



Genesys offers treatment option to reduce chronic back pain



Spinal cord stimulation (SCS), an FDA-approved therapy, generates tiny electrical impulses to the spinal cord, blocking pain signals from reaching the brain. Neurosurgeons can implant under the skin a small wire connected to a power source that transmits low-level electrical signals to the spinal cord and specific nerves. Using a magnetic remote control, patients can turn the current on and off or adjust the intensity. Instead of pain, patients will feel a mild tingling sensation, explains Avery Jackson, MD, neurosurgeon at Genesys who conducts this procedure. Most patients describe the sensation as a pleasant tingling feeling, he points out.

Candidates for this therapy are those who have not had success with conservative treatments and those who will not benefit from surgery.

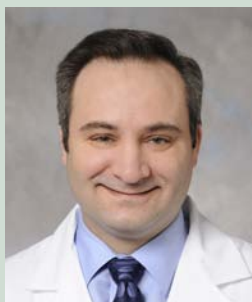
Patients can trial the system before they have it permanently implanted, Dr. Jackson reports. A temporary stimulator can be implanted surgically to determine if patients will benefit from SCS.

To implant the stimulator, the neurosurgeon – through local anesthesia – will numb the area, insert the wire lead through a needle or through a small incision, and activate the stimulator. Next, he will connect the lead to a receiver that is implanted under the skin near the buttocks, abdominal area, or another area of the body the patient may prefer. In most cases, the receiver is not easily visible through the skin.

According to studies, about 84 percent of patients who chose SCS report their quality of life was improved or greatly improved. About 77 percent reported good or excellent pain relief, and 82 percent of patients decreased their use of pain medications. The stimulator does not limit everyday activities, Dr. Jackson notes. Most patients can return to their normal routine a few days after the procedure.

Dr. Jackson was the first surgeon in Genesee County to implant the world's smallest rechargeable SCS.

Genesys welcomes new radiologists to medical staff



Pictured from left:

- **George Figacz, MD**, is a diplomate of the American Board of Radiology, and completed a fellowship in interventional/musculoskeletal radiology.
- **Stephen Messana, DO**, obtained a clinical fellowship in nuclear radiology. He is board certified in diagnostic radiology, nuclear medicine and nuclear cardiology.
- **George Polanco, DO**, completed a fellowship in vascular and interventional radiology.
- **Shahzad Sadiq, MD, FACR**, is a fellow of the American Board of Radiology and is board certified in interventional radiology.
- **Mark Weiss, MD**, obtained a fellowship in interventional radiology.

Ask yourself, “Am I really hungry?”

We often eat when we’re not hungry. One reason may be that many of us can’t recognize when our bodies need food. The sensation of hunger is instinctive. For many, the first twinge of hunger sends them searching for food, often before they need to eat. Feeling a little hungry at the start of a meal is good. But knowing when you could wait longer is also important. Eating every time you feel hungry can result in overeating. If you struggle with this, ask yourself these questions before your next meal:

- **Am I hungry?** If you’re not sure, wait 20 minutes and ask again.
- **When was the last time I ate?** If it’s less than three hours, it may not be real hunger.
- **Could a small snack tide me over until the next meal?** Try to have ready-to-eat fruits and vegetables on hand.

If you can’t recognize when you’re hungry, make a schedule – eat small meals every three to four hours until you learn what hunger feels like. If you overeat at a meal, get back on track at the next one.

This information has been provided by Food and Nutrition Services, during National Nutrition Month. March 11 is National Dietitian Day, which recognizes the important role dietitians play in educating and promoting sound nutritional habits for all population groups. Please take a moment to recognize the vital role dietitians throughout Genesys make to the health and wellbeing of the population we serve.

Personal hygiene items needed for expo

Every year, personal hygiene kits are distributed at the Cover the Uninsured Week (CTUW) Expo. This year, contributions are coming in very slowly. Please consider donating any of these items: bar soap, shampoo, conditioner, deodorant, toothbrushes, toothpaste, wash cloths (new), toilet paper, socks (all sizes), hand and body lotion, razors, shaving cream, and ziplock freezer bags.

- Drop off your donations to Spiritual Care at Health Park or Health Access at the West Flint Campus.
- Cover the Uninsured Week takes place the week of March 22.
- Read INK next week for the week’s activities.

Genesys celebrates Irish Heritage Week

The Diversity Committee is presenting a special day of events on Tuesday, March 17 in the Health Park atrium to celebrate Irish Heritage Week (March 16 to March 20). Here is the schedule:

- 11:30 a.m. – Irish prayer
- 11:35 a.m. – Irish bagpiper, Brayden Fischer
- 11:45 a.m. – Irish dancer, Jordyan Spaly
- Noon – Irish pianist, Jim Cherry
- Food and Nutrition Services will serve a special Irish meal on March 17 at 11 a.m., 2 p.m., 4 p.m., and 6 p.m. The menu includes these choices: potato chowder, corned beef with cabbage and Irish potatoes, baby carrots, beef stew and biscuit, and chocolate mint pie.

Remember to stop by the atrium to view the Irish history displays.

BLOOD DRIVE AT GENESYS

Thursday, March 26

9:30 a.m. to 3:30 p.m.

5 p.m. to 11 p.m.

Health Park auditorium

To make an appointment, call 606-5516.

Volunteer blood donors are the only source of blood for hospital patients.

*Values
Reflection*



*“Life is the first gift,
love is the second,
understanding is the third.”*

– Marge Piercy

Hospice needs administrative support volunteers

Training for administrative support volunteers to work at Genesys Hospice takes place Saturday, March 21 from 9 a.m. to 4 p.m. These behind-the-scenes individuals will answer phones, file, provide computer assistance and help with special projects and fundraisers. No direct patient care duties are required. If you are interested in joining the Genesys Hospice volunteer team as an administrative support person, please call 636-5021.

