

KETTERING HEALTH NETWORK



# WELLNESS

FALL 2010

## FOR LIFE



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## MORE OPTIONS POINT TO AN OPTIMISTIC FUTURE

September is prostate cancer awareness month, and advanced technologies at Kettering Medical Center offer better treatment options, with fewer side effects and improved outcomes.

**Safwati Zaki, M.D.**, medical director of robotic and minimally invasive urologic surgery, calls prostate cancer a "silent killer." That's because, by the time many prostate cancers are detected the disease is already at an advanced stage. "People can have prostate cancer but no symptoms," he said.

Dr. Zaki specializes in robotic surgery for removing the prostate, known as a prostatectomy. Robotic surgery uses robotic "arms" operated at a computer console by specially trained surgeons. This advanced technology offers surgeons the ability to perform more complex maneuvers than they could with the human hand, as well as have a greater field of 3D vision. Robotic surgery also requires a smaller incision, and patients typically have a shorter recovery time, less pain and fewer complications.

### (MORE OPTIONS FOR YOU)

To learn more about prostate cancer treatment options, support and education at Kettering Medical Center, visit [www.ketteringroboticsurgery.org](http://www.ketteringroboticsurgery.org) or [www.ketteringcancercare.org](http://www.ketteringcancercare.org), or call (937) 395-8115. Sign up for your free prostate screening today by calling (937) 558-3988:

**Sept. 20, 10 a.m.**, Conover Health Plus  
333 Conover Drive, Suite D, Franklin

**Sept. 22**, Englewood Health Center  
1250 National Road, Englewood

"We have the latest robotic technology, one of the best in the state of Ohio. The robotic scope magnifies vision to 15 times the human eye. With this technology, patients have the most efficient way of removing cancer with excellent

results, preserving continence and nerves for erectile function," added Dr. Zaki

Both **Douglas B. Einstein, M.D. PhD**, medical director and chief of radiation oncology at KMC, and **Louis C. Keiler III, M.D.**, radiation oncologist, highlight that Kettering also offers a range of treatment options for prostate cancer that have a lower risk of side effects such as incontinence and erectile dysfunction.

Dr. Keiler said, a newer form of image-guided radiation therapy offered at Kettering, Intensity Modulated Radiation Therapy (IMRT), allows oncologists to 'shape' radiation around a tumor site so the impact on healthy tissue is minimized and the dose of radiation is targeted directly to the tumor site. "Using these advanced radiation techniques available here at Kettering, we can precisely tailor a patient's radiation treatment to their individual anatomy so that side effects are kept to a minimum."

Dr. Einstein points to another advanced prostate cancer treatment option called Prostate Brachytherapy, which utilizes capsules inserted in the prostate that deliver x-rays to eliminate cancer cells over time.

Dr. Keiler said, because these newer forms of radiation treatment work equally as well as surgery, patients should discuss all options with their doctors and choose the best course for them. "It can be a very individualized decision."

If prostate cancer is detected early, a patient has a 90 percent chance of survival, stresses Dr. Zaki. For that reason, routine screenings are essential, including a Prostate Specific Antigen (PSA) blood test. Men age 50 or older should receive a PSA screening and physician exam yearly. African American men should begin testing at age 40. Those who have a genetic risk factor should be screened five to 10 years earlier, depending on their doctors' recommendations.

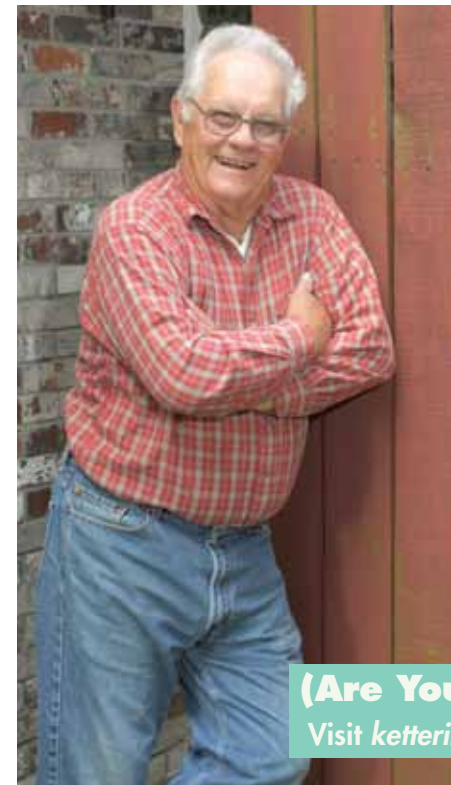
## "HIP" TO A BETTER LIFESTYLE

Carol Hohensheldt of Carlisle calls her husband, Larry, a 'tough old bird.' But last summer pain in his hip, caused by arthritis, had him sidelined. "I had to drag my right leg," said Larry. "It was excruciating and even difficult to get in a vehicle. It got to where I didn't want to get in a car and go anywhere." Still he blamed the pain on getting older. "I thought it was just age."

