

Do you feel “SAD” after the holidays?

If you're feeling lifeless, it may be more than just the post-holiday slump. With decreased daylight in the winter months, some people suffer from Seasonal Affective Disorder (SAD). Often a component of depression, SAD also may occur on its own. Symptoms may include moodiness, lack of energy and decreased interest in normal activities. Henry Ford Psychiatrist



Olu Osoba, M.D., notes that mental health professionals have become better educated about this condition and can screen for it more effectively than in the past. Patients diagnosed with the disorder may be given one or more of the following treatments: at-home light therapy using a special light bulb; psychotherapy; or anti-depression medication if symptoms prevent a patient from performing normal activities of daily living. Lifestyle factors also play a role, so people

should make sure they are eating a balanced diet, exercising and taking a multi-vitamin if needed. "Getting out in the sunlight is good," Dr. Osoba said. "Most people work indoors during the winter days and don't get outdoors enough. "People who seek treatment for SAD often have had it for several years and can tell you the pattern," said Dr. Osoba. "If they are already depressed, increasing medication during the winter months can help." For more information or to schedule an appointment, please call 1-800-HenryFord or visit our website at henryford.com.

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FAST action improves outcomes for stroke

If you are one of nearly 1,000 patients treated for stroke annually at Henry Ford, you can vouch for the caliber of care. The 10-bed Acute Stroke Unit consistently has one of the highest patient satisfaction rates among hospital services. Plus, the Neurovascular Stroke Center is one of the few stroke centers in the U.S. continuously funded by the National Institutes of Health and is one of the major stroke referral centers in Michigan. "The quicker the diagnosis and treatment, the better the chance that patients will do well following a stroke," said Panos Mitsias, M.D., director of the Stroke Center. Prompt, expert care begins when a patient arrives at Henry Ford's

Detroit Campus with stroke symptoms. The Ford Acute Stroke Treatment team (FAST) is quickly assembled with stroke neurologists and emergency physicians specially trained in the management of patients with stroke of any form or complexity. Patients with stroke symptoms who go to one of the Henry Ford Medical Center Emergency Departments are assessed and transferred to the Detroit Campus for state-of-the-art testing and care. The FAST team helps ensure that patients receive the most appropriate treatment for their type of stroke, whether it is ischemic (a plug - blockage of a blood vessel feeding the brain) or hemorrhagic (a leak - rupture of a vessel



that results in bleeding in or around the brain). The interdisciplinary stroke group uses advanced diagnostic imaging and both time-honored and cutting edge treatments to provide comprehensive care. Social workers and nurses trained in stroke care enhance the overall patient experience. For details about our stroke expertise or clinical trials, please call (313)-916-4024

Some like it COLD

If you are a fan of Michigan's Winter Wonderland, bundle up. Frostbite and frost nip are a risk of the season, affecting a wide range of people- from those who work outdoors to those who are into winter sports. Even children building snowmen and adults who shovel snow are susceptible. Frost nip is a milder form of frostbite that involves partial freezing of the skin or underlying tissue. It often causes swelling and fluid retention of the affected area. Frostbite actually freezes the tissue of the skin and can cause great harm to affected local tissues. Often, the damaged area becomes swollen, painful and red. In more severe cases, blistering and destruction may occur. The most common sites of freezing are the fingers, toes, nose and ears. "Exposure to moist air or sharp winds at high speeds, such as one encounters when skiing or snowmobiling, leads to tremendous heat loss from exposed extremities," said Nabil Khoury, M.D.,

medical director of the Suburban Emergency Services at Henry Ford Medical Centers. "People out in these conditions need to dress in layers and cover up as best as they can." Dr. Khoury also notes that drinking alcohol and being outdoors in the cold don't mix. The combination results in insensitivity to the first signs of frostbite (pain and numbness) and therefore more frequent and severe cases of frostbite. People exposed to either frost nip or frostbite should bathe the damaged area in warm water of about 110 degrees. They should not go outdoors again until the area is fully healed with no signs of swelling or redness. "Re-exposure to extreme cold when an area of skin has been damaged leads to severe problems," said Dr. Khoury. "Repeat cycles of freezing and thawing can cause severe tissue injury because the water in the



tissue tends to freeze quickly, and if it becomes frozen twice within a short time, it increases the damage." He also advises people to keep their feet and hands dry by wearing waterproof coverings. In case of suspected frostbite, visit your nearest Emergency Room; Henry Ford has locations in West Bloomfield, Sterling Heights, Fairlane (Dearborn) and at the Detroit Campus.

