Aspirin’s role to deter heart disease analyzed

Aspirin, the all-purpose analgesic that has been providing relief from pain, fever and inflammation for decades, may also play an important role in preventing heart disease, according to a recently published report in The New England Journal of Medicine. But, while the widely publicized report that led aspirin-manufacturers to hastily advertise the newest claim did offer impressive results, the data needs to be clearly understood in its proper context, doctors caution.

Interest in the role of aspirin in heart disease has increased recently because of the results of a recent study of 22,071 male doctors who had no previous history of heart attack, stroke or other illness. Half took one buffered aspirin every other day and the other half took an inert pill with an identical appearance on an identical schedule. Neither group knew which pill they were taking, but study results showed that the group taking aspirin experienced only 53 percent of the heart attacks of those taking the inert pill.

While media attention surrounding the results may have catalyzed an initial run on aspirin among consumers, doctors are emphasizing that aspirin consumption is not for everyone. The very action of aspirin that helps to prevent coronary artery disease can be detrimental for persons who take anticoagulants or who have bleeding problems and ulcers. Aspirin also can cause an allergic reaction in some people. Doctors also stress that aspirin is no substitute for taking sensible measures to modify risk factors for heart disease, including blood pressure, cholesterol levels, body weight and smoking.

“The use of aspirin in preventing cardiovascular disease is based on its action upon the platelets, particles present in the blood which are critical to the blood clotting and to the formation of plaque deposits on the blood vessel walls,” explains Dr. Edward Geltman, medical director of Barnes’ cardiac diagnostic laboratory and president of the American Heart Association’s St. Louis chapter. “When the lining of a blood vessel is injured, platelets stick to this injured area and release chemicals that promote the attachment of other platelets and the formation of a blood clot to seal off the damaged area. In most instances, this is helpful and prevents bleeding when we sustain a cut or traumatic injury. Unfortunately, sometimes our blood vessels are injured by our own processes, and, in these situations, the accumulation of platelets can promote scarring and formation of cholesterol deposits or, in the more extreme cases, can lead to complete obstruction of a vessel in the heart, causing a heart attack.”

Aspirin interferes with the ability of platelets to stick to the injured area in the bloodstream and with their ability to initiate the clotting process. By so doing, the progress of atherosclerosis may be slowed, and, more importantly, the heart attacks and strokes which may
Aspirin
(continued from page 1)
accompany the platelet-mediated obstruction of blood vessels in the heart or brain may be prevented.

"The impressive reduction in heart attacks reported in the study is particularly noteworthy, since previous studies of aspirin have shown that heart attack risk is reduced and survival improved only in patients who had previously experienced heart attack prior to the start of therapy," says Dr. Geltman. "In concert with previous studies, there is now evidence that aspirin may lower the risk of heart attack in a broad spectrum of patients."

Before these results can be applied widely, a few cautions are in order, emphasizes Dr. Geltman. First, the actual number of heart attacks and the percentage of patients in the study experiencing heart attacks was quite small (104 of 11,037 compared to 187 of 11,034 patients receiving aspirin or placebo respectively). Second, there was a slight but worrisome increase in certain types of strokes (caused by bleeding) in the patients receiving aspirin. Third, many patients cannot take aspirin because of other medical reasons. Finally, the use of aspirin should not be considered a substitute for modification of other risk factors for heart disease.

"It is clear that aspirin is an important tool in the fight against heart disease," says Dr. Geltman. "However, before patients begin treatment with aspirin, they should contact their physicians to discuss their cardiovascular health in a broader context to be sure that all actions are being taken to ensure their long-term cardiovascular health."

managed facilities planning. Prior to joining the Barnes staff, Mr. Smith served as an administrative resident at Southwest Community Health Services in Albuquerque, New Mexico, where he provided staff support for strategic planning, analyzed physician utilization patterns and implemented planning for proposed organizational change.

Mr. Smith received both his bachelor of science degree in biology and his master's degree in hospital and healthcare administration from the University of Minnesota. He is a member of the American College of Healthcare Executives.

Smith joins Barnes St. Peters administration
Harry L. Smith Jr., former administrative fellow at Barnes Hospital, has joined the Barnes St. Peters Hospital staff as an assistant administrator. He is responsible for strategic planning and administrative management for a number of the hospital's departments, including operating rooms, laboratories, radiology, pharmacy, physical therapy and food service.