By the fall, Carol insisted Larry see a doctor. Their daughter who is a nurse referred him to Dr. Kenneth Pohl, an orthopedic surgeon and co-founder of the Kettering Joint Center, along with Dr. Richard Forster and Dr. Don Ames. Fortunately for Larry and other patients like him, the Kettering Joint Center has an outstanding success rate for total hip replacement, a procedure Dr. Pohl said would take away Larry's severe pain and disability.

By the time Larry saw Dr. Pohl, he was walking 'bone on bone.' Arthritis may be one reason. Dr. Pohl said other reasons people need knee or hip replacements include a past trauma and diseases like gout or rheumatoid arthritis.

Dr. Pohl said improvements in materials used have lengthened the time that joint replacements last. "Also, we used to make a large incision. The most recent improvements allow for less blood loss, faster recovery, a much smaller incision as well as a shorter hospital stay."



Joint replacement uses metal, ceramic and highly-specialized polyethylene to resurface the worn out bone and cartilage of the arthritic joint. Dr. Pohl advised using metal and polyethylene for Larry. "It was the best choice for him. It should last 25 to 30 years."

When Larry heard Dr. Pohl's advice, he was ready and willing to get it done. He said he left the details up to Dr. Pohl and didn't

worry. Now, Larry's quality of life allows him to again enjoy activities at their cabin in Kentucky and with his two kids, four grandchildren and one great-grandchild.

Carrie Carusone, R.N., ONC, a certified orthopedic nurse at the Kettering Joint Center, said once patients realize how much better they feel after a joint replacement, they almost always say they wish they'd done it sooner. "Patients become afraid of the pain they'll be in when they have surgery, but they are already living with pain from arthritis every day, taking prescription and over-the-counter medicines."

Larry admits he had some pain during his recovery, but he was faithful about doing exercises daily. "Before you know it, it's gone."

On October 4, the Kettering Joint Center will open in a new location, on the fifth floor of the Benjamin and Marian Schuster Heart Hospital. This comprehensive center features a skilled team of professionals and offers private beds and family overnight accommodations.

Carrie said it's crucial joint replacement patients be treated in a facility designed just for them. "Our nurses have special training in treating joint replacement patients. We have physical and occupational therapists, plus a gym that allows patients to practice what they'll need to do at home once they leave the hospital."

Larry and Carol had initial concerns about returning home after Larry's two-day hospital stay. After they attended pre-surgery joint class, they were no longer concerned. "You knew what to expect and you were well prepared," said Larry. "You had a good feeling when you came out," added Carol. Kettering Joint Center offers comprehensive joint class before surgery and prior to hospital discharge.

Dr. Pohl said 600,000 people in the U.S. have hip replacement surgery each year, and another 650,000 people have knee replacements. And to those who remain afraid to consider joint replacement surgery, Larry offers some advice: "Get it done. You'll feel better. I never figured I'd feel this good. If I needed it in my other hip, I'd be right back at Kettering Medical Center."

**(Are You Ready for Joint Surgery?)**

Visit [ketteringjointcenter.org](http://ketteringjointcenter.org) or call (937) 395-8571.

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## MAKE YOUR RECIPES HEART HEALTHY

In today's society, the push to use healthy ingredients is stronger than ever. But don't worry, you don't have to toss your favorite family recipes to eat healthier! By simply making some adjustments to the ingredients you use, you can make them better for your heart.

