

# Great care.

BATTLE CREEK  HEALTH SYSTEM

Winter 2004/2005



We're 'building'  
for the future

Allergic to latex? Don't  
worry at BCBS

She couldn't  
let them **die**

# Great care.

BATTLE CREEK HEALTH SYSTEM

## Dear Friends of BCBS:

I am most pleased to share news that Battle Creek Health System has again been recognized with the Joint Commission's Gold Seal of Approval. The Joint Commission is the major accreditation body for hospitals across the United States and recently visited BCBS to evaluate our quality processes and performance against national standards for health care quality and safety.



**Joint Commission**  
on Accreditation of Healthcare Organizations

But my delight goes much deeper than simply having survived the rigorous survey process. The Joint Commission team was extremely impressed with our staff, physicians, volunteers, facility and the quality of care that is delivered here. During our debriefings we heard references to "excellent staff," "deeply engaged physicians," "beautiful facilities," "a grateful community" and "wonderful care." The lead surveyor told us that he considers "BCBS an A-plus"...and the physician member of the survey team said that he "would be proud to be a member of the BCBS medical staff." Comments like those make an old CEO like me *very proud!*

I want to publicly congratulate the outstanding staff and physicians at Battle Creek Health System. This is a superb organization and I am proud of the *Great care* we deliver to our community each and every day.

Pat Garrett  
President and CEO  
Battle Creek Health System



*Great care* is published as a community service for the friends and patrons of: **Battle Creek Health System**, 300 North Avenue, Battle Creek, MI 49017; Telephone: (269) 966-8000.

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## BCBS pulmonary rehab program awarded certification

The American Association of Cardiovascular and Pulmonary Rehabilitation has certified Battle Creek Health System's pulmonary rehabilitation program. Certification recognizes those programs that meet or exceed the outlined essential requirements for standards of care.

The Pulmonary Rehabilitation Center, located on the second floor of the Battle Creek Health System Outpatient Center, offers programs that serve people in the Battle Creek area who have chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, asthma, bronchiectasis and pulmonary fibrosis.

## BCBS Sleep Center receives accreditation

The Sleep Center at Battle Creek Health System (BCBS) has received program accreditation from the American Academy of Sleep Medicine (AASM). To receive a five-year accreditation, a sleep center must meet or exceed all standards for professional quality health care as designated by the AASM.



"The accreditation process involved a detailed inspection of the Sleep Center and our staff, including an evaluation of testing procedures, patient contacts and physician training," says Satya Chaparala, M.D., medical director of the BCBS Sleep Center. "There are only 612 sleep medicine centers and laboratories accredited; BCBS is one of only 21 centers in Michigan to hold this designation. I believe that speaks volumes about the quality of our program and the dedication of the staff that provides it."

According to the AASM, more than 40 million Americans have some type of sleep disorder. Of that number, about 95 percent go undiagnosed.

# She couldn't let them **DIE**

**BYSTANDERS URGE CAUTION;  
BCHS NURSE RESPONDS SELFLESSLY**

WHEN PEOPLE GIVE ADVICE, some of us listen. But when Theresa Miklusicak, a registered nurse in the Battle Creek Health System outpatient surgery department, was told to get away from a wrecked SUV, she headed straight for it. She came upon an automobile accident in November 2003 and ignored bystanders' advice. As a result of her bravery, she was chosen among the top 10 heroes in the United States by the American Red Cross and *Nursing Spectrum* magazine.

Miklusicak and her daughter were on their way to Chicago. Her daughter was dozing and she was cruising with traffic on the I-94 corridor. Suddenly she slammed on her brakes.

## **THE ACCIDENT**

"A car just flipped in front of us and it is off the road in the ditch—start praying," she said to her daughter. "I'm going to go and see if I can help." Miklusicak exited the car and ran across three lanes of highway to assist the victims.

**She held her bare hand over the gushing gash above his eyes, knowing full well of the dangers of hepatitis and HIV, but she could not let this man bleed to death.**

She saw a sport utility vehicle on its side in the ditch, the hatchback open and smoke spewing from the engine compartment. As she edged her way down the embankment, she looked back and noticed that there were a number of bystanders, but none were moving to help. When she got to the car, she knelt and saw a small boy crying—he soon found himself in her arms. She examined him for injuries—possible broken tibia... possible broken ankle... lacerations on his face, hands and arms.