Genesys presents research at annual FAME forum

The 11th annual MSU/FAME Community Research Forum will take place Wednesday, April 1 from 8:30 a.m. to 5 p.m., at Holiday Inn Gateway Centre in Flint. Genesys, Hurley, McLaren and medical students from Michigan State University’s College of Human Medicine collectively will present about 150 oral and poster research projects. Purpose of the forum is to heighten the visibility of research activities in this community, and exchange information about medical research to stay current on trends in medicine and patient care management. Genesys will submit 47 presentations. Winners will be announced that evening. The INK staff will share the results.

Genesys supports “Pop cans for kids”

WCRZ - CARS 108 DJs Rod and Chris will broadcast live March 25, from 7 a.m. to 9 a.m., at Genesys Athletic Club (GAC) to support “Pop cans for kids,” a community-wide drive to benefit the Food Bank of Eastern Michigan. GAC will collect cans all day - from 5 a.m. to 10 p.m. Please drop off any pop cans or bottles to help those in our community who rely on the food bank.

Patient Safety Awareness Week, March 8-14

The Joint Commission is marking National Patient Safety Awareness Week from March 8-14 by helping patients and their families become more involved and informed in their health care through its Speak Up™ education campaign, which urges patients to:

- Speak up if you have questions or concerns.
- Pay attention to the care you get.
- Educate yourself about your illness.
- Ask a trusted family member or friend to be your advocate (advisor or supporter).
- Know what medicines you take and why you take them.
- Use a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out. (Genesys is accredited by Joint Commission.)
- Participate in all decisions about your treatment.

More than 75 percent of Joint Commission standards relate to patient safety. These national standards give organizations the framework to prevent health care-associated infections, safely manage medications, involve patients and their families in all care decisions, create a safe physical environment for care and provide competent caregivers.

Daffodil Days pick up

Thursday, March 19

6:30 a.m. to 4 p.m.

Health Park auditorium

10 a.m. to noon

West Flint Campus lobby

Faces of Genesys

On the cover of this week’s INK:

Ken Miller, X-Ray Technician at Health Park

Living the Values

This thank you goes to the Genesys patient care team:

“A heartfelt thanks goes to all of the kind and wonderful nurses, nurse aides and doctors who took great care of our mother over the past four months. An extra special thank you also goes to the staff in the ED Observation area for their compassion and professionalism in our time of grief.”

- The family of a patient.

We are called to: Service of the Poor, Reverence, Integrity, Wisdom, Creativity and Dedication





Congratulations on your achievement

Rubeana Brown,
Genesys Hospice coordinator,
has been named
Genesys Home and
Hospice Care
Employee of the Year
for living the
Values and Mission of Genesys.

Remember to obtain your TB test

Your manager will tell you when you are due for your annual test, or you can go to the Human Resources homepage on the intranet to find your scheduled time.

March is colorectal awareness month

Colon cancer is preventable, treatable and beatable. Please remember to obtain a colon screening examination. You can do this by calling your primary care physician to arrange an exam.

Coming Up ...

Please mark these events and programs on your calendar:

Mini-medical school

Monday, March 16

- Joint pain and when to seek treatment
- Dental health

Monday, March 23

- Broken bones and their treatments
- Differences between osteoarthritis and rheumatoid arthritis

To sign up for any of these classes, call Genesys Learning Institute at **606-7725**.

AHA BLS / CPR Course

Wednesday, March 18 – 6 p.m. to 9 p.m.

Genesys Conference and Banquet Center
Cost is \$50.

Pre-registration is required. Call **606-6269**.

Feast Day of St. Joseph

Thursday, March 19

Prayer service

Noon, Health Park chapel

Multiple Myeloma support group

Thursday, March 19

6:30 p.m. to 8 p.m.,

Great Lakes Cancer Institute, 4100

Beecher Road, Suite A, Flint.

Call **732-4738**.

Parenting Expo

Saturday, March 21

10 a.m. to 4 p.m.

Genesys Conference and Banquet Center

From prenatal care to day care and

preschool to college, learn what the

experts have to say about raising a

healthy, happy child.

Volunteers Book Sale

Monday, March 30

West Flint Campus

10 a.m. to 4 p.m.

Tuesday, March 31 to Friday, April 3

Health Park atrium

Times will be announced in next week's INK.

National Start! Walking Day

Wednesday, April 8

In support of heart healthy living

Read upcoming issues of INK

for details.

Pain management update

Wednesday, April 8

8 a.m. to 4:15 p.m.

Genesys Athletic Club

Training for those who care

for patients in pain

Carlos Padilla, DO, physiatrist at

Genesys, is a featured presenter.

To register, call **810-606-5751**.

Employee service awards dinner

Wednesday, April 22

Details to follow in upcoming issues

of INK

Living with grief teleconference

Wednesday, April 29

Topic: diversity and end-of-life care

Free (\$25 for CEUs)

Hurley Merliss-Brown auditorium

1:30 p.m. to 5 p.m.

Genesys Hospice is a co-sponsor.

Call **636-5028**.

ADVISOR

Housing

Modular home - 4 BR, 2 bath, Clio

\$39,000. 670-1984.

Miscellaneous

Electric scooter - Amigo, outdoor use.

New batteries/charger, motor. 695-4731.

Kitten - Declawed, neutered. Free to a loving home. 735-0940.

Lift chair - Blue FlexSteelaid. \$425.
603-0787.

Turtle - Red-eared spider, male,
with accessories. \$25. 867-4737.

INK Ads?

Submit them online via the intranet
homepage, or email them to
INK@genesys.org.