Barnes to sponsor St. Louis Marathon

Barnes Hospital will serve as a major sponsor of the 14th Annual St. Louis Marathon to be held Sunday, November 17. The event, organized by the St. Louis Track Club, attracts distance runners from across the nation. Officials of the track club say they expect more than 1,500 runners to compete this year, many in their first marathons.

As part of the pre-marathon events, Barnes is offering a free preparation program for runners considering participation in this year's competition. The program, designed to offer information and support for both first-time marathon runners and experienced runners interested in improving performance, consists of a series of clinics conducted by Barnes staff members.

The first clinic, "Conditioning," took place in August. Upcoming clinics will be held from 7-10 p.m. in Scarpellino Auditorium in Mallinckrodt Institute of Radiology within the Barnes complex. The clinics include "Injuries and Prevention," September 9; "Dietary Functions of Training," October 8, and "Psychological Aspects of Running and Strenuous Activities," November 4. Free parking will be provided for participants in the subsurface parking garage beneath the tennis courts immediately south of the hospital. "Recovery," the final clinic, will be held at 1 p.m. at the Marriott Pavilion Hotel downtown on November 16.

Sunday morning preparation runs along the marathon course will begin September 8, with runners meeting in front of Barnes at 8 a.m. The 26.2-mile certified course runs downtown and along the Mississippi River, through city streets to Tower Grove and Forest Parks, and ends at the Old Courthouse.

Dr. Walter Bauer, Barnes' surgical pathologist-in-chief, holds the St. Louis Marathon record in his age group (2:57:59), set in 1982. Dr. Bauer, 59, was instrumental in achieving Barnes' sponsorship of this year's marathon.

Further information about the pre-run events can be obtained by calling the public relations department, 362-5290. Entry forms are available by writing to the St. Louis Track Club, 6611 Clayton Road, Suite 200, St. Louis, Missouri, 63117.

Over 2,500 request cancer screening kits

President Ronald Reagan's recent intestinal surgery and unexpected cancer diagnosis have focused a great deal of attention on a previously ignored area that most people hesitate to discuss. The publicity generated by the President's diagnosis, however, has alerted thousands of people to the reality of colon cancer which, according to the American Cancer Society, has a very high cure rate when detected early.

In response to the increased public interest in the early detection of such cancer, the Barnes Health Education and Screening Center (HESC) is distributing free Hemoccult test kits. The easy to perform test detects blood in the stool, which could be an early warning sign of colon cancer or other intestinal disorders. Since July 17, HESC has received more than 2,500 requests for the kits.

"The test is a simple procedure that can be conducted in the comfort and privacy of a person's home," says Linda Knight, director of HESC. "If someone is concerned about symptoms he or she is experiencing, the test can help to alleviate unnecessary anxiety, or to detect an early warning sign that requires additional medical examination."

The kit contains items necessary to complete the test, as well as step-by-step instructions. An informational brochure about colon and rectal cancer is included free of charge.

Once complete, the test can be taken to a personal physician for evaluation or returned to HESC where staff members will evaluate the results and notify the participant of the outcome.

To obtain a test kit or for further information, write Barnes Health Education and Screening Center, Barnes Hospital Plaza, St. Louis, MO 63110, or call (314) 362-1390, Monday through Friday from 9 a.m. until 4 p.m.

Women's forum here

Don't Ms. it

The Barnes Health Education and Screening Center and the department of education and training will present an educational conference October 11-13 focusing on women's health topics. The conference, to be held at Barnes, will address health related issues, personal appearance and exercise, and will include a health risk profile for each participant.

"Our goal is to promote personal involvement in health and wellness," says Nancy Hesselbach, DET instructor. "We want to show that it is possible to effect very positive changes in our own lives and also to teach participants how to assess their own needs and determine appropriate steps to change if necessary."

"The program will run from Friday evening until Sunday afternoon," continues Mrs. Hesselbach, "and we've arranged what we hope will be a complete get-away weekend."

