

# myUHCare Bedford

UHbedford.org | Spring 2010

## FIND YOUR FOOTING

Discover why  
the best care for  
your feet is right  
where you live  
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Don't Wait Until  
You're Sick  
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Minimum Incisions,  
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WIN UP TO  
**\$250**  
TO WALMART!  
SEE DETAILS  
INSIDE

# starting off

## Our People Make the Difference

■ FOR MORE THAN 80 YEARS, University Hospitals Bedford Medical Center has kept pace with the demand for high-quality care. We have aggressively pursued state-of-the-art technology and welcomed treatment innovations.

However, our personal touch is what really makes us unique. We take great pride in cultivating a caring atmosphere, and our physicians are front and center in that effort. They



care about you and they care about our community; they ensure your health and our stability. I guess you could call them the bedrock of UH Bedford Medical Center.

Our physician group has grown to about 250, which means you have access to a high level of care across numerous specialties and subspecialties, close to home. For example, in this issue you'll read about UH

Bedford Medical Center's Wound Care and Hyperbaric Medicine Center, which is changing lives for those living with debilitating wounds (page 4); primary care physicians who are shaping the future of health care around prevention and wellness (page 6); and minimally invasive procedures that have revolutionized the way you think about surgery (page 7).

Whether you seek care for cancer, feet, heart, or bones and joints, the physicians directory included with this issue can help connect you with the specialist you need. Meanwhile, we hope you enjoy this issue, which has been planned with your health in mind.

Sean H. McKibben  
President  
University Hospitals Bedford Medical Center

## MARK YOUR CALENDAR



## FREE Community Education Talks

**May 6: Prevention and Treatment of Kidney Stones**

**June 3: An Overview of Minimally Invasive Surgical Procedures**

**July 1: Total Shoulder Replacement**

**Aug. 5: Hyperbaric Oxygen Therapy: New Hope for Hard-to-Heal Wounds**

**Sept. 2: Diagnostic and Predictive Tests for Heart Disease**

**WHEN:** First Thursday of the month, 6–7 p.m.; see dates above

**WHERE:** UH Bedford Medical Center, 44 Blaine Ave., Bedford, First Floor Café

**CALL:** **216-767-8644** (reservations required)

**MISC:** Healthy snacks and refreshments will be provided

## FREE CLASSES



For more information about community outreach programs offered by UH Bedford Medical Center, please visit **UHbedford.org** and click "Upcoming Events."



## Oh, My Aching Head

■ There are headaches. And then there are *headaches*.

If you're tired, tense or fighting a cold or the flu, you may feel a pounding in your head. But if your headaches occur repeatedly, you may be suffering from migraines. Daniel Koontz, MD, a board-certified neurologist at University Hospitals Bedford Medical Center, says migraines have certain characteristics, including throbbing, sensitivity to light and sound, nausea or vomiting, and duration from a few hours to three days.

These are much more than bothersome symptoms and should be treated by a neurologist. If you suspect migraines, your physician might prescribe medication to stop a migraine before it starts or to treat a migraine when it occurs.

Finally, "if you have a sudden onset of a headache, the worst headache of your life, this could signal a serious medical condition," Dr. Koontz says. "Call 911."

## Rehab Q&A

with Teresa Podracky, MA, CCC-SLP, Manager of Rehabilitation Services



### Q: What do you treat?

**A:** We offer rehabilitation for a spectrum of conditions, including:

- Sports injuries
- Neurological impairments such as stroke or Parkinson's disease
- Chronic pain
- Headache and craniosacral conditions
- Balance and gait disorders
- Occupational and work-related injuries
- Speech, language and swallowing deficits in adults and children

### Q: What is your treatment philosophy?

**A:** Our physical, occupational and speech therapists work together with

you, your referring physician and specialists to make your care enjoyable and successful through evidence-based therapy techniques.

### Q: What does your center do best?

**A:** Individual care. In other rehab settings, therapists work with multiple patients simultaneously. Here, we provide one-on-one care.

**If you have questions or need an appointment, call 216-767-8644.**



# Off on the Right Foot

Father-son podiatrists team up to heal the walking wounded

**W**HETHER YOU'RE SUFFERING from a common foot ailment or a slow-to-heal wound, a father-son podiatry team at University Hospitals Bedford Medical Center can help put the spring back in your step.

Richard Berkowitz, DPM, and Marc Berkowitz, DPM, are affectionately referred to by their patients as Dr. B and Dr. Marc. While Dr. B has 33 years in podiatry, his son, Dr. Marc, is making his own footprint – especially in wound care.

## Common Conditions

Dr. B jokes that when he went to school, “MRI” was just three letters in the alphabet. Today, both doctors are armed with

an arsenal of diagnostic tests and treatments that were unheard of decades ago.

