

# Barnes Bulletin

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Dr. Frederickson

## Dr. Fredrickson named otolaryngologist-in-chief

Dr. John M. Fredrickson, professor of otolaryngology, University of Toronto, and senior otolaryngologist for Toronto General Hospital, has been appointed head of the department of otolaryngology for Washington University School of Medicine and otolaryngologist-in-chief for Barnes Hospital.

Dr. Fredrickson received his medical degree from the University of British Columbia in 1957 and served a residency in pathology at Vancouver General Hospital, a surgery and medicine residency at Shaughnessy Hospital in Vancouver, and a residency in otolaryngology at the University of Chicago.

Prior to joining the University of Toronto in 1968, Dr. Fredrickson had served as visiting investigator in the department of clinical neurophysiology at the University of Freiburg, Germany, from 1963-65 and as an assistant professor of otolaryngology at Stanford University from 1965-68.

Dr. Fredrickson has won several awards for vestibular research, including an honorary degree from Kinkoping University, Sweden, "in recognition of excellence in vestibular research." His research on the larynx and ear has resulted in development of an implantable hearing aid and an implantable voice box. He is author or co-author of more than 100 papers on otolaryngology.

Dr. Fredrickson succeeds Dr. Joseph H. Ogura, who has been head of the department and Barnes otolaryngologist-in-chief since 1966. Dr. Ogura will continue on the active staff.

**Front Cover:** The Central West End's street corners are graced with lamps such as this one reminiscent of a bygone era. With ongoing redevelopment of older commercial and residential property in the area, the CWE continues to thrive with the help of two of its most visible neighbors, Barnes Hospital and the Washington University Medical School. (See centerspread.)

## Barnes patients give the highest marks ever

Patients hospitalized at Barnes have rated the quality of care and caring here at an all-time high according to questionnaires completed between May of 1980 and May of 1982. The questionnaires, routinely given to patients at Barnes, invite comments on everything from how courteously their admission was processed to the quality of the hospital's food service.

The most recent patient questionnaire feedback indicates the present level of services here is the highest ever in almost every area. Many patients indicated that the current quality of service has improved dramatically since the fall of 1980 when Barnes experienced a nursing shortage. Only 65 percent of the patients returning questionnaires said their nurses were prompt in responding to their needs/requests in October of 1980 versus the almost 100 percent reported in May of this year. In October of 1980, only 80 percent of the patients said their rooms were kept clean to their satisfaction versus the latest statistics in May indicating that over 95 percent were pleased.

Seventy-five percent of the patients in October of 1980 said their room was ready at their time of admission. The latest figures indicate that 87 percent of the patients' rooms were ready upon their time of admission. In 1980, only 87 percent of the patients reported that they were pleased with the courtesy and service rendered by hospital employees such as dispatch personnel and housekeepers. In May of 1982 that figure jumped to 99 percent. Also at the time of the nursing shortage 80 percent of the patients said they were satisfied with the care they received here versus the latest report of nearly 100 percent.

Changes in Barnes dietary department were reflected in the questionnaires. Patients reported a dramatic improvement in the Barnes food service from December and January of 1980 when only 60 percent said they were satisfied with the hospital's food service. The latest figures indicate that nearly 100 percent were satisfied. Only 60 percent said their food was served at an acceptable temperature in the fall of 1980 versus the almost 100 percent reported in 1982. Only 68 percent of the patients said their food was appetizing in July of 1980 versus 90 percent reported in May of 1982. Almost 80 percent of the patients indicated that there was sufficient selection on the menu versus almost 95 percent reported in May.

In December of 1980, 84 percent of the patients indicated their nurses were concerned about them versus an improved 100 percent reported in May of this year. In December of 1980, 82 percent indicated that their nurses attempted to make their stay at Barnes comfortable while 100 percent indicated that they had by May of 1982.

Between 90 and 100 percent of the patients said consistently that their doctors explained their treatment and answered their questions. Between 90 and 100 percent also reported consistently that the house staff doctors provided courteous care. Between 90 and 100 percent also said consistently that the volunteers serving them were courteous and helpful. Between 95 and 100 percent said that their admission was processed courteously on a consistent basis.



Many posters like this one were posted at Kunming Medical College announcing Dr. Walker's recent lectures on vascular surgery delivered there. According to Dr. Walker, shown here, the poster translates: "Notice, American Washington University Medical School, Barnes Hospital Vascular Surgeon Dr. Walker, Lecture Topic—Vascular surgery to aortic aneurysm. Time 1982 Feb. 22-23, afternoon 2:30. Place—Kunming Medical School, New Building 6B, Research Surgical Department."

## Dr. Walker lectures on vascular surgery in China

Two kinds of medicine are practiced in China—Western style and Chinese herbal, but the two co-exist in hospitals throughout the country, said Dr. Willard Walker, Barnes/WU surgeon, who recently visited Kunming Medical College in Kunming City, Yunnan Province, at the school's invitation. According to Dr. Walker, the invitation came as a result of his friendship with Dr. Ko, head of radiology for the college, who once visited Barnes to learn more about CT scanners in the U.S.

During his trip to China, Dr. Walker lectured to Chinese doctors and medical students through an interpreter about his work in vascular surgery. Kunming Medical College is associated with the First Affiliated Hospital in Kunming, as is Washington University Medical School with Barnes here. The hospital has 600 beds.

