Lung transplant expert to join Barnes staff

Dr. Joel Cooper, the first surgeon to successfully perform a human lung transplant, will join the Barnes medical staff on a full-time basis next July. Dr. Cooper’s knowledge and expertise will give the hospital, an established major Midwest transplant center, the ability to transplant lungs. Although hearts, heart-lung sets, livers, kidneys, bone marrow, long bones, corneas and islets of Langerhans are transplanted at Barnes, a lung transplant has never been done here, and only a limited number have been performed in the United States.

Serving as chief thoracic surgeon at Toronto General Hospital, Dr. Cooper performed a successful lung transplant on his first patient in 1983. Since that time, he and his team have carried out 18 single and double lung transplants. Before 1983, more than 40 unsuccessful attempts were made at lung transplants throughout the world. Because of his success rate and highly developed technique, Dr. Cooper is considered to be the international authority on this very delicate and specialized surgery.

Dr. Cooper plans to make Barnes and the Washington University School of Medicine the primary thoracic surgery service and training center in the United States within a few years and hopes to perform more than 20 lung transplants a year.

An American citizen, Dr. Cooper was born in Charleston, West Virginia. He graduated from Harvard Medical School in 1964 and received his surgical training at Massachusetts General Hospital in Boston. He is a member of several organizations, including the American College of Surgeons, the American Thoracic Society, the Society of University Surgeons and the American College of Chest Physicians. Dr. Cooper has written more than 100 articles for medical publications since 1969.

Seminars focus on ENT, neurology/neurosurgery

Physician conferences focusing on the latest advances in otolaryngology (ear, nose and throat) and neurology/neurosurgery will be held at Barnes Hospital this fall. Dr. Richard Hayden, otolaryngologist, will serve as chairman for the ENT Update, October 24 and 25; and Drs. J. Michael Hatlelid, neurologist, and Keith M. Rich, neurosurgeon, will co-chair the Neurology/Neurosurgery Update, November 7 and 8. The conferences are designed as an update for the practicing physician.

ENT Update will offer presentations on endoscopic sinus surgery; thyroid surgery; lasers and other innovations in head and neck cancer treatment; new developments in facial aesthetic surgery; surgery of the skull base; advances in head and neck reconstruction; homograft tympanoplasty and the difficult ear; advances in pediatric ENT; practical approaches to the dizzy patient, and the current approach to facial nerve disorders.

Neurology/Neurosurgery Update will highlight evaluation and treatment of headaches; management of brain tumors and multiple sclerosis; treatment of parkinsonism; pituitary tumors; seizures and central nervous system infections; evaluation of elderly patients with dementia; medical and surgical treatment of vascular disease, and trauma.

Each conference begins at 7 a.m. Saturday and concludes at 1:30 p.m. Sunday. A spouses’ agenda, including a trip to the S.S. Admiral and a “Total Image” presentation; a night on the town, and hotel reservations in Barnes’ Queney Tower (for those requiring overnight accommodations) are included. Registration fee is $150 for a couple or $100 for doctor only. Enrollment is limited to 35 physicians for each seminar.

For more information, or to register, call the department of education and training at (314) 362-5250.

New sub-specialty chief to conduct heart research

Internationally-recognized anesthesiologist Dr. Demetrios Lappas has been named chief of cardiothoracic anesthesia at Barnes. Dr. Lappas is known for his extensive clinical research on the heart’s function in cardiac surgery patients.

Dr. Lappas and his colleagues will continue the clinical investigation of the effect of drugs and other therapeutic procedures on the heart before, during and after surgery. Specifically, the diseased heart’s function is to be precisely monitored and evaluated using a special catheter which provides a means for selective blood sampling from the heart for metabolic studies.

According to Dr. Lappas, current studies of coronary artery disease focus only on blood pressure. Barnes will be the first medical facility in...
Heart Research
(continued from page 1)

the nation to be researching the actual metabolism of the heart during and after surgery.