- ✓ Use liquid oils such as canola and olive instead of butter, margarine or shortening.
- ✓ Use fat-free milk when making sauces, soups and potatoes.
- ✓ Substitute egg whites for whole eggs; 2 whites = 1 whole egg.
- ✓ Use low-fat cheeses.
- ✓ Let soup, gravy and sauces cool, then remove hardened fat before reheating.
- ✓ Use herbs and spices in place of salt.
- ✓ When using canned vegetables, drain liquid then rinse with water or buy "no salt added."
- ✓ Substitute nonfat yogurt for sour cream.
- ✓ Use 3 tablespoons unsweetened cocoa powder or carob powder + 1 tablespoon canola oil for 1 ounce unsweetened baking chocolate (carob powder is sweeter than cocoa, reduce sugar in recipe by one fourth).

### (FOR MORE INFORMATION)

Contact the Kettering Medical Center Diabetes & Nutrition Center at (937) 395-8472 or visit <http://www.khnetwork.org/diabetes/kmc/>.

## PUMPKIN PANCAKES

Pumpkin is rich in beta-carotene and other beneficial plant nutrients.

2 cups plain low-fat yogurt

¼ cup plus 1 tablespoon sugar

1 ⅔ cups of flour

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon ground nutmeg

1 cup 1% low-fat milk

2 tablespoons trans-fat-free tub margarine, melted

1 egg

½ cup canned pumpkin (Use canned pumpkin only, not pumpkin filling. Freeze leftover canned pumpkin in a covered container.)

In a small bowl, mix the yogurt with the ¼ cup of sugar. Set aside. In a large bowl, combine the 1 tablespoon of sugar with the flour, baking soda, cinnamon and nutmeg.

In a medium bowl, combine the milk, margarine, egg, pumpkin, and yogurt-sugar mixture, stirring well. Add the wet ingredients to the dry ingredients in the large bowl. Stir until it is moist and free of lumps.

Lightly coat a griddle or a skillet with nonstick cooking spray, and heat to low-to-medium heat. Using a ¼ cup measure, pour the batter onto the hot griddle. Cook until the bubbles begin to burst, then flip and cook until golden brown.

Leftover pancakes can be frozen and reheated for future use.

Makes 6 servings

Serving size: 3 pancakes; Nutrition Facts per serving, Calories: 282; Fat: 6 g; Saturated fat: 3 g; Trans fat: 0; Cholesterol: 42 mg; Sodium: 198 mg; Carbohydrates: 45 g; Fiber: 3 g; Protein 12 g

Recipe provided courtesy of John Wiley & Sons, from *Expect the Best: Your Guide to Healthy Eating Before, During & After Pregnancy* by American Dietetic Association 2009, John Wiley & Sons.



# SAVING MICHELLE'S HEART

A little girl in Michelle Donoher's ballet class was the first to notice something wrong. "Is Miss Michelle kidding us?" she asked.

It was no joke. Michelle Donoher had been on the floor stretching, but now was slumped over unconscious, suffering from what doctors call sudden cardiac death. Her heart was in ventricular fibrillation. It was no longer beating rhythmically, pumping very little blood with each pulse. Her heart was quivering, with blood going nowhere.

Ninety percent of the people in her condition never make to the hospital, said Dr. Raja Nazir, an interventional cardiologist at Kettering Medical Center. "She's really lucky."

From the little girl's innocent question, to the teen-aged classroom assistant who called for help, to the parent who administered CPR, luck was on her side. Once the wheels were set in motion, Michelle was first expertly cared for by a team of paramedics. Once at the hospital, her heart was in the competent hands of the emergency, cardiac and surgical professionals at Kettering Medical Center.

"CPR was given at the right time. She was taken to the hospital immediately and our hospital team did what we were supposed to do at the right time," Dr. Nazir said.

"They were telling my family, they couldn't guarantee how I would be if I survived," Donoher said. "When my family went home that night, they didn't know how I would be the next day."

But, Dr. Nazir said, "There are certain things which we can't really explain. I believe that Michelle was destined to be alive, and we helped her."

Donoher, the mother of two college-age students, was only 47 when the heart attack occurred last November 30.

Her life was hardly sedentary. She works two part-time jobs, as an event manager at Benham's Grove in Centerville, and a teacher at Terre's Dance Workshop in Kettering. The attack came out of the blue.