"The two kinds of medicine mesh together pretty well," explained Dr. Walker, "even though Western style is used more in the hospitals. The doctors of herbal medicine, or 'barefoot doctors' are more triage oriented, but they are still respected. With the more serious types of ailments Western medicine is used. They're pretty well up on what's happening with treatment of leukemia, diabetes and heart disease. Their equipment is surprisingly good and mostly European, but some is a little old. The people there are like those anywhere else, but I think of the Chinese as hard-working and industrious," he said.

From San Francisco Dr. Walker and his wife flew in a Chinese-owned 747 to Shanghai, and from there to Chengsha, where the late Chairman Mao

(continued on page 2)

## Surgery lectures

(continued from page 1)

Tse Tung studied. From Chengsha the Walkers flew to Kunming City, where they were met by their host Dr. Ko. Throughout their six-day visit the Walkers stayed at the Green Lake Hotel, and always had a driver and vehicle at their disposal. While touring they were often accompanied by Dr. Ko, his assistant Dr. Wong, and a government cadre. Dr. Walker said the government cadre's presence "was more for just cutting 'red tape' than anything else. Previously the government only allowed groups to travel there, but we were free to go wherever we desired."

Chinese salaries are generally lower than those found in the United States, but the cost of living is lower there too, said Dr. Walker. "I asked what it costs them to operate for one year at the medical school, and they told me approximately 3 million yuan, and their dollar is worth about 60¢. That's considerably less than what it costs Washington University. Their head of radiology makes about 100 yuan per month, but he lives in a government owned cinder block style apartment building. His rent is 3 yuan a month and it costs him between 5 and 10 yuan for food. The average worker there makes between 50 and 60 yuan a month."

At the grade school level the brightest students are selected and advanced to the higher institutions of learning, like medical and engineering school, said Dr. Walker. At Kunming Medical College, 60 percent of the 1,600 students are women.

Communication was less of a problem than Dr. Walker expected since many of the doctors spoke at least some English. "Americans would do well to learn some Chinese. No matter where we were, if we stood there long enough, somebody would always come up and ask where we were from. They also like to practice their English and know about our country," said Dr. Walker.

The adult "uniform" seen everywhere throughout China is still a simple set of blue trousers and jacket, for both men and women, said Dr. Walker. And even though the adults dressed conservatively, Dr. Walker said children can always be seen wearing many bright colors.

Before departing from Kunming City the Walkers were honored with a banquet as a "thank you" for the vascular surgery lectures. Dr. Walker writes often to his friends in China and said there is a special interest there in learning more about anesthesiology and surgery in the U.S. He hopes that friendship and exchange of knowledge between the U.S. and China, and with Barnes Hospital in particular, will be ongoing.

## Grant to aid new cancer research projects

A committee chaired by Dr. Elmer B. Brown, Jr., Barnes physician and WU dean for continuing medical education, will be responsible for allocating funds from a \$45,000 grant for cancer research. The grant, awarded in June to WUMS, was given by the American Cancer Society.

WUMS researchers may apply for funding up to \$7,500 to be used over a one-year period to finance cancer-related projects through Dr. Brown's committee. This is the 29th time that the American Cancer Society has awarded such grants here.



Transdermal patches, about as big as a nickel, can be worn behind the ear.

## Transdermal drug makes for smooth sailing

A round adhesive patch no larger than a nickel is conquering an illness that has plagued mankind ever since those first few brave sailors ventured forth in primitive boats—seasickness. Even the famous English admiral, Horatio Nelson, was not immune, and countless vacationers have spent entire cruises inside their cabin, sick in bed.

Recently, however, the prescription drug, scopolamine, in transdermal patch form, has come to the rescue. "Scopolamine is an anticholinergic drug that acts upon the central nervous system correcting nausea, dizziness and imbalance caused from unusual motion, primarily suffered on cruise ships," said Dr. John Daniels, Barnes/WU internist. "Scopolamine now comes as a skin-patch medication. The medication is absorbed through the skin and taken up by the blood vessels and gradually absorbed by the blood stream. A membrane layer allows scopolamine to seep through at a set rate. It continuously gives a measured amount of the drug for up to three days.

"The patch is usually placed behind the ear because the inner ear is the major factor in controlling balance," explained Dr. Daniels. "It is thought that the local concentration near the ear has greater and more immediate effects for those with balance and nausea problems on cruise ships. However there's really no problem with placing the patch elsewhere on the body. The effects are similar."

The patches generally withstand some water because they are adhesive and water-tight. Scopolamine patches can also be easily replaced. Dr. Daniels suggests that a person planning a one-week cruise pack four or five of the scopolamine patches in their suitcase. Before leaving on a cruise, Dr. Daniels advises would-be-sailors to contact their doctor. Scopolamine transdermal patches are available only through a doctor's prescription.

"Persons suffering from glaucoma, liver or kidney disease, stomach disorders, urinary disfunctions, or women who are pregnant should not use scopolamine," warned Dr. Daniels.

## Barnes' annuity plan one of the best

An extensive study of both of Barnes' annuity plans as well as several others available has confirmed that the two plans offered by the hospital are among the best available to fill the needs of Barnes employees, according to Charles Eyer-mann, Jr., Barnes financial consultant, who chaired the study committee.

Only employees of non-profit institutions are eligible for the tax-sheltered annuity plans, and any employee at Barnes can benefit from the plans, which are offered by General American Life Insurance or The Hartford. The dual benefits of either plan are (1) a lower tax rate because the amount deducted for the annuity is not counted as income, and (2) a retirement savings that earns high interest.

