

Beaumont Hospitals®

House Call

BRINGING BEAUMONT EXPERTISE INTO YOUR HOME • SPRING 2009



MAMMOGRAPHY MYTHS

There's a really good reason to get one: It could save your life



HARNESS THE POWER OF THE WEB

Internet medicine you can trust

[PLUS+]

Healthier grocery shopping

Tips for a successful doctors visit

NON-PROFIT ORG.
U.S. POSTAGE PAID
CLEVELAND, OH
PERMIT NO. 1702

Features:

4 Harness the power of the Web:

Internet medicine you can trust

5 Mammography myths

There are plenty of reasons women give for not getting a mammogram. Yet there's one really good reason to get one: It could save your life.

6 Summer grilling

Great low-sodium recipes for a summertime patio get together.

8 Bariatric surgery:

Patient finds success through support before, during and after weight loss surgery at Beaumont.

Departments:

3 Trends: Top 10 tips for healthier grocery shopping

10 Health Shorts and Second Opinion

11 Innovations: Patient simulators allow for safe learning

Beaumont Hospitals' House Call

BRINGING BEAUMONT EXPERTISE INTO YOUR HOME SPRING 2009

e-mail your thoughts about this newsletter to House.Call@beaumont Hospitals.com

Beaumont announces formation of Beaumont Children's Hospital

Beaumont Hospitals recently announced the formation of a new entity called the Beaumont Children's Hospital, located within its Royal Oak hospital.

The Beaumont Children's Hospital offers 36 different pediatric medical and surgical subspecialties with 83 pediatric sub-specialists, a dedicated children's surgical team with board-certified pediatric anesthesiologists and more than 200 board-certified pediatricians.

"This announcement recognizes our specialized services, facilities and expertise developed over many years and



our growing role as a regional resource for children's medical care," says M. Jeffrey Maisels, M.D., chairman, department of Pediatrics at Beaumont, Royal Oak and medical director, Pediatric Services.

Beaumont Hospital, Troy and Beaumont Hospital, Grosse Pointe as well as Beaumont Medical Centers in the community also provide pediatric services and serve as entry points for the specialty services of the Beaumont Children's Hospital.

Find out more about services of the Beaumont Children's Hospital by visiting www.beaumontchildrenshospital.com

Know your risk: Blood test may show risk for heart disease

Research published in the *New England Journal of Medicine* in the fall showed that women with high levels of C-reactive protein, known as CRP, were twice as likely to have heart attacks.

CRP is a substance produced by the liver and released into the bloodstream in response to inflammation in the body. Inflammation plays an important role in the development of heart disease. The inflammation occurs in the blood vessel walls in the beginning stages of atherosclerosis, a buildup of plaque.

"Elevated CRP levels are an independent risk factor for heart attack and stroke, especially in women," says Pamela Marcovitz, M.D., medical director of the Ministrelli Women's Heart Center at Beaumont Hospital, Royal Oak. "In some cases, it's even more predictive than LDL cholesterol levels."

A blood test can confirm the presence of elevated CRP levels.



Beaumont, Royal Oak and Troy named Breast Imaging Centers of Excellence

With experienced physicians and the most innovative imaging equipment available, it's no wonder that the Beaumont hospitals in Royal Oak and Troy received designation as **Breast Imaging Centers of Excellence** by the American College of Radiology.

This distinction shows Beaumont's commitment to excellence in breast imaging by achieving accreditation in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy.

The rigorous review process revealed:

- The Beaumont staff is well qualified to perform and interpret medical images and to administer radiation therapy treatments.
- The equipment at Beaumont is appropriate for the tests or treatments patients receive.
- Beaumont's facilities meet or exceed quality assurance and safety guidelines.



Beaumont research: Quick detection of bleeding in the brain saves lives

A treatment strategy for people on blood thinners who hit their heads is saving lives at Beaumont Hospital, in Royal Oak, according to recent research.

For the 105 patients treated under a new protocol in the Emergency Center at Royal Oak, the time to diagnose bleeding in the brain as a result of a head bump was cut in half, treatment was started in one-third of the previous time and the death rate was reduced from 40 percent to 11 percent.

The protocol includes a rapid evaluation, a CT scan, blood transfusion and a dose of vitamin K, which helps blood clot.

"These seem like simple steps, but when combined, they become a powerful force that saves lives," says Greg Howells, M.D., director of Trauma Surgery. "For people on blood thinners, these early interventions are critical."

Beaumont Hospital, Royal Oak is the only Level 1 trauma center in Oakland and Macomb counties.



Tips for healthier grocery shopping

Good nutrition starts with smart choices in the grocery store. Grocery shopping can be a daunting task because of all the choices you face, but with a little guidance, healthy choices can be found in any supermarket.

