



# Health Advantage

HEALTH NEWS FOR OUR FRIENDS AROUND THE WORLD | WINTER 2009

Soaring to  
New Heights

WHAT OUR NEW BUILDINGS MEAN TO YOU.

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## Health Advantage

WINTER 2009

Cleveland Clinic is a nonprofit multispecialty academic medical center. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 staffed beds, an education division and a research institute. Cleveland Clinic *Health Advantage* is published by Cleveland Clinic. The information in this publication should not be relied upon as medical advice. It is not intended to replace a physician's medical assessment and medical judgment.

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# Step Inside a NEW Patient Experience

This fall, Cleveland Clinic introduced the future of healthcare with the opening of the Sydel and Arnold Miller Family Pavilion and the Glickman Tower. These buildings, which represent the largest construction and philanthropy project in Cleveland Clinic history, embody the pioneering spirit and commitment to quality that define Cleveland Clinic.

They are a tangible expression of institutes, our new model of care that organizes patient services by organ and disease — a way that is more easily understood by patients, which is a good first step in improving the patient experience.

Both structures will help us improve patient experience by increasing our capacity, which means shorter waits for appointments and faster critical care transfers. Each building is easy to navigate and houses the services a patient needs, making it easier and faster to access treatment. And both feature the latest in clinical technology.

The Miller Family Pavilion houses Cleveland Clinic's Heart & Vascular Institute. At 1 million square feet, the Miller Family Pavilion is the country's largest single-use facility for heart and vascular care. The building features 278 private patient rooms that are both functional and tastefully designed. Medical equipment is readily accessible but neatly hidden behind doors. In addition, most rooms feature pullout sofas so family members can stay the night in comfort.

The 200,000-square-foot Glickman Tower is the new home for Cleveland Clinic's Glickman Urological & Kidney Institute. At 12 stories, it is the tallest building on Cleveland Clinic's main campus. The building includes an expanded dialysis unit featuring scenic views, a rooftop helipad for critically ill patients, and a chapel and meditation room. A variety of stores and dining options will be available for patient and visitor convenience.

Together these buildings, along with the care delivered within, represent a better way to treat patients. Step inside this new experience by taking a virtual tour at [meetthebuildings.com](http://meetthebuildings.com).

*For more about how the new buildings will improve our patients' experience, see the inside back cover.*

## SPIRIT OF GIVING

The Sydel and Arnold Miller Family Pavilion and the Glickman Tower represent the largest philanthropic project in Cleveland Clinic history. The Miller Family Pavilion is made possible by the generosity of Mrs. Miller and her daughters, Lauren Spilman and Stacie Halpern, who contributed \$70 million toward the construction of the gateway in Mr. Miller's memory.

The Glickman Tower is named after Carl and Babs Glickman, who have given generously to establish the Urological & Kidney Institute and to support construction of its new home.

All told, more than 33,500 donors contributed to this project.

Chanda Calentine and Scott Bolender

## New York Woman Gives her Uncle the Gift of Life Through Innovative New Procedure

Virtually scarless kidney donation offers hope and health to recipient; shorter recovery for donor



Scott Bolender, 39, went fishing recently. He's also been going to his son's football games. It may not sound like a big deal to many people, but he considers the ability to do both a "blessing."

For the past 5 years – the time between when he was diagnosed with Wegener's granulomatosis and when he received a kidney transplant – the married father of six has been able to do little more than lie around not feeling well while his wife Charolette took care of him.

When his disease caused his kidneys to shut down, putting him on dialysis three times a day, every day, and then three times a week for four to five hours at a time, his doctor recommended Cleveland Clinic for kidney transplantation.

### PERFECT MATCH IS CANDIDATE FOR LESS INVASIVE DONOR SURGERY

Chanda Calentine, 30, is the niece of Mr. Bolender. When she found out her uncle needed a kidney, she jumped in to volunteer. "He's like my brother," she says. "We've been through thick and thin together."

Although a few other family members volunteered as well, Mrs. Calentine was discovered to be a perfect match. In July she left her home in Brooklyn, New York, and Mr. Bolender left his home in Washington Courthouse, Ohio. They met at Cleveland Clinic to undergo surgery to transplant one of Mrs. Calentine's kidneys into Mr. Bolender's body. The single-port live donor nephrectomy Mrs. Calentine underwent (see "At the Forefront

of Surgery without Scars," right, for details on the operation) meant her kidney could be removed via a port in her navel, leaving her virtually scarless.

She was only in the hospital for a few days after the procedure and, aside from a recovery of a few weeks at her parents' house in Washington Courthouse, she has been able to go back to her active career as a theater director and dance teacher.

"My experience at Cleveland Clinic has been amazing," Mrs. Calentine says. "I felt a sense of security with this hospital."

Mr. Bolender describes Cleveland Clinic as a "wonderful hospital; a first-class place."

### LIFE AFTER TRANSPLANTATION MEANS LOOKING FORWARD TO THE FUTURE

Mr. Bolender is off of dialysis and being watched closely by his doctors. His disease is in remission and he is thinking about his career options for the future. He does not plan to go back to his job as a grocery warehouse worker because the job required a lot of physical labor. He is considering becoming a nurse.

"With what I've gone through in the past 5 years, I think I would be a good person to relate to people who are sick," he says. "Medical care – I think I would be pretty good at that."



“I want people to know about this procedure.  
It’s a shorter recovery time, and they can save a life.”

*Chanda Calentine on single-port kidney donation.*

## At the Forefront of Surgery **Without Scars**

CLEVELAND CLINIC UROLOGISTS USE NEW TECHNIQUE FOR MANY PROCEDURES



The single multichannel port

Cleveland Clinic urologists have been instrumental in leading the way with single-port surgery, a technique that reduces postoperative pain and leaves a patient virtually scarless.

