Dick Schafrath – Lakewood Hospital cardiac patient – is always first in line. In addition to playing football with the Cleveland Browns for 13 years, Schafrath has canoed 79 miles, non-stop across Lake Erie. He’s the father of seven kids, grandfather to 11, a former Ohio Senator and, at 70-years-old last year, earned his bachelor’s degree from The Ohio State University.

So, when his physician – Lon Castle, M.D., a Cleveland Clinic electrophysiologist who also practices at Lakewood Hospital – offered him the opportunity to be one of the first in Greater Cleveland to receive a new, cutting-edge heart defibrillator at Lakewood Hospital, Schafrath jumped at the chance.

“I keep myself pretty busy. Going to the doctor isn’t always convenient, but it was always necessary to ensure my health,” says Schafrath, who lives in Mansfield. “Dr. Castle thought this new device would make my life a little easier and more comfortable in the long run.”

Although you’d never know it from his active lifestyle, Schafrath suffers from atrial fibrillation, a condition that causes his heart to beat inefficiently. For nearly 10 years, he has worn an implanted defibrillator to monitor his heart and shock it back into rhythm when it is too far out-of-sync.

Unlike previous defibrillators – where frequent office visits were required to check the device’s proper function – the new technology allows patients and physicians to “talk” from the convenience of the patient’s home. The new defibrillator is used in conjunction with an innovative, easy-to-use, in-home monitoring device that detects how well the patient’s defibrillator is working, as well their heart. By simply standing in the same room as the monitor, the patient can automatically transmit their information to the physician’s office without ever leaving home.

(continues on page 4)
A Message from the President

“IT will be a year of reflection and vision – celebrating our many achievements and imagining new developments in services, facilities and technologies that will take us to even higher levels in health care delivery.”

As we move into 2007, Lakewood Hospital is proud to celebrate its 100th anniversary. This impressive milestone gives us the opportunity to look back at what has made us so successful for an entire century. It will be a year of reflection and vision – celebrating our many achievements and imagining new developments in services, facilities and technologies that will take us to even higher levels in health care delivery.

Through the years, there have been many ongoing technical and clinical accomplishments to help Lakewood Hospital standout among the rest. And although quality care is paramount, it is an expectation from our patients, families and physicians.

I believe that our success is rooted more in community relationships. Lakewood Hospital maintains a strong commitment to working with city councils, senior centers, chambers of commerce, EMS providers, schools, business owners, nursing homes and other local neighbors to provide the best for all.

As we embark on our next 100 years, community and the building of relationships will remain at the core of our planning. In 2007, we look forward to our continued involvement in WeShare. This innovative program is a collaborative effort among nine fire departments and three hospitals within the western suburbs to advance pre-hospital care.

Lakewood Hospital will also strive to develop and participate in programs that educate, inform and inspire our communities to grow in health and wellness. For example, we will soon offer a comprehensive diabetes center that will offer patients and their families the best and brightest staff, invaluable support and quality care. To extend our commitment to the treatment of diabetes in the community, I am also proud to serve as chairman of the 2007 American Diabetes Association Walk campaign.

We look forward to celebrating A Century of Touching Lives with our patients, staff and community partners. And, as always, we pledge our commitment to quality care, service and relationships that will directly benefit those we serve every day.

To you and your family – the best of health.

Jack Gustin
President
jack.gustin@cchswest.org
A Century of Touching Lives

Since its founding a century ago, Lakewood Hospital has been committed to providing quality health care services to the community. To commemorate 100 years of service, the hospital is kicking off a year-long community celebration with the theme “A Century of Touching Lives.” This theme was chosen to reflect the tradition of caring and personal patient experience that has become Lakewood Hospital’s legacy since 1907.

A highlight of the celebration will be a Centennial Concert in Lakewood Park on August 18. The hospital is also planning a centennial-themed float for the Lakewood Fourth of July Parade. Additional commemorative events will include a series of volunteer appreciation lunches in April, a senior fair on June 26 at the Women’s Pavilion in Lakewood Park, and a black-tie anniversary celebration gala on October 20. Other regularly scheduled hospital-sponsored events will incorporate the centennial theme, including the Ambulance Chase walk/run on May 6, the Starry Night benefit on August 3 and health screenings at the Lakewood Arts Festival August 4.

