

# Healthwise Connection

Your link to a healthier life™ | Marymount Hospital | Spring 2007

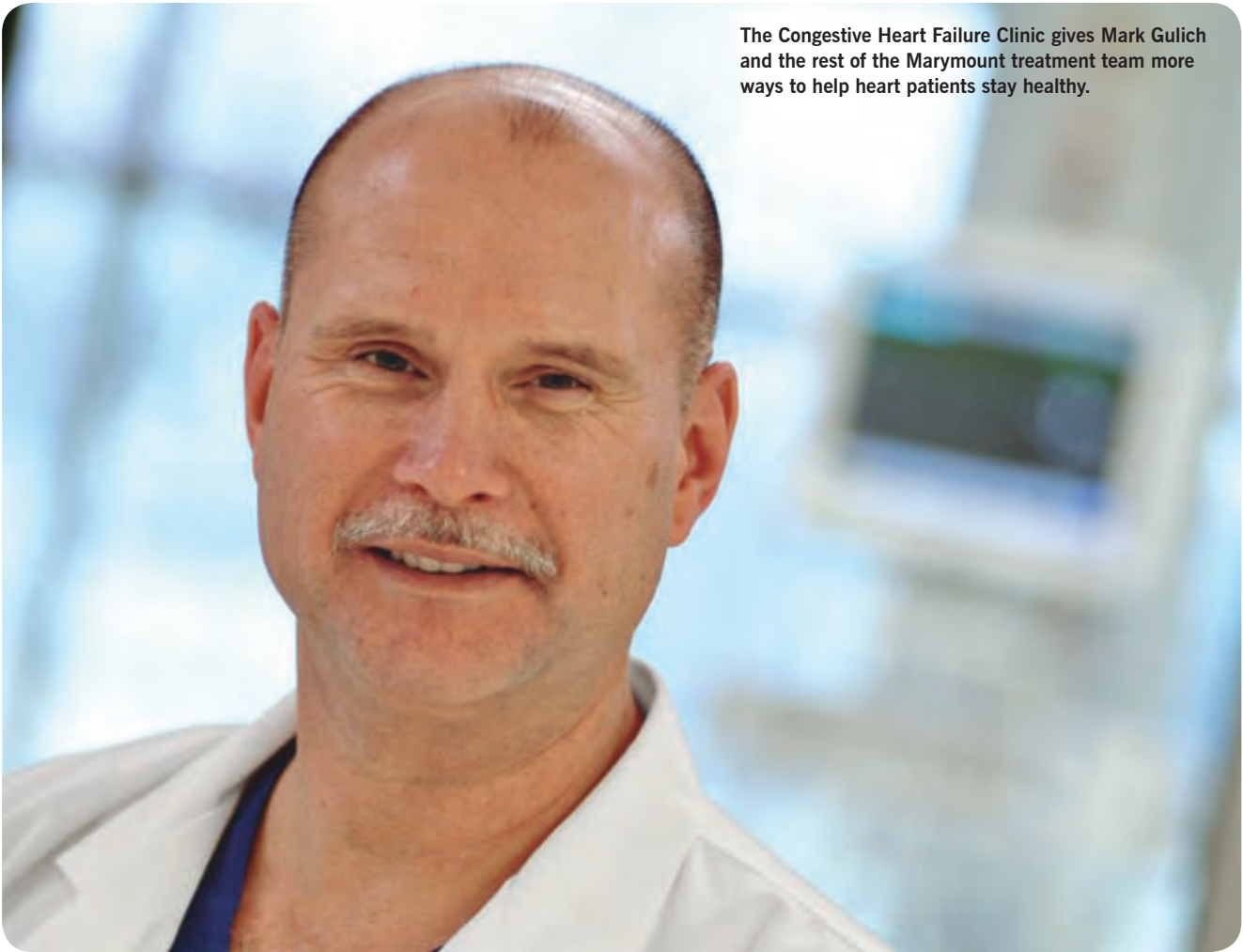
## Seeing the Light

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The Congestive Heart Failure Clinic gives Mark Gulich and the rest of the Marymount treatment team more ways to help heart patients stay healthy.