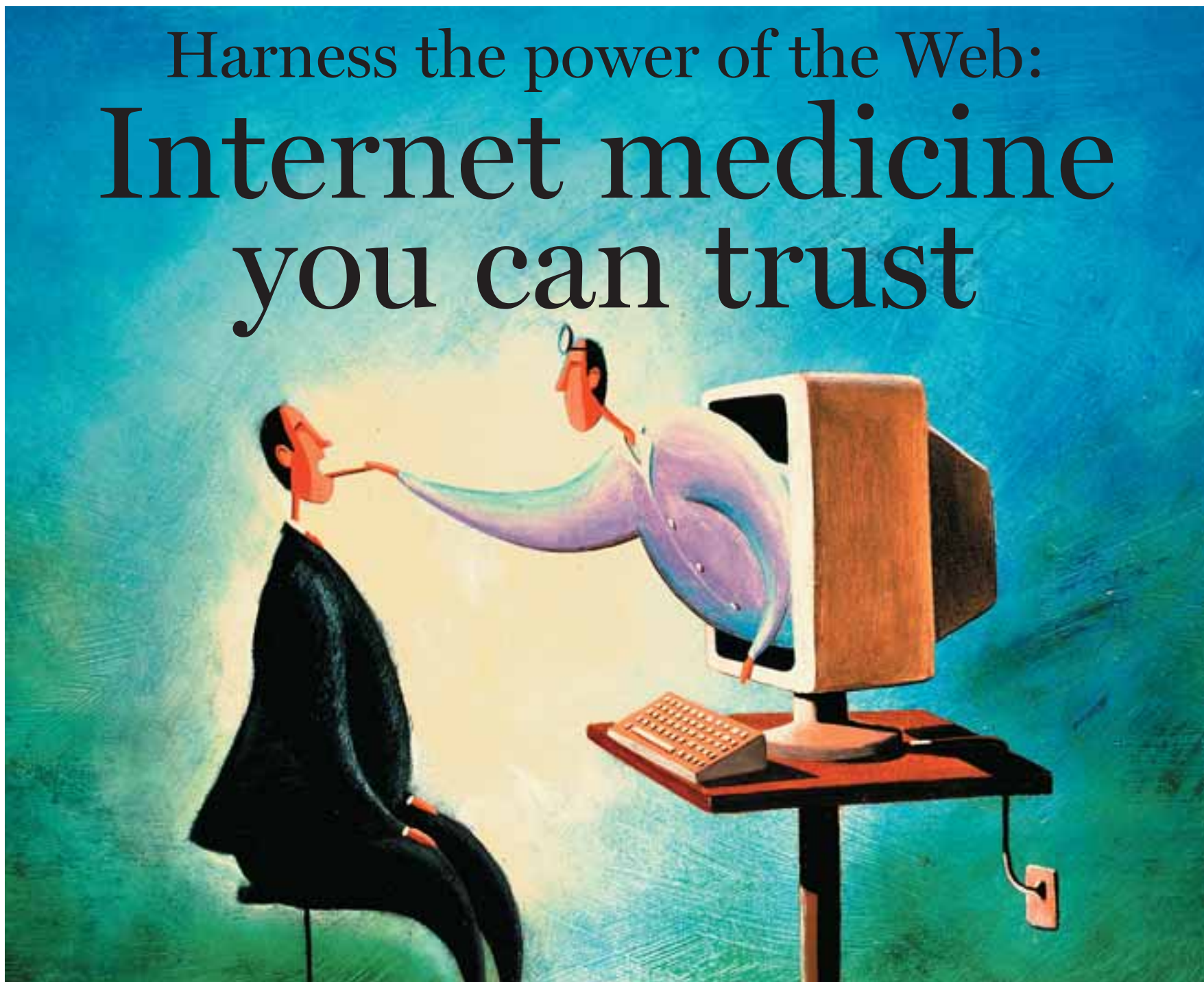
10



FOR HELP FROM A DIETITIAN:
call the Beaumont Weight Control Center toll-free, 888-899-4600.