At Barnes, Mr. Smith supervised the staff of evening and night administrators and provided staff and organizational support for the hospital's capital expenditures committee. He also revised the administrative policy manual and came to Barnes from the University of Illinois Hospital in Chicago, where she served as nursing administrative services manager and was responsible for management of professional and support services in the area of payroll, accounting, data processing and grants and contracts.

Jon S. Bomze, planning and market research director, meets with Peg Tichacek, vice-president for planning and marketing.

Bomze named planning, market research director
Jon S. Bomze has been appointed director of planning and market research at Barnes Hospital. In this capacity, he has responsibility for supporting the formulation and implementation of the strategic plan and new program development. He is also responsible for development of the planning information systems, government and regulatory affairs and market research activities.

Mr. Bomze joined Barnes' staff from the May Company, where he served as strategic planning manager and was responsible for the formulation of strategic direction for the retail chain, designing, analyzing and consolidating the organization's five-year strategic plan. He previously served as corporate development manager for May Company, advising on merger and acquisition decisions.

Lifeline service area expanded to Illinois
Lifeline, Barnes' personal emergency response system offered through physician referral, is now available throughout Illinois in addition to its Missouri service area. The subscribed service allows for emergency medical assistance 24 hours a day for elderly, handicapped or physically ill persons who live alone.

With the system, the subscriber receives a personal help button to be worn around the neck or on a wristband and a home communicator. Pressed in an emergency situation, the button transmits a radio signal to the home communicator box from up to 200 feet away. The home communicator then sends an electronic message to Barnes over the subscriber's phone line.
Barnes medical professionals then call the subscriber to determine appropriate action.

If there is no response from the home, Barnes will contact a "responder"—a neighbor, friend or relative with access to the subscriber's home, who may be contacted to check on the patient quickly. If no respondents can be located, Barnes sends an ambulance and/or the local police and fire departments.

The Lifeline system has been in operation at Barnes for Missouri residents since January. The Illinois service was added last month. There is an initial $25 installation fee and a $25 a month rental charge. In some cases, insurance companies will cover these costs; however, all cases are examined individually.

For more information about Lifeline or to subscribe, call 1-800-392-0936 toll free from Illinois or (314) 362-2220 in Missouri.

Barnes' nursing school receives education grant

The Barnes Hospital School of Nursing recently received a 1988 Helene Fuld Health Trust grant for nursing education. The $35,000 grant will be used to update the school's nursing arts laboratory.

The Helene Fuld Health Trust awards grants annually to nursing schools on the basis of need and quality. More than 600 schools applied for grants this year.

The Barnes Hospital School of Nursing is a three-year diploma nursing program under the auspices of Barnes Hospital. Beginning in the fall semester, students will attend academic classes at the St. Louis College of Pharmacy. They obtain their clinical experience at Barnes Hospital.

Fred Lanigan, director of information systems, has been named a management information systems (MIS) department head. He is responsible for the direction of application development, data base administration, the MIS information center, MIS standards and documentation, and project management. He was named director in 1984.

Previously, Mr. Lanigan served as a programming manager, supervising programming staff and developing batch and on-line computer systems to meet the growing information needs of the top 10 hospital.

A 20-year Barnes employee, Mr. Lanigan joined the staff as a programmer trainee in 1968 and was quickly promoted to analyst programmer. He helped initiate the development of Barnes' on-line information systems in 1972 with the installation and programming of the on-line admitting system. At that time, Barnes was recognized as a pioneer in the development of hospital information systems. Mr. Lanigan also had project responsibility for the development of a number of major computer systems, including order entry from nursing divisions, on-line purchasing and inventory control, the on-line medical records system and pharmacy order entry.

Betty Peck of Mexico, Missouri, was the 100th person to receive a heart transplant at Barnes Hospital since the program began in January 1985. A celebration in honor of the May 28 milestone heart transplant joined several former transplant recipients and their families in the Queeny Tower lobby June 7—the day Mrs. Peck was discharged.