“I’m extremely proud of our long tradition of meeting the health needs of the community and am honored to have been apart of the hospital’s operations since I first started my health care career at Lakewood Hospital in 1980,” says Fred DeGrandis, CEO and president of Cleveland Clinic regional hospitals. “The substantial number of achievements that the hospital has experienced over the past 100 years is due to the dedication of our excellent staff and the passionate role our community plays in our efforts to provide the best care possible. Together, we have spent a remarkable century of touching lives.”

Presiding over Lakewood Hospital’s centennial events are community co-chairs Anthony C. Sinagra and Dr. John Judge. Sinagra served as mayor of Lakewood from 1978 to 1990 and was a member of the hospital’s board from 1978 to 1990. He was president of the board from 1978-1985. Judge served as Lakewood Hospital’s director of pathology from 1970 until 1991, was the founding member and chairman of the hospital’s bioethics committee, and served on the hospital board from 1986 to 1990.

While the hospital is planning a series of centennial events to celebrate its past, the anniversary will also present an opportunity to look toward its future.

“Lakewood Hospital’s long-established reputation for clinical excellence is due to the skill and dedication of our employees, physicians and volunteers,” says Jack Gustin, president of Lakewood Hospital. “Together, we are preparing for a bright future that will continue to deliver the compassionate and advanced care that our communities expect and deserve.”

For more information on Lakewood Hospital’s 100-year history and anniversary events, visit www.lakewoodhospital.org/anniversary.

A Moment in History

1907
Lakewood Hospital is founded by Dr. C. Lee Graber.

1908
The Lakewood Hospital Charitable Association, later called the Woman’s Board, is formed.

1910
The Lakewood Hospital School of Nursing is established.

1916
A new 4-story brick building, called “The Detroit Building” is completed.

1919
The hospital’s first laboratory is set up in the basement of the original hospital building.

1920
The hospital is first in Greater Cleveland to have a full-time anesthesiologist.

1931
The City of Lakewood is granted ownership of the hospital.
HeartCare

Lakewood Hospital has completed renovations to its Coronary Care Unit (CCU), creating a more comfortable atmosphere for the nearly 2,000 patients and families that visit every year. The $2.65 million renovation includes:

- Enhanced, full-service patient rooms;
- More comfortable waiting rooms for families to gather;
- Expanded patient-consultation rooms;
- Technological upgrades; and
- Increased workspace for physicians and staff to work more efficiently.

“With heart disease being so prevalent in our communities, it is vital that we are equipped to provide high-quality care to our most serious heart patients,” says Jack Gustin, president of Lakewood Hospital. “By investing in our CCU, we’ve created a modern facility that allows our expert team of physicians and staff to provide specialized, one-on-one cardiac care in a comfortable, cutting-edge environment.”

The opening of the new CCU marks the completion of the first phase of a three-year critical care renovation project with plans to renovate the hospital’s Neuro Integrated Care Unit in fall 2007 and Intensive Care Unit in 2008.

Lakewood Hospital has a long history of providing excellence in heart care to the Westshore communities. Adult patients who are typically admitted to the CCU suffer from a variety of critical cardiac conditions – including heart failure, acute myocardial infarction and cardiomyopathy – that require frequent monitoring and observation, specialized diagnostic treatments and intensive care nursing.

“Our patients need to be in a relaxed atmosphere where they are monitored round-the-clock and are exposed to as little stress as possible,” says Anthony G. Vlastaris, M.D., board-certified in cardiovascular disease and internal medicine and medical director of the CCU. “The redesigned CCU enhances our ability to provide quality cardiac care in a state-of-the-art facility and healing environment.”

Before Arriving in ER

Thank you to everyone in the community who purchased a Straight from the Heart raffle ticket to benefit the cardiovascular programs at Lakewood, Fairview and Lutheran Hospitals. Congratulations to the 40 big raffle prize winners, including the $100,000 Grand Prize winner, Carol Pennington, a nurse at Fairview Hospital.

In its first two years, the Straight from the Heart gala and raffle have netted more than $400,000 to better respond to the cardiovascular needs of the community, including efforts to acquire new techniques, technologies and service, and efforts to expand community outreach programs to promote healthy-heart living.

Campaign funds from 2006 are being used to purchase a Real-Time EKG Transmission System for Lakewood and Fairview Hospitals. This system will enable paramedics in the field to transmit EKGs directly to emergency departments, allowing the emergency team to determine and prepare if a patient is having an acute heart attack. Some of the funds raised through the 2007 Straight from the Heart campaign are earmarked for the development of a new Women’s Heart Center.