Barnes doctors, dietitians and activity therapists will take part in presenting the programs. Specific health matters to be addressed are osteoporosis, premenstrual syndrome, cosmetic plastic surgery, nutrition and dermatology as it relates to sun exposure and tanning booths.

In addition to the doctors' presentations, the sponsors have arranged for cosmetic sessions, emphasizing skin care and facial enhancement; exercise programs that include a cardiovascular... (continued on page 2)
Carol Palmer named work director

Carol Palmer was recently named to direct the social work department at Barnes Hospital. She is responsible for the operational functions and supervision of the 33-member department that provides clinical social work services for patients throughout the hospital, clinics and clinical research center at WUMS.

Ms. Palmer joined the Barnes staff in 1975 as a clinical social worker on the obstetrics/gynecology division. Two years later, she became a senior social worker, supervising the obstetric social work services and maintaining a clinical practice in the gynecology division. She was named a supervisor in 1980, responsible for the clinical social work activities in the surgical units, and held that position until her promotion to director in July.

Ms. Palmer holds a bachelor of science degree in education and sociology from Northeast Missouri State University at Kirksville, and received a master’s degree in social work from St. Louis University. She is also a graduate of the 1982-83 Leadership St. Louis program, and a member of the allocation panel for the United Funds.

Carol Palmer named socially work director

Alarms for Life surpasses year goal

One year after its formation, the Alarms for Life project has succeeded in reaching more than seven times its initial goal. The project, which began in August, 1984, originally sought in its first year to provide for the installation of 1,000 smoke detectors in low-income residences. To date, 7,325 smoke detectors have been issued through the program.

Alarms for Life began as an outgrowth of Dealing with Feelings, a support group for recovering burn patients and their families established at Barnes Hospital in 1983. In addition to providing emotional support, the group eventually sought to become involved in burn prevention in the community so that others would not suffer the painful experience they had.

Dealing with Feelings learned that the St. Louis Fire Department wanted to begin a smoke alarm project in the community but did not have the means to fund it. The group accepted the fund raising project with enthusiasm and it was decided that Operation SafeStreet, a city organization with an established network in the community, would install the smoke detectors.

The program was named Alarms for Life and the fundraising was kicked off with an $8,000 donation from General American Life Insurance Company. To date, the project has raised $57,775.

“We are very proud of what has been accomplished in this first year,” says Sara Schmeier, Barnes social worker for the burn center and co-founder of Dealing with Feelings, along with recovered burn patient Norma Stern. In addition to the more than 7,000 smoke detectors that have been installed in city residences, the city has passed an ordinance that makes smoke detectors mandatory in residential dwellings, and the Mid-East Area Agency on Aging has received a grant to provide smoke detectors in St. Louis county residences. We feel as though we are making progress in burn prevention in the community.”

Every year, more than 6,000 are killed and 300,000 injured in house fires alone. A smoke detector is considered the single device with the greatest potential to prevent residential fire deaths, and, statistically, can double the chances of survival if fire does strike. Since the early 1970s, smoke detector usage has increased while fire deaths in residential properties have dropped by nearly 20 percent. Smoke detectors protect one-half of the nation’s homes, yet those which are unprotected are often those most vulnerable to fire, belonging to the elderly, handicapped or disadvantaged.

Donations to Alarms for Life may be made through the Barnes development office. All gifts are used for the purchase and installation of smoke detectors.

Award ceremony honors 85 junior volunteers

Each summer, the busy corridors at Barnes are brightened with a special brand of enthusiasm, cooperation and charm—that of the junior volunteers.

During the summer of 1985, a total of 85 high school students volunteered more than 4,000 hours of their time for the patients at Barnes Hospital, working in areas from admitting and emergency department and post-anesthesia care units.