- 1 FOCUS ON THE PERIMETER OF THE STORE**
The outer perimeter is where fresh foods such as fruits, vegetables, dairy, meat and fish are usually located. Avoid the center aisles, where junk foods lurk.
- 2 HIT THE PRODUCE SECTION**
Spend the most time in the produce section, which is usually the first area you'll encounter in the store. Choose a rainbow of colorful fruits and vegetables: They reflect the different vitamin, mineral and phytonutrient content of each fruit or vegetable.
- 3 CHOOSE THE RIGHT BREADS, CEREALS AND PASTA**
Choose the least processed foods that are made from whole grains. When choosing whole-grain cereals, aim for at least four grams of fiber per serving and the least amount of sugar possible. Remember: One teaspoon of sugar equals approximately four grams. Avoid granolas, even the low-fat variety; they tend to have more fat and sugar than other cereals.
- 4 BE CHOOSY WITH MEAT, FISH AND POULTRY**
Take some time in the seafood section of the store: The American Heart Association recommends two servings of fish a week. "Salmon is a good choice," says Silvia Veri, a registered dietitian at the Beaumont Weight Control Center. "It's widely available, not too fishy tasting and a good source of omega-3 fatty acids." When choosing meats, choose lean cuts, such as round, top sirloin and tenderloin, and opt for skinless poultry.
- 5 REACH INTO THE DAIRY CASE**
Dairy foods are an excellent source of bone-building calcium and vitamin D. There are plenty of low-fat and nonfat options to help you get three servings a day, including light drinkable yogurts and pre-portioned cheeses.
- 6 USE FROZEN FOODS FOR CONVENIENCE**
Frozen fruits and vegetables (without sauces) are a convenient way to help fill in the produce gap. Some frozen favorites include whole-grain waffles for meals or snacks, portion-controlled bagels and any variety of veggie burgers or chicken patties.
- 7 STOCK UP ON CANNED AND DRIED FOODS**
Keep a variety of canned vegetables, fruits and beans on hand to toss into soups, salads, pasta or rice dishes. "Whenever possible, choose canned vegetables without added salt, and fruit packed in juice," says Silvia. Other "must-haves" for a well-stocked, healthy pantry include tuna packed in water, low-fat soups, nut butters, olive and canola oils and assorted vinegars.
- 8 CHOOSE "REAL" FOODS**
Look for 100 percent fruit juice or 100 percent whole-grain items with as little processing and as few additives as possible. "If you find that you want more salt or sugar, add it yourself," says Silvia.
- 9 AVOID FOODS WITH CARTOONS ON THE LABEL**
These are typically targeted toward children and are usually not healthy. If you don't want your children eating junk food, don't bring it into the house.
- 10 IF YOU CAN'T PRONOUNCE IT, DON'T BUY IT**
Avoid foods that contain more than five ingredients that you can't pronounce.

Harness the power of the Web: Internet medicine you can trust



When Hugh came back from his doctor's office with a diagnosis of colitis, his son Kevin immediately fired up his computer, logged on to the Internet and typed "colitis" into Google.

"When Google returned 6.3 million sites that met my search terms, I knew I had a ton of work to do if I wanted to get good information that would be helpful," says Kevin.

Kevin's situation isn't unique. Recent statistics show that 84 percent of online consumers have researched health care topics in the past year, and 81 percent have visited health care Web sites.

"There's so much medical information that you can find on the Web," says John Tu, M.D., an internal medicine physician and vice president and chief informatics officer at Beaumont Hospitals. "The key is finding information that's accurate, from a source that's reliable. There's no 'Good Housekeeping' seal of approval for Web sites, so it's up to you to filter through the information you find."

Getting good information doesn't have to be hard. You just have to know what you're searching for.

First, use a good search engine. Sites such as Google, Yahoo or Ask.com will filter your results, so you end up with search results that are more likely to be relevant to your subject.

Another option is **searching a clearinghouse** that has been approved by health professionals. "There are a number of legitimate providers of reliable health information on the Web, including the FDA, government agencies and even hospitals," says Dr. Tu. "For example, all of the medical information on Beaumont Hospitals' Web site (www.beaumont-hospitals.com) has been reviewed and approved by medical professionals."

Once you get to a site, consider the source.

"Web pages aren't always transparent," says Dr. Tu. "On any site, you should be able to find out who is responsible

for the content, and who is paying for the site."

Dr. Tu suggests looking for an "About Us" link on the front page to determine who sponsors the site. "Some organizations may have marketing, social or political agendas that can influence the type of material they are posting on their site," he says.

A good place to start is the government. There are several government agencies that provide brochures and in-depth information on a variety of medical topics. Look to the Food and Drug Administration (www.fda.gov) or the National Institutes of Health (www.nih.gov) for resources.

Other questions to consider when looking for medical information on the Web: How current is the information on the site? "Web sites should be reviewed and updated regularly," says Dr. Tu. "The world of medicine changes, and it's important that the information you are getting is current."

Does the site link to other good sources of medical information? Links alone aren't a guarantee of reliability. Look for complementary links to reliable sources.



John Tu, M.D.,
internal medicine
physician and vice
president and chief
informatics officer at
Beaumont Hospitals



FOR MORE INFORMATION and tips for evaluating health information online, check out Medline Plus, a service of the U.S. National Library of Medicine and the National Institutes of Health: www.medlineplus.gov.





Mammography MYTHS

Women give plenty of reasons for not getting a mammogram: It's too painful, my insurance won't cover it, I'm not old enough, I don't have time. Yet there's one really good reason to get one: **It could save your life.**

"Breast cancer is one of the most common cancers in women, and a mammogram is the best way to detect cancer early," says Nancy Gregory, M.D., co-director of Beaumont's division of Breast Imaging and Intervention. "The American Cancer Society recommends that women over age 40 have a screening mammogram every year for as long as they are in good health."

So what's stopping you from making your appointment?

