Teamworks, July 28, 1998

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Sandy Tincher, 51, of Berlin in Green Lake County, is on the waiting list for a double lung transplant, but she was released from St. Luke's Medical Center earlier this month after a five-week stay, thanks to a revolutionary new treatment that uses a mixture of oxygen and nitric oxide, a toxic gas that's associated with smog and cigarette smoke. At very low levels, nitric oxide widens the blood vessels in the lungs, reducing blood pressure and taking a burden off the heart.

Sandy has pulmonary hypertension, a rare and complicated lung disease that causes shortness of breath, fatigue, dizzy spells, fainting and chest pain. It strikes more women than men and usually occurs by age 30. It's hard to diagnose and often fatal.

Without nitric oxide, Sandy would be unable to walk at all. With nitric oxide therapy, she is able to ride an exercise bike for 30 minutes a day and walk freely around her home. Sandy and her family are even planning to take a vacation to visit relatives in Michigan this summer.

Nitric oxide gas is an investigational drug that is used to reduce pulmonary hypertension. St. Luke's has been studying nitric oxide since 1995, primarily on ventilated patients who have received heart transplants or required valve replacements, according to John Cantrell, respiratory therapist at St. Luke's.

"I was fortunate to be an active participant in this project," John says. "It was amazing — the willingness of the respiratory staff, nurses, doctors, hospital and home care administrators, to help in any and every way. The greatest joy that health workers can receive is the chance to improve the quality of a person's life."

St. Luke's is one of only four hospitals in the country and the first in the Midwest to have a patient at home on nitric oxide therapy.

Sandy's physician, Dianne L. Zwicke of the Milwaukee Heart Institute at Sinai Samaritan Medical Center, is the director of the Pulmonary Hypertension Clinic at both Sinai Samaritan and St. Luke's. Sandy connected with Dr. Zwicke through the support group for pulmonary hypertension patients at Sinai Samaritan.

Also involved in Sandy's care is Aurora Home Medical in Milwaukee, Sheboygan and Fond du Lac. The investigational use of nitric oxide gas was the subject of a story in the Milwaukee Journal Sentinel earlier this month.
Exercise and fitness are no longer just fads, or only for elite athletes. They’ve become a way of life.

That’s why Hartford Memorial began its Community Fitness Program about two years ago. Using the hospital’s rehabilitation department, the program now serves 280 community members and employees who receive expert exercise advice, use a number of exercise and weight machines and attend “For Your Well Being” classes.

The gym’s a busy place. It’s used by inpatients, by outpatients, by employees, by community members and by cardiac rehab and independent exercisers, as well as for occupational, speech and massage therapy.

“Patients have priority,” says Jean Bury-Weymier, fitness specialist. “Our hours are 6 a.m. to 7 p.m. Monday though Thursday, 6 a.m. to 6 p.m. Friday and 7 a.m. to noon Saturday, so there’s plenty of time and equipment for fitness program members.” She adds that after Labor Day the hours will be extended to 8 p.m. Monday through Thursday.

Orientation for new members includes a risk factor analysis, body fat composition analysis, a treadmill test with ECG and a physical therapy screening of flexibility and strength. New members also are taught safe use of the equipment — treadmills, ski machines, stair climbers, stationary bicycles and free weights. The goal for most participants is to feel better and to lose weight, so they keep track of their activity on cards that are checked monthly by staff.

The fee for the community fitness program is $30 a month ($26 for Aurora employees) and after the first person in a family joins, the second person is $15 ($13 for an employee’s family member). There is also a one-time $50 fee for evaluation and orientation.

In addition to Jean, Melissa Haberman, Karen Langlois and Robin Schlee are fitness specialists involved with the program. Their supervisor is Rose Nelson, rehab services clinical coordinator. The director of the rehab services for Washington County is Anne Hosinski.
Test Center Satellite

The Test Center Satellite in Suite 325 of the Physician Office Building began providing services in early June. The services offered are exclusive to lab specimen collection, simple radiology exams, and EKGs. There has been no change in the services of the Pre-Admission Test Center off the main galleria in the outpatient building. The satellite location for testing is simply a service enhancement for patients and physicians located throughout the Physician Office Building. Please keep this in mind when way-finding assistance is required.