Barnes honored its junior volunteers with a special award ceremony August 16 in the Wohl Auditorium. During the ceremony, each JV received a white service bar. A total of 60 completed their first summer of service, 20 their second year, four their third year, and one, Nancy Lewis, completed her fourth summer of volunteer work at Barnes. In addition, 23 JVs received pins in recognition of 100 hours worked, while two, Nancy Lewis and Nikki Pruitt, were honored with a red-striped cap for 300 hours worked. Joe Doehlaff, Aaron Hoyle and Renita Perry each were awarded a pin in recognition of 500 hours of service.

Earlier in the summer, the junior volunteers and their parents were treated to an evening at the Muny Opera in Forest Park in appreciation of their service and dedication.

Volunteer expresses thanks for opportunity

James Shaughnessy, one of approximately 20 college volunteers who worked at Barnes during the summer, wrote the following letter to Mary Jotovich, volunteer director, in appreciation of his recent experience here.

During the past summer, I received the opportunity to work as a volunteer at Barnes, one of the leading hospitals in the country, specifically in the emergency department and surgical intensive care unit. I am considering a career in medicine and owe much to the doctors and nurses at Barnes who shared their knowledge and experience with me. My appreciation and interest in the medical profession has been heightened, as has my knowledge of what it is to be a doctor.

I would like to thank you, for without the initial opportunity offered to me by the volunteer department, none of this would have been possible. Many times, people said to me, “You are a volunteer? Why on earth would you spend your time here without even getting paid?” I replied that the experience I’ve received at Barnes has helped me to decide upon my future career, and that is something which I value more than money.

In closing, I thank you and the entire volunteer staff for the kindness and consideration shown to me during my time here. I have nothing but positive feedback for you and your department, and look forward to another summer of experience at Barnes Hospital in the future.

Diabetes conference scheduled in September

A conference focusing on the latest advances in the diagnosis and treatment of diabetes will be held at Barnes Hospital September 28-29. Designed as an update for the practicing physician, the conference is sponsored by Barnes diabetes specialists in cooperation with the department of education and training. Program director is Dr. John S. Daniels, endocrinologist.

The conference will emphasize application in the clinical setting and explore topics such as insulin therapy, renal disease and hypertension in the diabetic patient, diabetic retinopathy and management of the pregnant diabetic. The presentations will be complemented by discussions and informal luncheons to offer insights into managing individual patients’ problems.

“Diabetes: Update for the Practicing Physician” has been submitted for continuing medical education accreditation.
I was shocked that a kidney was available so fast that there was really no time to be afraid."

Three weeks after the transplant operation, she went home. Today, her kidney is functioning properly and the creatinine level, a measurement of the kidney’s filtration rate, is considered excellent for a transplant recipient.

Mrs. Berringer credits the Barnes kidney transplant team with facilitating her recovery. "You experience a lot of fears when going through a transplant, and the doctors and nurses make themselves available at any time," she says. "Transplant patients are somewhat isolated to lessen the risk of infection, and the staff develop a very special relationship with their patients and their families. They seem to anticipate your fears and help you calm down.

"I’m happy to see that organ donation is receiving so much attention in the news media and people are becoming more aware of the need. I remember on the day of my transplant, a television program reported that 8,149 people were waiting for kidneys," reflects Mrs. Berringer. "I often wonder what I would say to the family of the person who donated my kidney, but everything I think of seems so insignificant. How can I thank someone for allowing me to see my son graduate from high school, for giving me more time to live?"

Need for organs:
A personal experience

Gerri Berringer, like most people, never thought much about organ donation. "Before something happens, it’s difficult to relate to the importance of organ donation," she says. "But if some person had not had the insight to make that decision, I wouldn’t be sitting here today."

Mrs. Berringer, 38, is very happy to be back at her post as unit secretary in the Burn Center. She returned to work July 1, less than four months after undergoing a kidney transplant at Barnes.

Mrs. Berringer recalls that, until age 18, she considered herself in perfect health. At 18, however, a routine physical examination detected an elevated blood pressure and Mrs. Berringer was prescribed a mild hypertension medication. Over the next two years, Mrs. Berringer’s high blood pressure continued to rise. A biopsy showed that she suffered from glomerulonephritis, an inflammatory kidney disease that damaged both of her kidneys. She began a course of hypertension medications that would continue throughout the next 18 years.