It's too painful

You will feel some pressure as the mammogram is performed, but any discomfort will only last a few seconds. Because breasts are more sensitive just before your menstrual period, you should try to schedule your mammogram seven to 10 days after the start of your period.

I can't afford it

Routine mammograms in women over age 40 are considered preventive care and

are covered by most insurance companies. If you have Medicare, Medicare will help pay for a mammogram once a year. There are also state and federal programs to help women pay for a mammogram every year. You can call the American Cancer Society toll-free, 1-800-ACS-2345, for more information.

I'm not at risk for breast cancer

"If you're a woman, you're at risk for breast cancer," says Dr. Gregory. "Almost 70 percent of women with breast cancer have no known risk factors."

There are so many places to get a mammogram, I don't know where to go.

By doing a little research and asking the right questions, you can ensure you're receiving a high-quality mammogram. The American Cancer Society recommends that you:

- Ask to see the FDA certifi-

cate that is issued at the center. The FDA requires that all facilities meet high professional standards of safety and quality.

- Use a facility that specializes in mammograms and does many mammograms a day.
- If you are satisfied with the quality, go to the same facility on a regular basis so your mammograms can be compared from year to year.

It's not safe to be exposed to radiation

With modern mammography machines, the high-quality images produce a low amount of radiation. "Strict guidelines are in place to ensure that the equipment uses the lowest dose of radiation possible," says Dr. Gregory. "The doses are very small and tightly regulated by the FDA."

Should I get a digital mammogram or is film fine?

Findings from a 2005 national

research study conducted at Beaumont showed that digital mammograms are more effective in detecting breast cancer than standard film mammograms for some women. The groups benefiting the most include pre- and peri-menopausal women, younger than 50 with very dense breasts.

Should I get a breast MRI?

If you're at high risk for breast cancer, your physician may recommend a breast MRI in addition to a screening mammogram.

Not every imaging center offers breast MRI, and the American Cancer Society recommends choosing a facility that also offers MRI-guided breast biopsy to avoid having the test repeated when the biopsy is done.

You can schedule an appointment for a breast MRI at Beaumont Hospitals by calling Beaumont's Appointment Center toll-free, 1-800-328-8542.

BEAUMONT HOSPITALS provides breast screening and diagnostic services to more than 100,000 women each year, making it one of the largest screening and diagnostic programs in the country. To make an appointment at a location convenient for you, call Beaumont's Appointment Center toll-free, 1-800-328-8542.



HIGH-RISK BREAST PROGRAM: LEADING-EDGE CARE FOR PATIENTS

Studies have shown that for some women at high risk, breast cancer can actually be prevented. And when prevention isn't possible, early detection means survival rates increase up to 95 percent.

"At Beaumont, high-risk patients have the most innovative medical options available anywhere," says Nayana Dekhne, M.D., from Beaumont's Comprehensive Breast Care Center. "With our High Risk Breast Program, a multi-disciplinary team of highly trained and specialized physicians offers women access to the latest surgical and medical treatment, including clinical trials."

Preventing breast cancer begins by assessing your risk. If you have certain risk factors, a detailed assessment and additional testing may be necessary, including genetic counseling or possibly a breast MRI.

For an appointment with a genetic counselor, call Beaumont's Cancer Genetics Program, 248-551-3388. To find out more about the Beaumont High Risk Breast Program, call for a consultation: 1-877-447-4751.

Summer Grilling

Great low-sodium recipes for a summertime patio get together



Todd Engler, executive chef at Beaumont Hospital, Troy, oversees up to 5,000 meals a day for Beaumont's staff, patients and their families. With more than 20 years of culinary experience, Todd loves to create delicious meals to please everyone's palate.

Mixed Green Salad with Pears, Walnuts and Blue Cheese

Ingredients:

20 oz. red oak leaf lettuce, washed and dried
5 oz. port wine vinaigrette (recipe follows)
15 oz. ripe pears any kind, quartered
1 ½ oz. walnuts, toasted
1 ½ oz. blue cheese, crumbled

2 tsp. cornstarch
4 oz. vegetable stock
4 oz. tawny port
4 oz. walnut oil
¼ tsp. salt
Pinch of crushed black peppercorns

Preparation:

For each serving, toss 2 ounces lettuce with 1 tablespoon of the vinaigrette and place on a chilled plate. Top with 1½ ounces pears and a small amount each of the walnuts and cheese.

Preparation:

- Combine the corn starch with enough cold vegetable stock to a somewhat thick mixture.
- Combine the remaining vegetable stock and port and bring it to a boil; stir in the cornstarch and stock mixture and return to a boil. Stir constantly until the mixture thickens.
- Remove mixture from heat, stir in vinegar and cool completely.
- Once mixture is cool, gradually add oil while whisking. Season with salt and pepper and refrigerate until serving.