This developing technique has been used thus far for several procedures in addition to kidney donation at the Glickman Urological & Kidney Institute. Some of these procedures include bladder, prostate and kidney removal; freezing of cancerous kidney tissue; treatment for pelvic organ prolapse; treatment of varicocele (an enlargement of the veins within the scrotum); reconstruction of urinary tracts; and pyeloplasty (removal of a kidney obstruction).

The single-port method, which requires only a single tiny belly button incision, is an advancement in laparoscopic surgery. Laparoscopic surgery is a minimally invasive technique that has been used throughout the past decade, and usually requires three to six small incisions (ports). Long, slender instruments are inserted into the ports, thereby eliminating the need for large incisions made during typical open surgery. This can mean a more rapid recovery.

Because it uses only one port placed through the belly button, single-port surgery leaves little to no scarring and may reduce complications that commonly occur after traditional open and even minimally invasive abdominal surgery.

### ABOUT THE GLICKMAN UROLOGICAL & KIDNEY INSTITUTE

The Glickman Urological & Kidney Institute is a world leader in treating complex urologic and kidney conditions in adults and children. Our physicians have pioneered medical advances including partial nephrectomy, laparoscopic and robotic urologic surgery, and the bioartificial kidney, while serving tens of thousands of patients annually.

In 2008, the Glickman Urological & Kidney Institute was ranked among the top 2 programs in the United States for the 9th consecutive year by *U.S. News & World Report*. The institute’s kidney disease program was ranked 4th in the nation.



# Living Happily Ever After Thoracic Surgery –

Husband and Wife Both Entrust Cleveland Clinic with Life-Saving Operations



Jane and Harold Krisher

Like any happily married couple, Jane and Harold Krisher share a lot. They enjoy walking together at sunset around their Lafayette, Indiana, neighborhood and, of course, love spending time with their three grandchildren. But the most important thing the Krishers have in common is their surgeon.

In 2003, Cleveland Clinic Thoracic and Cardiovascular Surgeon Nicholas

Smedira, MD, performed a pulmonary endarterectomy – an operation to remove blood clots from arteries in the lungs – on Mrs. Krisher. Five years later, Dr. Smedira repaired Mr. Krisher’s mitral heart valve.

Thanks to Dr. Smedira, the Krishers’ hearts will continue to beat in sync.

“God and Dr. Smedira are the only ones who have touched my heart,” says Mrs. Krisher, 59. “And now, they have touched Harold’s, too.”

## A REFERRAL TO CLEVELAND CLINIC PROVES LIFESAVING

Mrs. Krisher’s pulmonary problems started more than 20 years ago. “I have a predisposition to embolisms [blood

clots],” she says. “Many years ago, I had arthroscopic surgery on my knee and developed a blood clot in my leg. Then, after the bed rest while recovering from that clot, I developed a blood clot in my other leg.” She has been taking Coumadin®, a blood-thinning drug, to treat the clotting issue.

In summer 2002, she began experiencing a heaviness in her breathing. An examination by local physicians found that she had pulmonary hypertension caused by blood clots in her lungs. Unfortunately, her physicians told her that, because the clots were in her lungs, she was not a good candidate for surgery. Her physicians referred her to Cleveland Clinic for help.

“I felt like I had no hope,” she says, trying to hold back tears. “I thought I’d try to enjoy as many years as I could – a couple years at least. But then on New Year’s Eve, I got a phone call from Dr. Smedira. He said, ‘We’re going to do the surgery.’”

Mrs. Krisher checked into the Cleveland Clinic Heart & Vascular Institute in early 2003. During the eight-hour procedure, her chest was opened as if she was having open-heart surgery and Dr. Smedira inserted probes into her lungs to remove the blood clots. The surgery was successful; Mrs. Krisher’s pulmonary hypertension vanished, and her breathing returned to normal.

“Cleveland Clinic will always be, in our minds, the place to go when things get serious. We’re living proof of that.”

Harold Krisher

### CONFIDENCE IN CLEVELAND CLINIC BRINGS THE COUPLE BACK FOR HELP

Today, Mrs. Krisher is retired, pays close attention to her diet and does lots of walking. Her life is fairly steady, and she likes it that way – except for the scare she felt in June 2008, when her husband’s annual physical and cardiac echocardiogram indicated that heart surgery for a mitral valve problem needed to be done – and soon.

“I was diagnosed with a heart murmur in 2000, due to leakage in my mitral valve,” Mr. Krisher, 60, says. “My physician at the time said the problem was minor, but it was something to monitor.”

The mitral valve separates the left atrium and left ventricle, which is the main pumping chamber of the heart. The valve prevents the back flow of blood into the left atrium during a heartbeat, but when it leaks, blood can back up into the left atrium and even into the lungs. And now the echocardiogram indicated that the mitral regurgitation had gone from moderate to severe, and the left atrium had become dangerously enlarged.

As the valve degenerated, Mr. Krisher’s chest pains grew more serious, and he was faced with a decision. His physicians suggested he either replace his damaged valve with a porcine valve, or get a mechanical valve. If he chose a mechani-

cal valve, he would have to take Coumadin® – a drug with some worrisome side effects – for the rest of his life. And porcine valves, according to literature he obtained, tended to last about 10 years. The choice was difficult, until he went to Cleveland Clinic’s website and contacted Dr. Smedira.

“I saw that at Cleveland Clinic, doctors could repair my valve using a minimally invasive technique, so I wouldn’t have to undergo a full chest crack. And recovery time from the surgery was only two weeks,” he remembers. “I wanted Dr. Smedira. He saved my wife’s life, and I had the ultimate faith in him.”

