic in Escanaba and the clinic in Gladstone.

Speech therapy can effectively treat speech, voice and language disorders resulting from stroke, brain injury, dementia, postsurgical issues and neurological or developmental disorders such as autism, cerebral palsy, Alzheimer's disease and Parkinson's disease. With a physician referral, speech therapy services are available for children and adults of all ages.

## EQUIPPED TO MEET EVERY THERAPEUTIC NEED

Other offerings at the Center include a "step" program for individuals transitioning from treatment to supervised preventive care and a large central gym area for therapeutic exercise programs. Twelve private treatment bays are available for general therapy needs, massage therapy, incontinence or lymphatic therapy, wound care and diabetes care. In addition, the Center features an occupational therapy area with a mock kitchen and a designated pediatric therapy area for children with physical, emotional or developmental challenges.

## WE'RE AWAITING YOUR VISIT!

OSF St. Francis cares for patients regardless of their ability to pay. If you need rehabilitation services, call 786-5707, ext. 5300, or visit us online at [www.osfstfrancis.org](http://www.osfstfrancis.org) for details about the new John & Melissa Besse Physical Rehabilitation & Wellness Center.

## MEETING THE GROWING NEED FOR PEDIATRIC OCCUPATIONAL THERAPY

Each year, occupational therapists at OSF St. Francis Hospital & Medical Group see approximately 200 pediatric patients — and we expect that number to climb in coming years. An increasing number of children are referred to occupational therapy for several reasons, including:

- Delayed motor skills
- Poor handwriting skills
- Delayed or limited playing skills
- Limited or delayed self-care skills, such as fastening clothes, self-feeding and preparing a simple snack
- Limited social skills or behavioral adaptive skills, such as establishing friendships, cooperative play with peers and coping skills
- Challenged sensory regulation and organization skills

Many children with these challenges have been diagnosed with autism spectrum disorder (ASD), a condition that affects one in 50 American children. ASD is not curable, but can be effectively treated to allow children to better cope and function as they grow. Research shows that early intervention can greatly improve a child's development.

OSF St. Francis Hospital & Medical Group's trained and licensed occupational therapists have a combined total of more than 125 years of experience treating pediatric and adult patients. When working with children, our therapists provide a sensory integration experience that helps children learn about surrounding environments and enhance their brain development and skills.



# 60 Years and Counting: OSF Auxiliary Marks Milestone



Six decades ago, a group of 48 women united to offer their time to a worthy cause: assisting OSF St. Francis Hospital in caring for and supporting patients and families.

Those women were the founders of the OSF St. Francis Auxiliary, and their legacy endures. 2015 will mark the 60th anniversary of the Auxiliary.

## MAPPING THE HISTORY AND IMPACT OF THE AUXILIARY

Under the leadership of Sister M. Borromea Suplicka, the Auxiliary was organized in February 1955 to promote and advance the work of The Sisters of The Third Order of St. Francis. Delta County resident Marina Chapekis served as the first president — and she is still a member today.

In February 1960, the Auxiliary began running the Hospital gift shop, which had previously been operated by the

Sisters. Today, the gift shop is an active and essential part of the Auxiliary's fundraising activities. Volunteers spend many hours stocking and supplying quality merchandise.

All proceeds from gift shop sales and Auxiliary events are used to purchase needed equipment for patient care. Volunteers also contribute annually to the OSF Home Care Lifeline response system, a service that connects older adults and those with disabilities to immediate help during a crisis or event.

To date, the Auxiliary has donated more than \$1 million to the Hospital for new patient equipment and services.

## UNITING AROUND A MIGHTY MISSION

OSF St. Francis Auxiliary membership has more than doubled over the years, with more than 125 dedicated men and women now donating their time and talents to help OSF

St. Francis patients. In addition to overseeing the gift shop, Auxiliary members also greet patients and visitors at the registration desk, serve as tour guides, serve as sources of support for families waiting for a loved one in surgery, assist hospice patients, help with clerical work and comfort patients and families. With the OSF Mission in mind — serving persons with the greatest care and love — the Auxiliary will undoubtedly continue to grow and prosper in the years to come.