Nutritional Information

Yields 10 servings

110 calories	10 g total carbohydrate
7 g total fat	2 g dietary fiber
5 mg cholesterol	6 g sugars
80 mg sodium	3 g protein



Lamb Shish Kebab with Couscous

2 ¼ pounds lamb leg meat, trimmed and cubed
 5 oz. red pepper, cut into 1-inch pieces
 5 oz. green pepper, cut into 1-inch pieces
 5 oz. yellow pepper, cut into 1-inch pieces
 5 oz. onion, cut into 1-inch pieces

Lamb Marinade:
 8 ½ oz. lemon juice
 8 ½ oz. dry white wine
 3 T garlic, minced
 2 T parsley, chopped
 1 ½ T chopped mint, chopped
 1 T crushed black pepper
 1 ½ tsp. coriander seeds

Preparation:

- Combine the marinade ingredients in a shallow dish.
- Place 1 ⅓ oz. of the lamb cubes and 1 oz. of the vegetables onto an 8-inch skewer. Repeat with the remaining lamb and vegetables to make 20 kebabs.
- Place the kebabs in the marinade and refrigerate for at least 30 minutes.
- For each serving, grill two kebabs until the vegetables are tender and the lamb is cooked to the desired doneness, (about 2 minutes on each side for medium-rare). Serve the kebabs with 2 ounces of couscous.

Nutritional Information

Yields 10 servings
 470 calories
 9 g total fat
 2.5 g cholesterol
 170 mg sodium
 64 g total carbohydrate
 6 g dietary fiber
 7 g sugars
 33 g protein

Couscous

2 oz. onion, diced
 1 T garlic, minced
 1 pint low-sodium chicken stock
 1 pound of couscous
 2 T parsley, chopped
 1 T of mint, chopped
 2 T ground coriander

Preparation:

- In a medium saucepan, saute the onions and garlic in 4 ounces of stock until the onions are translucent. Add the remaining stock and bring to a boil.
- Combine the onions, garlic and stock with the couscous in a 2-inch-deep serving pan. Cover with foil and let stand until the couscous absorbs all the stock, about 3 minutes.
- Stir in the herbs and coriander just before serving.

Fudge Brownies

8 oz. bread flour
 3 oz. cocoa powder
 ½ teaspoon baking powder
 ½ teaspoon salt
 2 oz. butter
 1 pound sugar
 2 whole eggs, beaten
 1 teaspoon vanilla extract
 5 fluid oz. water
 4 egg whites

Nutritional Information

Yields 20 two-inch-square brownies
 170 calories
 3.5 g total fat
 25 mg cholesterol
 85 mg sodium
 33 mg total carbohydrate
 2 g dietary fiber
 23 g sugars
 4 g protein

Preparation:

- Sift together the flour, cocoa, baking powder and salt.
- Melt the butter in a small saucepan. Remove the pan from the heat and stir in the sugar.
- Add the whole eggs and vanilla to the butter and sugar. Beat the mixture for 1 minute.
- Stir the dry ingredients and water into the sugar mixture until mixed well.
- Beat the egg whites to a soft peak and fold into the batter.
- Lightly spray an 8x10-inch baking pan with vegetable oil and pour the batter into the pan. Bake in a 350-degree oven for 45 minutes. Cool before serving.



Bariatric SURGERY

Patient finds success through support before, during and after weight loss surgery at Beaumont.



Terran Leemis walks with Kevin Krause, M.D., director of Bariatric Surgery at Beaumont, who preformed her surgery.

“It’s important to come back for your follow up appointments. I don’t want to end up where I was before. I eat healthy and work out regularly.”

— Terran Leemis

Sometimes, people need more than willpower to lose weight. For Terran Leemis, diet, exercise and medication were not enough. “I was a size 24, weighed 241 pounds and was on three different medications for diabetes,” she says.

Terran knew her health was at risk. “All of my numbers, on every level, were out of control and I was worried about having a stroke or a heart attack,” she says. “One day I was playing with my 2-year-old grandson on the floor and had a hard time getting up. He looked at me struggling and said, ‘Grammie, I can help you.’ At that moment, a knife went through my heart. I got up and made the phone call then.”

She did a lot of research before making her final decision. “I was looking for a place that offered follow-up services so I didn’t end up back where I was,” she says. She decided on surgery at Beaumont Hospital, Royal Oak, with Kevin Krause, M.D., director of Bariatric Surgery at Beaumont. She now weighs 129 and wears a size 4.

For any patient considering bariatric surgery, there are many factors to consider:

1. Am I a candidate?

Bariatric surgery is currently the best treatment for producing lasting weight loss in obese patients for whom non-surgical methods of weight loss have not been effective. Candidates include:

- people with a Body Mass Index greater than 40
- men who are 100 pounds overweight or women who are 80 pounds overweight
- people with a BMI between 35 and 40 who have obesity-related conditions such as Type 2 diabetes, sleep apnea, osteoarthritis, high blood pressure or heart disease

2. What are my options?

Beaumont’s bariatric surgeons specialize in two minimally invasive techniques for weight-loss surgery:

- Lap-Band® — Surgeons wrap a band around the upper stomach to create an adjustable pouch that fills up with small portions of food.
- Laparoscopic gastric bypass — Formerly called roux-en-Y, surgeons divide the stomach to create a pouch that fills up with small portions of food, and bypass a portion of the intestine to promote additional weight loss.