Mr. Krisher underwent the four-hour valve repair procedure in September 2008 and four days later, he was back home with his family. Today, he is getting his strength back by exercising daily and monitoring his weight. And the prognosis is good: many years ahead to share with his wife and grandchildren.

“Dr. Smedira will always be on our Christmas card list,” Mr. Krisher says. “Cleveland Clinic will always be, in our minds, the place to go when things get serious. We’re living proof of that.”



The Cleveland Clinic Heart & Vascular Institute, ranked No. 1 in the nation for cardiac care by U.S. News & World Report every year since 1995, accommodates more than 294,000 patient visits each year in world-class facilities.



# Convenient Access to Quick Aesthetic Services

Cleveland Clinic's Dermatology & Plastic Surgery Institute offers a full range of convenient, quick dermatologic and reconstructive services. Appointments are generally available within 10-14 days.

## Procedures:

### PREMATURELY AGING SKIN AND WRINKLES

**Botox®** injections disrupt nerve-to-muscle signals, thereby weakening specific muscles and smoothing wrinkles with only minor discomfort. The procedure takes 10 to 15 minutes and no anesthesia is required. It generally takes two-14 days to take full effect, but lasts three to four months or longer. Treatment can be repeated as needed.

**Filler substances** (collagen and hyaluronic acid) reduce wrinkles and scars by filling depressions in the skin. These injectable fillers can be applied in 20-30 minutes and show results almost immediately. Some mild bruising and swelling may occur in certain areas of the face, but patients can return to work the day after treatment. The results can last up to a year.

## Procedures:

### AGE SPOTS, SCARS OR WRINKLES

**Dermabrasion** smoothes irregularities on the skin's surface by freezing the skin and then using a specialized instrument to sand and remove the outer layers of the skin. The skin may appear pink and feel "brush-burned" at first, but healing usually occurs within 10-14 days.

**Laser resurfacing**, similar to dermabrasion, precisely removes the surface layers but uses concentrated, pulsating beams of light. Ablative lasers produce wounds that heal in seven to 10 days, and pinkness lasts up to three to four months. Newer, nonablative types of lasers may achieve more subtle results by heating up the collagen in the dermis without removing the upper layers of skin. Anesthesia may be used for the procedure, which can take 30 minutes to an hour. Skin may be pinkish for one to four days, and healing occurs with one to two weeks.

**Chemical peels** use a chemical solution to remove the upper surface of the skin, usually causing some stinging and redness, followed by peeling that ends within three to seven days. Mild peels, slaglycolic or salicytic acid may be repeated at one- to four-week intervals.

**Microdermabrasion** promotes new collagen formation by removing thin layers of sun-damaged skin using a controlled stream of fine crystals from a precision instrument, such as a dermabrasion-like "sanding" surface. This procedure requires a series of sessions four to eight weeks apart that last 20-30 minutes. No anesthetic is required, and there is mild pinkness that lasts two to three hours. The results last six months or more.

**Pigmented lesion lasers** target and destroy excess melanin – the cause of pigmented lesions such as age spots or freckles. There is only minor discomfort with this 15- to 30-minute procedure. The treated area may be temporarily red and swollen afterward.

## Procedures:

### VARICOSE AND SPIDER VEINS

**Sclerotherapy** uses a chemical injected directly into the vein, which affects the lining and eventually causes it to collapse. The procedure takes 15-30 minutes. Bruising can last a week, and the vein usually disappears in six to eight weeks.

**Vascular lasers and intense pulsed light** use heat energy to shrink dilated blood vessels and selectively damage or destroy abnormal veins. This procedure can be performed without anesthesia. It may result in some redness and swelling. In most cases, the procedure must be repeated several times.

For patients concerned about potentially serious skin problems, such as changing moles, our Access Clinic, an urgent care dermatology clinic, is open daily.

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For an appointment with a specialist in the Dermatology & Plastic Surgery Institute, call **800.884.9551**. If calling from outside the United States, call **001.631.439.1578**.

# Are You Getting a Good Night's Sleep?



Nancy Foldvary-Schaefer, DO

Sleeping allows us to rest much of the brain and it rejuvenates our mind and body for another day. While an occasional sleepless night is nothing to worry about, sleep disorders that reduce sleep quality or quantity can weaken the nervous system and immune system, and lead to a variety of problems including weight gain and high blood pressure. But sleep disorders can be treated. We talked about this with Nancy Foldvary-Schaefer, DO, Director of the Sleep Disorders Center at Cleveland Clinic.

## **Health Advantage: What is a sleep disorder?**

**Dr. Foldvary-Schaefer:** There are about 80 different sleep disorders, and they fall into six main categories: insomnia; sleep-disordered breathing such as apnea or snoring; hypersomnia like narcolepsy; parasomnias including sleep walking and sleep; movement disorders like restless leg syndrome; and circadian rhythm disorders – people with this disorder are the classic “night owls” who can’t fall asleep until 2 a.m.

## **Health Advantage: Are sleep disorders dangerous?**

**Dr. Foldvary-Schaefer:** They can have devastating effects. Sleep fragmentation – a constant disruption in sleep – can cause drowsiness during the day, so you can’t perform work duties well or, worse, fall asleep while driving at night. And people who suffer from apnea, a condition in which the throat muscles collapse during sleep, obstructing the airway and hindering breathing, experience increased heart stress because they wake up so often.

## **Health Advantage: How does someone know he has a sleep disorder?**

**Dr. Foldvary-Schaefer:** A bed partner will notice the patient’s snoring, but if the patient lives

alone, he may not know he has apnea. That’s why people who are concerned about why they keep falling asleep during the day should visit a sleep center.