The Lakewood Hospital Foundation provides many avenues for giving and takes special care to acknowledge, recognize and demonstrate its appreciation for its donors. For more information on how you can support services at Lakewood Hospital, call 216-529-7009 or e-mail foundation@lkwh.org

A Wireless Watch on Heart Patients

(continued from page 1)

“This remote system helps us detect potential problems sooner,” says Dr. Castle. “Not only will this technology help save lives, but it also provides the patient with an improved quality of life.”

The wireless, automatic transfer of information makes the device and follow-up process easy for patients and more efficient for physicians. Once the information is transmitted, the physician can access a secured Web site to review the data to detect any potential problems. In Schafrath’s case, his heart rhythms and defibrillator function are monitored almost daily by Dr. Castle’s office. In addition, his blood pressure and weight are monitored every week.

“I’m not big on technology,” notes Schafrath. “But this new defibrillator gives me such a sense of peace. I no longer have to worry about the device working properly or how my heart is functioning all the time – the doctor’s office checks it every day on their own. It’s like having a guardian angel.”
After almost two years of planning, preparation and construction, the new Lakewood YMCA has finally opened. Not only is this a new community activity center for residents, it’s also the new home of Lakewood Hospital’s Physical and Occupational Therapy Department.

With the opening of this new facility, all outpatient physical and occupational therapy services previously provided at the hospital are now offered at either the YMCA location or at the Westlake Medical Campus. The 2,800-square-foot YMCA therapy center features state-of-the-art equipment, attractive decor and designated parking, which provides direct access to the center’s private entrance.

“It’s really a phenomenal environment,” says Mary Stilphen, director of Rehab Services for Lakewood Hospital. “We see people when they are recovering from an illness or injury, and our goal is really to transition them to a lifestyle of wellness. Here at the YMCA, people are fit, well and moving around – it’s very conducive to healing.”

In the new facility, therapists and patients also have access to many new treatments, including virtual reality equipment that offers an innovative “video game” approach to increasing joint motion and strength. In addition, Lakewood Hospital therapists can now easily include Pilates for core strengthening and aquatic therapy in the zero-entry pool into their rehabilitation programs.

“One of the best things about our new location is that we didn’t duplicate any of the equipment that is available in the YMCA. All of our equipment is very specific to rehabilitation,” notes Stilphen. “But for the YMCA member – our new location provides an added benefit. We can take them up to the Y, find the most appropriate equipment for them to use regularly, and then show them how to safely utilize it.”

For your convenience, Lakewood Hospital offers two outpatient physical and occupational therapy locations:

Lakewood YMCA
16915 Detroit Avenue
Lakewood, OH 44107
Phone: 216-227-2610

Westlake Medical Campus
850 Columbia Road
Westlake, OH 44145
Phone: 440-250-5767

Acute Rehab Unit Celebrates 10 Years of Healing

The Inpatient Acute Rehabilitation Unit at Lakewood Hospital is celebrating 10 years of service working as a team to bring patients back to daily living. This 15-bed unit provides an intensive program for patients recovering from neurological disorders, strokes, hip fractures, joint replacements, head injuries and amputations. Recognized nationally as a provider of high quality programs and services, Lakewood’s Acute Rehab Unit is the only facility in the Westshore area that is accredited by the Committee for Accreditation of Rehabilitation Facilities (CARF).

With patient satisfaction ratings reaching 100 percent every month in 2006, the Acute Rehab team can declare its own success as well.

For more information about Lakewood Hospital’s Acute Rehab Unit, call 216-529-7065.

New Technology Adds Fun to Therapy

Lakewood Hospital outpatient physical and occupational therapy services now have access to new virtual reality technology making therapy more fun for all ages. By strapping a special belt around your waist, patients are able to move around and track their movement on a “video” screen. From balancing exercises, to strengthening and working on range of motion, the exercise “games” or programs can help you and your Lakewood Hospital physical therapist instantly measure your progress.

For more information about how you or a family member can benefit from this new technology, call 440-250-5767.
Primary Stroke Center Gets Seal of Approval

The Stroke Center at Lakewood Hospital has once again earned the Gold Seal of Approval™ and certification as a Primary Stroke Center from the Joint Commission on Accreditation of Healthcare Organizations.

