

Heart

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and homefront. There needed to be a system that would weld research and treatments. At Botsford, that meant creating a singular umbrella under which many items could work together within a specific area of the hospital. It also meant landing a couple of top heart docs, and if they happen to be married, well, all the better.

Levine, and his wife, Dr. Arlene Bradley Levine, the institute's cardiovascular research director, are indeed a husband and wife team and know not only everything about the world of hearts, physically, but you get the idea they've got a handle on the emotional facets of the ticker as well.

Heart strings played

Levine, who was born and raised in New York City, worked and trained in many places around the world. But it wasn't until 1985 that a woman named Arlene stole his heart. The two married nearly two years later and today they, along with a handful of others, run Botsford's innovative institute.

"She usually drops off the kids (they have two children aged 9 and 10) at school," said Levine from his office. And then for much of the day, the two work side by side. "People say, I am crazy? Working with your wife all the time? But, according to Levine, the two work perfectly well together and much of that is due to the respect he has for her.

"She's awesome," he said and then laughed. "I married up, you know. She's smarter than I am. She is tremendous with patients, she's inventive and it's fun to be around her. We're the ideal professional marriage... she does all the work and I get all the credit," he said with a laugh.

The couple most recently worked for the Henry Ford Medical System in Detroit. "The major reason we came here was to bring our programs, research and insights to the patients of the community. The whole notion is to remove this discordance," he said, citing the problem that occurs when medical treatment isn't conducive or convenient for patients.

"Fifteen years ago, if a heart got really beat up, the only therapy would have been transplantation. That's not the case now. We can stabilize the situation and improve it with aggressive medical therapy," Levine said. "A transplant doesn't cure a patient's cardiac problems. It just substitutes one set of problems for another."

Of course, there are some patients who definitely need a transplant. One of those was Laurence Schmid of Redford Township. Schmid, 67, had undergone three heart bypass surgeries before receiving a transplant that was overseen by Levine.

"The great thing about the institute is that the people who work there are both professional and knowledgeable," said Schmid, a former school principal. "I wouldn't want to go to anyone else. The institute is very patient-oriented and the Levine's are sincere people. That's why I'm still with them."

At the institute, today's transplant patients are referred to the Cleveland Clinic.

Referrals to Botsford

Sometimes, the Cleveland Clinic refers patients to Levine.

Just the other day, a woman who had a leaky valve and poor ventricular function was at the Cleveland Clinic for valve repair. But doctors



Conference: Dr. Robert Stomel confers with doctors Arlene and Barry Levine in the new Botsford General Hospital heart center.

GILBERT TUCKER

there didn't think that was appropriate and they were thinking rather that aggressive medical therapy could perhaps reverse her problem by dealing with the cause rather than trying to fix it after. And since she lives in Bloomfield Hills, they referred her to the institute.

Levine said that although there's a bias to perform transplants in the medical community ("transplants are money-making, after all," he said), the institute looks for all options to treat heart failure. "We have no financial interest in transplants and they're not our first reflex. We do what's best for the patient."

From an economic standpoint, the institute, which features research facilities, exam rooms, beds, procedure rooms and areas for biopsies, makes absolute sense, especially for the patient. "It's a lot cheaper to deliver care from a community hospital than from an academic medical center," Levine explained. Furthermore, the quality of life for the patient in terms of travel (community hospitals are close to home), familiarity and other factors improves dramatically.

The institute symbolizes one of the ways a community hospital such as Botsford has changed its image.

"Community hospitals are not just about tonsils, appendix operations, and sprained ankles. This offers a lot for the community, for the patient." The institute also helps to curtail hospital admission costs. "Eighty percent of patients who go to an emergency room with heart failure get admitted. We're trying to avoid that."

Levine cited a recent case in which a patient with heart problems went to Botsford's emergency room and was immediately sent to one of his examining rooms. "The issue was being addressed and, saving the patient an admission. When you think of the tens of billions of dollars spent on treating heart failure, you can buy a lot of comprehensive outpatient care for one hospital day." Levine stressed the many patient advantages that the institute offers. He says the average number of hospitalizations for his patients was about 3.8 before visiting the institute. After going to the institute, the average is about 0.34 visits per year.

"We're restoring patients to a more normal lifestyle. They don't feel overwhelmed by their disease process," Levine said. "And they're in control."