Before joining Barnes’ medical staff, Dr. Lappas served as a cardiac anesthesiologist at Boston’s Massachusetts General Hospital, where he began his investigational study. Barnes’ reputation, facilities and physicians attracted Dr. Lappas to St. Louis. “Barnes’ tremendous achievements in the area of the heart both support and facilitate this type of research,” says Dr. Lappas.

A native of Greece, Dr. Lappas received his medical and doctor of philosophy degrees from Aristotelian University in Thessaloniki, Greece. He trained in cardiac anesthesiology at Massachusetts General Hospital, where he began his investigational study. Barnes’ reputation, facilities and physicians attracted Dr. Lappas to St. Louis. “Barnes’ tremendous achievements in the area of the heart both support and facilitate this type of research,” says Dr. Lappas.

Barnes administrator awarded REF scholarship
Larry Sobal has been selected to receive the Robert E. Frank Scholarship in Hospital Administration at the Washington University School of Medicine. Mr. Sobal is directing the Lerwick Clinic during Barnes’ option period to purchase the clinic and has been a member of the evening/night administration team at the hospital.

Established by the Barnes Hospital Auxiliary in 1984, the scholarship honors Mr. Frank, Barnes president from 1986 to 1986. The scholarship was established in the Auxiliary’s silver anniversary year to pay tribute to Mr. Frank’s support of the Auxiliary and the volunteer services.

Awarded annually, the one-year scholarship goes to a full-time student in the health administration program at the School of Medicine. Mr. Sobal is in his final year of the MHA/MBA joint degree program.

Mr. Sobal was selected on the basis of professional promise and academic performance. He came to Barnes and the Washington University program in September 1985 from Ingalls Memorial Hospital in Illinois, where he was a cost and reimbursement analyst. A native of Gary, Indiana, Mr. Sobal received his bachelor of science degree from St. Joseph’s College in 1981.

Home Health celebrates expanded services
It was more than a birthday party; it was a celebration of growth.

September 1 marked the third anniversary of Barnes Home Health, the largest hospital-based home care agency in the state. The three-year period has been marked by rapid growth, with monthly home visits increasing from 700 to well over 4,000 and the service area expanding beyond St. Louis City and County to St. Charles, Jefferson and Franklin Counties.

Barnes Home Health, a Medicare/Medicaid-licensed agency associated with the Irene Walter Johnson Institute of Rehabilitation, provides care to qualified, medically unstable patients in need of skilled nursing services, physical therapy or speech therapy in their homes on an intermittent basis. Patients also may receive occupational therapy, medical social services, nutritional counseling and home health aide services if necessary.

Specialty services offered by the agency include hospice, burn, respiratory, psychiatric, ostomy, amputee and obstetric and pediatric care that includes early obstetric discharge and home phototherapy programs. An early discharge program for post-operative surgery patients is currently being piloted and specialty teams for patients with transplants and neurological and ophthalmological illnesses are being developed.

“One home care continues the patient and family education that begins when the patient is hospitalized or seen as an outpatient for an acute illness,” says Lynne Davis, Barnes Home Health director. “The goal of home care is to assist the patient in regaining independence as he or she recovers from an illness or new physical handicap.”

Referrals to Barnes Home Health can be made by patients, family members, nurses, social workers, physicians and rehabilitation staff. Treatment must be authorized by the patient’s physician. To learn more about Barnes Home Health services, contact a Home Health coordinator at 362-5630.

Five Barnes residents receive Knowlton Award
Five residents in internal medicine were honored September 15 as the recipients of the Knowlton Incentive for Excellence Awards at a dinner at the Racquet Club. The 1987 recipients are Drs. Maurice Cairoli, John David Dunkel, James David Kaplan, Daniel P. Kelley and Samuel Aaron Ockner.

In its third year, the annual award program was established by Charles J. Cella with a gift of $750,000 to honor Barnes physician Dr. Norman P. Knowlton, Jr. Recipients are recognized for extraordinary excellence in the practice of medicine and patient care.

160 employees to be honored for service
Barnes Hospital will honor 160 employees for long-time service and dedication at the semi-annual employee service award ceremony October 9 at the Omni International Hotel in Union Station. The dinner and reception will recognize employees celebrating 35, 30, 25, 20, 15 and 10 years of service to the hospital between July 1 and December 31, 1987. The 160 honorees will represent 2,480 years of continuous service. Each employee will receive a gift of personal choice, ranging from traditional gem-studded jewelry to household items such as clocks, candy dishes and bookends.