Heart transplant recipients, who were available to attend the party, gathered to congratulate Mrs. Peck. She had already been presented with her official Heart Transplant Association T-shirt.
Carol A. Smith, assistant director of the cardiac diagnostic lab, shows Ja'Laine Smith how a cassette tape is mounted in a holter monitor. Ja'Laine, 16, is a high school senior, completing community service hours as a JV at Barnes. She plans to be a lawyer.

Michael Robbin, 14, is a first year JV, working in pheresis. Michael serves juice to the patients and helps staff members with clerical duties. Urged to join the program by his mother, who works in the Barnes beauty salon, he says he's glad he did.

Veteran junior volunteer Kevin Robinson, honored last year for more than 600 service hours in emergency, is spending this summer helping out on the 8200 cardiac care unit. Kevin says he enjoys working with the patients and hopes one day to be a doctor on Barnes' medical staff.

LaToya Kellin, 15, decided to become a JV after spending many hours visiting her grandfather, who had been a patient at Barnes frequently. "I like to help, and the nurses inspired me to volunteer," she says. "Working with the patients is great."
Kim McLucas, 14, is spending the summer with several members of her family, who work at Barnes. Kim, a first-year JV in the development office, is the youngest of seven. Both of her parents and one of her brothers work in the hospital.

Willing hands, cheerful smiles

JUNIOR VOLUNTEERS

Junior volunteering can be lots of fun, prove Heather Helton (left) and Eleanor McEntee, who share a giggle working the patient courtesy cart. The 15-year-olds have ambitious plans for the future: Heather would like to be a pediatrician, and Eleanor hopes to be a pharmacist. "Being a junior volunteer is worthwhile," says Heather. And, adds Eleanor, "I like keeping busy, and I feel like I'm accomplishing something."
**Media spotlight**

As a national leader in patient care and medical research, Barnes serves as an information resource center. To date in 1988, more than 500 queries from broadcast and print media representatives were made to the public relations department requesting that Barnes medical and professional staff explain current health-care concerns and discoveries. Highlights of the media's coverage of Barnes during the last month include the following: The 100th heart transplant at Barnes made media headlines when the patient was discharged June 7. The metro media covered a reception for donor Betty Beck of Peckville, Missouri, and many of the other recipients. The St. Louis Post-Dispatch noted that 75 percent of recipients have returned to all activities they pursued prior to becoming ill.

Dr. John Carl Morris, a neurologist, was a guest on KMOX Radio the evening of May 17. Dr. Morris discussed Alzheimer's disease and the work of the Alzheimer's Disease Research Center, a joint program of Barnes and Washington University School of Medicine.

Reticin acid (Retin-A), widely prescribed as an acne medication, continues to make news as a treatment for wrinkles. Dr. Ann G. Martin, dermatologist, was interviewed live on the set of the KMOV-TV May 28 noon news. Dr. Martin said the drug does cause improvement in fine wrinkles, but whether the change is permanent is unknown.

Two doctors gave timely advice during live interviews with KMOX Radio over the Memorial Day Weekend. Dr. Jerome M. Aronberg, dermatologist, discussed summer skin care, while Dr. Ross B. Sommer, allergist, answered allergy questions.

Dr. Samuel E. Logan, plastic and reconstructive surgeon, was interviewed for an extensive story about lasers in Teamcare, a national publication of the Teamsters Union. Dr. Logan is studying the use of lasers to measure blood flow in muscles and other tissue.

**Barnes speakers address variety of health topics**

Whether it's teaching basic first aid to a group of Boy Scouts, discussing heart disease with utility meter readers or explaining organ donation for a church congregation, Barnes speaks to you.

"Barnes Speaks to You," a free service of Barnes Hospital, is designed to provide community, business or medical groups with interesting presentations on a wide variety of health-related topics.

The speakers bureau offers talks which can be tailored to fit the needs and meeting format of any group. Speakers range from transplant surgeons and administrators to nurses and pharmacists. Topics offered through the community focus program and designed for the lay public include burn care and prevention, cancer, cosmetic reconstructive surgery, obstetrics services, gerontology, health and fitness, heart health, self-improvement, organ donation and hospitals and the healthcare industry. The physician focus program, designed for a physician audience, includes topics such as cancer, cardiovascular medicine, internal medicine, neurology, obstetrics and gynecology, ophthalmology, otolaryngology, psychiatry, radiology, surgery and urology.