These minimally invasive techniques are done with a few small incisions, rather than one large opening, resulting in:

- faster recovery and typically only an overnight hospital stay
- less pain
- less scarring

3. How do I choose a surgeon?

It’s important to choose a surgeon and a facility that has a reputation for excellent results. Since starting a bariatric surgery program in 2001, Beaumont doctors have performed bariatric surgery on more than 2,000 patients, classifying the program as a high-volume Center for Bariatric Surgery.

“Our expertise has resulted in mortality rates that are less than half the national standard,” says Dr. Krause. “Our excellent quality results are better than the national standards for bariatric surgery, which has helped Beaumont Hospital, Royal Oak, become a Level 1a Accredited Bariatric Center, the highest recognition given by the American College of Surgeons.”

What sets Beaumont’s bariatric surgery program apart from others is its focus on patient support before, during and after surgery. Each patient receives a thorough preoperative assessment of his or her medical conditions, fitness level, nutrition habits and psychological status. After surgery, the comprehensive program continues to help patients achieve their weight-loss goals with:

- nutrition and exercise educational programs
- medical follow-up
- psychological counseling
- support groups
- cooking classes

This integrated approach helps patients achieve and maintain permanent weight loss.

“This was the best decision I’ve ever made,” says Terran. “It’s not a cure, but it’s the first step in getting my health back.”

Learn more about the minimally invasive surgical options for weight loss offered at Beaumont. For more information or to register, call the Beaumont Weight Control Center toll-free, 1-888-899-4600.



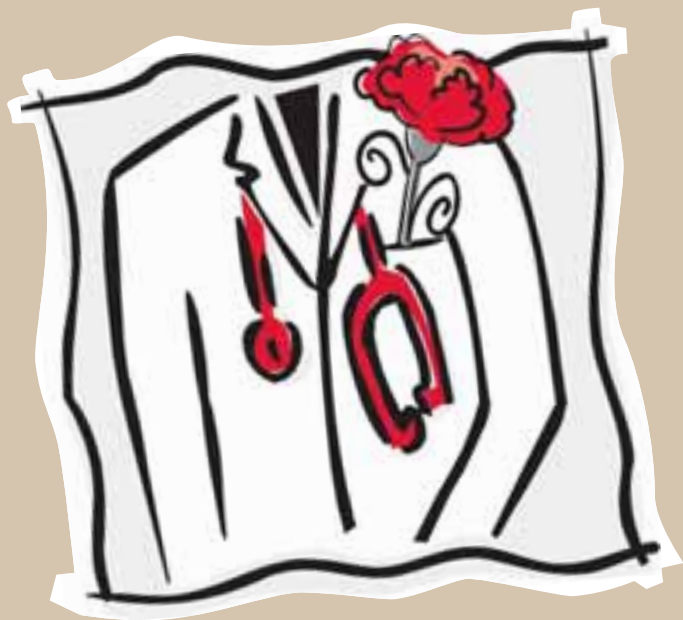
Terran Leemis models clothes that used to be her size. She has lost 112 lbs. since her surgery.

“It was recommended that I eat small meals throughout the day. It’s hard to do when food was my comfort. I had to re-learn how to eat.”

— Terran Leemis



National Doctors' Day



They meet our needs during difficult times. They also provide healing and comfort to us and those we love.

Who are they?

They are Beaumont doctors, and they are here for us – in times of sickness or injury, and in happier times such as the birth of a child.

You can help celebrate National Doctors' Day by making a tax-deductible gift to the Beaumont Foundation in honor of the doctor who has touched your life in a special way. The Foundation will send your doctor an appropriate acknowledgment of the gift made in his or her honor. No mention of the amount of your gift will be made, and in no way will your gift financially benefit these physicians.

Your gift will enhance patient care at Beaumont Hospitals for everyone in our community. Few things in life are more important than good health.

Make a donation in honor of your Beaumont doctor online at www.beaumonthospitals.com or call 248-551-5330.

Tips for a successful doctor's visit

Taking some time to prepare for your next doctor's visit can help you (and your doctor) make sure you're getting everything you need.

Keep a health journal. Before you head out to the doctor, write down the details of why you're going. Write down your symptoms, any medical problems you've had and what medications and supplements (names and doses) you're taking. When you get to the office, give it to the nurse to update your medical record.

Explain what you're feeling. If you've been having symptoms (and you've been writing them down), use descriptive words to explain to your doctor what you're experiencing. Ask yourself: Is your appetite different? Have your sleeping patterns changed? Has your mood changed?

Keep it realistic. Try to address one or two issues at most during a typical visit, and remember that a physician's schedule is subject to delays and emergencies. Don't schedule a 10 a.m. appointment and a 10:30 a.m. dental visit; it's a set-up for frustration.