The Joint Commission’s Gold Seal of Approval™ validates Lakewood Hospital’s continued success in demonstrating that its stroke care program follows national standards and guidelines that can significantly improve outcomes for stroke patients. Lakewood Hospital is one of only 14 hospitals in Ohio and one of a select few hospitals in the nation to receive the highly regarded Primary Stroke Center certification.

Lakewood Hospital President Jack Gustin commends the medical leadership of neurologist Arthur P. Dick, M.D., and neurosurgeon Michael J. Mervart, M.D., and the entire hospital staff for achieving this excellent distinction.

“It takes a team of highly skilled health care professionals supported with state-of-the-art technology to be named a JCAHO-accredited Primary Stroke Center,” says Gustin. “Lakewood Hospital is recognized as a model for how stroke patients should receive care. This distinction is not only good news for us, but good news for the community and the patients who come to us to receive the absolute best stroke care in the area.”

Lakewood Hospital’s excellence in stroke care has also received a five-star rating – the highest possible – from a national health care information and advisory services company serving both consumers and the health care industry. This rating puts Lakewood Hospital in the top five percent for stroke care in the nation.

Dr. Borsellino Joins Neurological Team at Lakewood Hospital

Samuel R. Borsellino, M.D., Cleveland Clinic neurosurgeon, recently joined the Lakewood Hospital medical staff. Dr. Borsellino has a special interest in the treatment of degenerative spine disease, complex spinal instrumentation, brain tumors, spinal tumors and general neurosurgery. He will work closely with Lakewood Hospital’s highly skilled neurological team to provide the best care possible for both complex and straightforward disorders of the brain and spine.

Dr. Borsellino earned his medical degree from The Ohio State University College of Medicine and completed his residency at the Cleveland Clinic, Department of Neurosurgery.

His office is conveniently located at the Lakewood Hospital Professional Building, 14601 Detroit Avenue, Suite 330, Lakewood.

For appointments, call 216-529-7110.

May is National Stroke Awareness Month

Every 45 seconds, someone in America has a stroke. Every 3 minutes, someone dies of one. Stroke is the third leading cause of death in America and the No. 1 cause of adult disability. Stroke is preventable. Stroke is treatable. Learn to recognize stroke symptoms and realize that stroke is an emergency. The first three hours are the most important.

Know the Warning Signs
• Sudden weakness or numbness on the face, one side of the body
• Sudden unexplained dizziness or lack of balance
• Sudden vision impairment, especially affecting one eye
• Sudden severe headache with no known cause
• Sudden slurred speech

If any of these symptoms occur, call 911 immediately and ask to be transported to a hospital with a Primary Stroke Center.

Call 1-877-234-FITT (3488) for your FREE Stroke Information Kit.
Expanding Our Family to Better Serve Yours

Lakewood Hospital continues to expand its network of primary care physicians, giving you greater access to quality care in the Western suburbs. We are pleased to introduce some of the newest members of our medical staff:

- Charles Garven, M.D.  
  Board-certified in family medicine
- Nidhi Aggarwal, M.D.  
  Board-certified in internal medicine
- Janelle L. Henning, M.D.  
  Board-certified in family medicine

Lakewood Medical Associates, Rockport
11851 Detroit Avenue, Lakewood
To schedule an appointment with Drs. Garven, Aggarwal or Henning, call 216-529-7125.

- David M. Brill, D.O.  
  Board-certified in family medicine
Lakewood Hospital Professional Building
14601 Detroit Avenue, Suite 260, Lakewood
To schedule an appointment, call 440-356-3640.

- Roger A. Mansnerus, M.D.  
  Board-certified in internal medicine
Westlake Medical Campus
850 Columbia Road, Suite 105, Westlake
To schedule an appointment, call 440-250-5737.

Are You Looking for a New Doctor?

Lakewood Hospital takes great pride in the highly skilled physicians who are affiliated with our hospital. Visit our on-line physician directory at www.lakewoodhospital.org.

If you would like to make an appointment with any of the outstanding physicians in the Lakewood Hospital physician network, call our free physician referral service at 1-866-733-6363.