"All along, my doctors told me to consider the possibility of a kidney transplant in my future," says Mrs. Berringer. "Even then, I didn’t quite realize or accept the full impact of what they were saying."

In December of 1984, though, the "possibility" came a step closer to reality. Mrs. Berringer became ill at work and was admitted through the emergency department. One week later, she had to undergo a bilateral nephrectomy to remove her diseased kidneys.

In January, Mrs. Berringer began four-hour dialysis treatments three days a week. "It changed my life as well as the lives of my family." She and her doctors began to explore the feasibility of a transplant and Mrs. Berringer underwent the extensive testing procedures. Less than two weeks after her name was added to the waiting list, a donor kidney became available on March 24. Her reaction was one of disbelief.

"I was shocked that a kidney was available so soon," she recalls, "but I tried not to get excited because there was still some final tissue typing and testing to be done. Everything happened so fast that there was really no time to be afraid."

A native of Herculaneum, Missouri, Dr. Evens, 45, received his bachelor’s degree in economics from Washington University and his medical degree from WUMS. Graduating at the top of his medical school class, he served his residency at Barnes and Mir. He later completed a Picker fellowship in the graduate schools of business administration and education at Washington University. In 1971, at the age of 31, Dr. Evens was named head of radiology.

"Dr. Evens has been chairman of the Children’s Hospital advisory committee of the medical staff since its inception and is well known to Children’s,” remarked Andrew Newman, chairman of the board of trustees at the hospital. "He is an eminent physician and an excellent administrator. We are very fortunate in this transition to be able to turn to Dr. Evens, one who has long been involved with and dedicated to the hospital."

In a separate announcement, Dr. Evens named Dr. R. Gilbert Jost chief of the division of diagnostic radiology at Mir. The first to occupy this position, Dr. Jost will coordinate the institute’s diagnostic services including abdominal, cardiac, chest, computer, musculoskeletal, neuroradiology and pediatric radiology. Dr. Jost, Barnes radiologist, is a professor of radiology and head of the diagnostic radiology computer division at WUMS. He also serves as a staff radiologist in the chest radiology section and at Children’s Hospital.

Barnes speakers address variety of topics

Barnes president Robert E. Frank recently addressed the Pike County Rotary Club in Louisiana, Missouri. He presented a slide show that highlighted Barnes’ latest technology and new services, including the heart, liver and kidney transplant programs and the outpatient surgery center. He further emphasized Barnes’ commitment to provide Missourians a quality and range of medical services that negates having to travel to distant centers when a needed degree of medical care is not available in our community hospitals.

Other Barnes speakers have addressed local groups on the topics of stress, nutrition and fire safety. Specific programs for health care professionals are also available and include topics as cost-effectiveness, quality control circles and patient relations. In some instances, slide shows or other audiovisual aids are available to enhance understanding of the subject.

The Barnes Speakers Bureau was formed as a community service to provide access to medical and health related information. Through the bureau, Barnes doctors, nurses, dietitians and other health care professionals are available to speak on a variety of topics of interest to specialized groups or general organizations. For further information, contact the public relations office, 362-5290.
Junior Volunteers

Learning responsibility, meeting new people and gaining practical experience were high on the list of what 85 junior volunteers valued during their summer at Barnes.

“I volunteer because I am interested in nursing and I want the experience of working in a hospital. Volunteering has helped me learn not only what I want to do, but in which area I want to work. I really like the excitement of the emergency department.”
—Nancy Lewis, 17

“I like working with people and making new friends. I have talked about it so much that some of my friends are planning to volunteer at Barnes next summer.”
—Caroline Crowley, 14
"Volunteering gives me an opportunity to learn more about the hospital and to meet new people. What I like best is working with the patients and talking to them."
—Debbie Osterman, 14

"What I like best about volunteering is meeting people and hearing what they have to say."
—Rhea Walker, 16
Media spotlight

As a national leader in patient care and medical research, Barnes serves as an information resource center. In 1984, more than 900 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:

Care with summer outings to avoid burns from accidents was urged by former Barnes patients Father Robert Jovanovic of Festus and 10-year-old Wendy Schlott of Bartelso, Illinois, in a report by Max Leber on KMOX-TV. The segment, airing July 2, included an interview with Dr. Gilbert M. Grand, a retinal surgeon, about the danger of fireworks to the eyes.

