



Heart & Vascular Center

Neighborhood News

A PUBLICATION FOR RESIDENTS OF THE CENTRAL WEST END AND FOREST PARK SOUTHEAST - Fall 2011

Take Me Out to the Ballgame, Not the Emergency Room

Physicians from the largest and busiest emergency department in the state of Missouri are involved in care outside the hospital walls. When they are not taking care of patients at Barnes-Jewish Hospital, Washington University emergency medicine physicians can be found at the ballpark and even rock concerts.

When a young boy from Louisville, Kentucky, injured his elbow at a Cardinals game, Doug Char, MD, was able to pop it back into place saving the family a costly visit to the emergency room. The family was back in their seats before the game's first pitch.

"The whole thing took about 20 minutes," says Dr. Char, Washington University emergency medicine physician at Barnes-Jewish Hospital. "Years ago, a nurse, paramedic and primary care physician staffed the first aid station, and most injuries had to be sent to the emergency room. Now, we often have an emergency-medicine-trained physician assigned to the stadium who can offer intervention."

For the past three years, Washington University emergency medicine physicians at Barnes-Jewish Hospital have helped staff the first aid stations at many of the Cardinals games at Busch Stadium and other events in the city and stadium including the U2 concert this summer and even Mardi Gras.

"We're happy to do it," says Dr. Char. "After you pay for tickets, parking and food, the last thing you want to do is leave to go to the emergency room. It's nice to know that our presence ensures that minor complaints can be dealt with on site and that seriously ill fans can be assessed and directed to the appropriate emergency facility."

Dedicated to Heart Care

Earlier this year at Washington University and Barnes-Jewish Hospital, the departments of cardiology, cardiothoracic surgery and vascular surgery joined to form a new **Heart & Vascular Center**.

Nine floors are now dedicated to treating heart and vascular patients, in addition to the cardiac procedure center and the cardiac diagnostic lab. Seven of these floors are located in Queeny Tower and the adjacent Rand Johnson building. The Queeny Tower lobby has been renovated and is now the new Heart & Vascular Center lobby.

Knowledgeable concierge staff are available in the lobby to escort patients to their destinations within the Heart & Vascular Center.

"Having a single point of entry will make access so much easier for our heart and vascular patients," says Doug Mann, MD, chief of cardiology at Barnes-Jewish Hospital and Washington University School of Medicine. "Patients will receive their care from an integrated team of physicians and nurses who are national leaders in the treatment of heart and vascular disease.

"Our patients are already benefiting from the improved integration and coordination of care of our heart and vascular service lines," says Dr. Mann.



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From Match Day to Wedding Day

“Match Day” was more than just a day to accept a job for Fiorella Krapp Lopez, MD, and Enrique Cornejo Cisneros, MD. This was the day the couple would find out where they would begin their lives as doctors and as husband and wife. Match Day is when recent medical school graduates find out which teaching hospital will be accepting them as residents to complete their medical training. For this young couple from Peru, Barnes-Jewish Hospital was their first choice.

Fiorella met Enrique in medical school at the Universidad Peruana Cayetano Heredia in Lima, Peru. They finished medical school together and graduated at the top of their class. They completed rotations together for the next few years, and finally the couple was ready for the match.

After interviewing across the United States for residencies, Fiorella and Enrique submitted their rank-order list for their residency match. They applied as a couple, meaning they would accept a residency only with each other, and each put Barnes-Jewish Hospital as their number one pick.

After 15 flights across the country for different interviews, the couple returned to Lima to plan their wedding. The week before they were married, they learned that Barnes-Jewish Hospital put the two at the top of its list, too. “Really, we celebrated two things on our wedding day,” says Fiorella.



Drs. Fiorella Krapp Lopez and Enrique Cornejo Cisneros, resident physicians at Barnes-Jewish Hospital, enjoy working and living in the Central West End.

In July, the couple moved to the Central West End to begin their residencies at the hospital. The neighborhood was a major selling point when ranking their residency programs. “I absolutely love the neighborhood,” says Fiorella. “It was so welcoming when I came here to interview. We are used to walking places in Peru, but it’s not possible to live within walking distance to work. Here, we can walk anywhere and there are so many places to go.” Fiorella gushes about everything from Forest Park to the outdoor dining areas to all of the neighborhood dogs. “Oh, she loves the dogs,” her husband repeats.

“I had heard of Barnes-Jewish Hospital even in Peru,” says Enrique. “It has a great reputation. Washington University physicians offer some of the best training, and the hospital is one of the best even from the patients’ perspective. It has it all.”

Enrique says that the residency program is mindful to put him and his wife on the same shifts. “This month, we have nearly opposite schedules, but that is rare,” he says. “Next month, we will be back to working the same shifts.”