Primary Care… A Primary Concern

With chronic diseases on the rise, such as obesity, diabetes and hypertension, the need for primary care services is increasingly important. Primary care physicians see their patients regularly to keep close tabs on their health and their use of specialty care. By educating their patients about measures that will keep serious medical problems from occurring in the first place, primary care physicians practice “preventive” rather than “crisis” medicine.

Lakewood Hospital has a long history of providing comprehensive primary care that serves all members of the family – from infant to grandparent. And now, with the opening of our new Lakewood Medical Associates, Rockport physician office and the addition of some of the area’s best physicians, patients will have even greater access to quality care.

“This expansion demonstrates our continued commitment to our patients and the community,” said Jack Gustin, president of Lakewood Hospital. “The Rockport site allows us to bring needed medical services closer to the area’s neighborhoods as well as support the economic growth of Lakewood.”

The newly constructed, state-of-the-art medical facility is located at the eastern corridor of Lakewood at 11851 Detroit Avenue, Rockport Square. Lakewood Medical Associates, Rockport offers an expert team of primary care physicians – specializing in family and internal medicine – to meet the needs of your entire family.

To schedule an appointment, call 216-529-7125 or visit www.lakewoodhospital.org/Rockport.

Save the Date:  
Community Open House May 12

You’re invited to a Lakewood Medical Associates, Rockport community open house on Saturday, May 12 from 11 a.m. to 3 p.m. Attendees will have an opportunity to meet the doctors, tour the new facility, participate in health screenings and kids can enjoy some fun activities!

Look for more information coming soon.
Community

When it comes to emergency care services, Lakewood Hospital continues to offer the West Side community quality care in one of the area’s busiest, most highly regarded emergency rooms. In fact, Lakewood Hospital was the first in the area to receive Level II trauma center certification more than 12 years ago, allowing us to treat all patients even the most critical.

And as the hospital’s new medical director of emergency services, Laura L. Dollison, D.O., FACEP, plans to continue this good work by ensuring excellent care for patients. In her new role, Dr. Dollison oversees all clinical and administrative functions related to emergency medicine. “My goal is to build upon the solid groundwork that already exists within Lakewood Hospital’s emergency department – the physicians, nurses, staff and EMS community,” Dr. Dollison says. “We will work together, finding new ways to even better meet the needs of the community.”

Fast, efficient, quality services will remain her top priority, Dr. Dollison explains. This includes maintaining the level of care that has given Lakewood Hospital its reputation as the area’s leading stroke and neurological center, as well as its Level II trauma center certification.

Dr. Dollison will also play an important role in the WeShare (West Shore Area Rescue) Program, which is a collaborative effort among nine fire departments and three hospitals within the western suburbs. She will provide medical direction and education to the participating rescue squads, ensuring that the communities served receive the best emergency care.

“I am very excited to take on this opportunity as Lakewood Hospital continues to provide the best emergency care possible for the community,” Dr. Dollison says.

For more information about Lakewood Hospital’s emergency room, or for a free first-aid kit, call toll-free at 1-877-234-FITT (3488) or visit www.lakewoodhospital.org/ER.

Safety First!

At Lakewood Hospital, providing high-quality care the first time, all the time, is our highest priority. Patient safety is an integral component of our philosophy, and patients and their families can trust us to incorporate these strategies into the every day workings of our organization.

To spearhead these efforts, the hospital recently appointed Joan Amberik, as its patient safety officer. In this role, Amberik will provide leadership for the hospital’s patient safety program, proactively working on processes and systems to ensure the safest, most efficient care for Lakewood Hospital patients.

“My vision for a safe and healthy organization is shared vigilance, an ambitious plan where staff members hold fellow staff members accountable for maintaining high quality and safety standards,” says Amberik. “We want to promote a culture where every person in the organization is comfortable speaking up if they observe anything that would negatively impact patient care.”

In addition to her duties as patient safety officer, Amberik continues to serve as the director of pharmacy services at Lakewood Hospital, a position she has held since 2001.

Don’t Miss the Sixth Annual Ambulance Chase

The Sixth Annual Ambulance Chase 5k Run / Walk and 1.5 mile walk will be held on Sunday, May 6 at Lakewood Park. Registration starts at 7:30 a.m. The entry fee is $17 until April 20; $20 after April 20. Proceeds from the event will benefit services at Lakewood Hospital.

For more information or to register, visit the special events link at www.lakewoodhospital.org/foundation or call the Lakewood Hospital Foundation at 216-529-7009.