A dog biting a man isn't usually news, but when St. Louis mailman Vernon Jost lost the tip of his nose to an overly protective terrier July 8, the story was carried by news wire services from Chicago to Sidney, Australia. Dr. Paul M. Weeks, plastic and reconstructive surgeon-in-chief, was interviewed by St. Louis Globe-Democrat medical reporter Carolyn Callison. Dr. Weeks performed reconstructive surgery to rebuild Mr. Jost's nose using skin from the patient's forehead.

The importance of early detection in the treatment of colon cancer was discussed by Barnes physicians and nurses for local television and newspaper stories when President Ronald Reagan underwent surgery to remove part of his colon in mid-July. Doctors interviewed were Ray E. Close, John J. Kelly, Stanley M. Wald and Gary A. Zuckerman, all gastroenterologists (specialists in diseases of the gastrointestinal tract); surgeon John D. Halverson, and oncologist Gary A. Ratkin.

John Finan, vice president whose areas of responsibility include design and construction, explained the hospital's proposed skyscraper in a St. Louis Globe-Democrat article July 29. The skyscraper would connect the hospital's main lobby with an atrium rising from the subsurface parking garage.

The new liver transplant program at Barnes was the subject of interviews with Dr. Wayne Flye on KMOX radio August 13, in the St. Louis Globe-Democrat August 3-4 and August 9, in the St. Louis Post-Dispatch August 12 and on KWMU radio August 13. Dr. Flye was also interviewed by KMOX-TV's Al Wiman for an upcoming segment. (The first liver transplant here was performed August 21 as Bulletin went to press.)

Calories were discussed by Dr. Donald A. Skor, endocrinologist, for a KSDK-TV series by Anne Thompson on popular weight-loss programs. Dr. Skor endorsed those programs which are nutritionally sound and include regular exercise.

Neurology nurse specialist Kathy Kater, R.N., discussed her research into treatment of head-injured, comatose patients with Joan Rice of the St. Louis County Press-Journal for a July 29 article. Mrs. Kater uses information about a patient's life prior to the injury to help stimulate the senses. She found that a familiar voice, face, taste, song or even smell can help bring a patient out of a coma.

Disclosure that veteran film and television actor Rock Hudson is suffering from AIDS (Acquired Immune Deficiency Syndrome) prompted renewed concern about this medical problem. Doctors interviewed July 24 and 25 were medical oncologist Jay M. Marlon and William J. Campbell, a specialist in infectious diseases.

Hospital notes

The following physicians are reported on staff, effective July 1, 1985.

- Dr. Patricia J. Amato, Darryl S. Cohen, Melanie K. Gilliam, Joyce D. Johnson, Shirley M. Knight, Thomas C. McKinney, Jerome H. O'Neill and Garland R. Tschudin, associate pediatricians; Dr. Michael B. Freeman, assistant general surgeon; Dr. Arthur J. Milschka, assistant oral maxillofacial surgeon, and Dr. Rene Tempelhoff, assistant anesthesiologist.

- Dr. Jack Hartstein, ophthalmologist, has been elected vice president of the Contact Lens International Congress.

- Dr. Marvin E. Levin, diabetologist, taped a portion of a television program for Time/Life Cable Network concerning diabetes in the elderly. The segment is part of an American Diabetes Association information telethon to be presented nationwide during November.