Three employees top the list of honorees, celebrating 35-year anniversary dates: Ada Ellis and Theda Guzman, nursing service, and Shirley Giachetto, operating room service. Six employees mark 30 years of service, including Josephine Haney and Ruth Harris, laboratories; Carrie McClure, Frankie McCree and Lettie Smith, operating room service, and Symantha Qualls, laundry.

Twelve employees celebrate silver anniversaries in the second half of 1987: Lillie Brown and Dave Pruitt, housekeeping; Lizzie Brown, Ollie Powell and Sarah Reece, nursing service; Annie Clement, Eileen Corbett, Jane Musterman and Lillian Russell, operating room service; Gloria
Long, food and nutrition; Robert McAuliffe, ex-
ternal accounting, and Fred Trost, cost account-
ing.

A total of 30 employees mark 20-year mile-
stones, including Jeanette Bonner, laundry; Mattie Borders, housekeeping; Peggy Brew, LaJean Edwards, Ruth McCleod and Kay Rob-
inson, operating room service; Alma Brown, De-
lores Guidozi, Shirley Mitchell, Hattie Mosley, Mary Saum, Lucille Spencer and Celia Reals, nurs-
ing service; Flossie Byrd, Mary Clanton, Berni-
ce Conley, Eddie Doss, Mary Dunbar, Vir-
ginia Orms and Lucy Pollion, food and nutri-
tion; Chun Chiu, pharmacy; Linda Crume, print
shop; Helen Foster, accounts payable; Ruth Gil-
ham and Blanche McPherson, laboratories; Car-
ol Gruber, employee health; Louise Hale, med-
cal records; Margaret Tascher, clinics; Bar-
bara Walls, admitting, and George Wint-
galen, patient accounts.

The 41 employees being honored for 15 years of
service include Kristina Batsios, human re-
sources; Delores Bennett, Katherine Siggers
and Joann Young, food and nutrition; Eddie
Berkley, Jeanette Blaydes, Varn Burse, Ethel
Hinton, Ora King, Lucy McCaster and Donna
Yea ger, housekeeping, and Carolyn Bridges,
Othel Brown, Auryetta Jeffrey, Debra Taylor and
Erwin Williams, operating room service.

Dianne Butler, Sandra Crosson, Anita Cole, Viv-
ian Garner, Sallie Ann Gully, Aretha Haire,
Betty Jones, Jean Kellison, Mildred Lee, June
McGirt, Janice Meyer, Bernice Perry, Barbara
Quarles, Barbara Sacakli, Betty Scrivner, Car-
rietta Smith and Arnette Williams, nursing ser-
vice; Delores Dock, cardiac diagnostic labora-
tory; James Dossett, plant engineering; Eliza-
beth Johnson, dispatch; Nicholas Klotz, Jr.,
central service; Joseph Koch, management in-
formation systems; Betty Phipps, clinics; Eu-
genia Roncal, laboratories, and Daisy Shepard,
public relations.

Ten-year honorees, totaling 68, include Angelo
Allen, Rashland Clayton, Geraldine Clemens,
Neal Collier, Virginia Cooper, Kenneth Evans,
Etoy Gilyard, Rose Mary Holmes, Lizzie Jones,
Ellen Pickett, Demetrius Rhone and Keith
ward, housekeeping; Evelyn Allen, Connie
Blount and Lizzie Taylor, food and nutrition;
Phyllis Ballard, Penelope Bari, Dorothy Bren-
nan, Beverly Campbell, Yung Choi, Jill Cohen,
Sophronia Coney, Mary Crowell, Silvia Glenn,
Margaret Hamilton, Mary Hoog, Joyce Kolnik,
Germaine Komor, Terre McCullough, Gregory
Russell, Annette Tan, Thelma Thomas, Jean
Webster, Andrea Williams and Jane Williams,
nursing service; John Billops, laundry; Jim
Clancy, activity therapy; Beverly Chivers, Gail
Cunningham, Susan Garrett, Bobby L. Hayes,
Mary Sande and Christine Stokes, operating
room service; Terrence Diener and Mark Tiek-
mann, pharmacy; Kevin Fritz, Clarence Hall,
Jr., and Jack Knapp, management information
systems; Richard Garger, design and construc-
tion, and Nancy Hagen, human resources.