“Thirty years ago, if I wanted to repair a broken bone, I would put it in a cast and hope it healed,” Dr. B says. Today, bone growth simulators – machines that generate low-dose ultrasound or electromagnetic waves – can actually heal broken bones without surgery.

Of course, not every foot ailment requires such high-tech treatment. Dr. B says the most common foot conditions he and his son treat at UH Bedford Medical Center include plantar fasciitis, arthritis and gout, bunions, hammer toes, Achilles tendonitis and athlete’s foot.

## HEAL YOUR FEET FAST



Get the fastest relief from foot wounds or ailments at UH Bedford Medical Center. Call **216-767-8644**.

## Difficult Wounds

Sometimes, diabetic foot ulcers require the advanced care provided at UH Bedford Medical Center’s Wound Care and Hyperbaric Medicine Center. Dr. Marc is becoming the go-to guy for these painful, persistent wounds.

As the primary podiatrist at the Wound



# The Best Foot Care Is Right Here

University Hospitals Bedford Medical Center announces a two-year partnership with the Fred A. Lennon Charitable Trust through a \$50,000 Lennon Challenge Grant.

The grant was matched by a \$50,000 gift from the hospital and a collective gift from the Ben Venue Laboratories of Bedford and the Dr. Howard and Linda Dickey-White Philanthropic Fund. This money is helping to fund life-changing hyperbaric oxygen therapy for the healing of problem wounds.

The Wound Care and Hyperbaric Medicine Center is the only UH provider of hyperbaric oxygen therapy. A portion of the grant supports the center, as well as educating physicians, podiatrists and patients that the highest level of technology in wound care is available right here in our own neighborhood.



Care Center, Dr. Marc specializes in treating difficult foot wounds through technologies that can increase blood flow or stimulate the body's own cells to multiply. He is also an advocate of hyperbaric oxygen therapy (see "Hyperbaric Healing").

"There is nothing more gratifying than having a wound that's pretty tough to deal with, and then treating the patient to the point of resuming normal activity, normal shoes and normal life," Dr. Marc says.

Dr. B doesn't hold back praise. "Marc is probably one of the best in town, and I'm not talking as a dad," Dr. B says. "What he does is pretty impressive, especially for a community hospital. He works his wonders and gets those wounds closed."

## Working Together

Although his last name is Berkowitz, Dr. Marc knows he'll never be Dr. B. "My dad is Dr. B," Dr. Marc says. "There will never be another Dr. B."

As for working together, "it has its moments," Dr. B acknowledges. "For the most part, they're all good moments. Even when we butt heads on how to treat a patient, that's the nature of medicine. It's an art. It was never an exact science."

Treatment opinions sometimes differ, but Dr. Marc says he and his dad always agree on one thing: "You can get to healing in more than one way," Dr. Marc says. "So we always remember that we're not treating feet, we're treating people." □

## Hyperbaric Healing

Thirty years ago, the thought of placing a patient into a chamber and doubling the atmospheric pressure to speed healing of wounds might have been scripted into Star Wars or Star Trek – but not real life.

That was then, and this is now.

At University Hospitals Bedford Medical Center's Wound Care and Hyperbaric Medicine Center, Marc Berkowitz, DPM – or Dr. Marc, as he is known – is getting "fantastic results" with the use of hyperbaric oxygen therapy with slow-to-close wounds. In a nutshell, the therapy increases oxygen levels in the body. "This dramatically speeds up the healing process," Dr. Marc says.



Podiatrists Marc Berkowitz, DPM, left, and Richard Berkowitz, DPM, are better known by their patients as Dr. Marc and Dr. B.

ABOVE RIGHT: PHOTOSHOT

Primary care physicians play an integral role in the future of health care

# An Ounce of Prevention

AMERICANS MADE 902 million physician office visits in 2006, according to the Centers for Disease Control and Prevention. Of those, nearly half were made to primary care physicians.

With all these trips to the doctor, are we healthier?

Haitham Azem, MD, an internal medicine physician at University Hospitals Bedford Medical Center, thinks we're getting there. "Health care of the future will focus on prevention and wellness," he says.

"More people understand that preventing a health problem is better than recuperating from one."



Haitham Azem, MD

Your primary care provider, usually a family doctor or internist, can help you stay on schedule for tests such as mammograms, colonoscopies and cardiovascular screenings.

"I like to call myself a quality-of-life provider," says Matthew Mark, MD, Medical Director of Family Practice at UH Bedford Medical Center. "Start with us and we can help maintain your quality of life well into your 70s or 80s."



Matthew Mark, MD

In fact, if you establish a relationship with your primary care provider over time, he or she will be able to tailor care to your value system and interests.

"Let's say something does happen medically," Dr. Mark says. "A primary care physician will know who you are, what you care about. We can guide your care along those lines." □



## Just the Facts

- People without a usual source of primary preventive health care are more likely to end up in the emergency department or hospital.
- One additional primary care physician per 10,000 people decreases mortality by 5.3 percent, according to an analysis of 10 different studies.
- An estimated 100,000 lives would be saved in the U.S. each year if preventive services often recommended by primary care physicians – such as colorectal screening and flu vaccinations – were utilized.