# New Options for Cardiac Care

Special clinic keeps heart patients healthier—and out of the hospital

The Congestive Heart Failure Clinic at Marymount Hospital continues to be an important resource for local heart patients.

Congestive heart failure, or CHF, is a common condition that strikes more than 6 million Americans annually. It occurs when the heart can't pump blood effectively to the lungs or the rest of the body, usually because of existing heart disease. Symptoms of CHF can include swelling, typically in the legs and feet, and shortness of breath, often causing frequent hospitalization.

Pat Senyak of Garfield Heights was such a patient. After repeated

complications with her illness, her cardiologist referred her to the Marymount CHF Clinic. With the help she receives at monthly visits, she has remained out of the hospital for more than a year and has noticed a dramatic improvement in the way she feels.

### More Ways to Help

The Marymount CHF Clinic is open daily and can accommodate as many as eight patients at a time. Blood work, vital signs and weight are checked at each visit and results typically are available within an hour, providing patients and their doctors with immediate feedback on their conditions and allowing needed adjustments to medication and diet.

“The improvement in some of our patients is quite remarkable,” says Mark Gulich, clinical nurse manager for the CHF Clinic. “The clinic gives the entire Marymount treatment team more ways to help heart patients stay healthier and out of the hospital.”

**For more information about how the CHF Clinic at Marymount Hospital can help you, call 216.584.4344. A physician's referral is required for treatment at the CHF Clinic; for help finding a physician, call the Marymount Physician Referral Line at 216.587.WELL.**

*“The human mind is our fundamental resource.”*

—John F. Kennedy



## Get Out and Play

Healthwise Connection has a new partnership with Playhouse Square that offers exclusive discounts and entertainment benefits to our members. Members can buy discounted tickets for certain Playhouse Square events, depending on ticket availability. Also, members receive a 10 percent discount for select Playhouse Square merchandise. The Wyndham Hotel, within walking distance of Playhouse Square, offers a special \$99 per night rate when presented a Healthwise Connection membership card. Look for details on special Playhouse Square events in future Healthwise Connection newsletters, or visit [www.playhousesquare.com](http://www.playhousesquare.com). **For more information, please call the Playhouse group services department at 216.664.6050.**

Cleveland Clinic Healthwise Connection hospitals include our downtown Cleveland campus and our network of conveniently located community hospitals: Euclid, Fairview, Hillcrest, Huron, Lakewood, Lutheran, Marymount and South Pointe hospitals, and Cleveland Clinic affiliate Ashtabula County Medical Center.

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## Do You Sudoku?

Are you one of the millions who've gotten hooked on the numbers puzzle Sudoku? If so, you could be doing your brain a favor. Working your brain with puzzles and other brainteasers could help keep your mental health in shape as you age.

In fact, according to the Alzheimer's Association, any type of regular mental stimulation might increase your brain's nerve connections and even help generate new brain cells, reducing your risk of Alzheimer's disease and other dementias. Here are some other activities that'll keep your brain young:

- reading books, magazines or newspapers
- tinkering with cars, computers or appliances
- designing and planting a garden
- building a model car or airplane

### Free Puzzles

Want to keep your brain in tiptop shape? Can't get enough Sudoku? Visit [www.krazydad.com/sudoku](http://www.krazydad.com/sudoku) for free games from a Sudoku puzzle creator. Click on a difficulty level and a book number, download it, print out the pages and enjoy.

*“These well-designed new spaces will help people feel more comfortable and allow us to provide the highest level of care to our patients.”*

—Cyndy Boyton, administrator of critical care

## A Light Touch

Marymount’s expansion adds sunlight and space to the healing process

Outdoor light permeates every corner of the 28 new intensive care patient rooms at Marymount Hospital. It’s a design feature with a clinical as well as an aesthetic purpose. The unit is part of the hospital’s Critical Care Tower, which opened in January.

The location of the old Intensive Care Unit, deep within the hospital, made it impossible to offer patients natural lighting or glimpses of the outdoors. “Lightening up” the patient experience became a primary goal of the architect and the hospital’s clinical staff when the new facility was planned more than three years ago.