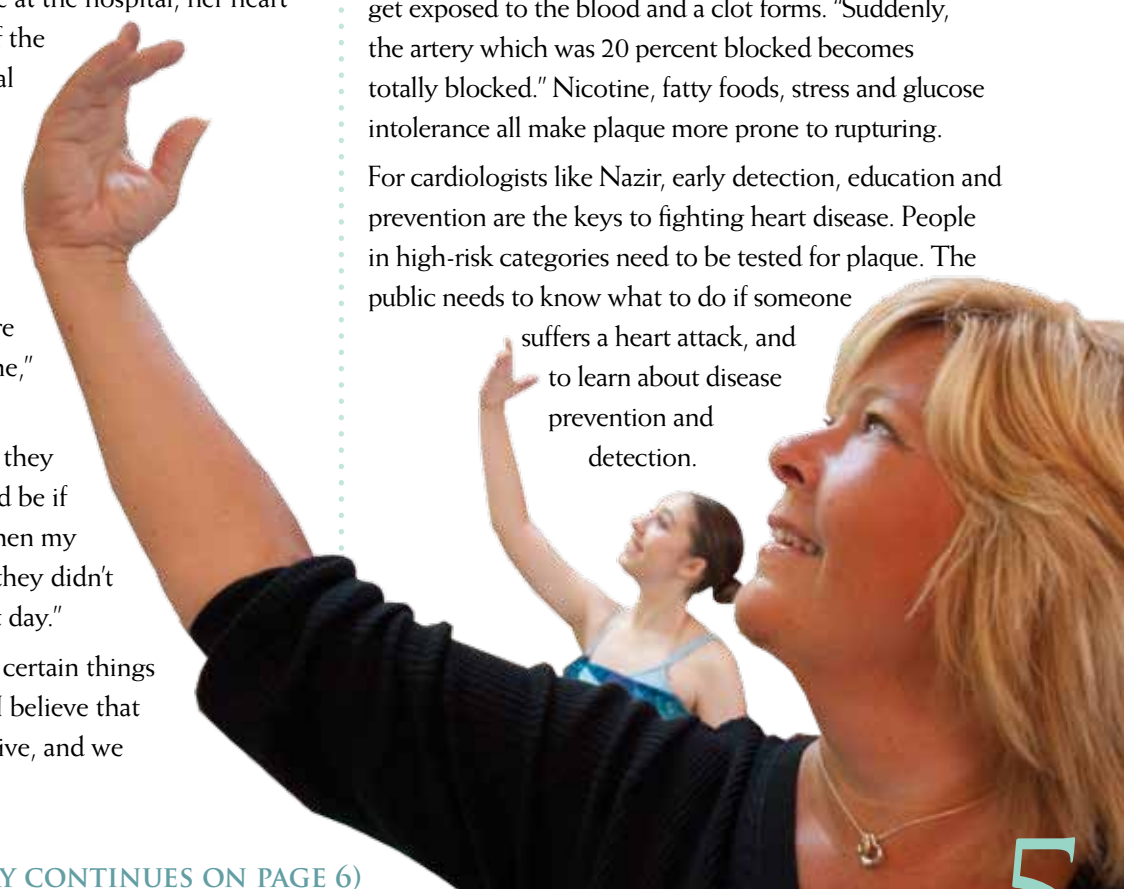
"I'm not 'marathon active,' but I walked with friends and taught dance classes ... I thought I had indigestion. That was it. I had no idea that I had a heart condition," she said.

That's not uncommon, Nazir said. Fifty percent of people who have sudden cardiac death have no prior symptoms, and people with just 20 to 30 percent arterial blockage from plaque – far below what would show up on a stress test – have heart attacks.

"What happens is the 20 percent of plaque somehow suddenly ruptures," Nazir said. Cholesterol and other debris get exposed to the blood and a clot forms. "Suddenly, the artery which was 20 percent blocked becomes totally blocked." Nicotine, fatty foods, stress and glucose intolerance all make plaque more prone to rupturing.

For cardiologists like Nazir, early detection, education and prevention are the keys to fighting heart disease. People in high-risk categories need to be tested for plaque. The public needs to know what to do if someone

suffers a heart attack, and to learn about disease prevention and detection.



(MICHELLE'S STORY CONTINUES ON PAGE 6)

## SAVING MICHELLE'S HEART (CONTINUED FROM PAGE 5)

Women especially have atypical heart symptoms, he said. It could be back pain, left arm pain, numbness in the arm or indigestion. In fact, he said, the feeling of indigestion or heart burn is a very common symptom and "people keep ignoring it."

That's what Donoher did. Her son, Kevin, has reflux and she thought she did, too.