Soon one of the bystanders moved toward her. Miklusicak took the boy to her and then returned to the smoldering

vehicle. She found a little girl and assisted her out of the car. She had lacerations to her face, hands, arms and legs—possibly a broken arm and a possible concussion. The crowd urged Miklusicak to "leave the rest and get away from the car—it's smoking and ready to catch fire."

## **A SERIOUS INJURY**

She made eye contact with a man on the side of the interstate and screamed for him to help her until the ambulance arrived. The man moved toward them and scooped the little girl from her arms. When Miklusicak turned back toward the wreck, a woman was exiting the hatch doorway. She asked her if there were any more people in the car, but she could not understand the woman. She asked her in Spanish if she was all right. "¿Tiene dolor?" The woman's response was unfamiliar. It was obvious she could not understand English or Spanish. Only later did she learn that the family spoke Polish and very limited English. The two

women exchanged gestures, somewhat like charades. The woman had lacerations and bruises, but was able to walk.

Then Miklusicak heard moaning. Another volunteer ventured down the hill and helped the woman. Miklusicak returned to the car to continue her rescue efforts. She found an adult male with a significant laceration on his forehead from which blood was spurting. She talked to him as she applied a C-spine, a maneuver to help ensure that the victim's neck was secure. Then she held her bare hand over the gushing gash above his eyes, knowing full well of the dangers of hepatitis and HIV, but she could not let this man bleed to death.

She consoled him until the emergency medical crew arrived. As she gave her report on each of the crash victims, she



**Theresa Miklusicak, a registered nurse in the Battle Creek Health System outpatient surgery department**

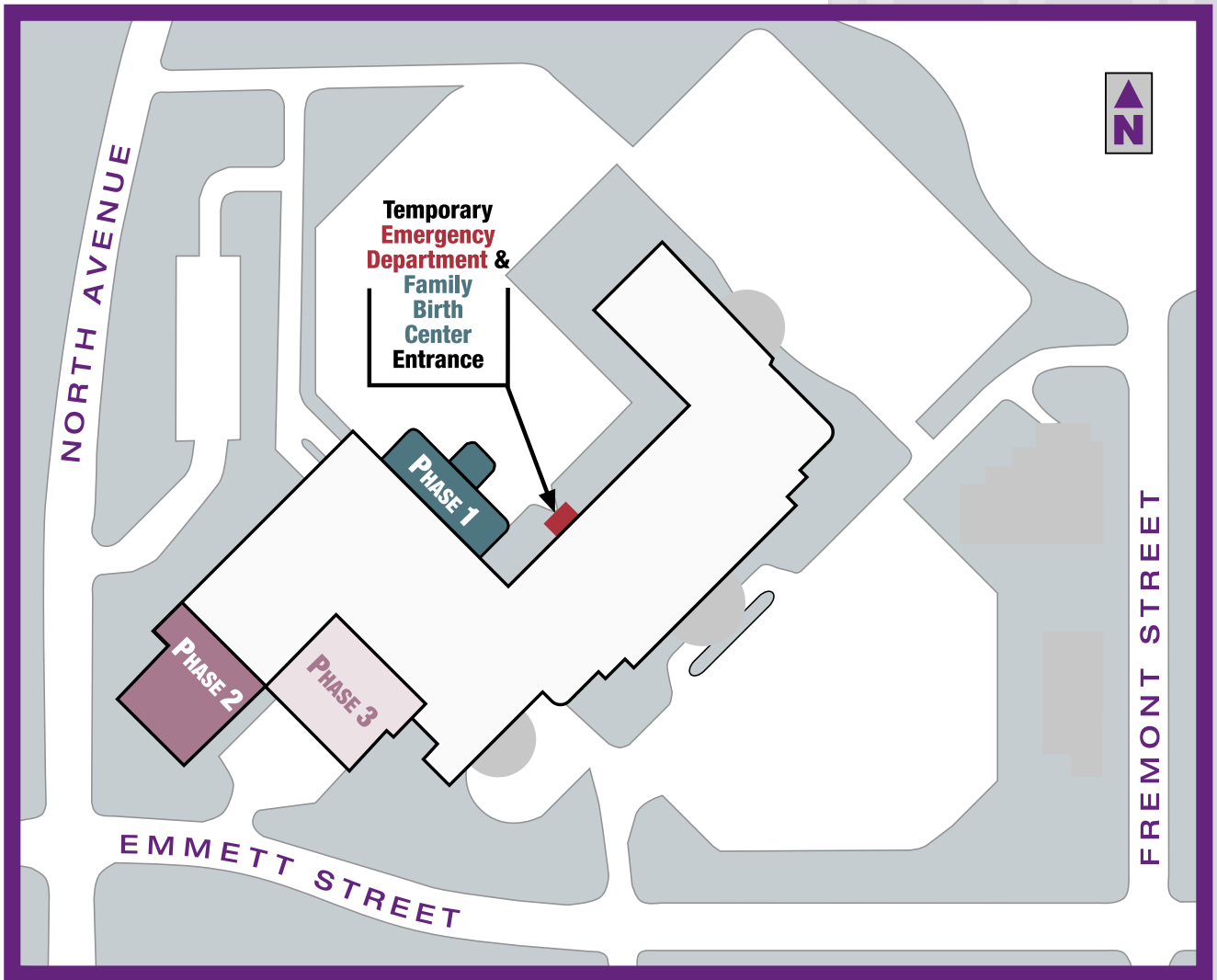
noticed that her khakis were covered with blood and grass stains, but that didn't matter. She just wanted to help the accident victims.