## **Health Advantage: How does a sleep center work?**

**Dr. Foldvary-Schaefer:** First, sleep doctors at the Cleveland Clinic Sleep Disorders Center consult with you to understand your sleep patterns and possible sleep problems. For some patients, further testing is needed and the doctors will want you to be observed sleeping overnight in a sleep lab. Our sleep technologists place sensors on the head, under the nose and mouth, and around the chest and abdomen to measure your breathing pattern and brain waves. Sensors on your fingertips measure changes in oxygen and heart rate during sleep. A technologist will monitor you all night long.

## **Health Advantage: With all those sensors on the body, don’t people have trouble falling asleep?**

**Dr. Foldvary-Schaefer:** Everyone asks that. Although we don’t expect people to sleep as comfortably as they normally would at home, it’s very unusual for someone to have major difficulty sleeping in the laboratory. The rooms are comfortable,

and there’s a minimum of wires and other medical supplies used during the study. People have privacy – their own bathroom and shower so in the morning, they can shower and go to work. We even encourage people to bring their favorite teddy bear, to make the room as much like home as possible. Plus, besides the main labs downtown and at Marymount Hospital, there are five mini-labs in hotels around town, so there’s one located close to wherever you live. And those labs look like regular hotel rooms.

## **Health Advantage: Do you also test children for sleep disorders?**

**Dr. Foldvary-Schaefer:** Absolutely. Sleep disorders affect people of all ages. We even do sleep studies in the hospital on premature babies who have apnea. Sleep is important for children, because the release of growth hormone in children and young adults takes place during deep sleep.

For more information on sleep disorders and to take a brief quiz to rate your level of sleepiness, visit: [clevelandclinic.org/sleeptest](http://clevelandclinic.org/sleeptest).

# Our Latest NEWS

## CLEVELAND CLINIC AND U.S. ARMY RESERVE LAUNCH JOINT EMPLOYMENT INITIATIVE

Cleveland Clinic and U.S. Army Reserve will recruit and train soldiers who are interested in securing a position in the growing field of healthcare, while they continue to provide the most valuable service to our country. These soldiers will be training to fill the need in various healthcare fields such as respiratory therapy, radiology and physical therapy, making them more competitive for positions at Cleveland Clinic.

Under the program, Cleveland Clinic guarantees a job interview for all qualified participating soldiers no later than 30 days after completing military occupational specialty training. In addition, Cleveland Clinic will give priority placement consideration to qualified Army Reserve soldiers. In turn, the Army Reserve will advise soldiers of Cleveland Clinic career opportunities.

## ARMED FORCES INSTITUTE FOR REGENERATIVE MEDICINE TO DEVELOP

Cleveland Clinic and Rutgers University are leading one of two civilian research consortia to develop innovative medical therapies for the treatment of wounded service members. Cleveland Clinic will receive more than \$10 million from a total of \$42.5 million awarded over 5 years to create a new institute called the Armed Forces Institute of Regenerative Medicine (AFIRM).

Cleveland Clinic Orthopaedic Surgeon George Muschler, MD, is AFIRM's Co-Director, in collaboration with AFIRM Director Joachim Kohn, PhD, of Rutgers University. Drs. Muschler and Kohn will lead a collaborative network of leading clinician scientists drawn from 15 premier institutions and more than 20 commercial partners nationwide.

The mission of AFIRM is to accelerate the development of new technologies in the field of regenerative medicine and tissue engineering to effectively serve the needs of injured service members. The research and development of new therapies will focus on the

regeneration of bone, muscle, tendon, nerve and blood vessels, as well as new methods for transplantation of limb and facial tissue and the treatment of burns.

## CLEVELAND CLINIC PROJECT INCREASES NURSING FACULTY, ENCOURAGES COOPERATION WITH OTHER HOSPITALS

The Deans' Roundtable Faculty Initiative (DRFI) is an ambitious partnership between Cleveland Clinic and schools of nursing in its surrounding area. It is designed to aggressively address both the nursing shortage and the lack of nursing faculty available to teach interested students, which results in long waiting lists at nursing schools. In 2004, the Northeast Ohio Nursing Initiative reported that in Northeast Ohio alone nearly 1,500 qualified applicants were denied admission to a school of nursing, in large part because of schools' inability to secure sufficient faculty.

The DRFI project focuses on connecting current nurses with nursing schools to increase the number of faculty available to teach the thousands of already interested students.

## THE NEW ONLINE FACE OF CLEVELAND CLINIC

In an effort to continually improve the online experience of patients and visitors to ClevelandClinic.org, Cleveland Clinic has completely enhanced the website. The new site has been reorganized to focus on diseases and conditions. Terms and synonyms from the National Library of Medicine's Unified Medical Language System (UMLS) were used to support a proprietary taxonomy, a system of classification. This provides ClevelandClinic.org visitors with the power to search for medical conditions and services using words they know and understand.

In addition, the expanded physician's directory provides comprehensive profile information about 1,800 doctors, including bios, languages spoken, awards/honors, diseases/conditions treated and more. Patients can select the best practitioner to meet their individual needs. Visit the new site at [clevelandclinic.org](http://clevelandclinic.org).

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For information on career opportunities at Cleveland Clinic and to apply online, please visit [clevelandclinic.jobs](http://clevelandclinic.jobs).



## Online Medical Service Sews up Mysterious ‘Hole’ in Quilter’s Health

After having seven stents placed in her arteries, Jane Gold’s heart was starting to look like one of the intricate patchwork quilts she creates. “Having all those stents opening up your arteries is like having Roto-Rooter opening up your clogged drains,” says the 53-year-old from South Carolina.

In addition to coronary artery disease, Ms. Gold has small-vessel cardiac disease, which causes angina, or shortness of breath. “About a year ago, I went for my routine stress test and EKG,” she says. “The tests showed some abnormalities, and I started having chest pain. Yet, the imaging showed that I was fine. At this point, my doctor threw up his hands and suggested that I go to one of the major heart centers.”