"Right now, the interest rate on the annuities is 13 and 14 percent, and no income taxes have to be paid on the interest or the principal itself until after it is withdrawn, usually at retirement, when a person's tax rate is normally much lower," pointed out George Kimmich, Barnes employee relations coordinator.

The amount of money deducted may be increased or decreased once each calendar year. If a saver should decide to discontinue participation in the plan, the funds already saved may be left to draw interest, withdrawn at intervals, or withdrawn at one time. Both General American and The Hartford offer savers a guaranteed minimum interest.

According to Mr. Eyer-mann, both plans offered through Barnes are good ones. "The easiest way to explain tax-sheltered annuity plans is saving for retirement. The savings earn interest, but people shouldn't think of their plan as a regular savings account," he explained. "You save for retirement, and upon retirement, you can receive your savings in checks whenever you want them for as little or as much as you need. Both plans provide for beneficiaries should the saver die before retirement."

Employees can save as little as \$10 per paycheck, or as much as 16<sup>2</sup>/<sub>3</sub> percent of their gross pay through payroll deduction. For more information about the tax-sheltered annuity plans, call Mr. Kimmich at Human Resources, 3061. Mr. Eyer-mann is also available to discuss tax-sheltered annuity plans and other financial matters with Barnes employees and their families on Thursday mornings at the hospital. Mr. Eyer-mann's services are free of charge and all conferences are confidential. To arrange an appointment call Human Resources, 3657.

## Hospital notes

The following are reported on staff: Dr. **Thomas W. Cooper**, assistant dermatologist, effective June 24, 1982; Dr. **Brock P. Whittenberger**, assistant physician; Dr. **Edward F. Vastola**, neurologist; Drs. **John M. Hatlelid**, assistant neurologist; and Dr. **Nicholas R. Iula**, assistant oral/maxillofacial surgeon, all effective July 1.

**Daisy Shepard**, Barnes public relations director, was one of the speakers for a PRSA/UW workshop on marketing for nonprofit human-care agencies, held at St. Louis University in June.

Dr. **Jack Harstein**, Barnes/WU ophthalmologist is the editor on a new book on extended wear contact lenses in aphakia and myopia, published by the C.V. Mosby Company. The book was released in June.

## WP wins mechanical installation award

The Barnes Hospital West Pavilion was recently cited by the Mechanical Contractors Association of St. Louis as the "Outstanding Mechanical Installation of 1981." A plaque was presented at awards ceremonies held at the Breckenridge Inn in Frontenac to Harold Carson, pipefitter supervisor for Murphy Company, the mechanical contractors for the project.

"Barnes plant engineering department deserves much of the credit for this project winning this award because of the high level of coordination and work they performed during the construction," said Barnes vice-president Bob Shircliff. "From January, 1976, to the completion of the West Pavilion in 1981, the plant engineering department accumulated an excess of 6,000 hours during West Pavilion related work."

"These hours," explained plant engineering director Don Brauetigam, "do not include the many hours spent by management in planning meetings or blue print analysis. The entire plant engineering department spent an astronomical amount of time on the West Pavilion project. Everyone's dedication contributed to its completion."

"Plant engineering workers made sure the existing buildings remained in operation while they efficiently tied all systems together in the West Pavilion," said Mr. Shircliff.

## Drs. Sagel, Gilula named radiology fellows

Dr. Stuart S. Sagel, Barnes radiologist and chief of the chest section, and Dr. Louis A. Gilula, Barnes radiologist and co-chief of the musculoskeletal section of Mallinckrodt Institute of Radiology and Washington University School of Medicine, have been named 1982 fellows of the American College of Radiology.

A professional medical society representing 18,000 physicians specializing in radiology, the ACR awards fellowships to distinguished members in recognition of scientific accomplishment in radiology, performance of outstanding service in teaching and accepted leadership in areas of radiologic specialty. Drs. Sagel and Gilula will receive their awards during the College's 59th annual meeting in Boston, September 20-24.

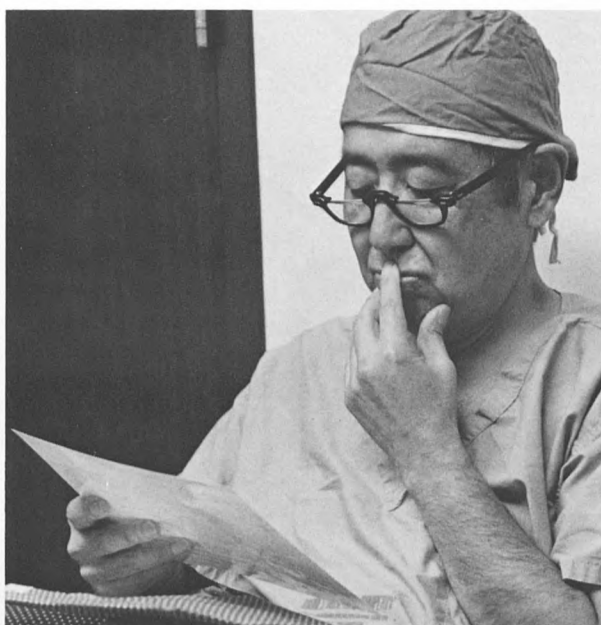
Barnes/Mallinckrodt radiologists who have previously been awarded ACR fellowships are: Drs. Ronald G. Evens, Carlos A. Perez, William H. McAlister, Michel Ter-Pogossian, (Honorary Fellowship), and Barry A. Siegel.