Donoher doesn't remember the heart attack or much about her hospital stay. Paramedics restored her heart-beat, but she was still unconscious when she got to the hospital. There she received hypothermia treatment – doctors cooled down her body temperature to protect her brain tissues. The technique mimics what happens when someone survives a "drowning" in a cold lake. At those temperatures, tissues require less oxygen and "whatever minimal cardiac function that you have ... is enough to support life," Nazir said.

Donoher's husband, Paul, the son of legendary University of Dayton basketball coach Don Donoher, is an airline pilot and was out of town when Michelle had her attack. Until he could get there, approval for medical care – such as hypothermia treatment – fell to Kevin, 21. "He had to make all the decisions for me," Donoher said.

Nazir and his practice partner, Dr. Shahid Baig, determined Donoher needed bypass surgery. One heart

artery was "crucially blocked" in an area where Nazir could not insert a stent. Dr. Peter Pavlina performed the surgery.

### (Life-Saving Cardiac Care)

To view Michelle's video testimonial, visit [www.experiencekettering.org](http://www.experiencekettering.org).

Donoher had her attack on a Monday, double-bypass surgery on Wednesday and by the following Monday was headed home to recuperate. Barely a month later, she began doing some work at the dance studio and in February was back to teaching all of her classes.

She praised Kettering's rehabilitation program. "They take care of the whole person," she said. "It's really a great, great program."

Donoher is struck by how many people were affected by her attack and impressed by those who acted quickly in a crisis. That includes not only the health care professionals who took care of her but also her classroom assistant, Beth Ann Brown, 15, who sounded the alarm and led the young students out of the room; and Michael Landry, the parent who performed CPR. "He said basically, I was reading the obituaries the next couple of days to see what happened," Donoher said.

She said, too, her family relationships are different, better...with her son, her daughter, Shannon, her husband, and even her niece, Kerry, who was in the class that day.

"I think it's affected all of us. We all appreciate what we have, and we enjoy our family," she said. "You get back to life and doing your normal things, but sometimes I'll think, 'Gosh, I'm just so lucky to be here.'"

### (Women's Symptoms Differ)

*Women especially have atypical heart symptoms. It could be back pain, left arm pain, numbness in the arm or indigestion. In fact, the feeling of indigestion or heart burn is a very common symptom.*

## (Top 10 Times Two = Lives Saved)

Kettering Health Network has been ranked in the Top 10 Health Systems by Thomson Reuters for the second year in a row by providing better care, following standards of care more closely, saving more lives, creating fewer patient complications, making fewer patient safety errors, and earning

better overall patient satisfaction scores.

To view the list, visit <http://www.100tophospitals.com/top-health-systems/>. To learn more about Kettering Health Network, visit [www.khnetwork.org](http://www.khnetwork.org).



# YOUR HEART, OUR LIFE'S WORK



## BENJAMIN & MARIAN SCHUSTER HEART HOSPITAL OPENS OCTOBER 4

The new Benjamin and Marian Schuster Heart Hospital officially opens at Kettering Medical Center on October 4, and the public will get a special preview at a community open house on Sunday, September 26, from 11 a.m. to 3 p.m.



The open house is the final in a series of opening events for employees, volunteers, doctors and other health care professionals before the October 4 opening of the six-story hospital dedicated to all aspects of heart care – state-of-the-art treatment, research and innovation, professional education and public awareness. All events celebrate the opening while honoring the much-respected Dr. Benjamin Schuster, medical director of the Kettering Cardiovascular Institute, and namesake of the new heart hospital.

The Schuster Heart Hospital's new lobby will also serve as the front door for Kettering Medical Center as a whole, and be equipped with an electronic health information system that gives people directions and enables them to confirm and schedule appointments.

Centered on the concept of a healing environment, the look and feel is warm, comfortable and inviting. Colors, textures, interactive displays and artwork are all part of a unique design that provides a special connection to nature, offering an environment

that reduces stress and provides comfort to patients and families. Convenience is definitely part of the new heart hospital – retail shops including a new gift shop called the "Shops of Kettering," a bakery and pharmacy will be in the lobby area, and a "concierge" will also assist and guide guests during their visit.

A "cardiac care mall" will offer an array of clinical and educational services; new ultrasound systems that can do both cardiac and vascular procedures; and several cardiac labs for catheterization and electrophysiology.