After giving a report to the state police, she noticed a teddy bear lying next to the wreck. She picked it up and took it to the two children who were now sitting in the fire chief's vehicle. They smiled through their tears as she presented their stuffed animal.

## **HEROES AND ANGELS**

The little boy speaking in broken English asked "Are you an angel?" "No, honey," she said, "I just came to help." But the others at the scene of the accident might disagree. Several witnesses told the state trooper that had it not been for Miklusicak's bravery, the people in the crashed SUV would have died.

It certainly is comforting to know that there are heroes like Theresa Miklusicak among us.



Battle Creek Health System  
announces \$29 million

# BUILDING PROJECT

to better meet the needs of our  
growing number of customers and  
the physicians that practice here

## BCHS surgery/bed expansion project

**PHASE 1** Construction of a new  
patient/visitor lobby at the  
emergency department entrance.

**PHASE 2** New surgery center  
merging inpatient and outpatient  
services.

**PHASE 3** New patient tower with  
30 new private rooms.

**B**BATTLE CREEK HEALTH System (BCHS) announced recently its plans for a \$29 million surgery/bed expansion project on its main campus that will expand its current service capabilities. The plan includes a new eight-suite surgery center, a new patient tower with 30 additional private beds and a new patient/visitor lobby. Groundbreaking ceremonies were held Oct. 14.

“This project will improve patient flow, offer more private rooms and increase our capacity to build on our world-class technology—all to better meet the needs of our growing number of customers and the physicians that practice at BCHS,” says Patrick Garrett, president and CEO at BCHS.

The project will be implemented in three stages. The first phase began in October. Completion is targeted for late 2006.

**PHASE 1**

Phase 1 will include constructing a new patient/visitor lobby at the emergency department entrance, relocating the mobile PET imaging dock to The Cancer Care Center, and reconfiguration of The Cancer Care Center parking lot. The “new” lobby should be completed by this coming spring.

**PHASE 2**

Phase 2 which should begin in spring 2005 will move the current loading dock from Emmett Street to North Avenue to allow for the construction of a new surgery and sterile processing department addition at the corner of Emmett Street and North Avenue.

**PHASE 3**

Phase 3 will begin the construction of a new, covered loading dock; pre- and post-operation treatment areas; plus two floors of private patient rooms. These two floors will be connected to, and become an integral part of, two existing nursing units.

The health system will finance the project through operations using a very low-interest, 20-year loan.

# Latex products being replaced at BCHS

TRUE OR FALSE? Everyone is excited about receiving a balloon bouquet. False. For those with latex allergies, balloons may pose serious or even deadly threats.

That is why Battle Creek Health System (BCHS) has begun removing as many natural rubber latex products from its premises as possible. Medical sources that traditionally contain latex include gloves, blood pressure cuffs, catheters, dental devices, tourniquets, bulb syringes, bandages and tape, and stethoscope tubing. The new replacement material for health care gloves at BCHS is nitrile, a material that is just as strong as latex, but without the danger of causing an allergic reaction.

“Reactions to latex can be caused by either allergic or nonallergic hypersensitivity,” says Jeffrey Mitchell, M.D., vice president of medical affairs at BCHS and executive sponsor of the health system’s latex task force. “The increase in allergic reactions may be a result of the health care community employing universal precautions as an outcrop of trying to prevent HIV transmission. Health care professionals are mandated to use barrier protection, including latex gloves to protect themselves and others from infectious organisms. As a result, there has been a dramatic increase in the manufacturing of latex products.”

