

LIVING WELL

winter 2009

DMC
Surgery Hospital

MINIMALLY INVASIVE ARTHROSCOPIC SURGERY

SMALL INCISIONS BIG RESULTS

WHEN KEITH WATERS, an active 18-year-old from Amherstberg, Ontario injured his shoulder while lifting a boat trailer onto a hitch, he knew it was serious. "My shoulder came out like it was dislocated. It was very painful and I passed out," he recalls.

Doctors were initially able to reposition his arm into his shoulder, but over time his arm continued to pop out, sometimes even while he was sleeping. As the problem became increasingly painful, Keith's mother sought out help from sports medicine surgeon Stephen E. Lemos, M.D., Ph.D. at the DMC Surgery Hospital.

The fact that Keith's arm kept dislocating was not surprising to Dr. Lemos. In fact, he says, in the 15-25 year-old age group the risk of recurrence is 85%. According to Lemos, "The cup of the shoulder is really quite shallow.... When the shoulder moves, it



tears on the rim and it doesn't heal, causing repeat dislocation."

In the past, the problem was fixed with traditional shoulder repair surgery which caused major muscle trauma and a long recovery time. Today, making just three tiny incisions, Dr. Lemos is able to repair the tissues that anchor the arm in place with a minimally invasive arthroscopic procedure. Recovery time is shortened considerably with patients regaining full range of motion in as little as three months.

Keith had the procedure done at DMC Surgery Hospital and was able to return home the same day. Within a month he was ahead of schedule in his recovery process. He completed physical therapy at the DMC Rehabilitation Institute of Michigan and has resumed his active life which includes working and taking college classes in Windsor.

To view the DMC Emery King Medical Library video of Keith's story go to: dmcsurgeryhospital.org/dislocatedshoulder. ●

Meet Keith's DMC Doc



Dr. Stephen E. Lemos

Recognized in the metro Detroit area as a leader in orthopaedics and sports medicine, DMC Surgery Hospital is home to a very skilled group of physicians and surgeons specializing in the treatment of sports-related injuries. One such physician is Stephen E. Lemos, M.D., Ph.D., team physician to the Detroit Tigers, Pistons and five minor league teams.

"All medical decisions are made on what's right for the individual player.."

continued on back



**DETROIT
MEDICAL CENTER**
Official Healthcare
Services Provider



People's Medical College TREATING CARPAL TUNNEL

CARPAL TUNNEL SYNDROME can go from annoying to debilitating, but there are a number of medical treatment options available.

The pain from carpal tunnel occurs when the median nerve, which runs from the forearm into the hand, becomes pressed or squeezed at the wrist. Symptoms usually start gradually, with frequent burning, tingling, or itching numbness in the palm of the hand and the fingers, especially the thumb and the index and middle fingers.

The symptoms often first appear in one or both hands during the night. A person with carpal tunnel syndrome may wake up feeling the need to "shake out" the hand or wrist, or feel like their hand falls asleep. As the condition progresses, they may experience decreased grip strength which makes it difficult to form a fist, grasp small objects, or perform other manual tasks. Early diagnosis and treatment are important to avoid permanent damage to the median nerve.

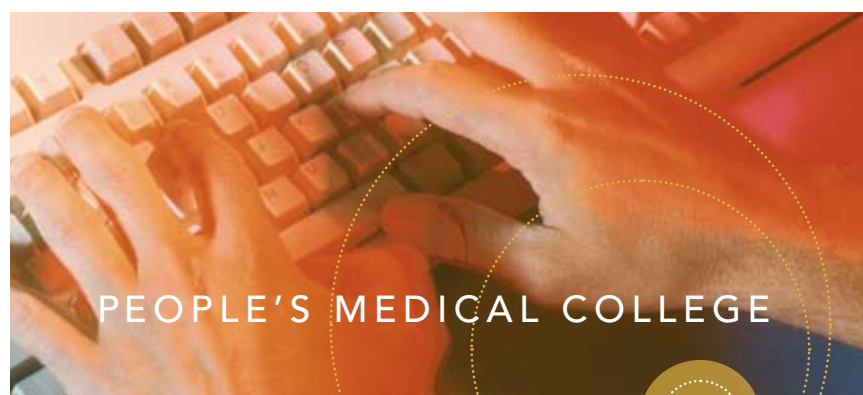
On Wednesday April 15, DMC Surgery Hospital will host a free seminar with carpal tunnel expert **Ramotsumi Makhene, M.D.** A board-certified surgeon specializing in hand surgery, Dr. Makhene has been treating carpal tunnel for more than 15 years.