## Barnes publishes new magazine

Barnes Hospital has a new publication. The first issue of the quarterly magazine, *Barnes Health News*, was mailed in July to 5,000 area doctors' offices and homes of friends of the hospital.

*Barnes* is designed to inform readers of state of the art care and technology at one of the top ten hospitals in the nation. "We hope readers will find it a convenient and interesting vehicle to keep abreast of new health care services being offered at the hospital," said editor Charlene Bancroft.

Persons interested in having their names added to the mailing list should contact the public relations office (314) 454-3515.



Dr. Ogura reads a poem presented to him at a farewell party planned by the 2nd floor East Pavilion operating room staff.

## Dr. Ogura retires as otolaryngologist-in-chief

Dr. Joseph H. Ogura has retired as Barnes otolaryngologist-in-chief, and head of the WUMS otolaryngology department, positions he had held since 1966. He served his residency at Barnes and McMillan Hospitals and has been on the Barnes/WU staff since 1948. (He will remain on the active staff).

Dr. Ogura was the first American to reconstruct an artificial larynx in a human following its surgical removal. He did his first artificial larynx operation in 1960. In 1954 he devised a special procedure for surgical throat treatments. Previously in surgery for cancer, surgeons had removed the larynx, vocal cords and even parts of the tongue, pharynx and esophagus. Dr. Ogura's special procedure saves the larynx function by leaving part of one of the two vocal cords intact. Most of the surgeons performing this type of surgery have been trained by Dr. Ogura.

Dr. Ogura was the recipient of 12 awards including the DeRoaldes Gold Medal for distinguished career achievement and total contributions, the Cassleberry award presented for distinguished work in nasopulmonary mechanics, and the Newcomb award for his accomplishments in laryngeal research. Only two other men in history have received all three awards.

Dr. Ogura has published 284 articles and 20 books; he also has 39 articles and two books in preparation. He holds memberships in 29 professional societies and has served in some official capacity for 23. He served as a member of the National Cancer Advisory Board by presidential appointment.

Originally from San Francisco, Dr. Ogura graduated with his bachelor of arts from the University of California in 1937, and with his medical degree in 1941.

## CORRECTION (Red face department)

The name of Dr. Wayne A. Simril should have been included in the list published last month of doctors who are being honored for 25 years on Barnes active staff. Actually, Dr. Simril should have been included among the original celebrants honored when this tradition was begun in 1977. He joined Barnes active staff on October 1, 1950. (Unfortunately, somewhere along the years, an errant typewriter had mistyped 1960.) We apologize to Dr. Simril, his colleagues and his many friends.

## Project Trim is coming to Barnes soon

With the help of Project Trim the public and Barnes employees will have an opportunity to shed a few unwanted pounds, according to Linda Gobberdiel, Barnes co-director of dietetics. "The purpose of the program is to help people to develop self-control in eating and exercise habits to achieve optimum fitness and health. During the 12-week session participants will have weigh-in sessions here at the beginning and conclusion of the project. There will also be a mid-point workshop at two of the St. Louis Community Colleges and as part of the program participants will also receive an information packet." She said Barnes is one of 15 hospitals involved with the project in the St. Louis area.

Initially people who would like to find out more about the project may attend a free one-hour class on September 8 from 7 to 8 p.m. at Meramec Community College. Another free class will be held on September 11 from 9 to 10 a.m. at Florissant Valley Community College. Ms. Gobberdiel said people will have an opportunity to pre-register for Project Trim at the classes. She said there will be a \$15 registration fee.

On-site registration will take place at Barnes three consecutive days at Schwarz Auditorium. On September 14 registration will be held from 6:30 to 8:30 a.m., noon to 2 p.m., and 4:30 to 6:30 p.m. On September 15 registration will take place from 8 a.m. to noon. On September 16 registration will be offered from 6:30 to 8:30 a.m. and noon to 2 p.m. At that time Ms. Gobberdiel said participants for the project may register, weigh-in and receive a packet of information containing such materials as: a sample food record, weight graph, guide to good eating, a brochure on physical activity, a brochure on behavior modification, a cookbook list, a list of groups available to provide continued support for those watching their weight after the project is over, a St. Louis Dietetic Association brochure and a list of project sponsors.

During the mid-point workshops held at Florissant Valley Community College from 10 a.m. to 4 p.m. on October 16, and at Meramec Community College on October 30 from 10 a.m. to 4 p.m., classes on everything from low calorie cooking to dancercise will be offered throughout the day to lend support to project participants.

## Doctor praises article

The following letter was sent to the *Barnes Bulletin* by Dr. Hugh Chaplin, Barnes/WU physician.

I just want to commend the *Barnes Bulletin* for the article on Danny Reitz and for reproducing his eloquent and sensitive statement. I think this is one of the finest articles I can remember since the *Bulletin* was started.

### Important phone numbers

Barnes physician referral service  
St. Louis area ..... 454-2255  
Outstate Missouri ..... 1-800-392-0936  
Surrounding states ..... 1-800-325-0737  
Childbirth classes, maternity tours 454-3561  
Memorial funds, development ... 454-2261  
Speakers bureau ..... 454-3515  
Executive physicals program .... 454-2255  
Volunteers ..... 454-3446  
*Bulletin* comments, ideas ..... 454-3515

# Barnes



*Browsing through CWE specialty shops promises the perfect answer to a sweet tooth or antique room accent.*



*Stone and wrought iron walls engraved with residential titles mark the areas where magnificent homes rest along tree-shaded streets.*

*The Maryland Plaza fountain is a refreshing centerpiece in the CWE. Surrounded by cobblestones and ivy-covered homes that have been converted into such businesses as law offices and restaurants, the plaza exemplifies the mixture of new and old in one of the city's finest areas.*



# st neighbor

Not far from the Barnes Hospital complex lies a popular community rich in architecture, antiques, ethnic food, sidewalk romance, art deco night spots, and yes, even ice-cream.