Statistics show that health care professionals report approximately half of all cases of latex allergy cases. Repeated exposure to latex could lead to life-threatening symptoms.

What is the answer? First, if you are allergic to latex, wear a medic alert bracelet or necklace. Inform your family, co-workers, caregivers and health care professionals about your allergy. If your physician prescribes it, always carry an epinephrine auto injector.

There is no cure for latex allergy. According to the *American Journal of Public Health*, the only known treatment is cessation of exposure.

**LATEX ALTERNATIVES**

If you are allergic or sensitive to latex, here is a partial list of products that are made of latex and the nonlatex replacements.

LATEX PRODUCTS	NONLATEX PRODUCTS
Balloons	Mylar balloons
Baby bath toys	
Belts	Leather
Elastic bands/erasers	Paper clips/nonrubber erasers
Feeding nipples	Silicone nipples
Sports shoes	Leather shoes
Shoes with rubber soles	Shoes with leather soles
Telephone cords	Clear, plastic cords
Thong sandals	Leather sandals
Clothing with latex	Cotton clothes

Depending on how they were manufactured, not all products containing rubber are dangerous to people with sensitivities to latex.

# short TAKES



## Consult with doctor about light therapy

Studies indicate that light therapy is effective for treating winter depression, also called seasonal affective disorder (SAD). But consult a doctor about your symptoms before getting a lighting device. And use it under your doctor's supervision.

The U.S. Food and Drug Administration has not approved light therapy devices to treat SAD, but you can still buy light boxes, light visors, desk lamps and dawn simulators. They cost between \$200 and \$500.

When you shop, look for product quality and company service. Building your own unit is not recommended.

Commercial devices are designed to reduce electrical and heat hazards, and they include features that protect the eyes. They are specifically calibrated for the proper therapeutic effect.

Look for devices made by manufacturers that belong to the Circadian Lighting Association. The association has a code that spells out safety and quality procedures used in its products.

Circadian Lighting Association; National Organization for Seasonal Affective Disorder; Society for Light Treatment and Biological Rhythms



## Use this simple rule to check your moles

The American Academy of Family Physicians recommends following the “ABCDE” rule when checking moles. Signs of concern:

**Asymmetry:** Both sides of a mole don't look the same.

**Border:** The edges of a mole are blurry or jagged.

**Color:** The color of a mole changes or gets darker.

**Diameter:** A mole is larger than a quarter of an inch.

**Elevation:** A mole is raised above the skin and has a rough surface.

## Are you at risk?

The American Stroke Association has identified several factors that increase the risk of stroke. The more risk factors a person has, the greater the risk of stroke.

■ Increasing age. Stroke risk more than doubles for each decade of life after 55. Many younger adults also have strokes, though.

■ A family history of stroke.

■ High blood pressure.

■ Cigarette smoking.

■ Diabetes.

■ Heart disease.

■ A history of transient ischemic attacks (TIAs), or “mini-strokes.”

■ Previous stroke.

■ Diseased arteries in the neck.

■ High red blood cell count (more red blood cells thicken the blood and make clots more likely).

Many of these factors can be effectively managed. Talk with your doctor for advice.

## Eyedrops help protect against glaucoma

Eyedrops can help delay the most common form of glaucoma in people at high risk for the disease, a five-year study shows.

Researchers studied 1,636 people between ages 40 and 80 who had elevated pressure in their eyes—a risk factor for glaucoma.

Half of the people received daily eyedrop medications while the other half received no medications. The study revealed that the risk for developing primary open-angle glaucoma was cut by more than 50 percent in those who used the drops.

Open-angle glaucoma is one of the leading causes of blindness in the United States. The disease occurs when fluid builds up in the eye, putting pressure on the optic nerve.

## Beware of hidden salt

Much of the sodium you eat is found in processed foods, such as canned vegetables and frozen foods. Be sure to check food labels for sodium content, and choose low-sodium products when possible. Too much salt can lead to high blood pressure.

American Dietetic Association



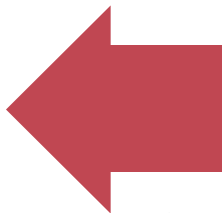
## We need your help

As a nonprofit organization, we depend on gifts from friends of Battle Creek Health System (BCHS) to help ensure quality care for all in our community. If you would like to include BCHS in your year-end gift planning, we have several current needs:

- **Technology Fund**—Supports lifesaving new equipment needs at BCHS.
- **Cancer Care Medication Fund**—Financial assistance for cancer patients who cannot afford needed medications.
- **Special Needs Fund**—Provides pharmaceuticals and durable medical equipment to un(der)insured patients.
- **Surgery Expansion**—Improvements for our surgery capabilities.
- **Nursing Clinic**—BCHS partnership that provides primary medical care to the un(der)insured.
- **BCHS Foundation**—Endowed funds to provide scholarships, technology and community care.