Pamela Hampton, Larry Hinchen and Michael
Maxey, security; Kathleen Herbers, education
and training; Michael Hines, Kathleen Mordar-
ski, Helen Parato and Christina Smith, labo-
ratories; Daniel Kinder and David Piper, plant
engineering; Florine Lewis, central service;
Cheryl Manns, dispatch; Roger Redfain, bar-
ber shop; Nancy Richards, patient accounts;
Mary Ruckdeschel, social work; Monty Walker,
medical records, and Lynn Weaver and Maggie
Wheeler, emergency department.

BHS Awards of Merit
presented in September

One long-term employee and an entire de-
partment were honored with the Barnes Hos-
pital Society (BHS) Award of Merit at a cer-
emony held in the hospital's main lobby Sep-
tember 11. Dr. Neville Grant, president of the
BHS, presented the awards for outstanding
service to the hospital and medical center
communities to Earl Martin, Queeny Tower
bellman, and to the volunteer department.

Mr. Martin, who began working at Barnes in
1968, has greeted and assisted thousands of
Queeny Tower visitors over the past 19 years.
Mr. Martin was cited for "an excellent job of
focusing on service at our front door." Ac-
cording to Dr. Grant, Mr. Martin demonstra-
tes every day the quality of caring by
going the extra mile—finding a wheelchair,
giving directions, escorting guests to their
automobiles. "As a priority, Mr. Martin is
concerned with making the guest's stay com-
fortable," said Dr. Grant.

For the first time since its establishment in
1982, the Award of Merit was presented to a

Barnes Hospital employees, volunteers and Aux-
iliaries applaud the recipients at the September 11
ceremony.

Bellman Earl Martin receives a congratulatory kiss from his
wife.

Dr. Neville Grant, BHS president, announces
the recipients of this year's Awards of Merit.

Volunteer director Susan Collins (left) and Auxiliary
vice-president for volunteer services Margaret Kinna-
man accepting the BHS award.
For most people, the word “laser” invokes mysterious images of futuristic science-fiction novels and space adventure films. Lasers, however, are a very real presence today, particularly in the healthcare field.

At Barnes Hospital, a forerunner in laser medicine in the Midwest, healthcare professionals use lasers as significant surgical instruments that may restore sight, destroy kidney stones and seek out cancer tissue.

A laser offers several advantages over a scalpel for certain types of surgery. The beam can be tightly focused on a microscopic area, leaving nearby tissue unharmed, while the heat of the beam seals small blood vessels, cautering as it cuts, to reduce the risk of infection and bleeding. Cutting without physical contact, the laser further reduces the chance of infection and avoids pressure damage to sensitive tissues. Also, the narrow beam of a laser reaches some places that a hand wielding a scalpel cannot. For many, it is an exceptional surgical tool, but surgeons caution that it is not a magical, cure-all instrument.

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The argon, carbon dioxide and YAG (neodymium:yttrium-aluminum-garnet) lasers are the three most commonly used in medicine. Applications of laser technology at Barnes are as varied as the specialty areas that utilize them.

Ophthalmology
One of the first applications of the laser as a surgical tool was in the field of ophthalmology. Eye surgery is particularly delicate work, and the laser beam's ability to pass harmlessly through the eye's transparent cornea to do its work within. These treatments often are completed in less than an hour in outpatient surgery, using only a local anesthetic.

Argon lasers are used in retina surgery to seal a tear or hole and to treat abnormal growths of blood vessels that lie in front of or beneath the retina. The beam of the laser is fired through the pupil to be absorbed by the target blood vessels, destroying them. Similarly, the argon laser may be used as a supplement in retinal detachment surgery by creating small lesions that weld the retina back into place.