By simply crossing one major intersection north of Barnes, namely Forest Park Blvd. at Euclid Ave., Barnes employees and visitors can enter the world commonly known as the Central West End (CWE).

It is here, where World's Fair era homes have been preserved amidst tree-lined private streets, old St. Louis street lamps cast their glow and cobblestones give reminiscence of the way it was.

Barnes employees and visitors can spend lunch hours or after work hours sampling everything from hamburgers, pizza, Mexican and Italian cuisine and chicken wings, to strawberry daiquiris garnished with a chocolate covered strawberry, 32-plus flavors of ice-cream and tuity-fruity sno-cones.

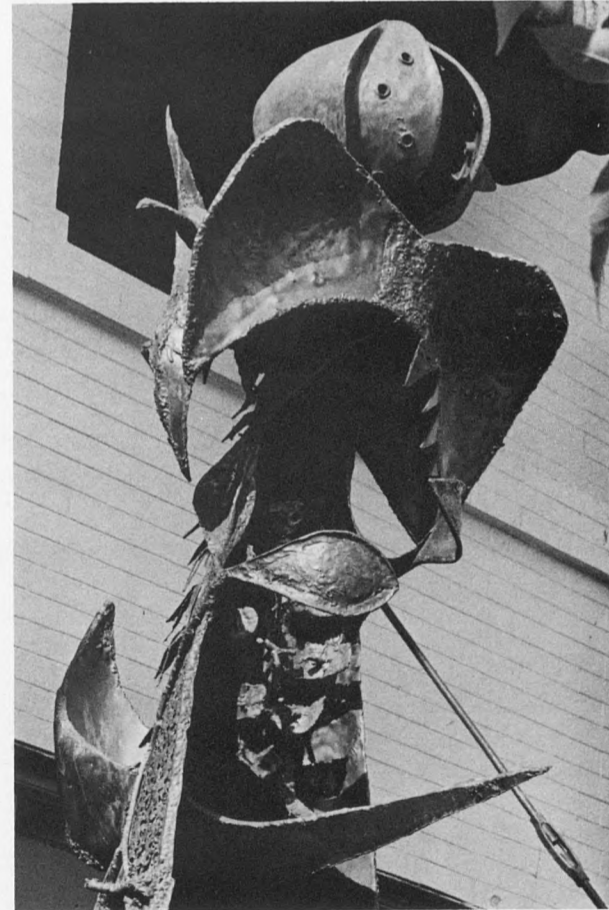
Visitors can browse in second-hand clothing stores and find old-fashioned fashions at inexpensive prices or shop through apparel stores offering a wide variety of today's fashions. They can also step into antique stores and find that

perfect brass piece or walnut table. Bookstores, news stands and drug and grocery stores are conveniently located throughout the Central West End.

Remodeled apartments and condominiums with such features as copper-roofed bay windows, brick dentils and stone accents, European-style courtyards with lush landscaping and wrought-

iron fencing offer the beauty and tradition of Central West End living.

The central location, blended with magnificent architecture, neighborhood shops and restaurants, makes the Central West End one of St. Louis' finest and most impressive areas, one of which the Barnes Hospital community can not only take advantage of, but take great pride in.



*Rich in architecture, the CWE combines modern art amidst traditional and historic works.*

*Lunchtime attracts an assortment of business and medical professionals from the surrounding area, and tourists. From sidewalk cafes, to art deco atmospheres of the Flamingo Cafe or Palm Beach Cafe, to the elegance of Balaban's, visitors can sample a variety of delectable menus.*



Ronion Richmond, the "11400 miracle kid" works out on crutches with physical therapist Jo Anna Schroer.

## 114ICU 'miracle kid' goes home

"It started as a headache that just wouldn't go away," said 19-year-old neurology patient Ronion Richmond of the long journey to recovery that started that March 6 Saturday. "Three days later the ache was almost unbearable and had progressed to dizziness and chills."

Ronion was taken to the Barnes emergency department and underwent tests including a spinal tap for suspected spinal meningitis. (Tests later revealed disseminated encephalomyelitis, acute inflammation of the brain and spinal cord which can affect children recovering from some childhood diseases like measles or chicken pox.) "Similar symptoms brought me to the ER two times in the past two years," she said, "but those headaches finally went away. This time I wasn't quite so lucky."

"By the time we brought her by ambulance to the ER March 9, she couldn't urinate, she was staggering and shaking uncontrollably," said her mother, Ruth Richmond. "Before much longer she was paralyzed on her left side and her eyesight began to fade." By the 16th, Ronion was totally blind, totally paralyzed, comatose and on the respirator and Barnes neurologist Dr. Joseph Dooley called the house to tell us to get to the hospital as quickly as possible—Ronion wasn't expected to last through the night.

"She did live, but on the 18th she began to bleed internally and again we were told that she could die," said Mrs. Richmond, whose faith in God never let her give up hope. "We needed a miracle and that's just what we got."