“Our new design is open, welcoming and doesn’t present the same barrier to the outdoors as the former ICU,”

notes Cyndy Boyton, administrative director of critical care at Marymount Hospital. “Research has shown that patients recuperate faster and are more optimistic about their recovery when exposed to natural light, and these new rooms will allow that to happen.”

### Easy Access

The new Critical Care Tower at Marymount also features a 30-bay Emergency Department accessible through two new entrances at the west end of the hospital building, one solely for ambulances and the other for walk-in patients. The two access points and a new circular drive are designed to ease congestion in the busy department, which treated nearly 36,000 patients in 2006. The new ED features a spacious, well-lit



The new Critical Care Tower features a 28-bed Intensive Care Unit filled with beneficial natural light.

reception area, bedside registration and glass-enclosed treatment bays allowing more patient privacy. And as has been the case for years at Marymount, all patients brought to the Emergency Department continue to be treated by board-certified emergency medicine physicians.

“The public should notice a vast difference between the old and new treatment areas in both of these



departments,” Boyton says. “These well-designed new spaces will help people feel more comfortable and allow us to provide the highest level of care to our patients, improving the overall quality of healthcare delivery available to our community.”

**For more information on the new Critical Care Tower or for help finding a physician, call 216.581.WELL.**



## Savoring Spring

Have fun in the kitchen—and enjoy food, friends and family

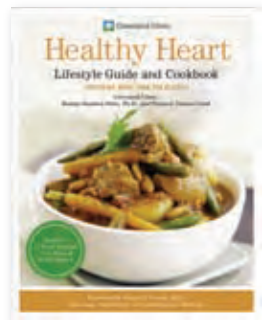
Spring is an ideal time to enjoy the company of family and friends. And what better way to celebrate than to offer a mouthwatering menu? Here are some tips.

**Go cold turkey.** Or cold anything for that matter. Quash the notion that good meals have to be served hot.

**Start a fire.** If you must have a hot dish, take it outside—to the grill, that is—instead of heating your indoor oven.

**Hit the farmers market.** Take advantage of the wonderful, flavorful produce that's in season this time of year.

**Cook smarter, not harder.** Double a recipe and get multiple meals for the price and effort. For instance, serve Tuscan Bean Spread on whole-wheat bread for sandwiches or with a basket of interesting breads or crudités for a party. Makes 3 cups (16 servings).



### Buy the Book

To purchase the *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*, please call **800.733.3000** or visit [www.randomhouse.com](http://www.randomhouse.com).



## Let your creativity run wild with this Tuscan Bean Spread.

### INGREDIENTS

6 oz. dried white beans or 2 15-ounce cans cannelloni beans, drained	1½ Tbsp. fresh rosemary, chopped
½ tsp. extra-virgin olive oil or olive oil cooking spray	1 Tbsp. fresh oregano, chopped
4 large shallots, chopped	½ tsp. fennel seed
4 garlic cloves, minced	3¾ c. fat-free, reduced-sodium chicken broth or vegetable broth
	⅓ to ½ c. fresh lemon juice

### PREPARATION

1. If using dried beans, put the beans in a large pot with enough water to cover. Bring to a boil, remove from heat, cover and let stand at room temperature for 1 hour. Drain the beans and set aside.
2. Lightly coat the bottom of a nonstick pot with cooking spray. Add the shallots and garlic and cook, stirring, over medium heat until the shallots are wilted, about 5 minutes. Add the rosemary, oregano and fennel. Cook, stirring, for 1 minute more. Add the beans and broth, and bring to a boil. Reduce the heat and simmer for 30 to 40 minutes, until the beans are tender. Remove from heat.
3. When the bean mixture is cool, transfer it to a food processor or blender. Purée, adding lemon juice as needed for the desired consistency.

### NUTRITION FACTS (serving: 3 Tbsp.)

Calories .....55	Cholesterol..... 0 mg	Protein ..... 3 g
Fat ..... 0 g	Sodium..... 116 mg	Carbohydrates ... 11 g
Saturated fat..... 0 g	Fiber ..... 3 g	Potassium.... 245 mg

Source: *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook* © 2007, published by Broadway Books



## New Hope for Treating Depression

Marymount offers a new therapy that could end suffering for some

Marymount Hospital has a powerful new weapon in the treatment of recurring depression called vagal nerve stimulation, or VNS. Relief is delivered from a small pacemakerlike generator implanted in the chest that sends preprogrammed, intermittent, mild electrical pulses through the vagus nerve in the neck to the brain.