Glaucoma, a disease in which the fluid within the eye builds up to dangerous pressures, also is treated predominantly with the argon laser to reopen blocked channels for drainage. Use of the YAG laser to create new drainage channels as a substitute for conventional surgical techniques in glaucoma filtering procedures is currently under investigation at Barnes.

While lasers are not suitable for the removal of cataracts, the YAG laser may be used to clear "secondary cataracts"—milky membranes that may form after cataracts are removed.

One of the newest instruments available at Barnes is the tunable argon dye laser, the first of its kind in the St. Louis area. This laser, with an almost limitless range of wavelengths, can be used to treat persons suffering from age-related macular degeneration, diabetic retinopathy, retinal vein occlusions and ocular histoplasmosis.

Gynecology
The laser, proven to have several advantages in treating medical conditions of women, has been used in gynecology for more than a decade.

It is most commonly used at Barnes to remove lesions and abnormalities such as warts, cysts or scars that spread across the external genitalia, vagina and cervix of the uterus. With the laser attached to a colposcope (magnifying binoculars) precancerous dysplasia may either be excised with a focused beam or vaporized with a defocused beam. Endometriosis, cysts and adhesions (scar-like tissue) in the pelvis, small fibroid tumors of the uterus and early ectopic pregnancies in the Fallopian tubes can be excised or vaporized with the laser beam through a laparoscope. This requires only one to three small incisions through the abdominal wall, enabling the patient to go home a few hours after surgery. In the past, these procedures required a long incision, a week in the hospital and a month for recovery.

One of the most recent applications of the laser in gynecological infertility surgery is the reconstruction of Fallopian tubes damaged after infection or closed after a tubal sterilization operation. Although there are many ways of approaching these procedures, the laser is considered a more precise cutting and cautering tool for these delicate operations.

Dermatology, Plastic Surgery
The carbon dioxide and argon lasers are used similarly in both dermatology and plastic surgery. The more versatile carbon dioxide laser is used to remove warts, keloidal scars and a variety of benign skin lesions. It also may be used to remove tattoos by burning away its pigment. Although this procedure may leave a noticeable scar, some patients prefer the look of the scar to the tattoo. With the help of a microscope, the carbon dioxide laser also may be used for dermabrasion, a treatment to remove scars.

The argon laser has been widely accepted to remove the purplish-red birthmarks known as "port-wine stains," characterized by abnormally dense clusters of blood vessels beneath the skin. It may also destroy vascular lesions and hemangiomas, benign tumors consisting of masses of blood vessels.

In the near future, the carbon dioxide laser may join forces with a microscope for microvascular procedures, such as tissue welding, and the tunable argon dye laser is under investigation for treatment of hemangiomas.

Urology
In the field of urology, specialists use new lasers for the treatment of problems in the urinary tract.

One of the newest additions to Barnes' operative services. The pulsed dye laser is used to fragment ureteral stones. The extremely small probe used for this procedure is passed through a ureteroscope, a tiny endoscope, into the ureter, the tube leading from the kidney to the bladder.
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**Urology**

In the field of urology, specialists use new lasers with extremely small endoscopes, lighted instruments used for visualization of the interior of body cavities or organs, for non-operative treatment of problems in the urinary tract.

A pulsed dye laser, recently approved for use by the Food and Drug Administration, and a KTP laser are two of the newest additions to Barnes’ operative services. The pulsed dye laser is used to fragment ureteral stones. The extremely small probe used for this procedure is passed through a ureteroscope, a tiny endoscope, into the ureter, the tube leading from the kidney to the bladder.

Surgeons believe that advances in endoscopic technology will soon allow the pulsed dye laser to be used for stones located within the kidney.

The KTP laser, under investigation at Barnes, is used for incisional purposes in the operating room to cut scar tissue obstructing the ureter. The KTP probe also fits through a ureteroscope. This laser, with the help of a bladder endoscope, is also suitable for treating bladder cancer.