Walter Sackett, vice president of clinical services for Kettering, said innovations go beyond technology to include the patient experience. Outpatients, for instance, will come into areas adjacent to the cath labs for improved convenience.

### STEREOTAXIS TECHNOLOGY: FIRST IN REGION

The region's first Stereotaxis unit for treating cardiac arrhythmias will be available at the Schuster Heart Hospital. Stereotaxis uses magnetic-guided catheters, which lets doctors steer the catheter with much more precision, resulting in safer and better treatment.

Dr. Schuster said Kettering Medical Center has long been known for advanced expertise in heart and cardiovascular care. The new hospital, he said, is "an extension of what we've been doing for a long time. Now, we're embellishing the program and thrusting forward."

### YOU ARE INVITED TO A COMMUNITY OPEN HOUSE

Come for a special preview of the new Benjamin & Marian Schuster Heart Hospital, 3535 Southern Boulevard, on Sunday, September 26, 11 a.m. to 3 p.m. Refreshments and tours are available. Please follow the event parking signs.

### (For Every Beat of Life's Journey)

Learn more about comprehensive heart care at Kettering Medical Center and the Benjamin and Marian Schuster Heart Hospital by visiting [www.ketteringheartcare.org](http://www.ketteringheartcare.org).

## NAVIGATING THE BREAST CANCER JOURNEY TOGETHER

In October, the focus is on breast cancer awareness. Although no woman wants to hear she has breast cancer, it is encouraging to know that newer treatments show promise in combating the disease and reducing the chance of reoccurrence.

A comprehensive continuum of care for breast cancer is available at Kettering Medical Center, from education and awareness; prevention and early detection through screening; to diagnosis, treatment and recovery.

Because most newly detected breast cancer is found in patients with no family history, proper prevention and early detection are critical. This includes: maintaining a healthy weight and diet, routine exercise, breast self-exams and annual mammograms beginning at age 40 or earlier depending on one's risk factors.

"We offer state-of-the-art comprehensive care, including screening sites throughout the region, and diagnostic and interventional capabilities at Kettering Medical Center," said Sheila Manion, M.D., a radiologist and medical director of Kettering Breast Evaluation Centers. "We guide breast cancer patients through an initial diagnosis to completion of treatment, remaining committed to staying on the forefront of medical education and research."

After initial diagnosis, Kettering Medical Center offers numerous types of treatment options. Priya Jain, M.D., a medical oncologist at Kettering, stresses that patients have more treatment options for breast cancer than ever before, not just traditional chemotherapy. She says that these options include newer biologic targeted agents and the ability to identify different prognostic markers of the tumor. With Oncotype Dx testing, the patient's treatment plan can be individualized on the basis of their breast cancer recurrence score.



### **Kettering Medical Center Supports Breast Cancer Awareness Month**

- **Ribbon of Hope Society Luncheon** Featuring Speaker Peggy Fleming – October 14 at Sinclair Community College. To reserve seats, visit [www.kmcfoundation.org](http://www.kmcfoundation.org) or call (937)395-8607.
- **Making Strides Against Breast Cancer Walk**, October 16 at Dayton Dragons' Fifth-Third Field. To register, visit [www.cancer.org](http://www.cancer.org).

A newer radiation treatment offered is called "MammoSite brachytherapy." Instead of traditional treatment that exposes the entire breast to radiation, MammoSite treatment radiates only the portion of the breast where a tumor has been removed. Patients receiving this treatment, which uses a specially designed balloon and catheter inserted into the breast, attend five days of twice daily radiation treatment visits. "Patients who are candidates for MammoSite brachytherapy can return to their normal lifestyle sooner with fewer side effects," said Douglas B. Einstein, M.D. PhD, medical director and chief of radiation oncology at Kettering. "It also allows a more targeted delivery and affects only a small amount of healthy tissue."

In May, Kettering announced plans to create a proton therapy center in 2013 for advanced treatment of breast cancer and other cancers as well. This superior form of radiation treatment also protects healthy tissue and targets cancer with greater accuracy.

Kettering Medical Center also offers numerous support groups with "nurse navigators" who support patients through every step of their journey through breast cancer care. To learn more about cancer care at Kettering Medical Center, visit <http://www.ketteringcancercare.org/>. To schedule a mammogram at Kettering Breast Evaluation Center, call (937) 299-0099 or visit <http://www.kbnetwork.org/kbec/>.