To arrange for a speaker, call the public relations department at (314) 362-5290. One month's advance notice is required.

**Community calendar**

**Monday, July 11**

I'm Important, Too! is the focus of Barnes' sibling preparation course taught by nurse-educators, maternity nurses and social workers and offered monthly from 10 to 11:30 a.m. This one-session program for parents and their children (ages 2 to 6) is designed to help children accept a new family member. The parents' awareness of each child's special importance is discussed informally during the class. Children practice holding and diapering lifelike dolls and take a trip to the nursery. Registration is $6 per child. More information is available by calling (314) 362-MOMS.

**Wednesday, July 20**

Cancers Which Affect Men—types, causes and the latest treatments—is the topic of this month's free "Ask the Doctor" seminar at 7 p.m. in Barnes' East Pavilion Auditorium. Dr. William Catalan, urologic surgeon, will conduct the program, which will include slides and printed materials as well as a question-and-answer period. Registration is required; call (314) 362-5290.

**Tuesday, August 2**

Male impotence is the subject of a monthly series of free, informal discussions hosted by Dr. John Daniels, male diagnostic specialist, at 7 p.m. in Barnes' East Pavilion Auditorium. The program includes slides and printed materials, as well as time for individual questions and answers. Attendance is limited to allow time for ample discussion, so advance registration is required. Call (314) 362-5290.

**Employee retirements**

Three long-term employees recently retired with a combined total of 89 years of service to the hospital. Lillian Bradley, telecommunication; Delores Holly, anesthesia supply; and Symantha Qualls, laundry and linen services; each received a certificate of appreciation from Barnes president Max Poll at receptions in their honor.

When asked about her most unusual phone call at the hospital, Mrs. Bradley just blushed. After 28 years as a telecommunications operator for Barnes Hospital, she says she plans to stay away from the phone during her retirement—at least for a while. She is looking forward to relaxing and spending more time with her 4-month-old grandson.

Miss Holly worked 31 years to the day as an employee of Barnes Hospital. She started as a nurse assistant on the emergency; Dr. Daniel and transferred to general surgery, emergency; Drs. Saaid Khojasteh, Robert E. Mc Cool and Christopher Wuertz, psychiatry; Drs. Jeffrey J. Brown, Landis K. Griffith, Marshall Hicks, Peter Png-Kwon Lai, Victor A. Marcial-Vega and Paul L. Molina, radiology; and Dr. Arthur Z. Eisen, dermatologist-in-chief, has been honored for his scientific contributions by receiving MERIT (Method to Extend Research in Time) status for his latest grant from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, affiliated with the National Institutes of Health, totaling more than $1.3 million. The award provides long-term, uninterrupted financial support to investigators who have demonstrated superior achievement during previous research projects. Recipients are selected in recognition of their continued commitment to excellence.

The following doctors are reported on staff: Dr. Walter A. Boyle III, anesthesiology; Drs. Joel D. Cooper and T. Bruce Ferguson, cardiology; Dr. George J. Hruza, dermatology; Drs. Jeffrey J. Brown, John J. S. Munn, Nathaniel J. Soper and Michael A. West, general surgery; Dr. Elizabeth Hilliker, Gary Quick and Calvin B. Terrell, general surgery, emergency; Drs. Michael Fedak and Daniel M. Goodenberg, internal medicine; Drs. Robert J. Brown, Russell B. Dieterich, Daniel J. Semenoff, John A. Stoppel, Mark S. Wasserman and Hung N. Winn, obstetrics/gynecology; Dr. Richard E. Hulsey, orthopedic surgery; Dr. Michael J. Becich, pathology; Drs. Philip E. Higgs, Robert H. Khojasteh, Robert M. McCool and Christopher Wuertz, psychiatry; Drs. Jeffrey J. Brown, Landis K. Griffith, Marshall Hicks, Peter Png-Kwon Lai, Victor A. Marcial-Vega and Paul L. Molina, radiology; and Dr. Susan A. Hudson, urologic surgery.