Many other giving opportunities exist at Battle Creek Health System. If we can provide more information about how to plan a rewarding and satisfying gift that reflects your own personal objectives and values, please contact Mark Crawford at (269) 966-8133 or Carmen Foljahn at (269) 966-8075.

Please make checks payable to  
**Battle Creek Health System**  
188 College Street  
Battle Creek, MI 49017



## Secondhand smoke worsens kids' asthma

Breathing cigarette smoke makes children's asthma worse, a national study confirms.

Researchers used blood levels of cotinine, a substance produced when the body absorbs nicotine, to measure the smoke exposure of 523 children between the ages of 4 and 16 with doctor-diagnosed asthma. The children in the study were a nationally representative sample of approximately 4.3 million U.S. children with asthma.

The researchers found that the children who breathed more smoke were apt to have more severe asthma, lower lung function and more school absences than those who breathed less smoke.

Kids who had severe asthma coughed and wheezed more, and had more respiratory illnesses. Lung function in children who inhaled more smoke was 8 percent lower than that of children who inhaled less.

Parents and others who care for children with asthma should understand the risks of exposing them to cigarette smoke and should reduce or stop smoking around them, the researchers concluded.



**Richard D.  
and Clara  
Phelps**

## Endowment received

Battle Creek Health System (BCHS) has received an endowed gift of approximately \$2 million from the estate of Gerald and Mary Phelps, in honor of Gerald's parents, Richard D. and Clara Phelps. Gerald was a longtime general contractor in our community and handled the construction of Leila Hospital, Community Hospital and Lakeview General Hospital. Mary worked as a bookkeeper in a local physician's office for many years and was a Life Member of the BCHS Auxiliary. Gerald Phelps died in 1991 and Mary passed away in August of this year. BCHS Director of Marketing and Fund Development Mark Crawford first met with Mrs. Phelps in 1997, but the hospital was not made aware of their generous estate plan until 2004.

The \$2 million Phelps bequest is the largest gift from an individual that BCHS has ever received. The gift will be housed at the Battle Creek Community Foundation and will earn about \$100,000 annually for unrestricted hospital use.

## Financial planning

Are you in need of no-nonsense, no-pressure information about financial planning and charitable giving?

If so, perhaps *Legacy* is the publication for you. Three times a year, *Legacy* will arrive with tax planning pointers, tips on maximizing your charitable giving and helpful financial planning information. *Legacy* is a free newsletter from Battle Creek Health System. To be added to our mailing list, contact Carmen Foljahn at (269) 966-8075.

BATTLE CREEK HEALTH SYSTEM



## Welcome new physicians



**Mydhili Cheerla, M.D.**  
Family practice  
Wattles Park Family Practice  
1125 E. Michigan Ave.  
Battle Creek, MI 49014  
(269) 969-6014

**Thomas E. O'Hara Jr., M.D.**  
Neurosurgery  
Battle Creek Neurosurgeons  
363 Fremont St., Suite 305  
Battle Creek, MI 49017  
(269) 969-6167



**Matthew Pillsbury, M.D.**  
Emergency medicine  
BC Emergency Physicians  
300 North Ave.  
Battle Creek, MI 49017  
(269) 969-8111



**Forrest D. Robart, D.O.**  
General surgery  
Battle Creek Surgical  
2845 Capital Ave. S.W.  
Suite 301  
Battle Creek, MI 49015  
(269) 979-6393



**Vincent S. Shen, M.D.\***  
Medical oncology  
215 E. Mansion St.  
Marshall, MI 49068  
(269) 789-3940



**Donald Spisak, D.O.**  
Family practice  
Battle Creek Family Practice  
126 College St., Suite A  
Battle Creek, MI 49017  
(269) 969-6000



**Caron Warnsby, M.D.\***  
General surgery  
General Surgical Associates  
215 E. Mansion St., Suite 3C  
Marshall, MI 49068  
(269) 781-4267

\*These physicians have courtesy privileges at BCHS.

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BATTLE CREEK HEALTH SYSTEM

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