

Markham Stouffville Hospital



1995 marks 100th anniversary of x-ray discovery

A tour of diagnostic imaging services at Markham Stouffville Hospital shows how far it has evolved

By **RENA GALANIS**
Advertising Features

Visitors to Markham Stouffville Hospital's Wishing Wellness '95 Community Open House and Health Fair are invited to tour the diagnostic imaging services which offer the most recent technology available anywhere in Canada.

Comprised of radiology, mammography, ultra sound, and

nuclear medicine, the department has "managed to attract young, dynamic medical and technical staff for the highest quality testing and assessment," says director of diagnostic imaging services, Lynne Campkin. "Many local residents have the impression that they have to go to downtown Toronto to get sophisticated testing but the standard we've established and the equipment we have, makes

that unnecessary. Services are now available at their doorstep in their community hospital.

In addition, there is full integration at the medical level promoting prompt communication between consulting radiologists, specialists and family physicians.

This year marks x-ray's centennial anniversary and a tour of the hospital's diagnostic imaging department shows how far the evolution of medical technology has come in a relatively short period of time.

Indeed, the first x-ray tubes produced radiation in a random manner and the shadowy images obtained during experimentation took 60 to 90 minutes for one picture, Campkin says.

Today an x-ray exposure is measured in fractions of a second and of course, patient safety has also improved exponentially. In addition, the use of computers to image processing have made nuclear medicine, ultra sound, and computerized tomography (CT) scans possible.

For example, our new ATL 3000 Ultrasound System provides very high resolution images of internal organs and anatomy," Campkin adds. "It provides



The mammography suite (pictured above) will be part of the open house at the hospital this weekend. One in nine women will develop breast cancer in their lifetime, making screening an imperative.

Photos: LORI EMMERSON

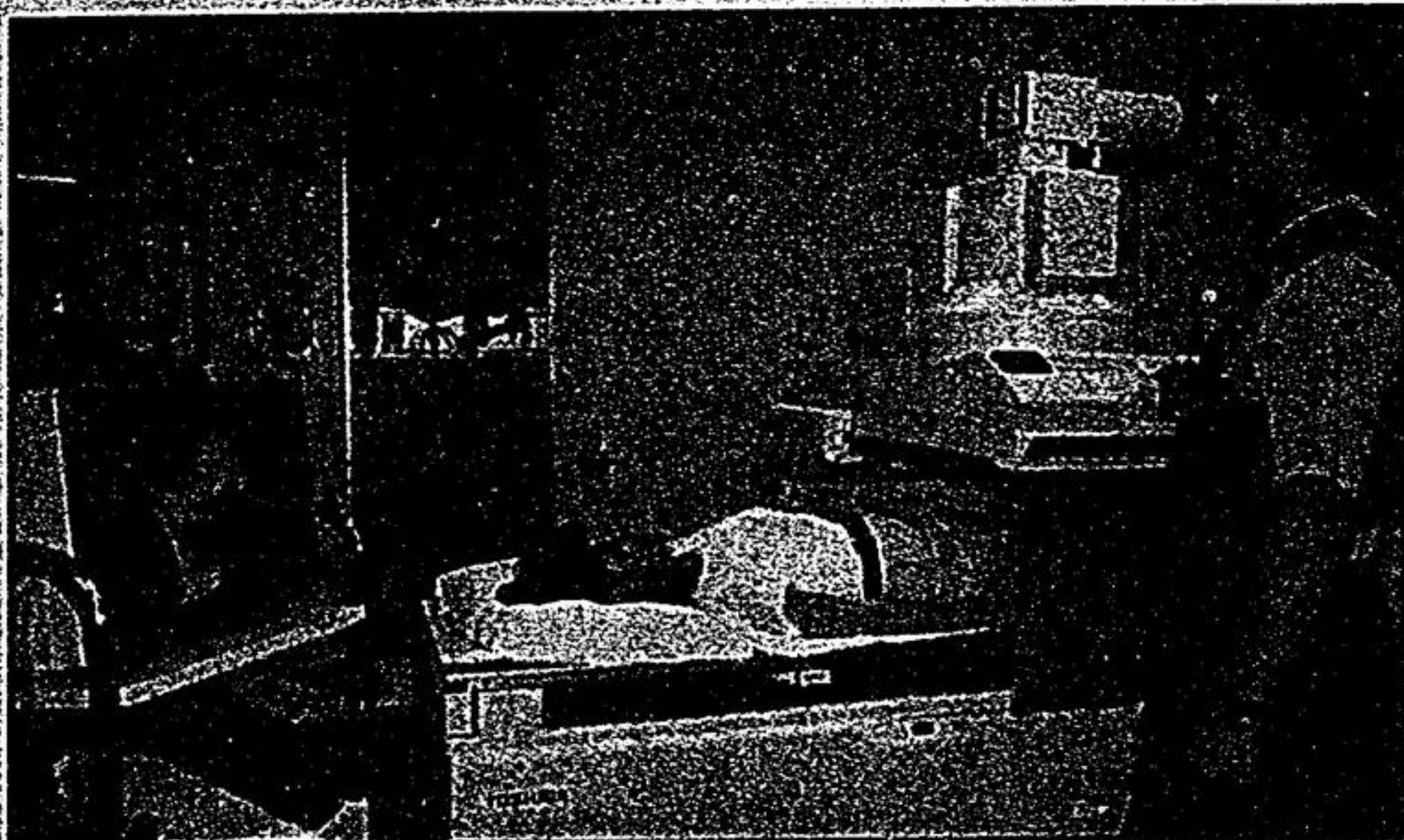
images of the fetus as well as giving information on blood flow direction and velocity."