MINDS of MEDICINE

WXYZ - Channel 7  
Tuesday at 9:30 p.m.  
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Bariatric Surgery

Medical Minute  
Winter 2005



Voted one of America's Best in 9 specialties by U.S. News and World Report.



WOMEN take heart

Same-day office visit speeds diagnosis & treatment

When you're sick, you want to get better quickly. The best way to start is with a same day appointment offered at Henry Ford Medical Centers. If you call by noon, we will schedule an appointment for you or your child with a primary care physician (family practice, internal medicine, pediatrics) the same day. Or call in the afternoon and we will schedule an appointment for you within 24 hours. The service is for non-emergency health problems that are difficult to endure. It's an ideal service for those with chronic disease, such as diabetes and asthma, because delivering high-quality care on a timely basis not only treats the immediate illness but also helps prevent complications that can set in fast. "Rapid access to care is a key part of our plan to provide the highest level of quality and convenience for all of our patients," said Bruce Muma, M.D., an internist and medical director of the Northeast Region. To schedule a same day appointment, please call the Medical Center that is most convenient to you. For a list of our locations, please visit our website at henryford.com or call 1-800-HenryFord.



Heart disease is not just a man's disease - it's the leading cause of death among women. In fact, women may not realize their risk for heart disease is higher than it is for breast cancer. To guard against heart attacks and heart failure, women should monitor their heart health beginning in their mid 40s to early 50s - certainly by the time they reach menopause. The risk factors for heart disease are high blood pressure, high cholesterol, family history, being 55 years or older, and smoking. Of these risks, women have control over three out of five risk factors. "Find out your blood pressure and cholesterol level. Follow a good diet and exercise to help prevent heart disease. Having diabetes also puts you at risk for heart disease, so you should get screened for this. If you smoke, you may need a smoking cessation program to help quit," said Jenny Wu, M.D., a Henry Ford cardiologist. Women often have different heart attack symptoms than men. While both sexes may have the classic sensation of chest tightness or pain, women also may experience jaw tightness or discomfort, shoulder discomfort or pain between the shoulder blades, throat tightness, unusual pain,

numbness or tingling down one or both arms, nausea and/or light-headedness, stomach ache and gas pain. These symptoms usually persist for at least five minutes if they do signal a heart attack. "If you think you are having a heart attack, chew an aspirin and call 9-1-1. The important thing is to get help as quickly as possible," said Dr. Wu. A variety of treatments performed during a heart attack can make a big difference in an individual's outcome. These include using a thrombolytic agent (clot buster) or undergoing angioplasty or placement of a drug eluting stent. If you don't know your risk factors for heart disease, schedule an appointment with an internist. Women who have heart disease such as having known blockages in heart arteries, prior heart attack, or congestive heart failure should be under the care of a cardiologist. Dr. Wu is now seeing patients at Henry Ford Medical Center in Livonia. To schedule an appointment, please call 1-800-HenryFord or visit henryford.com.





Diabetic patients get expert care

Henry Ford offers a special program to help patients with poorly controlled diabetes better manage their disease and prevent complications. A core group of dedicated physicians, nurses, pharmacists and other health care professionals are working to improve the quality of diabetes care in part by bringing proven “best practices” to patients.

Renown diabetes specialist and longtime Henry Ford physician Fred Whitehouse, M.D., wrote a landmark report that proved controlled diabetes – keeping the blood sugar close to normal – helps prevent eye, kidney and nerve damage. Building on that knowledge, reminder letters are sent to diabetic patients about required tests such as eye and foot exams, and blood tests. This is done using a unique softwear program

which closely tracks the care of diabetic patients. The program is integrated into the health system's electronic patient data base. "It's a quick and easy way to monitor and document follow-up care," said Dorothy Kahkonen, M.D., a diabetes specialist.