“I considered going to Cleveland Clinic because it’s the best,” she adds. “But I found out that my insurance wouldn’t pay for me to get healthcare out of state. I was upset until my daughter helped me find out about MyConsult, a program that lets you get second opinions over the Internet. It wasn’t very costly, and I thought it’d be worth it.”

MyConsult Online Second Medical Opinion program is a sophisticated, Web-based extension of Cleveland Clinic’s 80-plus-year role as one of America’s most respected referral institutions. The secure, online service provides remote second medical opinions from Cleveland Clinic specialists for more than 1,000 life-threatening and life-altering diagnoses.

“Not knowing what the heck was wrong with me was causing me a lot of stress,” Ms. Gold admits. “Since I had good preventive healthcare and early detection and treatment of my coronary artery disease, I thought I had that under control. But when I developed new problems, it became a mystery for my

doctors and me. I hoped the Cleveland Clinic specialists could figure it out.”

Ms. Gold’s wish was soon fulfilled. After reviewing her medical records, Cleveland Clinic Cardiologist Stephen Ellis, MD, who served as Ms. Gold’s MyConsult physician, did, indeed, find the missing patch in Ms. Gold’s quilted health history. Her disturbing symptoms were being caused by her elevated blood sugar levels.

“My local doctors had told me that as long as I kept my A1C (a three-month measure of blood sugar levels) below 7, it was okay,” Ms. Gold explains. “But Dr. Ellis said that while my cholesterol levels are great, my blood sugar was too high. He said my A1C should be below 6.”

“It was well worth the money to find out what I can do to make myself better,” she adds. “I’m only 53 and would like my quality of life to be good. I’m feeling well now. I retired a couple years ago and really enjoy being home. I spend a lot of time with my grandson and love to quilt.

“I’m thankful that MyConsult has given me peace of mind,” Ms. Gold says. “Just getting that one bit of information meant all the difference. After reading the Cleveland Clinic’s MyConsult report, my doctors are in agreement. They now know that we need to watch my blood sugar levels so that I can be as healthy as possible and enjoy life to the fullest.”

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*MyConsult is an online second opinion services available for patients with life-threatening or life-altering diagnoses. Connect to MyConsult through [eClevelandClinic.org](http://eClevelandClinic.org).*



# STROKE

## What You Need to Know for Better Health

Each year, more than half a million Americans suffer from strokes. A stroke, or “brain attack,” occurs when the blood supply is cut off from part of the brain. When this happens, the blood-deprived brain loses its supply of oxygen and nutrients. When the brain is deprived of blood for even a few minutes it begins to die.

There are two types of stroke — ischemic and hemorrhagic. In ischemic strokes, brain arteries become blocked and prevent blood from nourishing the brain. In hemorrhagic strokes, brain arteries rupture from damage caused by high blood pressure and other risk factors or an aneurysm (an abnormal outpouching of a blood vessel) and cause blood to flood the brain, creating pressure that leads to brain-cell death.

### WARNING SIGNS OF STROKE

Depending on the function of the part of the brain affected, the person suffering the stroke suddenly may become paralyzed, blind or unable to speak.

If you experience any of the major stroke warning signs listed below, call 911. It is important to get to a hospital immediately. The chances for survival and recovery improve when treatment begins within the first few hours of stroke warning signs.

- sudden loss of speech
- slurred speech
- sudden loss of vision
- blurry or double vision
- sudden paralysis
- sudden weakness
- sudden dizziness
- sudden, severe headache, often accompanied by neck stiffness and vomiting

### RISK FACTORS FOR STROKE

- high blood pressure
- high cholesterol
- heart disease
- being overweight
- heavy drinking

- smoking
- being male (Men are more likely to have strokes than women.)
- being Black (Blacks have a higher rate of stroke than other races.)
- being older than 55
- being diabetic
- having a family history of stroke

### DO YOU WANT TO REDUCE YOUR RISK?

- Control your blood pressure.
- Find out if you have heart disease, especially an irregular heartbeat known as atrial fibrillation (AF).
- Don't smoke.
- Find out if you have a diseased carotid artery (arteries that provide blood flow to the head).
- Lower your cholesterol.
- Limit your alcohol intake.
- Control your weight.
- If you have diabetes, manage the disease.

Cleveland Clinic is a Primary Stroke Center, certified by The Joint Commission. This signifies that Cleveland Clinic has met stringent national stroke care standards. Our multidisciplinary team of specialists offers expert diagnosis and comprehensive stroke care.

If you are diagnosed with being at risk for a stroke, a Cleveland Clinic stroke neurologist can help determine your best course of treatment. Please call **800.884.9551** to schedule an appointment. If you are calling from outside of the United States, call **001.631.439.1578**.



# Life in the Fast Lane

## Catches up to Powerboat Racing Champ

Powerboat racing champion Scott Gillman lives for thrills, racing boats that skim over water at speeds of more than 140 miles per hour. But a brush with heart disease convinced the splashy athlete to make some lifestyle changes.

“During a race in Xyaa, sudden crushing chest pains took my breath away,” remembers Mr. Gillman, 49, a California native who now lives in Abu Dhabi, United Arab Emirates (UAE). “I couldn’t breathe or speak, and I felt like I was slowing down. I got out of the boat and passed out.”

The need for speed has always been part of Scott Gillman’s life. As a teenager, he raced motocross, then graduated to off-road cars. At age 27, he began driving Formula 1 (F1) powerboats that skip across waves and leave frothy spray in its wake.

After winning the F1 American Championship three times and the F1 World Championship four times, he joined the Abu Dhabi Racing Team, which has captured five World Championships. Today, he’s Race Manager for the 12-man team, which competes in Europe, Russia, India and Middle Eastern water-front locales.