**Gastroenterology**

Fiber optics carrying laser light can be snaked into the deeper cavities and passages of the body. Similar to otolaryngology applications, the laser’s beam may be used to debulk obstructive tumors in the esophagus, colon or intestinal tract, but it is not a curative treatment. Laser intervention also can relieve pain if removal of diseased portions of the tumor is not possible.

Laser light also may be used to coagulate bleeding blood vessels or vascular malformations. Coagulation of bleeding ulcers is possible with the YAG laser, although its advantages over other endoscopic methods in controlling this form of hemorrhage has not been proven. Laser technology is being explored for destruction of gallstones, an application that may prove beneficial for some patients.

**Otolaryngology**

In certain situations, lasers can be used to preserve or even restore speech by selectively vaporizing abnormal growths in the larynx or voice box to avoid removal of the entire organ. Within the throat, lasers can reduce the size of an obstructing tumor so the patient can swallow and breathe freely.

Just months ago, photodynamic therapy (PDT) was introduced in clinical trials at Barnes. PDT, presently being used in the head, neck and chest regions, combines laser technology and light-sensitive drugs that are retained in high concentrations in cancer cells to selectively destroy malignant tumors.

Applications for laser use in the fields of oral-maxillofacial surgery, neurosurgery and general surgery have not been as extensive as with other specialty areas. The laser’s use in oral-maxillofacial surgery is limited because of the numerous nerve branches in the facial area. However, it may be used to surgically remove small and vascular lesions. In neurosurgery, the carbon dioxide laser is used to vaporize tumor tissue in the brain and spinal cord. Laser technology in general surgery is especially suitable for removing diseased portions of the liver. Additionally, it may be used for cauterization and endoscopic procedures in the tracheobronchial tract.
Dr. J. Regan Thomas, otolaryngologist specializing in facial cosmetic surgery, discussed the use of collagen as a cosmetic treatment during a report on KSDK-TV August 25. He explained that collagen can be injected by needle into the skin to fill out wrinkles and depressed areas of the skin. The effect is not permanent, but offers an alternative to plastic surgery.

A new disposable contact lens frees users of the tedious cleaning routine and reduces the risk of infection. Dr. A.M. Hartstein, ophthalmologist, explained in interviews nationally. Dr. Hartstein is one of nine ophthalmologists nationally selected by the lens manufacturer to test the product. A syndicated television interview was broadcast in cities including Miami, San Francisco, Seattle and Nashville.

A follow-up report on KMOV-TV by medical reporter Al Wiman September 4 found that the patient at Barnes to receive a multichannel cochlear implant has progressed from profound deafness to understanding 85 percent of spoken speech. Patient Ruby Boyd uses a combination of lip reading and the sound she hears with her implant. Along with Mrs. Boyd, those interviewed were Susan Binzer, program coordinator, and Margaret Skinner, Ph.D., director of Washington University School of Medicine audiology.

Dr. R. Morton Bolman explained the latest heart-lung transplant during an interview on KFVS-TV, Cape Girardeau, September 10. Patient Dale Trapp was the second person ever to receive a heart-lung transplant at Barnes. The first, Robin Sigler, also was interviewed.

A study published in the September 11 edition of the Journal of the American Medical Association tried to determine whether there is an increased risk for heart attacks in women who smoke and who also take oral contraceptives. Dr. H. Marvin Camel, gynecologist, interpreted the study for KTVI-TV to confirm that oral contraceptives are generally safe but not for those who smoke.

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Barnes Hospital gynecologists were interviewed August 20 about a Journal of the American Medical Association article on tampons. The article said standardization is needed in the commercial labels placed on tampons to better describe absorptency. Drs. Ernest Friedrich, interviewed by KTVI-TV, and Darwin Jackson, who appeared on KMOV-TV, agreed that standard labels would help women assess the risk of toxic shock syndrome, which can occur when extra-absorbent tampons are left in place beyond the recommended time length. Both doctors suggested that no tampon be left in place beyond five hours.

The rediscovery of the leech by medicine has made headlines nationally. Dr. Bruce Kraemer, plastic and reconstructive surgeon, explained on KTVI-TV August 17 that leeches can facilitate blood flow in some reattached body parts that previously could not be saved. He said the tips of the finger, for instance, do not contain sufficient veins for the microsurgeon to reattach. But the leech can keep a reattached finger alive by keeping blood flowing through the tissue until capillaries grow across the sutures line.