## WANT TO LEND A HAND?

If you enjoy meeting new people and helping those in need, the Auxiliary might be just the right fit for you. New volunteers are always welcome. For details on how to join, contact Lanna Scannell at 786-5707, ext. 5516, or via email at [lanna.scannell@osfhealthcare.org](mailto:lanna.scannell@osfhealthcare.org).

# Planned Giving: The Gift That Gives Back

As the holiday season approaches, consider adding one more item to your to-do list: a planned gift to the OSF St. Francis Hospital & Medical Group Foundation. Planned giving allows you to support high-quality health care in our community while reaping financial benefits or tax savings now and in the future.

## CONSIDER THESE PLANNED GIFTS

- **Cash.** Charitable gifts in the form of cash and checks can eliminate or reduce tax on up to 50 percent of your adjusted gross income.
- **Securities.** Gifts of stocks, bonds and/or mutual funds can bring extra tax savings.
- **Retirement accounts.** As part of the Pension Protection Act of 2006, Congress has made it possible to make tax-free charitable gifts from your IRA. These gifts will never be subject to income or estate tax, making it possible to give more at a lower cost.
- **A will or living trust.** After providing for loved ones, you can note that a specific amount or percentage of a certain property or a portion of what remains in your estate be bequeathed to the OSF Foundation.
- **Gifts of retirement plan assets.** Directing all or a part of these assets to fund gifts after your lifetime may be a wise choice, as remaining retirement funds can be subject to both income and estate taxes, diminishing what's left for heirs.
- **Life insurance.** In addition to providing income tax savings today, gifts of all or a portion of the value of life insurance can also result in significant estate tax savings. You may find that including a charitable beneficiary for all or part of the proceeds of the policy can be a good way to provide a gift through your estate.
- **Other assets.** You may own real estate or certain other properties that could also be good choices for charitable gifts.



## PLAN YOUR GIFT

For details on how to give and more information about how your gift impacts the Hospital, please call the OSF Foundation Development Office at 786-5707, ext. 5516, or visit us online at [www.osfstfrancis.org](http://www.osfstfrancis.org) or [www.osflegacyofhope.org](http://www.osflegacyofhope.org). Your financial advisor can provide more information on the tax benefits of planned giving.

**Sister Diane Marie, O.S.F.**  
President

**Dave Lord**  
President and CEO

**Lanna Scannell**  
Editor



Health Site is published by OSF  
St. Francis Hospital & Medical Group.  
The information is intended to educate  
the public about subjects pertinent  
to their health, not as a substitute for  
consultation with a personal physician.  
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# Know Where to Go When Health Problems Arise

When a stroke strikes or a heart attack hits, most of us know to head to the emergency department. But where's the best place to seek treatment, say, for a tetanus shot or asthma care?

The chart below will help you know where to go for various health issues — the OSF Emergency Department, a walk-in clinic, or your family doctor.



|   | OSF Emergency Department   | OSF Walk-In Clinic  | OSF Family Doctor  |
|---|--|---|--|
| <b>WHAT CONDITIONS?</b>                       | Severe and life-threatening conditions such as chest pain, sudden or severe pain, difficulty breathing, signs of stroke, a head injury or any other type of major trauma | Nonemergency care when your family physician is not available. Clinics treat conditions such as abrasions, cough or cold, diarrhea, minor burns, minor sprains, rashes, joint pain, vomiting, urinary tract infections, ear or throat pain, or tetanus (Tdap) shots | Nonemergency care for acute illnesses or chronic conditions and preventive and general wellness visits |
| <b>HOW LONG WILL IT TAKE TO RECEIVE CARE?</b> | Patients are seen based on the severity of their conditions; timing can be unpredictable   | Patients are seen on a first-come, first-served basis; more predictable   | Patients can choose a date and time that works best for them; the most predictable                     |
| <b>HOW LATE IS IT OPEN?</b>                   | Open 24/7  | Monday through Friday, 10 a.m. to 6:30 p.m.; Saturday and Sunday, 8:30 a.m. to 5 p.m.; open on holidays but hours may vary  | Normal business hours, same-day appointments often available, some evening appointments                |
| <b>HOW MUCH WILL IT COST?</b>                 | Associated with higher costs and sometimes higher copayments   | Associated with lower costs and usually the same copayment as seeing your family doctor   | Associated with lower costs and copayment  |