VNS therapy offers new hope for the nearly 4 million people in the U.S. who experience chronic or recurrent depression and who have failed to respond to conventional treatments such as antidepressant medication, psychotherapy or electroconvulsive therapy.

VNS recently came to Marymount Hospital, where it is being used to

complement a wide array of treatment options available through the Behavioral Health Center.

“VNS is not for everyone, but does offer real hope for those suffering from treatment-resistant depression,” says Yolanda Ganchorre, M.D., a psychiatrist at Marymount trained in VNS therapy.

### Set Up for Success

A team approach involving surgeons, psychiatrists and other mental health professionals is required to use VNS successfully.

“The device is very small and operates like a pacemaker,” says Toribio C. Flores, M.D., an otolaryngologist (head and

neck surgeon) at Marymount who has been trained in the implantation of VNS therapy system devices. “The procedure is done on an outpatient basis with minimal risk and inconvenience.”

Once inserted, the device allows for monitoring and adjustment of electrical impulses by the treating psychiatrist, who actively manages the patient’s progress. Marymount also offers a VNS support group for patients to encourage one another and share concerns.

**To learn if you may be a candidate for VNS therapy or the other services offered through the Marymount Behavioral Health Center, call 216.587.8350.**

# Team Effort

Multidisciplinary approach, support group improve breast cancer outcomes

Despite better prevention and awareness programs, breast cancer will still strike one in eight women in the U.S. Fear of the unknown and the emotional reactions that come with any cancer diagnosis can make patients dread treatment.

In recent years, Marymount Hospital has developed a multidisciplinary team model to help patients take the next steps toward recovery. Team members often include medical and radiation oncologists, surgeons, advanced practice nurses, a lymphedema specialist, tumor registrar, women's services coordinator and breast care coordinator.

To treat the whole patient, team members jointly determine the best course of action. Because a strong support system is vital to patients battling cancer, a concerted effort focuses on the emotional needs of patients and their families.

"It's important for me to know that we are treating the whole person, not just the disease," says Jeannie Davis, R.N., an oncology nurse specialist at Marymount Hospital.

Because cancer care shouldn't stop when individuals are discharged, patients are encouraged to take advantage of additional services such as the breast cancer support group, where they can interact with others who have experienced cancer and receive encouragement. The group meets the second Thursday of each month at 5:30 p.m.

**For more information about the breast cancer support group or Marymount Hospital's oncology program, call 216.587.8661.**



## Memory Care Now Offered at Villa St. Joseph

Villa St. Joseph, a new 114-bed nursing and memory care center, is now open on the Marymount Hospital campus in Garfield Heights. The facility offers skilled and intermediate care, rehabilitation, a short-term subacute unit, and memory care for nursing home and assisted-living residents. The services at Villa St. Joseph will be covered by Medicare, Medicaid, insurance and private pay. There are private suites as well as partial-private suites, which have a separating wall and shared in-room bath. The Villa includes amenities such as a beautiful chapel and community room, ice cream parlor, beauty salon and large outdoor patio area with gardens and smaller courtyards.

**For more information about Villa St. Joseph or other residential options at the Village at Marymount, call 216.587.8800.**

## New Building Facade, MRI Machine Coming to Broadview Heights

Expanded imaging services now are available at our Medical Center, Broadview Heights location (formerly Marymount South). A new computed tomography (CT) scanner and ultrasound testing are available, and renovations to the building at 2001 E. Royalton Road also are under way. Southern suburb residents soon will have even more services available with the arrival of a magnetic resonance imaging (MRI) machine this spring, providing a complete array of diagnostic imaging at Medical Center, Broadview Heights.

**To make an appointment for a physician-ordered radiology test at Medical Center, Broadview Heights or Marymount Hospital, call 216.587.8100.**



The Cleveland Clinic Foundation

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