Shelryn Hallstone, vice-president for nursing, was among nursing administrators interviewed about nurse recruitment for an August 24 story in the St. Louis Business Journal. Mrs. Hallstone said nurses are the key providers of healthcare in a hospital, which makes maintenance of full staffing vital to providing quality service.

Dr. Neva P. Arribas, ophthalmologist, has been elected to membership in the Retina Society, a national honorary organization for retina specialists. Dr. Arribas is one of only 20 ophthalmologists in the United States to be selected in 1987.

Dr. Charles B. Anderson, general surgeon-in-chief, presented two papers at the International Surgical Society’s meeting September 20 through 25 in Sydney, Australia. The papers were titled “Immunosuppression and Donor-Specific Transfusions Prior to Renal Transplantation” and “Cycloxygenase Inhibition and Renal Allograft Rejection.”

Community calendar

Tuesday, October 13
“Advances in Diabetes,” the first in a free series of monthly lectures on diabetes presented by Barnes doctors, nurse specialists and staff, is scheduled from 7 to 9 p.m. in the hospital’s East Pavilion Auditorium. Dr. Donald Skor, diabetologist, will be the speaker. Future lectures in the series include “Exercise and Diabetes,” “Traveling with Diabetes” and “Diabetes in Youth.” Nurse specialists will perform free blood sugar monitoring at each lecture. For more information, call (314) 362-1390.

Wednesday, October 21
Breast cancer will be the focus of a free symposium sponsored by Barnes at the Graphic Communications Education Unit in Room 505 Hall from 8:30 a.m. to 12:30 p.m. Facts about the disease, including various methods of detection, treatments available, reconstructive surgery and prostheses will be discussed, and participatory demonstrations of breast self-examination, using teaching breast forms, will be conducted. The hall is located at 105 Progress Parkway in Maryland Heights. For more information or to register, call (314) 362-1390.

Tuesday, October 27
“Lavishly Light” is a free cooking class taught by Barnes registered dietitians and sponsored by The Heart Center. The class is designed to help modify fat and cholesterol intake through simple, easy-to-prepare recipes. Learn and sample from 7 to 9 p.m. at the hospital. For more information, call (314) 362-1382.

Wednesday, October 28
“Cancers Which Affect Women” will be the topic of this month’s free “Ask the Doctor” program at 7 p.m. in the hospital’s East Pavilion Auditorium. Dr. Andrew Galakatos, gynecologist/ oncolgist, will discuss reducing risks, early detection and treatments for common and gynecological cancers. The program includes audiovisuals, printed materials and a question-and-answer period. Registration is required, call (314) 362-5290.

Thursday, October 29
“Heart to Heart for Women” is a free program designed especially for women and presented by Barnes Heart Center nurse-educators from 7 to 9 p.m. at the Clayton Hill Branch Library. The program focuses on heart risks factors and the influence of exercise and cholesterol on heart health. A heart-risk assessment will be included. The library is located at 12863 Wil lyon Drive in Creve Coeur. For more information, call (314) 362-1382.

For a list of November and December classes and seminars, call the Barnes public relations department, (314) 362-5290, and ask for a free copy of “Health Education Programs.”

Dr. Vilbay Blair, orthopedic surgeon, was interviewed by KTVI-TV’s Lisa Allen on the topic of diabetic foot problems September 17. Dr. Blair highlighted the comprehensive care offered by the diabetic foot center at Barnes including ranges from treatment of calluses and infections to total contact casting.
The results are in: Proceeds from the Country Crock Flapjack Breakfast, sponsored by the St. Louis Firefighters Union, Local 73, were presented last month by association vice-president Bruce Williams (right) to Dr. William Monafo, director of Barnes' burn center, and Norma Stern, a Barnes volunteer and hospital coordinator of ticket sales. The breakfast, held in July, raised $1,400 for research into improved burn care and treatment.

Bulletin
Barnes Hospital Plaza
St. Louis, Missouri 63110