Terry Jo Gile, assistant administrative director of laboratory, and Kathryn K. Wines, risk manager, co-authored "Hazard-Communication Program for Clinical Laboratories," which was published in the March/April issue of Clinical Laboratory Science.

Dr. Saul Boyarsky, urologist, authored "The Importance of Keeping Records," (Research) in the St. Louis Post-Dispatch.

Dr. Ronald G. Evans, Barnes radiologist-in-chief and director of Mallinckrodt Institute of Radiology, was named president-elect of the American Roentgen Ray Society at its annual meeting held May 9 through 12 in San Francisco, California. The 4,100-member society was established to advance the field of medicine through the science of radiology.

Dr. Samuel Wells Jr., surgeon-in-chief, has been appointed by President Ronald Reagan to the National Cancer Advisory Board.
Social worker Karen Greening presented "Survivorship in a Breast Cancer Support Group" at the National Association of Oncology Social Workers' four-day conference May 4 through 7 in Cincinnati, Ohio.

Ellen Smith, dietetic technician, received the Recognized Dietetic Technician of 1988 Award from the Missouri Dietetic Association. The award was presented for outstanding performance and dedication in the field of dietetics.

Adrain McClearn, technical supervisor in the chemistry laboratory, co-authored "Semiautomated Direct Colorimetric Measure of Creatinine Kinase Isozyme MB Activity after Extraction from Serum by Use of a CK-MB Specific Monoclonal Antibody," which appeared in a recent issue of Clinical Chemistry.

Bertha Ballard, Barnes Hospital School of Nursing faculty instructor, recently was selected item-writer nominee by the Examination Committee of the National Council of State Boards of Nursing. She will spend the week of July 18 in Monterey, California, developing test items for nursing boards.

Dr. Jack Hartstein, ophthalmologist, served as guest speaker at the European Refractive Surgery meeting that took place in Paris, France, August 15.

Normal Aging" as part of the University of Kentucky neurologist, presented "The lecture on the disposable contact lens at the method for planned extracapsular cataract extraction. Last month, Dr. Hartstein presented a lecture on the contact lens at the European Refractive Surgery meeting that took place in Paris, France.

Dr. John C. Morris, neurologist, presented "The Neuropsychology of Very Mild Alzheimer’s Diseas: The Borderline Between Dementia and Normal Aging" as part of the University of Kentucky’s conference on "The Neuropsychology of Alzheimer’s Disease" April 15.

Gifts to Barnes Hospital Funds

Listed below are the names of persons (honorees in boldface) who have made contributions during May 1988, to the funds at Barnes Hospital. Because Barnes is a private hospital and does not receive public funds, it relies on the gifts of individuals to continue providing quality patient care and to support research aimed at improving the lives of patients. Donations to the hospital may be made through the Barnes Hospital Auxiliary or the development office. (Donations through MasterCard or VISA are welcome.) The Auxiliary coordinates the Tribute Fund, which is used for specific hospital projects.

Auxiliary Tribute Fund

IN MEMORY OF: James Patrick Ferguson
IN MEMORY OF: William A. Stollar
IN MEMORY OF: John Baroni
IN MEMORY OF: Charles M. Kilby
IN MEMORY OF: John M. Shepard
IN MEMORY OF: Scott Jablonow Kidney Fund
IN MEMORY OF: Scott Jablonow Kidney Fund
IN MEMORY OF: Wayne Green
IN MEMORY OF: Helen Retirement Center, Inc.
Ziemer Burn Fund
IN MEMORY OF: Dr. Joseph C. Edwards
Care of the Patient Fund
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IN MEMO
Gold-medal honors: Deneen Wallace, registered nurse in the per diem pool, was presented the Hospital Association of Metropolitan St. Louis (HAMSTL) Gold Medal Award for Barnes Hospital by Y98-FM disc jockeys Guy Phillips (left) and Mike Wall at a luncheon at the Park Terrace Airport Hilton June 21. The Gold Medal is awarded annually to a representative of each HAMSTL-member hospital who demonstrates extraordinary concern for the well-being of others by a significant humanitarian act or a long-term commitment to caring for those in the community. Mrs. Wallace, who has worked for Barnes Hospital for two years, was selected for her concern and quick action, assisting the passengers of a car involved in an accident last summer.