“I’ve been lucky to have traveled around the world and seen so many different cultures,” Mr. Gillman says. “One thing that stays with me was when I was walking in Mumbai, India. A group of children stopped to sing to me. You have no idea how much poverty is in India, yet the people always smile at you.”

His life changed in 2008, after sudden, severe chest pains in China sent him to the hospital. Unfortunately, due to miscommunication at the Chinese hospital (they thought he’d been involved in a traumatic event at the race), no cardiac care was given. Two days later, he visited a hospital in UAE and underwent cardiac catheterization. Under this procedure, a thin plastic tube was inserted into an artery in the leg and then directed toward the heart to determine if there was any blockage. The

catheterization revealed a lesion – a narrowing – in a coronary artery.

The doctors prescribed drugs and told Mr. Gillman they would monitor his situation. But he wanted a second opinion.

“We immediately called Cleveland Clinic, which is famous all around the world,” he says. Mr. Gillman visited Cleveland Clinic in July 2008. Wael Jaber, MD, and Leslie Cho, MD, administered another cardiac catheterization and found the blocked blood vessel had opened.

Though Mr. Gillman’s heart condition appeared to diminish, Dr. Jaber told his patient to continue taking medications – Plavix®, Coreg®, Lipitor® and aspirin – and make some lifestyle changes.

“Mr. Gillman was a very personable patient, and we had a very passionate discussion,” says Dr. Jaber. “I basically told him if he continued to smoke, eat fatty foods and party like he was 20 years old – well, that wouldn’t work anymore.”

Realizing that lifestyle choices and his family history make him a likely candidate for heart disease, Mr. Gillman says he has taken Dr. Jaber’s recommendations to heart: “I was a heavy smoker and my father had two heart bypass operations. So I quit smoking, started exercising more, and gave up red meat and fatty foods.”

But powerboat racing will always be in his blood, and he, his wife and daughter look forward to a long life in the fast track.

[ FROM AMERICA'S NO. 1 HEART CENTER ]



## Heart Transplant Saves Infant's Life

Grady Schlabach was born prematurely with a heart defect that could not be corrected, but a heart transplant two weeks before his due date put him on track for a normal childhood.

The doctors at a Cleveland hospital didn't give Ken and Jeannie Schlabach much hope when Grady was born at 31 weeks with a severe heart defect. His heart, which could not pump on its own, stopped in the delivery room and again in the cardiac cath lab, where he was rushed for treatment.

"It was very stressful," Mrs. Schlabach recalls.

Surgery to redesign his heart was not possible, because both sides of the heart were too weak. When his doctors suggested heart transplantation, the Schlabachs' insurance company recommended Cleveland Clinic.

Cleveland Clinic's experienced Pediatric Heart Transplant Team works with families to determine whether transplantation is the best option. Once a baby is accepted for a transplant, the team manages all associated medical problems. As a result, more than 90 percent of these infants survive.

#### MAKING THE MOVE

Mrs. Schlabach contacted Cleveland Clinic and talked with pediatric heart transplant coordinator Colleen Nasman, RN. In no time at all, Grady was transferred to Cleveland Clinic.

Grady was immediately examined by a team of pediatric specialists that included pediatric cardiologist Gerard Boyle, MD, congenital heart surgeon Muhammad Mumtaz, MD, two intensivists, a neonatologist, pulmonologist Karen McDowell, MD, an infectious disease physician, a psychologist, gastroenterologist, neurologist, medical geneticist and social worker. They agreed Grady was a candidate for transplantation.

"From the moment we arrived, we were comfortable with Dr. Boyle and we loved everyone in the Pediatric Intensive Care Unit," says Mrs. Schlabach.

"Dr. Mumtaz went out of his way to make us feel comfortable. He even came to Ronald McDonald house to talk with us about a procedure he wanted to do. That meant a lot," says Mrs. Schlabach.

#### A DIFFICULT DECISION

Although the need for a new heart was evident, the Schlabachs struggled with their decision. "We knew there could be a lot of complications and side effects from medications. It's hard to put your child through this," says Mrs. Schlabach.

Then they spoke with a family with two children who had received heart transplants and found their optimism reassuring.

"They said they would do it all again. We decided we'd leave it up to God. If it were the right decision, he would provide a heart," she says.

Nine days later, a heart was found. It was a perfect match and small enough to fit inside Grady's tiny chest.

#### THE ROAD TO A NORMAL CHILDHOOD

After the surgery, Grady spent three months at Cleveland Clinic recovering. On January 31, 2008, his elated family was finally able to take him home to Sugar creek, Ohio, to meet his 4-year-old brother, Colby.

Over the past year, he has grown fast and is quickly catching up with his peers.

"He does normal kid things, like crawling and getting into everything. He's a fighter and very determined," says Mrs. Schlabach.

Although Grady may need another transplant in a few years, the Schlabachs are enjoying every day with their feisty little boy.

"We would do it again if we had to," she says.



#### MEET OUR NEW CHAIR OF CONGENITAL AND PEDIATRIC CARDIOTHORACIC SURGERY

World-renowned pediatric cardiovascular surgeon Constantine Mavroudis, MD, recently joined Cleveland Clinic as Chair of Congenital and Pediatric Cardiothoracic Surgery. Dr. Mavroudis also treats adult patients who have congenital heart complications that manifest later in life.

Dr. Mavroudis is known for his research and expertise in complex congenital heart repairs, arrhythmia surgery, coronary artery surgery in children and cardiac transplantation. Dr. Mavroudis will also assume the Ronald and Helen Ross Chair in Pediatric and Congenital Heart Surgery at Cleveland Clinic Children's Hospital.