On March 20, after more than 1½ weeks of bad news, Ronion opened her eyes and moved her right arm. "Since that time, she's been getting better by the day," said Mrs. Richmond. She regained sight in her right eye, made an effort to talk and started to regain feeling in her left side. By April 6, Ronion "11400 ICU miracle kid" (as she began to be referred to by her family and staff) was taken off the critical list.

"Although the condition is rare in persons as old as Ronion, it can result in permanent neurological deficits including paralysis and blindness or death," said Dr. Dooley. "The 11400 house staff,

nurses and therapists really deserve a big round of applause for their role in Ronion's recovery. They hung in there when it really looked hopeless."

Things continued to get better. On April 15, when most Americans were worrying about last minute details on their income tax forms, Ronion and Dwayne Taylor, a high school sweetheart and member of the U.S. Air Force stationed at Holloman Air Force Base in New Mexico, announced their engagement and final plans were being made for the April 30 Bowl-a-Thon in honor of Ronion which was sponsored by members of the O'Fallon Technical High School bowling league of which she is a member.

On May 17 at 99 pounds, four-foot, eleven-inch Ronion was moved out of the intensive care unit. A week later, she was able to leave her room and go to the rehabilitation satellite on 11400 in a wheelchair to continue work to limber up stiffening joints and to strengthen arm and leg muscles. "Working with Ronion has been such a pleasure," said physical therapist Jo Anna Schroer, who began range of motion exercises with her while Ronion was still comatose. "She is highly motivated and a real optimist."

"Ronion worked hard to get better," said 11400 ICU nurse Janet Holbrook, "and the staff worked hard to encourage her to do her best." Nearly three months after Ronion had entered Barnes, she had progressed well enough to leave the hospital in a wheelchair for a few hours to attend her sister's high school graduation, go to church, visit home and attend a benefit musical program in her honor at the Mt. Sinai M.B. Church.

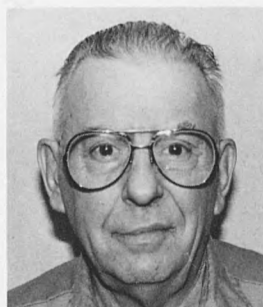
Having regained most of her eyesight, Ronion, who was spending most of her day in rehabilitative exercise, stood up and walked June 30 with assistance of parallel bars. Two days later, she was maneuvering around the area in a walker and asking her new-found friends in the ICU if she could be of some help in her spare time.

What did the 11400 ICU "miracle kid" most look forward to about going home to stay July 17? "Just being there," she said, smiling as she walked with the aid of crutches.

"It's hard to tell just when she'll be able to throw away those crutches," said Ms. Schroer, who'll be seeing Ronion as an outpatient for the next several months. "But knowing her determination, it probably won't be long at all." As Dr. Dooley said, "She's a special young lady."

## William Evans retires from plant engineering

After 27 years of service to Barnes Hospital, William Evans, plant engineering, retired on June 18. He was presented a certificate of appreciation by executive vice-president Max Poll for his years of dedication to Barnes.



Mr. Evans was also honored at a party given by the plant engineering department on the day he retired. He received a brass spittoon filled with an assortment of flavored chewing tobacco and money.

During his 27 years in plant engineering, Mr. Evans spent one year as a carpenter, and the remaining 26 years as a maintenance worker in the main kitchen. "It's going to be hard to break something I've been doing for 27 years," said Mr.

Evans. "If something breaks down at home though, I can always fix it."

Besides his home in St. Louis, Mr. Evans also owns property in Licking, Missouri, where he plans to spend much of his retirement. He is also a talented lead electric guitarist and hopes to pursue his hobby with a country and western music band.

"I've met a lot of good people here at Barnes," said Mr. Evans. "I'll miss every last one of them."

## 'Talking books' available for handicapped patients

"Talking books" are now available for visually and physically handicapped patients at Barnes, according to Linda Knight of the hospital's education and training department. The books are recorded on tape cassettes, and are provided free of charge through the Wolfner Memorial Library for the blind and physically handicapped, she said.

The education and training department will coordinate the ordering of cataloged book listings and the books themselves for Barnes patients, said Ms. Knight. Applications are also available at the hospital for those wishing to continue the service after returning home.

"This is the first time Barnes has coordinated a talking book service for patients," said Ms. Knight, "and this is a valuable service the patient can continue using after leaving. We will be working with Karyn Bird, 7400 head nurse, so that we will be more aware of people who would like to use the books also."

*Craig Claiborne's Gourmet Diet, Yes You Can! How To Succeed In Business and Life, and Cosmos, Earth, and Man; A Short History of the Universe* are only a few of the titles patients can choose from.

The Wolfner Library is a division of the Missouri state library, and is also a regional library of the National Library Service for the blind and physically handicapped. The library also can provide listening machines through the National Library Service. Over 7,500 blind and disabled persons in Missouri used the service in 1981. For more information contact Linda Knight, 4878, or Karyn Bird, 3781.

## Hospital notes

Dr. **Thomas B. Ferguson**, Barnes/WU cardiothoracic surgeon, was a guest speaker at the Portland Surgical Society on January 26, and guest speaker at the initiation banquet of the Alpha Omega Alpha Chapter of the Washington University School of Medicine on January 27. At the annual meeting of the American Board of Medical Specialties held in Chicago, March 18-19, in Chicago, Dr. Ferguson assumed the organization presidency for 1981-84.