- Dr. R. Joseph Olk, ophthalmologist, has been elected to membership in The Retina Society, a national honorary for retina specialists. Dr. Olk is one of 11 American ophthalmologists chosen this year by the society, which was founded in 1968 to encourage the exchange of information about diseases of the retina, the sensory membrane that lines the inner eye.

Barnes happenings

- Dr. Henry J. Kaplan, professor of ophthalmology at Emory University School of Medicine in Atlanta, Georgia, will deliver the Retina Research and Development Foundation Visiting Professorship Lecture September 6 in the East Pavilion. The presentation, entitled "AIDS: The Disease and its Ocular Manifestations," is directed toward the ophthalmologic community. Dr. Kaplan, a nationally renowned ophthalmologist, recently received an award from his colleagues for his scientific exhibit on the subject. He is currently a principal investigator on a research grant from the National Eye Institute. For additional information, contact Jeanne Toma, 367-1181.

- Dr. Robert McCool will talk about electroconvulsive therapy September 10 and Dr. Fred Hicks will discuss manic-depressive illness September 24 as part of the free patient-family educational series on mental illness. The sessions are held at 7 p.m. in the activity therapy conference room on the 14th floor of the West Pavilion. Call activity therapy at 362-3086.

- A free informational seminar about cosmetic facial plastic surgery will be held on the campus place Thursday, September 12, 7 p.m. Conducted by Dr. Leroy Young, Barnes plastic surgeon, the seminar is open to the public and will feature an audiovisual presentation as well as a question and answer session. Dr. Young will also host an informational program dealing specifically with plastic surgery in the eye region on Thursday, October 24. To register for either session, contact the public relations department, 362-5290.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in boldface) who have made contributions during the period July 1 through August 9 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 our 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:
- Helen Chambers
  Lillian Paisley Brown

Garfield Gise
- M/M Robert E. Frank

Mary Holt
- Barnes Hospital Directors & Administrators
  M/M John L. Davidson

Omagene Jo
- M/M Mel Marcus

Son of Terry P. Jones
- Barnes Hospital

W. Bain McMillan
- M/M Lansden McCandless, Sr.

Robert E. Otto
- M/M Elsey G. Burkham, Sr.

Loyce Rutherford
- Rita Keady

Safe return home of Dr. Audrey Toga
- Madelon Price

Lynn Kohane Schukar Memorial Fund

IN MEMORY OF:
- M/M Albert Becker
  D/Richard Marchick
  Edward S. Schukar
  M/M Harry T. Schukar

IN MEMORY OF:
- Joe Goldstein
  Dorothy Kerch
  Harry Schneider
  Louis M. Schukar
  Selma Grofman
  Mrs. F.S. Sloman

The Mickey Fund

IN MEMORY OF:
- Francis R. Stout, Sr.
  M/M Ferd L. Kuhns
  Patricia H. Reither

Ophthalmology Fund

E.V. Ward

Alarms for Life

Elizabeth Rothchild
- Sanford Cohen
  Globe Self Service Drugs, Inc.

IN MEMORY OF:
- Karl Carnevale
  Burn Unit Staff

IN HONOR OF:
- Norma Stern
  M/M Tim Butler & Dan

Alvin N. Lasky Memorial Fund

IN MEMORY OF:
- Joseph Schlesinger
  Mildred Feldman

IN HONOR OF:
- Birthday of Art Niemoeller
  Mildred Feldman
Heart to Heart: Four recent heart transplant patients at Barnes had an opportunity to visit with one another July 25 when they returned to the hospital for follow-up appointments. A total of nine heart transplants have been performed at Barnes since January when the transplant program began under the direction of Dr. R. Morton Bolman. From left are Caroline Robertson, 56, of Warson Woods; Walter Northrop, 17, Joplin; Edward Miller, 55, St. Louis; Dr. Bolman, and Earl Bullington, 54, Brookings, South Dakota. The eighth heart transplant at Barnes took place July 31 when Bill Kirby, 44, of Bethalto, Illinois, underwent surgery. The most recent heart transplant took place August 7.