Institute for Cardiac Rhythms plans free community lectures

The Institute for Cardiac Rhythms, a Metro Region program, located in the St. Luke's Physician Office Building, 2801 W. Kinnickinnic River Pkwy, Suite 430, is planning a series of free community lectures.

On Aug. 5, from 7 to 8:30 p.m. the topic will be “The EKG: Making Sense of the Squiggles.” The presenter will be Sanjay Deshpande, MD. Many people experience symptoms that may be related to their heart rhythm. Dr. Deshpande will describe how the electrophysiologist (heart rhythm specialist) uses recordings of the heart’s electrical signals to determine the origin and significance of the palpitations, racing heart, dizziness or fainting.

On Aug. 17, from 7 to 8:30 p.m. the topic will be “Palpitations: When are they Serious?” The presenter will be Charles Lanzarotti, MD. Millions of people feel palpitations (heart pounding, skipping or fluttering) everyday. These can be symptoms of a heart rhythm problem. Dr. Lanzarotti will discuss these symptoms and when to seek further treatment.

On Sept. 2, from 7 to 8:30 p.m., the topic will be “Palpitations or Panic Attacks?” The presenter will be Arun Gadhoke, MD. Many of the symptoms of a panic attack (racing heart, dizziness, lightheadedness) are also symptoms of a heart rhythm problem. How do we tell the difference? Dr. Gadhoke will discuss the symptoms and how to distinguish panic attacks from a heart rhythm problem.

On Sept. 21, from 7 to 8:30 p.m. the topic will be “Catheter Ablation: Treating or Curing Heart Rhythms without Medication or Surgery.” The presenter will be Peter Chapman, MD. This non-surgical procedure offers a cure for patients with certain heart rhythm problems. Dr. Chapman will discuss catheter ablation as a treatment, how it is performed, and what conditions it is best used for.

On Oct. 7, from 7 to 8:30 p.m. the topic will be “Keeping the Beat: The Diagnosis & Treatment of Heart Arrhythmias.” The presenter will be Zalmen Blanck, MD. Heart rhythm abnormalities can be insignificant, causing brief palpitations, or can be fatal. Dr. Blanck will discuss heart rhythm abnormalities: symptoms, causes, tests and treatments.

On Oct. 19, from 7 to 8:30 p.m. the topic will be “Fainting & Blackouts.” The presenter will be James Litzow, MD. Fainting and blackouts are common problems that are often cardiac related. Dr. Litzow will discuss how rhythm problems and neurocardiogenic syncope can be evaluated and treated.

To register for any of these free programs, please call 414-385-2385 or 1-888-526-7555. Future educational presentations will be scheduled at Sinai Samaritan Medical Center, St. Luke’s New Berlin and the Aurora Health Center in Waukesha.

Attention all bowlers

The Aurora bowling team is looking to add a few new teams and individuals interested in bowling on Tuesday evenings at 6:30 p.m. this fall. The league will bowl at Holiday Lanes, located at 51st and
Howard Avenue in Milwaukee, beginning September 8. For more information or to sign up, please contact Jeff Casper at 647-3222 (work) or 327-7685 (home). All Aurora employees and retirees are invited to join in on the fun.

Please send us your news
We would like to recognize the accomplishments of the St. Luke's Medical Center staff in this newsletter. Please share news about the professional accomplishments of yourself or your staff members (graduations, honors, certifications earned, presentations given in the community, etc.) Information may be submitted to Kathy Muszynski either by phone (789-9080), fax (789-5499), or preferably by e-mail (muszyn@execpc.com). Submissions will be edited, and must include the name of a person to contact for more information or clarification.
This year’s Greater Milwaukee Open golf tournament will be held Thursday, Sept. 3 through Sunday, Sept. 6, at the Brown Deer Golf Course. As Aurora Health Care is a sponsor of this event, and St. Luke’s Medical Center is the designated beneficiary, all Aurora employees are eligible to participate in a drawing for GMO tickets (two per person). The drawing system is being used because of the high demand and limited number of tickets. Interested employees should submit their entry form as follows:

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<thead>
<tr>
<th>Employees located at</th>
<th>Submit entry forms/ pick up tickets</th>
<th>Winners posted at</th>
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</thead>
<tbody>
<tr>
<td>Corporate Office</td>
<td>Lisa Turba, Human Resources</td>
<td>Reception desk and Outside cafeteria</td>
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<td>Heil Center</td>
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<td>Forest Home Center</td>
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<td>St. Luke’s Medical Center</td>
<td>Personnel services at your facility</td>
<td>Outside cafeteria</td>
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<td>Sinai Samaritan Medical Center</td>
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<td>St. Luke’s South Shore</td>
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<td>West Allis Memorial Hospital</td>
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<td>Hartford Memorial Hospital</td>
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<td>AMG facilities</td>
<td>Alison Burki, Administration</td>
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<td>VNA</td>
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All entry forms must be submitted by Monday, Aug. 3. A list of the winning names will be posted outside the cafeteria at your facility on Monday, Aug. 10.