Dr. **Max L. Som**, chief of head and neck surgery for Beth Israel Hospital in New York City, delivered the Ogura Lectureship inaugural address in the East Pavilion auditorium on May 20. The title of his address was, "Baffling Diagnostic and Therapeutic Modalities in My Practice of Head and Neck Surgery." The lecture honors Dr. **Joseph Ogura**, Barnes/WU otolaryngologist-in-chief.

Dr. **Marvin E. Levin**, Barnes/WU diabetologist, chaired the section on insulin of the joint Federal Drug Administration/United States pharmacopoeia workshop on drug and reference standards at the National Institutes of Health Dr. Levin also presented an introductory paper at this meeting on "Insulin: A Medical Odyssey."

## 'Body contouring' is not sensible for weight loss

A type of plastic surgery called "body contouring" can reduce stretch marks or a sagging abdomen where the muscle tissue and skin have parted, but the highly publicized technique is no easy way to lose weight, warns Dr. Leroy Young, Barnes/WU plastic surgeon.

"'Body contouring' has received a lot of publicity in the lay press, but we don't advise this kind of surgery for weight loss," explained Dr. Young. "If fat is removed surgically, it would only be a temporary weight loss. When someone continues eating as usual, the weight removed surgically will eventually reappear," he said. "Dieting combined with exercising is still the best way to reduce."

Dr. Young said the news media has focused its attention on removal of unwanted fat through suction curettage in particular, "but reputable plastic surgeons universally condemn the process. People fail to understand that this is a major operation with significant risks. Those risks include bleeding and the possibility of infection. Removing fat from the hips and thighs in particular can cause problems because the risk of infection is so great. Patients can't sit down for several days without disturbing the incisions," he explained.

"Certainly, plastic surgery can be highly beneficial for someone who has stretch marks after several pregnancies," said Dr. Young. "But even plastic surgery is not without its scars."

## Barnes fact cards are now available

What are Barnes room rates? How many operating rooms does the hospital have? What is the occupancy rate? How many meals are served at Barnes every year? How many doctors are on the hospital's staff? And how many pounds of linen is processed at Barnes every year?

The answer to the above and many other helpful, informative facts about Barnes are now available at no charge to Barnes employees and the public on a convenient wallet-sized card. The cards are available from the Barnes public relations office, 454-3515.

## Dr. Senturia dies

Dr. Ben H. Sentura, Barnes/WU otolaryngologist, died on July 7 of a heart ailment.

Dr. Senturia entered semiretirement in 1973, and edited the *Annals of Otolaryngology, Rhinology and Laryngology*, an international professional journal. In 1977 the St. Louis Otological Foundation established an annual lectureship in honor of Dr. Senturia's many years of service and achievement in otolaryngology. He wrote more than 80 medical articles and belonged to numerous professional organizations. He is survived by his wife Nancy, his son Ben and his daughter Alice.

## Former patient praises Barnes dietary department

The following message was sent to the Barnes dietary department by the wife of William Klein, a former patient.

My husband and I think you are doing a wonderful job with your serving of meals. They are tasty, and the hot food is hot, and the cold food is chilled. Meals are served on time, and the servers are doing great. They do everything possible to please the patient. Thank you.

## Gifts to Barnes Hospital

Listed below are the names of persons (honorees in **boldface**) who have made contributions during the period June 8 to July 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. The Auxiliary coordinates the Tribute Fund, which is used for specific hospital projects. The various other funds are part of the development program of Barnes Hospital.

### Tribute Fund

#### IN MEMORY OF:

**Dr. Carl E. Lischer**  
D/M H. G. Schwartz

**Mr. Robert Leventhal**  
Ann & Ben Abelson

**Dr. Arthur Stein**  
D/M John E. Hobbs

**Maria Coto**  
M/M Orville Lambert  
Don McGeehan  
Charles Feltmann  
Jan McCarthy  
Dan York  
Rico Neal  
Carl Weatherford  
Howard Hedrick  
Hugh Thomason  
Robert Lehnhoff  
Frank Armbruster  
Mark Abekemeier  
John Gregory  
Brad Torrence  
John Ceriotti

**Sydney Lyner, Jerome Spector & Mrs. Ellen Johnston**  
Dr. Benjamin B. Blass,  
D.D.S.

**Margaret Deitz Tuxhorn**  
M/M W. D. Bartels

**Leo Levitt**  
Mrs. M. Harris

**IN HONOR OF:**  
**Ann Weitzman's Recovery**  
Mrs. Marvin Harris

**Anniversary of Robert & Ruth Kleyman**  
Ann Tucker

**Stanley Victor's Birthday**  
M/M W. J. Gordon

### Planned Gift Fund

M/M Leonard H. Farmer  
Walter Haase  
Sydney Jacobs  
Zeno H. Scheffer  
Thelma Walthers  
Fred P. Bamberger  
Donald Cassoutt  
Maxine S. Chambers  
John L. Epperheimer  
M/M Virgil Handlang  
E. Frank Hays  
Lawrence J. Herrin  
Ozoneva Hite  
Edmund C. Immer  
George A. Johnson  
Alfred Kahn, Jr., M.D.  
M/M Joel Massie  
George Riley  
Shelby P. Schagrin  
Joseph E. Sopnicar  
M/M Eli Spielberg  
David H. Spritz  
Mrs. Almeda M. Watson  
Ralph B. Willen  
Leo Meadows  
Charles O. & Kathryn A. Nichols  
M/M F. E. Reese  
Sammie E. Starks