Construction Update

The exterior of the new Barnes-Jewish Center for Outpatient Health is nearly finished, and crews are currently ahead of schedule completing the interior design. The 12-story structure at the corner of Euclid and Forest Park Parkway is scheduled to open in spring 2012, with the hospital’s outpatient resident clinics on the lower levels, clinics and a radiology satellite on the middle floors and office spaces capping out the floorplan. There is a connection to the Forest Park/Laclede Garage for a covered patient drop-off area and link to the other campus buildings.

UPCOMING EVENTS

Don't Be Fooled by Heart Health Myths

Tuesday, October 25, 6:30-8 p.m.

Forest Park Visitor's Center - Trolley Room
5595 Grand Dr. St. Louis, MO 63112

Join Washington University cardiologist Anita Bhandiwad, MD, in a discussion debunking common myths of heart health and providing information to keep your heart in tip-top shape. BJC Wellaware Fitness Center Manager, Jeremy Koerber, will share ideas about fitness activities you can do in the park along with general wellness tips. Forest Park Forever will tell you about the plethora of opportunities in the park to engage in physical activity, practice healthy eating and keep you relaxed and stress-free! An optional blood pressure screening will be available from 6 to 6:30 p.m.

Register for this event by calling 314-TOP-DOCS (314-867-3267) or online at barnesjewish.org/classes.

Head and Neck Screening

Saturday, November 5, 8-11:30 a.m.

Center for Advanced Medicine, 11th Floor
4921 Parkview Place, St Louis MO 63110

Are you a smoker, tobacco chewer and/or alcohol user? Have you had persistent pain in the mouth or neck? Have you been experiencing hoarseness, a change in your voice, or a persistent cough?

No matter what your age, if you smoke, chew or dip, and/or consume alcohol regularly, you are at an increased risk for cancers of the head and neck. To encourage cancer awareness in those who use these substances, the Siteman Cancer Center will provide a free head and neck screening. The screening will be of particular interest to those ages 16 and older who experience mouth and neck pain or hoarseness.

Register for this event by calling 314-TOP-DOCS (314-867-3267) or online at barnesjewish.org/classes.

Holiday on the Plaza

Saturday, December 3, 1-5 p.m.

Maryland Plaza, Central West End

Barnes-Jewish Hospital presents a spectacular multicultural event showcasing holiday traditions from around the world.



This festive afternoon showcases cultural holiday performances, entertainment, arts and crafts, refreshments and the ceremonial lighting of the Central West End holiday tree. Snow or shine, join us

for an afternoon of family entertainment. No registration required, but a donation of a new unwrapped toy is requested. All donations benefit Grace Hill Health Centers, Inc.

Your Journey To Good Health Contest

Barnes-Jewish Hospital is sponsoring a health and wellness contest entitled "Your Journey to Good Health." Entrants can win a \$100 Visa Gift Card or one of two "staycations," including Blues tickets, a Fox Theater production and a 2-night stay at a local hotel.

If you've participated in one of our events or programs in the past, either create a three minute video or write a maximum 400 word testimonial about your journey to good health.

The deadline to submit an entry is 5 p.m. Friday, October 28, 2011. Written or video entries may be submitted via email to CommunityOutreach@bjc.org or mailed to **Barnes-Jewish Hospital, Attention: Your Journey to Good Health, 600 South Taylor, Suite 202, Mailstop: 90-94-204, St. Louis, Missouri 63110.**

To see official rules and learn more about the contest, visit barnesjewish.org/classes.

Your Journey to Good Health
Barnes-Jewish Hospital and
Washington University Physicians

Enter this health and wellness
contest and win a St. Louis
"staycation" or a Visa gift card.

BARNES JEWISH
Hospital
BJC HealthCare

Washington
University in St. Louis
Physicians

NATIONAL LEADERS IN MEDICINE

Barnes-Jewish Hospital and St. Louis Children's Hospital are partnering to offer **FREE flu shots** to our community from Oct. 3 through Oct. 7. Visit barnesjewish.org/flu-shots for more information.

For comments or questions, please contact the editor at barnesjewish@bjc.org. If you no longer wish to receive *Neighborhood News* from Barnes-Jewish Hospital, please call 314-TOP-DOCS (314-867-3627) or toll free 866-867-3627.

Food for Thought

Join us for an exclusive event, free to neighbors of the Washington University Medical Center campus – an evening at Scape American Bistro. Sample three of Chef Eric Kelly's most satisfying, healthy menu items, along with a wine tasting and a cooking demonstration. This delicious opportunity is Thursday, November 17, from 7 to 9 p.m. Scape American Bistro is located at 48 Maryland Plaza, St. Louis, Missouri 63108.

Colin Derdeyn, MD, director of the Stroke and Cerebrovascular Center at Washington University School of Medicine and Barnes-Jewish Hospital, will discuss the latest breakthroughs in stroke care at Barnes-Jewish Hospital. Rich Liekweg, president of Barnes-Jewish Hospital, will also discuss medical breakthroughs and medical campus projects.

Pre-registration is required. Register for this event by calling 314-TOP-DOCS (314-867-3267).



Executive Chef Eric Kelly finds creative ways to incorporate seasonal favorites and local produce.