Dr. Mavroudis is a noted author and speaker and a member of numerous professional societies.

# A New Era in Prostate Cancer Screening

CLEVELAND CLINIC EXPERTS WEIGH IN ON THE LATEST HEALTH NEWS



J. Stephen Jones, MD, FACS

Prostate cancer is the most common cancer among men. In fact, it is believed that 80 percent of men who reach the age of 80 have the disease. But because prostate cancer is slow-growing in most men, many will die from other causes without ever knowing they had prostate cancer.

For more than a decade, prostate cancer screening has relied heavily on a simple blood test that determines the level of PSA – a protein excreted by the prostate gland – in the bloodstream. A PSA reading above 4.0 meant the patient was at risk for prostate cancer and he was encouraged to undergo biopsy. Anything below 4.0 – even a level of 3.9 – put the patient in the “normal risk” category, he was not recommended for biopsy and he was encouraged to have another screening in a year.

Cleveland Clinic urologists are among specialists now abandoning the previously established PSA threshold of 4.0 when recommending that patients undergo biopsy to look for prostate cancer. J. Stephen Jones, MD, FACS, a prostate cancer specialist and Chairman of the Department of Regional Urology at Cleveland Clinic, answers questions about the change in the way PSA levels are being interpreted.

**Health Advantage:** Why remove the cutoff level from PSA testing?

**Dr. Jones:** For a small number of patients, screening offers a chance to catch aggressive cancers before it's too late. Therefore, for some men, the PSA screening test can be a life-saver. But while the screening test does pick up prostate cancer before it spreads, it also misses many aggressive cancers that occur at PSA levels well below 4.0.

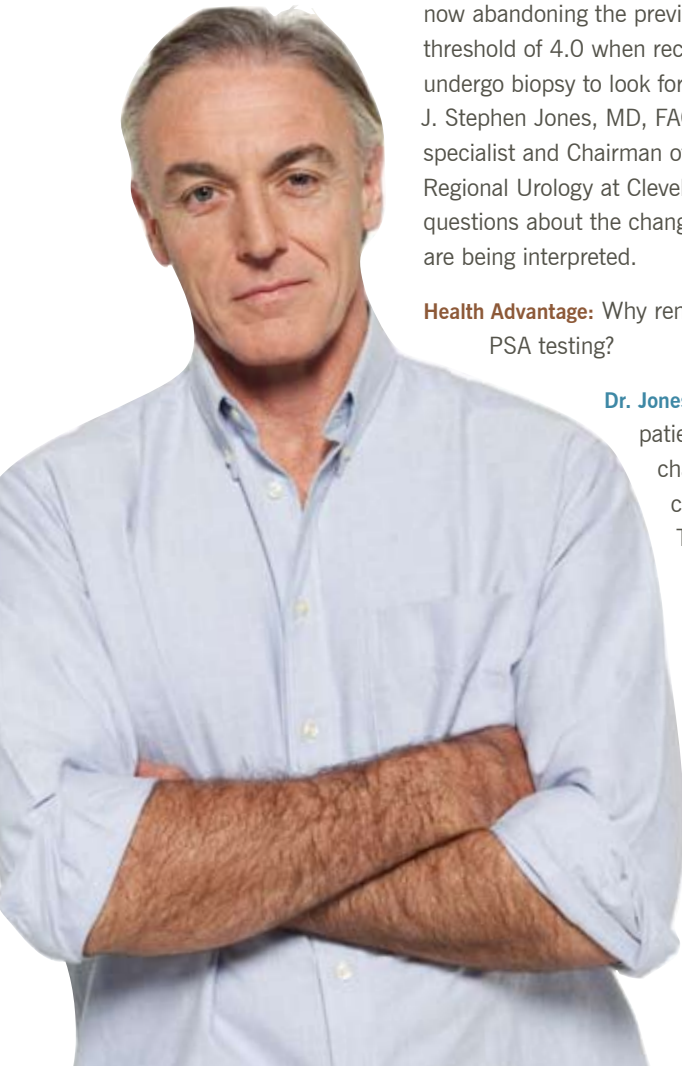
At the same time, PSA levels above 4.0 sometimes result in the potential for needless follow-up procedures, including biopsies, which carry a small risk of bleeding and infection and may lead to unnecessary anxiety. And, screening leads to treatment of a lot of cancers that aren't life-threatening. And treatments can cause impotence and incontinence, seriously eroding a man's quality of life, and so should be reserved for tumors that present a health danger to the patient.

**Health Advantage:** If no level of PSA is considered “normal,” how will doctors handle their patients' results?

**Dr. Jones:** Until further research clarifies the role of PSA testing, the significance of each patient's PSA level should be considered in the context of his age, race, family history, digital rectal exam and other factors. Patients and their doctors should review the pros and cons of the PSA screening test, your own risk factors for prostate disease, and your comfort level regarding cancer risk versus worries about treatment side effects.

**Health Advantage:** When and how often should men be screened for prostate cancer?

**Dr. Jones:** Until we have data to demonstrate otherwise, we currently recommend that all men 50 and older should have digital rectal exams and PSA tests every year. If you have a family history of prostate cancer or persistent urinary symptoms, talk to your doctor about getting screened earlier. Because Black men are at higher risk for developing prostate cancer, they should begin annual screenings at age 40.





# GLOBAL Patient Services

Thousands of patients each year travel to Cleveland Clinic from every state in the nation and more than 80 countries around the world. Global Patient Services is a full-service department dedicated to meeting the needs and requirements of both out-of-state and international patients who receive their care at Cleveland Clinic and Cleveland Clinic in Florida.