Yau Kam Tam  
Edith V. Weidner  
M/M C. C. Wooten  
Joseph M. Adams  
Ernest L. Arenz  
Bessie Bailey  
Steve Bartok  
Louise B. Braun  
Edward Bunting  
Emil L. Carabelli  
Angela A. Carlin  
Lillian C. Cope  
M/M S. W. Cordes  
Ray & Bessie Dare  
Milton Holle  
Harvey O. Jones  
Nettie & Harry Kay  
Marcella M. Kennedy  
J. Wade Kincaid  
M/M Roy S. LeMay  
John R. Lockhart  
Margaret E. Madden  
Elinor C. Mazzoni  
Mary McCool  
Raymond McDaniel  
Albert McMahan  
H. F. Debandt  
Charles Gilliland, M.D.  
R. W. Hammerstein

### Annual Fund

Theresa Carnaghi  
Lawrence Rogaliner  
Clara Dworzynski  
Steve Hecinski  
Carl Adams  
Ilona Alcons  
Charlene Byrd  
D/M Mariano N. Floro, Jr.

M/M Charles G. Hunsinger  
Charles J. & Marie Stubenrouch  
Corene Cooper  
Stella Doepke  
Genevieve B. McCurry  
Katherine Neville

Brooks Pumphrey  
Marcus W. Purkey  
Earl G. Becker  
Lillie Ann Jackson

Paul Koenig  
Cammie Lee Moore  
N. Webster Moore  
H. B. Morris

## Scott Jablonow Endowment Fund

#### IN HONOR OF:

**M/M Louis Jablonow's 36th Anniversary**  
Nettie A. Jablonow

**D/M Marmor's 50th Anniversary**  
Hope Komm

**Hope Komm's 80th Birthday**  
Lillian Franklin  
Jack & Lee Jablonow

**M/M Max Goldstein's Special Anniversary**  
Hope Komm

**M/M Jack Jablonow's Wedding Anniversary**  
Nettie Jablonow

**IN MEMORY OF:**  
**Mrs. Valma Rothenberg**  
Hope Komm

## Patient Care Fund

Leslie & Florence  
Easterday  
John M. Winters  
M/M Robert A. Ridgway  
Agnes Bardot  
Lloyd L. Buchheit  
M/M Frank E. Daniels  
Rudolph J. Barabas  
Eleanor L. Begley  
Ella M. Bettinger  
Ruth Burris  
Carolina J. Hoog  
Steve Hecinski  
William E. & Mary B. Hill  
R. A. Mershon  
Mildred E. Pettit  
George & Josephine Popovich  
Charles W. Toms

**IN MEMORY OF:**  
**LaFrances Cockrell**  
Nursing Service  
Pat Keys  
Cay Doerrer  
Maxine Loucks  
Adele McKean  
Dixie Fehrman  
Donna Granda

**Earl E. Cox**  
Eleanor Cox

## Respiratory Intensive Care Unit Fund

#### IN MEMORY OF:

**Dorothy Vernon Fox**  
D/M John Day Peake  
Maurine C. Haas  
M/M David F. Crossen

## Memorial Endowment Fund

**Theta Tucker's Birthday**  
M/M Robert Kleyman

## Barnes Hospital Chapel Fund

M/M Richard O. Soldner

## Ziemer Memorial Burn Fund

M/M William J. Tearney

## Dr. Arthur H. Stein, Jr. Memorial Fund

Dr. Harry C. Morgan

## Sharon O'Berto Morad Memorial Fund

D/M Joseph H. Ogura

## Cancer Fund

**IN MEMORY OF:**  
**Mervie DeLaney**  
M/M Fred Long  
Friends at Butterfield Church

**IN HONOR OF:**  
**Stanley Victor's Birthday**  
Jean Stein Bloch  
Jeanette & Jennings Stein

## Frank Johnson celebrates 21st birthday with 9500

Celebrating a 21st birthday is always special, but the Barnes 9500 nursing staff made June 25 an extra-special celebration for Frank Johnson of East St. Louis. "Everybody was really nice to remember my birthday, and they treated me just like family," explained Frank. "I suppose you could say they kind of got attached to me. I kind of feel the same about them."

The young lymphoma patient who was hospitalized for several weeks first approached 9500 head nurse Betty Stock, and said he would like to have a birthday party. "He told me that if I set the party up he would pay for it," explained Mrs. Stock. "He's such a sweetheart and never complains about anything. We arranged for him to have a cake and spaghetti, and a few presents from the staff. Later he asked how much he owed me for everything. But I told him he didn't owe us anything. The party was a gift from the 9500 staff."

Frank's parents and other Barnes staff members from different departments were able to share Frank's special day. His room—decorated with

brightly colored balloons and cards everywhere was truly a festive setting for a birthday he will never forget, he said.

"The nurses come by and talk with me all the time," said Frank. "It's just like they always say, when you show somebody love, you'll get love in return. Everybody has just been beautiful."

## Passing the gift of life on to others

Barnes Hospital has been fortunate this summer—no surgery has been cancelled because of a blood shortage. Such good fortune is partially due to the new Red Cross blood donor substation which opened here in June. Relatives of patients, Barnes employees and others who visit the hospital have taken the opportunity to donate blood.

The substation, open on Tuesday and Wednesday each week from 12:30 p.m. to 7 p.m., is located on the second floor and may be reached by taking the elevators by the red carpet area. Appointments are not necessary but may be made by calling 454-5114 during the donor hours.

# Barnes Bulletin

August, 1982

Barnes Hospital, St. Louis, Mo.

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Barnes Hospital  
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