Be honest. You should tell your doctor anything you're doing that may affect your health. Consider whether you're stressed at work, if you're using sleeping aids and how much alcohol you drink. Don't be embarrassed by what you may have to share — your doctor has probably heard it before. If you're not sure what to say, practice it ahead of time.

Listen. Instead of going into the visit with a definitive diagnosis (after all, you've looked up your symptoms on the Internet), stop and listen to what your doctor has to say. Listen to your doctor's rationale for any diagnostic testing (or the rationale to forgo testing) and write down the recommendations discussed.

Ask questions. If you're not sure about something, ask for clarification.



Need a Beaumont doctor?
Call Beaumont's Physician Referral Service
toll-free, 1-800-633-7377, or visit
www.beaumonthospitals.com.

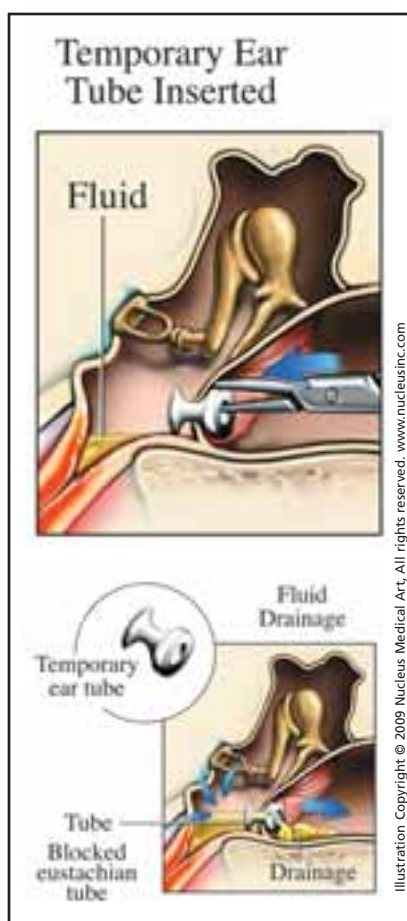
Second Opinion



Q. My toddler seems to have non-stop ear infections. Should I consider tubes?

A. Ear infection is the second most commonly diagnosed illness in children. In fact, 75 percent of children have an ear infection before they turn 3.

Some children get multiple ear infections and others have one infection that lingers for a long time, despite being treated with antibiotics. The problem arises when there's always fluid in the ear, making your child more prone to ear infections or hearing problems, which can delay speech development.



In these cases, children may be candidates for "tubes."

Known as a myringotomy, the process of putting tubes in a child's ears involves making a small incision in the child's eardrum and putting a small tube in the slit. The tube acts as a vent, letting air and fluid out so bacteria don't build up.

Whether to get tubes is a discussion you should have with your pediatrician or an otolaryngologist (an ear, nose and throat specialist or ENT).



Peggy Ann Nowak, M.D., is a Beaumont otolaryngologist with offices in the Beaumont Medical Center, West Bloomfield; the Medical Office Building at Beaumont Hospital, Royal Oak; and in Troy.

A Beaumont doctor is only 5 minutes away.

Time after time, you've rated Beaumont as the place you'd prefer to go for doctors, nurses, surgery, and for overall quality of care.

So we're doing our best to make Beaumont a lot more convenient. That's why we're adding more Beaumont doctors to our staff and building medical centers all around our community so that you have access to the leading edge technology and screening that means life-saving early detection.

Please take a few moments to find a center that's close to you and make that phone call you know you should. Isn't it time you had a Beaumont doctor?

800.633.7377
www.beaumont hospitals.com

Beaumont Hospitals

Grosse Pointe, Royal Oak, Troy

- breast ultrasound and invasive procedures
- cardiology testing
- CT and MRI
- digital mammography
- image-guided procedures
- interventional radiology
- nuclear medicine
- pediatric radiology services
- pulmonary function tests
- routine and vascular ultrasound

Beaumont Health Center

4949 Coolidge, Royal Oak

Between 14 Mile & 15 Mile roads

- cardiology testing
- nuclear medicine

Lake Orion

1455 S. Lapeer Road

Between Scripps & Clarkston roads on the east side

- CT and MRI
- digital mammography
- nuclear medicine
- ultrasound

Macomb Township

15979 Hall Road

NE corner of Tilch Road & Hall Road (M-59), between Hayes & Garfield roads

- cardiology testing
- CT and MRI
- digital mammography
- nuclear medicine
- pulmonary function testing
- sleep lab (also available in the Berkley Medical Center)
- ultrasound

Rochester Hills

6700 N. Rochester Road

Between Tienken & Orion roads

- digital mammography
- ultrasound

Routine lab and general radiology are handled on a walk-in basis. Most services can be scheduled by calling Beaumont's Appointment Center toll-free at 1.800.328.8542.