**DON'T WAIT  
UNTIL YOU  
ARE SICK**



Create a relationship with a primary care doctor today. Call **216-767-8644** or look for the physician directory included with this issue.



# Superbly Small

See which minimally invasive surgeries are available in your neighborhood

**MINIMALLY INVASIVE PROCEDURES** have revolutionized the way patients think about surgery. “Using specialized scopes with cameras – a technique known as laparoscopy – we can perform a wide range of abdominal surgeries through incisions no larger than a dime,” says Shukri Elkhairi, MD, a general surgeon at University Hospitals Bedford Medical Center.

The result? You’re back on your feet more quickly, with less

pain. “It’s a win-win situation,” Dr. Elkhairi says. “The minimally invasive approach is as effective as traditional surgery, and patients are much happier.”

Dr. Elkhairi and his colleagues, general surgeons Lisa Rock, MD, and John Jasper, MD, describe five abdominal laparoscopic procedures at UH Bedford Medical Center that make excellent use of this small wonder:

PROCEDURE	WHAT IT IS	ADVANTAGES
<b>Appendectomy</b>	Removal of the appendix through two half-inch incisions and one quarter-inch incision.	For women, the scope can be used to examine the ovaries and check for cysts and other abnormalities.
<b>Cholecystectomy</b>	Removal of the gallbladder through several small incisions rather than the traditional 8-inch open incision.	Laparoscopic gallbladder surgery has been around the longest of any of the abdominal procedures. UH Bedford Medical Center surgeons are very experienced in this technique.
<b>Colectomy</b>	Removal of a portion of the colon through several small incisions rather than the traditional 8- to 12-inch incision.	A minimally invasive technique helps patients regain colon function more quickly with much shorter hospitalization.
<b>Inguinal or Ventral Hernia Surgery</b>	Surgery to place mesh to support or “patch” a weak spot in the abdominal wall that has allowed a hernia to bulge through.	While repairing the hernia, surgeons can use the scope to check for and repair any additional hernias.
<b>Lysis of Adhesions</b>	Removal of scar tissue and abnormal adhesions.	When removing scar tissue or adhesions, laparoscopy minimizes the risk of formation of more scar tissue. □



## AT YOUR SERVICE

University Hospitals Bedford Medical Center is committed to delivering quality health care – and that begins with the staff, employees and physicians who work there. Meet two employees who are making a difference every day.

### STEVE SURACE

■ “I’m putting a patient to sleep. Can I call you back?”

Steve Surace’s telephone greeting sounds funny – even slightly disconcerting – until you realize that he is a certified registered nurse anesthetist whose job is to put people to sleep.

From infants to the elderly, Surace provides general and regional anesthesia services at University Hospitals Bedford Medical Center. Since he grew up in Bedford Heights and graduated from Bedford High School, he sometimes cares for familiar faces.

Whether he’s known patients for years or minutes, Surace is a quick study on whether they will relax with humor or a more straight approach. “If you gain people’s trust,” he says, “they will let you do what you need to do.”



### JAMES ZIMMERMAN

■ Patients have a love-hate relationship with rehabilitation technician aide James Zimmerman.

They love him because he’s the consummate cheerleader, pushing them through physical therapy with statements like, “Get up. You can do it. I’m going to make you move.” They hate him because the road to rehabilitation sometimes hurts.

He understands. In fact, he’s philosophical about it. “When you listen, you understand,” he says. “When you understand, you’re able to help.” His specialty for 13 years at University Hospitals Bedford Medical Center has been therapy and mobility assistance. “Seeing patients unable to walk, and then helping them through rehab to the point where they can walk, brings my heart great joy,” he says.

## Ask the Physician

**Q.** I forget the simplest things and often lose my train of thought. Can I “exercise” my memory?

**A.** Yes! Studies have shown that the elderly can improve their cognitive function through memory training, pattern recognition and other exercises. Here are a few I recommend:

- Make a shopping list. While shopping, try to remember it without looking.
- Do the puzzles in your newspaper, including crosswords, word finds and sudoku.
- When learning a new phone number, try to remember it before looking it up.



Daniel Koontz, MD,  
Neurologist, UH  
Bedford Medical  
Center

**Q.** I’m only 43, but I have a family history of heart attack. What should I do?



George Haawa, MD,  
FACC, Director of  
Cardiology, UH  
Bedford Medical  
Center

**A.** The No. 1 thing is to examine your lifestyle. If you smoke, you have to stop. If you are overweight, it’s time to lose weight. Also, you should ask your doctor for a lipid profile. We can also do a simple blood test that checks for early signs of hardening of the arteries.