He will discuss the latest carpal tunnel treatment options including:

- Activity modification
- Splinting
- Medication
- Open release surgery
- Endoscopic surgery



The seminar takes place Wednesday, April 15 at 6:30 p.m. at DMC Surgery Hospital, 30761 Stephenson Highway in Madison Heights. It is free and open to the public but seating is limited. **Call 1-888-DMC-2500 now to reserve your seat.** ●



Attend a **FREE**
Carpal Tunnel Seminar
April 15, 2009, 6:30 to 8 p.m.

Speaker: Carpal Tunnel expert
Dr. Ramotsumi Makhene

Location: DMC Surgery Hospital

Do you suffer from:

- pain in wrist and hand that radiates up the arm
- numbness and tingling in fingers that wakes you up at night
- dropping objects from hand because of weak grip

These may be signs of Carpal Tunnel Syndrome.

To reserve your seat, call 1-888-DMC-2500. Seating is limited.



HELPING TO HEAL

MEDICATIONS CAN HAVE MANY side effects, and for 72-year-old Fred Tadra, taking a necessary drug for most of his adult life led to skin problems. The medication causes Tadra's skin to be very thin and susceptible to breaking open, resulting in wounds that are extremely hard to heal. When he saw his doctor last November with a sore on his lower leg, the doctor referred the Warren resident to the DMC Wound Care Center in Berkley. Using the newest fast-healing treatments, the staff at the center helped Tadra to a complete recovery.

"I was seen within two days and treatment began immediately," explains Tadra. "They were extremely attentive and professional and made coming in every week a pleasure. They were just as excited about my progress as I was."

"We determined that his wound healing had 'stalled' and would benefit from the use of apligraf, which is a living cell skin substitute," says Wendy Boyer, R.N. "We applied the graft at the center and also fitted Mr. Tadra with an unna boot – a soft casting that holds the skin in place." The boot was not uncomfortable, says Tadra and after 13 visits his leg was healed.

The DMC Wound Care Center is a comprehensive center with a team that includes a wound care nurse, podiatric surgeons, an interventional cardiologist, a vascular surgeon, an internist and a plastic surgeon. The center focuses on treating patients with chronic wounds, primarily from diabetes and vascular problems. It is part of a network of wound care treatment programs operated by the DMC with services in Berkley as well as Sinai-Grace and Detroit Receiving Hospitals in Detroit. **If you or a family member has a wound, please see your primary care doctor for a referral, or call the Wound Care Center at 248-541-2062.** ●



Wound Care Center

29•24/7

Your Emergency. Our Promise.

When an emergency happens, getting the care you need quickly is important. That's why DMC Surgery Hospital is committed to the DMC 29 minute E.R. guarantee. It is a promise that means you'll never wait more than 29 minutes to see a physician. And it is a promise we are serious about keeping. In fact, most patients receive treatment and are back on their way home in under an hour.

Here is what a few of our patients – your friends and neighbors – had to say about the E.R. at DMC Surgery Hospital.

"They were very speedy and knew just what to do for me." – Kennis, Detroit

"This was my second trip to this E.R. and I only had to wait approximately two minutes at most until I was called into back emergency room."
– Dana, Madison Heights

"Quickest treatment and shortest visit to any care facility ever – Top notch! Thank you!"
– Andrew, Royal Oak

"Best E.R. I've ever been to." – Jeffrey, Troy

"I wish every emergency department was like this one."
– Art, Madison Heights

"Glad to have such a great hospital in the neighborhood. The doctor saw my son in less than 15 minutes!" – Jessica, Waterford



Easy In, Easy Out: MRI Service at DMC Surgery Hospital

WHEN YOUR DOCTOR sends you to the hospital for a test it can be scary. Knowing you may have an undiagnosed medical condition is stressful, and so is finding your way around a large and unfamiliar hospital. Fortunately your neighborhood hospital is not only convenient, but is also equipped to assist your primary care physician with your diagnosis and treatment plan.