The services listed below are available at multiple centers and can be scheduled by calling:

Anticoagulation Management Services	248.655.5610
Cardiac Rehabilitation	
Beaumont Health Center	248.655.5750
Macomb Township	586.416.8490
West Bloomfield	248.855.5256
Dialysis	
Rochester Hills, Sterling Heights and Troy	248.964.0100
Hazel Park	248.545.0550
Royal Oak	248.551.1045
Hyperbaric Therapy at Beaumont Health Center	248.655.3147
Center for Pain Medicine	248.655.9600
Physical and occupational therapy or speech and language pathology	248.655.3191
Sleep Evaluation Services	888.71.SLEEP (717.5337)
Weight Control Center	248.655.5900
Wound Care	
Macomb Township	586.416.6216
St. Clair Shores	586.443.2929

St. Clair Shores

25631 Little Mack

Between 10 Mile & 11 Mile roads

- cardiology testing
- CT
- digital mammography
- routine and vascular ultrasound

Unasource, Troy

4600 Investment Drive

Between Wattles & Long Lake roads

- CT
- ultrasound

Warren

8545 Common Road

North of 12 Mile, east of Van Dyke in the Civic Center area

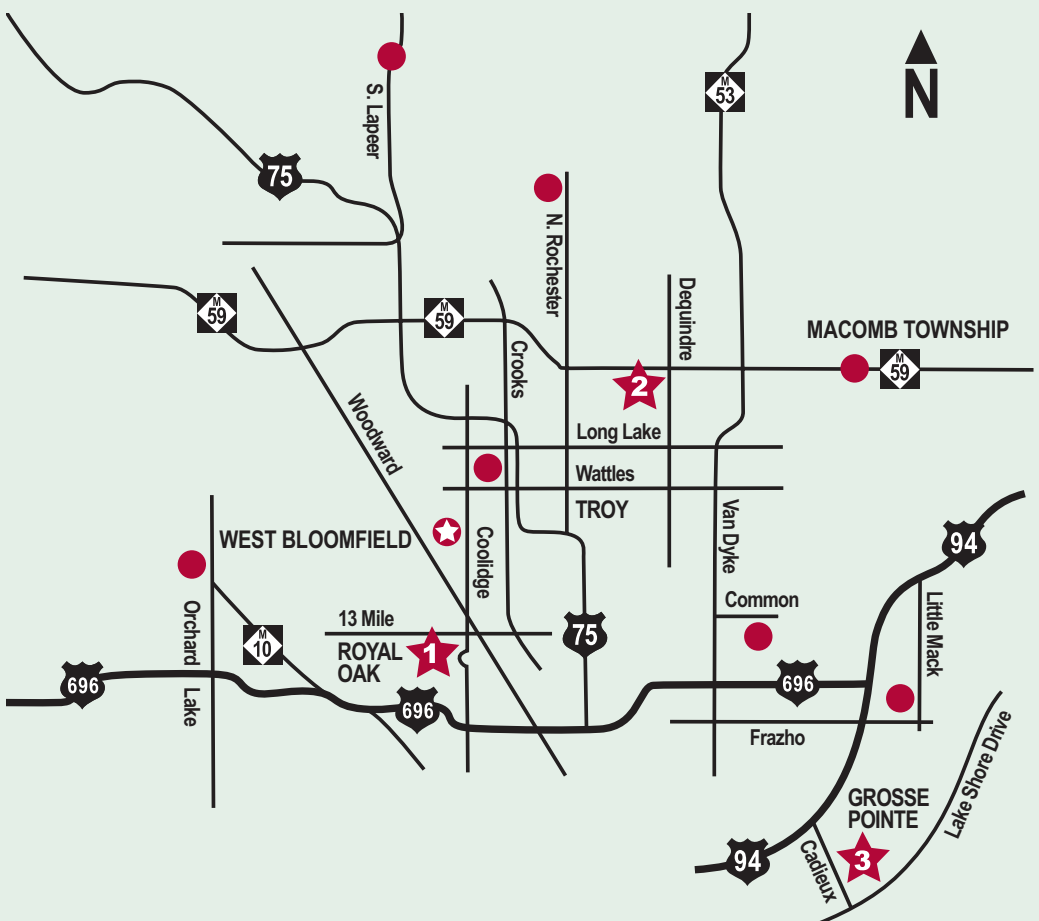
- CT
- digital mammography
- ultrasound

West Bloomfield

6900 Orchard Lake Road

Just south of Maple Road (15 Mile)

- CT and MRI
- digital mammography
- nuclear medicine
- stress tests
- routine and vascular ultrasound



- ★ Beaumont, Royal Oak
- ★ Beaumont, Troy
- ★ Beaumont, Grosse Pointe
- ★ Beaumont Health Center
- Beaumont Medical Centers
- Lake Orion
- Macomb Township
- Rochester Hills
- St. Clair Shores
- Unasource, Troy
- Warren
- West Bloomfield