Drawing winners should pick up their tickets at the designated locations between 8 a.m. and 4:30 p.m. starting Monday, Aug. 17. Identification (hospital ID/Kronos badge) must be shown to receive tickets. Employees can submit only one entry. Duplication of names will result in elimination from the drawing.

Any tickets not picked up by 4 p.m. Wednesday, Aug. 26, will be distributed first come, first served.

GMO ENTRY FORM

Name ____________________________________________
Facility/Department ______________________________ Work Phone ________________
Facility Address ___________________________________ Shift ________
**Aurora Behavioral Health Services**

**September Community Programs**

- Sept. 15  A Smart Start to Success at School
- Sept. 17  Ready to Learn: Preparing Your Child for School
- Sept. 23  Talking to Kids about Alcohol and Drugs
- Sept. 28  Is the Stress of Modern Life Giving You the Blues?
- Sept. 29  The Art of Relaxation

These evening programs are offered in Glendale, Franklin, Wauwatosa and Milwaukee. To register, call the toll-free 24-hour registration line, (888) 771-ABHS (2247). All Aurora Behavioral Health Services (ABHS) programs are free.

**St. Luke's**

**UW-Milwaukee School of Allied Health Professions**

Medical Terminology Course (2 credits)
4:30 to 6:20 p.m.
Mondays, Sept. 14 through Dec. 14
Call (414) 229-6964 for information and registration materials.
Cost to Wisconsin residents is $250 for credit; $41 to audit.

**Sine Samaritan**

Certified Infant Massage Instructor Training
August 14, 15 & 16
Call Karen Nelms, RN, (414) 347-1929, for information and to register.

**Aurora Medical Group - Milwaukee West**

**New Baby, Changing Emotions**

Join other new mothers. Explore causes of the baby blues. Get help. Led by Margaret Malnory, MSN, RN, and Vani Ray, MD. Sponsored by Women's Health Services and Aurora Behavioral Health Services.
7 to 8 p.m., 2nd & 4th Tuesday of each month
Aurora Medical Group
4025 N. 92nd St., Wauwatosa
To register, call Laura, (414) 427-3400

**West Allis Memorial**

West Allis Memorial Hospital offers health screenings. Appointments are required.

- Hearing screening and referral, every Monday, call (414) 328-7410.
- Glaucoma screening, every Thursday, call (414) 328-6115.
- Diabetic foot screening, 8 a.m. to noon every third Thursday, call (414) 328-6198.

**Aurora Family Picnic**

Invitations to the 1998 Aurora Family Picnic will be mailed on July 31 to the home addresses of employees at the participating facilities. Employees planning to attend must respond by Aug. 21. The picnic will be held from 9 a.m. to 5 p.m. Saturday, Sept. 12, at the Milwaukee County Zoo. Watch for updates and more information in future issues of Teamworks.

**Hartford Memorial**

Donate blood, 2 to 6 p.m. the first Tuesday of each month. Call 800-243-5124 for an appointment.

**St. Luke's & St. Luke's South Shore**

Replacements for broken or deteriorated service excellence recognition pins are now available. To replace your Golden Sneaker pin, see Alice Witz, SLMC administration. To replace your Big Storm pin, see Jane Wagner, SSLS administration. Questions may be addressed to Allen Stasiewski, (414) 649-6067.

**Teamworks**

Teamworks, Metro Edition, is a newsletter for employees and volunteers in Aurora Health Care's Metro Region. Comments, questions and suggestions are always welcome and may be directed to Susan Leberge, Internal Communications Coordinator, Public Affairs Department, 3031 W. Montana, Milwaukee, WI 53215. Phone (414) 647-3126. Fax (414) 671-8560.

Mark Ambrosius
President, Metro Region