"YOU DON'T ALWAYS NEED TO HEAD TO ONE OF THE BIG HOSPITALS."

Notes Mitch Sioma, Radiology Director at DMC Surgery Hospital, "You don't always need to head to one of the big hospitals. We can handle a lot of the same procedures, like an MRI, but can also get you in and out more quickly. There is definitely a convenience factor here."

In addition to the hospital's easy accessibility to several freeways and major roads in the area, the layout of the DMC Surgery Hospital helps with efficiency. Sioma notes that the smaller size of the hospital is beneficial not only for patient care, but also for patients to get around. "The hospital and parking area have been laid out in such a way that the walk from your car to the reception area is less than 30 feet. It's a really uncomplicated setup here."

And that's only one of the benefits of DMC Surgery Hospital's Radiology Department. With MRI or magnetic resonance imaging, Mitch and his team can capture images of the internal structure and function of your body. This procedure, which is painless and risk free, is helpful in detecting neurological conditions and disorders of the muscles and joints.

If your doctor recommends an MRI, consider DMC Surgery Hospital. Appointments can be scheduled within a few days time.

For more information on MRI or the Radiology Department at DMC Surgery Hospital, visit us online at dmcsurgeryhospital.org/mri. To schedule your appointment at DMC Surgery Hospital, call us at 248-733-2250. ●



Dr. Lemos, *continued from front*

The role of team physician is integral to the team. Team docs do not just sit on the sidelines at games waiting for players to get hurt, they are involved in scouting, trades, and injury prevention. The doctors work very closely with athletic trainers to ensure that players are performing at their greatest potential. "The athletic trainers have come out with amazing training techniques that are extremely beneficial to the athlete," Dr. Lemos said. "That, coupled with advanced technology including MRIs, allows us to monitor the athlete and provide the best medical care."

And although the sports are different, he cares for all the teams in the same way. "In baseball you may see more injuries from repetitive motions, and in basketball stress injuries from running and jumping are common but

they are not exclusive to the sport. A baseball player can injure their foot just as a basketball player can injure their hand," Dr. Lemos explains. Players are surrounded by people who have a vested interest in their health including managers, agents, parents and teammates. Dr. Lemos maintains that when an injury occurs, doing the right thing for the player is always the right thing to do. "All medical decisions are made on what's right for the individual player – not necessarily for the team," he says.

Dr. Lemos specializes in arthroscopic techniques in the elbow, shoulder, knee and ankle and is accepting patients with all types of sports injuries. Dr. Lemos sees patients at the DMC Sports Medicine Center – Warren at 28800 Ryan Road. **To make an appointment with Dr. Lemos, call 586-558-2860.** ●



THE WAIT IS OVER.

We guarantee our doctors will see you in 29 minutes, 24 hours a day, seven days a week.

THE DMC **29** MINUTE E.R. GUARANTEE.

DMC CHILDREN'S HOSPITAL OF MICHIGAN **EXPERT SURGEONS** NOW AT DMC SURGERY HOSPITAL



The expertise of Michigan's best pediatric surgeons in seven specialties is now available at the DMC Surgery Hospital in Madison Heights. With free parking and a kid-friendly atmosphere, it's a better place to get better.

DMC
Children's Hospital
of Michigan

Neighborhood Notes

For a change of pace from your normal exercise routine, check out these happenings in your neighborhood.

ICE SKATING

Ice skating is a great way to keep the blood pumping while switching out your routine. And what better time to do it than on your lunch hour! The John Lindell Ice Arena in Royal Oak offers public skating at the following times:

Monday thru Friday 11:30 a.m. to 1:20 p.m.

Saturday 9 to 10:20 p.m.

Sunday 3 to 4:20 p.m.

Pricing ranges from \$3 – \$4 per person with an extra \$2 for skate rental.