The National Center and the International Center, which make up Global Patient Services, provide facilitated access to appointments and professional services. Like the concierge at a fine hotel, the trained, expert concierge staff of Global Patient Services is available to assist out-of-state and international patients before, during and after their stay in Cleveland. Whether you need to be here for a day or a month, our staff will schedule appointments, arrange travel (with airline discounts when available) and hotel accommodations, provide interpreters for all clinical appointments, accompany you to your medical appointments, arrange any necessary transportation from your hotel, and direct you to restaurants, car rental and other services or activities that you or your family members may desire.

After you have returned home, our staff is available to help coordinate follow-up appointments, facilitate communications with your Cleveland Clinic physicians and answer any non-medical questions that you might have.

## U.S. PATIENTS (OUTSIDE OF OHIO)

If you are from the United States but outside of Ohio and would like more information about the medical concierge service, please call 800.884.9551. You also can visit [clevelandclinic.org/HA](http://clevelandclinic.org/HA) and click on “U.S. Patients” or email your questions to [medicalconcierge@ccf.org](mailto:medicalconcierge@ccf.org).

## INTERNATIONAL PATIENTS

If you are a patient from outside the United States and would like more information about the International Center’s

services, please call **001.631.439.1578**. You also can visit [clevelandclinic.org/HA](http://clevelandclinic.org/HA) and click on “International Patients” or email your questions to [clevelandclinicgps@ccf.org](mailto:clevelandclinicgps@ccf.org).

## HOTEL ACCOMMODATIONS ON THE CLEVELAND CLINIC CAMPUS

For reservations at The InterContinental Hotel and Bank of America Conference Center, The Cleveland Clinic Guesthouse, or The InterContinental Suites Hotel, call **216.707.4100** or toll-free **877.707.8999**. Out-of-state patients from the United States may call **800.223.2273**, ext. **55580**. Patients outside of the United States may call **216.444.6404** for assistance.

## GENERAL INFORMATION

For general information about Cleveland Clinic’s services, physicians and news, visit [clevelandclinic.org/HA](http://clevelandclinic.org/HA) or call **800.884.9551**. Patients outside of the United States may call **001.631.439.1578**.

## CLEVELAND CLINIC IN FLORIDA

For information about Cleveland Clinic in Florida located in Weston (near Ft. Lauderdale), visit [clevelandclinic.org/florida](http://clevelandclinic.org/florida).

## CLEVELAND CLINIC CANADA

For information about Cleveland Clinic Canada, visit [clevelandcliniccanada.com](http://clevelandcliniccanada.com).



# New Buildings Feature Soothing Spaces

Care of the body, mind and spirit is integral to the design of both the Sydell and Arnold Miller Family Pavilion and the Glickman Tower. From beautiful landscaping to unique works of contemporary art and a rooftop terrace with breathtaking views of the city, many aspects of health and well-being are addressed by the physical environment.

## LANDSCAPE ARTISTRY

Prominent landscape architect Peter Walker, whose work can be seen at the White House, Stanford University and Harvard University, among other widely known sites, developed the concepts that transformed the road leading up to the main entrance of Cleveland Clinic into a tree-lined boulevard with six reflecting pools.

## INSPIRING ARTWORK

The four-story, skylit great hall is designed as a space for the visual and performing arts. Connecting the Miller Family Pavilion and the Glickman Tower, the hall, generously supported by a gift from a former heart patient, features a major artwork by artist Inigo Manglano-Ovalle that has been commissioned by the Cleveland Clinic Art Program to inspire patients, visitors, employees and the community.

“Key themes for artwork selected for the new environment include diversity, the human condition and spirit, and the notion that artists can work with innovative materials,” says Joanne Cohen, Executive Director and Curator, Cleveland Clinic Art Program. “We want the art to be uplifting, compelling, distracting, transportive and transformative. It should take your mind off the reason you’re here. The art is for the staff as well as the patients,

and it’s not all about beauty. We want it to be balanced, eclectic, unusual, and in keeping with the high standards of Cleveland Clinic.”

## PANORAMIC VIEWS

A tranquil setting 254 feet above street level, the Kelvin and Eleanor Smith Rooftop Terrace will draw visitors to the top of the Miller Family Pavilion. The space features stunning, panoramic views of downtown Cleveland, University Circle and Lake Erie, and outdoor tables and furniture will allow patients and families to enjoy food and conversation.

## SPACE FOR PRAYER AND MEDITATION

The former Cleveland Clinic chapel, located in the main hospital area, seated 30 and served hundreds of individuals of all faiths each week for both group and private prayer and meditation. The new space, named the Catherine and John Gallagher Sr. and Family Chapel, seats 50, and is located on the first floor of Glickman Tower.

“It’s intended to be a space in which anyone from any faith group can feel comfortable,” says the Rev. Dennis Kenny, Director of Spiritual Care. “It is a very striking, centrally located place for people to come and pray.”

THE  
SYDELL  
& ARNOLD  
MILLER  
FAMILY  
PAVILION  
& THE  
GLICKMAN  
TOWER

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**THE SYDELL AND ARNOLD  
MILLER FAMILY PAVILION**

As the country's largest single-use facility for heart and vascular care, the Sydell and Arnold Miller Family Pavilion is the new home of the Cleveland Clinic Heart & Vascular Institute. It features:

- 128 exam rooms
- 79 procedure rooms
- 155 physician offices
- 278 private patient rooms
- A rooftop plaza with spectacular views of Cleveland
- Floor-to-ceiling windows



**THE GLICKMAN TOWER**

The tallest building on Cleveland Clinic's main campus, the Glickman Tower is the new home of the renowned Glickman Urological & Kidney Institute. The building includes:

- 74 exam rooms, 16 procedure rooms and 77 physician offices
- A dialysis unit with 21 dialysis stations
- A rooftop helipad for critically ill patients
- A conference center, café, health resource center and four-story grand hall



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