Caring for new pup is a fun job

Marbles is 6 weeks old and just arrived into our home. Can you imagine how scary it must be to be taken away from his mom and brothers and sisters? So it is our job, Tom and me, to make sure Marbles feels safe and loved. We took a small blanket and a cloth toy and rubbed the blanket and toy on Marbles' siblings. The reason for this is to have a familiar smell for Marbles to take to his new home. It makes the transition from his birth home to his permanent home a little easier.

Crate training

Dogs are den animals and like the security of a den. If you have bought a crate your puppy can grow into, you need to put a box at the back to make the cage smaller. The reason is to not let your puppy have enough room to soil his bedding. The space in the crate should be just big enough for the puppy to sleep in. Puppies do not want to soil the space they sleep in.

Use the crate for the puppy when you are not home and as a safe place for him to stay when you cannot watch him. Never leave a puppy loose to get into trouble or become injured. The way to prevent your puppy from chewing furniture or any other object is to crate train. Some people say this is cruel to keep a puppy in a crate. What I think is cruel is to expect a puppy to know how to behave at a very young age. The pup will always be getting yelled at. Now that's cruel. You can keep your pup in a crate until he is old enough to be trusted not to cause harm to himself and not damage your household items.

So when the pup is not outside with you, eating, or playing with you in the house, he needs to have a safe place to be left in.

Housebreaking

Few puppies are housebroken



Bev Cornell and Marbles

by the age of 6 to 14 weeks. How could they be? Up to this point, they have lived together with their siblings in a pen where they relieved themselves whenever and wherever they needed to. So why should our soft carpet not be off limits? A puppy, which is just developing, cannot possibly understand this. It is both pointless and unjust to punish it for not knowing what it has not yet been taught.

If you catch your puppy in the act of having an accident, tell him "No!" pick him up and take him outside. If you don't catch him, simply clean up the mess and avoid yourself for not being available. Do not punish your puppy. The best thing you can do is keep a constant eye on your puppy and take him outside to the same area. Until your pup is 14 weeks old, take him outside often. When out of his crate



keep a watchful eye for signs of needs to go potty. You will find for the first few weeks you are very well-trained to his needs. As soon as you see him pacing, sniffing around, turning in circles or trying to sneak away, take him outside. Say "Outside" each time you take your puppy out so he will develop a vocabulary and begin to understand what is expected of him.

Establishing a schedule is important. Dogs are creatures of habit; they like to eat, sleep and relieve themselves on a regular schedule. Maintaining a schedule is easy to do and gets easier as your puppy grows.

Take your puppy outside as soon as he gets up. Then play with him for about 20 minutes. After your pup does a good deed be sure and play with him. Also, be sure to praise your pup's good behavior. After the early morning play, feed and water. Allow 20 minutes for eating and to remove dishes. Then take your pup outside. Always confine your puppy when you leave or cannot watch him.

Attention, pet owners Just a reminder that city ordinances require owners of dogs and cats to keep their pets under control at all times, and to pick up and dispose of their droppings.

Pet owners who do not follow these rules risk it for the ones who do. We will only be able to continue using local parks if we follow the rules.

Meet Marbles and Bev Cornell at the downtown branch Farmington Library on Tuesday, July 21, at 2 p.m.

sizzling SUMMER fun!

This summer there is so much going on it's hard to decide what to do where to go that's why the Observer & Eccentric Newspapers has put together this special directory to make it easier...

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Be good

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Period," Levine says. "Our lifestyle is sedentary. We have lots of labor saving devices in this country. How many times are you in a fairly congested parking lot and you cheer when you find a parking spot that's close to where you're going. Wouldn't it have been better to

park the car farther away and take a nice walk?"

Assess "Be sure to have a periodic assessment of your overall cardiac health," Levine says.

Watch lifestyle "One should avoid high cholesterol diets, smoking and lifestyles that fall

into the workaholic category."

Sig in moderation "Alcohol is an interesting paradox. There are indeed people who are susceptible to heart damage due to alcohol. But there are lots of data that suggest that alcohol protects coronaries. Alcohol, for most people, is okay in moderation. But to sit there on weekends and knock back a case of Budweiser, no."

Children have many special needs...and because parents don't always have a lot of time, the Observer & Eccentric has created this unique directory to make life just a little easier.

Children's Directory '98

For more information about advertising call Nan at: 734-953-2099

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