- 1 **John Lindell Ice Arena**, 248-246-3950
1403 Lexington Boulevard, Royal Oak, MI 48073

Wii LEAGUE

In keeping with the latest trends, the Madison Heights Senior Center is hosting a Wii League to help seniors in the area stay fit. Drop in the center Mondays from 1 to 3 p.m. and play video games that can actually help with back problems, hand-eye coordination or challenges with balance, dexterity and endurance. Open to all area senior ages 55 and up.

- 2 **Madison Heights Senior Center**, 248-545-3464
29448 John R Road, Madison Heights, MI 48071

NATURE WALKS

- 3 **Cummingston Park**
- 4 **Quickstad Park**

In excellent locations for wildlife and nature viewing, Royal Oak's Cummingston Park and Tenhave Woods at Quickstad Park are open daily to the public. Both nature areas, which are more than 20 acres in size, are heavily wooded with lined trails for a leisurely walk. The parks also offer naturalist-led walks several times a month. Sponsored by the Royal Oak Nature Society, the walks highlight different forest types found in the parks as well as individual plant and animal species, geology and human history of the area. All walks are free and open to the public. For more information call 248-246-3380.

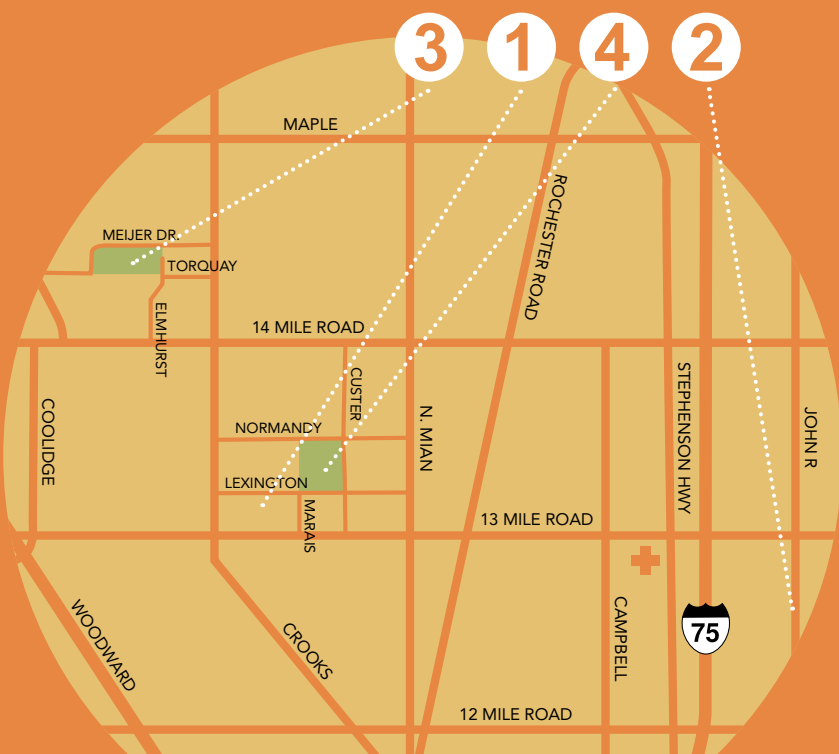
Upcoming walks at Tenhave Woods at Quickstad Park

(park & meet at Lexington/Marais lot for all)

BEGINNING OF SPRING NATURE WALK – Naturalists will lead the group through a tour of what we can expect to see in the coming weeks.
Saturday, March 28 at 2 p.m.

EARLY SPRING WILDFLOWER WALK – Naturalists will lead the group through a tour of the dramatic changes that happen this time of year.
Saturday, April 11 at 10 a.m.

SPRING WILDFLOWER WALK – Naturalists will lead the group through a tour of several wildflowers including trillium, blue & yellow violets, spring beauty, Wood Poppy, jack-in-the-pulpit, wood anemone and more.
Sunday, April 19 at 2 p.m.



13 MILE ROAD

STEPHENSON HWY

The DMC Surgery Hospital is located right in your neighborhood on Stephenson Highway just south of 13 Mile Road in Madison Heights.

30671 STEPHENSON HIGHWAY | MADISON HEIGHTS | 248-733-2200 | DMCSURGERYHOSPITAL.ORG