By conducting regular office visits, sending reminder notices, and teaching patients to routinely monitor their blood sugar level and blood pressure as well as follow a healthy diet and exercise regularly, diabetes can be kept under better control. This helps reduce long-term complications, which include heart disease, kidney failure, blindness and amputations.

The multi-site ACCORD clinical trial is enrolling patients with type 2 diabetes at Henry Ford Hospital. The goal is to determine if better control of lipids (fat in the blood) and the proper range of blood pressure can reduce the rate of heart disease among these patients. For details, please call 313.916.7350.

“With an increase in obesity, more people are developing diabetes,” said Roberta Eis, R.N., a member of the Diabetes Care Design team. “Once diabetes gets out of control, complications set in. It happens slowly but can be devastating.”

Diabetes management programs are part of the services in Internal Medicine at the Detroit Campus and Henry Ford Medical Centers. To schedule an appointment, please call **1-800-HenryFord** or visit our website at **henryford.com**.



Eye exams for children  
Early detection is key

It's hard to know what your child can or can't see. That's why an eye exam is vitally important during infancy and early childhood. Correcting vision problems while children are still in their formative years will enable them to see well during their adolescent and adult years.

Often, there are few or no symptoms, although parents may notice that their child is closing or squinting one eye or holding objects close. Also, one eye may wander or appear misaligned.

If not corrected during the period of visual development from birth to age 8 or 9, problems

such as amblyopia (one eye is stronger than the other) and misalignment (a wandering eye or an eye that turns inward) will impair children's vision for the rest of their lives. Glasses often are needed before a child even starts school to correct for near- or far-sightedness. Cataracts also affect children and need to be treated promptly.

“The pediatric visual system is unique,” said Edward O'Malley, M.D., of Henry Ford Eye Care Services. “Because it is not fully formed at birth, a child's vision requires proper stimulation to overcome certain visual disorders. The good news is that the visual system is flexible at that age.”



Serious conditions range from cataracts to eye tumors, droopy eyelids, and corneal abnormalities. All of these conditions require treatment by an ophthalmologist. Like most conditions, early diagnosis means earlier treatment.

Henry Ford Eye Care Services has pediatric ophthalmologists at Grosse Pointe, the Detroit Campus, West Bloomfield and Troy. To schedule an appointment, call **1-800-363-7575** or visit our website at **henryford.com/eyes**.

Innovative pro-active approach tackles sports-related concussions

Sports often move at a fast and furious pace. In the pursuit of winning, accidents invariably happen. One of the most serious and common is a brain concussion, which occurs in about 15 percent of high school athletes who participate in any type of contact sport, including soccer, football, wrestling, or hockey.

To address the special needs of these athletes, Henry Ford has developed a Sports Concussion Safety Program that is unique to Metro Detroit. It can be tailored to an individual player or an entire team at the high school, college or professional level. As team physicians for the Detroit Tigers, Lions, Red Wings and Wayne State University and area high schools, Henry Ford is well known for its sports medicine program.

The Sports Concussion Safety Program begins with a baseline evaluation of three key cognitive functions (memory, reaction



time, and speed of thinking) using innovative software known as ImPACT. In the event of a suspected concussion, the player is retested. These baseline and post-injury tests are used for diagnosis, treatment and to determine when it's safe for players to return to the game. Testing is fast and convenient and can be done in an individual setting or in a group setting at a school or training camp.

“ImPACT testing is the most sensitive technique to determine when one fully recovers from a concussion. This minimizes the risk of the player receiving a second concussion before recovering from the first,” said Kenneth Podell, Ph.D., neuropsychologist and co-director of the program.

**Recognize the symptoms**

Since the brain is not fully developed until the early 20's, teenagers are more vulnerable to the effects of a concussion. Symptoms of a concussion can include one or more of the following: headache, nausea, sensitivity to light/sound, confusion and poor concentration/memory. Loss of consciousness often, but not always, occurs.

Concussions can have wide-ranging injuries and effects, impacting scholastic and social relationships as well as athletic participation. These issues are managed by Steven Karageanes, D.O., sports medicine specialist and medical director of the program. Neuropsychologists, sports medicine physicians, and athletic trainers at Henry Ford work as a team to establish a diagnosis, treat related injuries (such as whiplash and migraine headaches), tailor a rehabilitation program, and decide upon return to play. Clinicians also conduct concussion research to look for new and improved ways of treating head injuries.

For more information or to schedule an appointment for an evaluation, please call **313.876.2526** or log onto **henryford.com**.

Group consultations & clinical trials enhance treatment of leukemia and lymphoma

Patients with leukemia or lymphoma will find comprehensive, leading-edge care at the Josephine Ford Cancer Center (JFCC). Advantages include a wide range of clinical trials, which bring the most innovative care to patients, and a multi-disciplinary group assessment by JFCC cancer experts. These specialists, known as a tumor board, meet to review findings and recommend the best

course of treatment for each new patient.

“We are involved in many multi-site trials,” said Nalini Janakaramin, M.D., director of the Hematology/Oncology Division. “We participated in the Rituxan (monoclonal antibody) study and radio-immunotherapy trial of Zevalin that led to FDA approval of these highly effective treatments for lymphoma.”

Clinical trials are an

element of “bench to bedside” research. This means investigational treatment is translated into actual patient care as soon as it is accepted as a treatment option. One example is radio-immunotherapy, in which an antibody is attached to a radioactive “bullet” that is taken up by tumor cells to destroy cancer. JFCC was involved in all three phases of this trial, which enabled this novel treatment to be offered to

Knowledge is power  
Bone density test alerts patients to risk of osteoporosis

Osteoporosis is a bone-thinning disorder that can lead to fractures, typically of the hip and wrist. Early detection is one of the best defenses against this debilitating disorder. A bone density test is a painless, quick way to gauge one's bone mass – a key indicator of the risk of bone thinning, which marks the beginning of the disease.

“It's a painless disease until you get fractures,” said Diane Sayers, D.O. “Most women feel fine and have no idea that they have osteoporosis until a fracture occurs.”

A physician's referral is needed for the test. Results are evaluated by a Henry Ford physician. If a patient doesn't have a regular doctor, a Henry Ford physician can provide follow-up care, which is essential for those with osteopenia or osteoporosis. By catching the disorder early, physicians can use newer medications to prevent further bone loss and even restore bone mass.



Henry Ford offers bone density tests at eight Medical Center sites in Canton, Lakeside, Livonia, Taylor, Troy, West Bloomfield, Woodhaven and at the Henry Ford Hospital campus. For appointments, please call **1-800-HenryFord** or visit our website at **henryford.com**.

**Should you be screened?**

Yes, if you meet the following criteria:

- Women 64 years or older
- Women within five years of menopause, who are at increased risk due to low weight (less than 125 lbs.), smoking, family history of the disease, or not having children.
- Have taken corticosteroids for years.
- Don't exercise.

There are several other risk factors; ask your doctor about your personal risk.



My Health Page

Henry Ford patients who want to schedule an appointment, find out lab and test results, or renew prescriptions can do it on the web. The Henry Ford Health System website (**henryford.com**) now offers “My Health Page,” a feature on the homepage that provides a customized “home base” for each individual Henry Ford patient.

Completely secure, “My Health Page” provides an added convenience by allowing patients to e-mail their requests rather than calling. Responses to appointments and prescription renewals are e-mailed back to the patient within 24 hours, with lab and test results completed within 48 hours.

“My Health Page” features will be expanded over time. Patients will be able to request specific health information pertaining to their special needs and interests, and ultimately will be able to have limited clinical visits with their doctors on-line.

It's easy to use: simply visit **henryford.com** and click on “My Health Page.” First-time users will need to register on-line, which is quick and easy...just follow the prompts.