Nuclear medicine studies help physicians diagnose organ and physiological systems which are not functioning properly. A radioactive pharmaceutical is injected into the patient specific to the organ system under investigation.

Also part of the open house tour this weekend is the mammography suite. One in nine women will develop breast cancer in their lifetime, says staff radiologist, Dr. Chris Stephen. Given this screening mammograms offer us a tool to decrease the number of women who will die from this disease, he adds.

"A cancer less than 1.5 cm in size is almost universally curable but that size is very difficult to feel. Most tumors cannot be felt unless they're more than two centimeters - that's why the technology we offer is so important."

The Wishing Wellness Community Open House & Health Fair takes place this Sunday, Sept. 24 from 1 p.m. to 4 p.m. at Markham Stouffville Hospital. Staff will be on hand to answer any questions and children are invited to bring their favorite teddy bear or dolly for an x-ray in Dr. Bear's X-Ray Clinic.



The x-ray machine has evolved into highly sophisticated, sensitive equipment from which an image can be retracted in fractions of a second. Markham Stouffville Hospital's technical coordinator, Ken Laycock, gives a demonstration.

Mental health group programs offer solace and coping skills

By **RENA GALANIS**
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The mental health department at the Markham Stouffville Hospital offers a variety of programs geared to meet the diverse needs of the community.

Comprised of a 25-bed, inpatient unit, an outpatient mental health clinic, a bridge program as well as crisis response services, the department deals with patients from their teens on up.

"We have strived to offer a seamless service which allows for a transition from emergency care to in-patient care and finally, access to outpatient therapists," says chief of psychiatry, Dr. David Kocerginski. "We can follow a patient through, offering support and care services until they can reasonably cope independently."

It's a system which allows patients to develop their own support systems through interaction with other patients, but still promotes independence by continuing services on a part-time basis while the patient is back in their community.

Group programs run out of the outpatient mental health clinic cover everything from Understanding Depression, Stress Management, Leisure and Wellness, Women's and

Men's groups, as well as a Community group.

The members are referred by a physician and usually participation takes place after an acute crisis has been resolved and when other issues at the

patients in a social setting and makes them realize they are not alone in facing a dilemma or crisis.

The present economic climate has contributed to making issues dealt with in the groups a reality for many, he adds. "For example, the stress management group provides members with the opportunity to develop methods based on their individual needs, for dealing with stress."

The Leisure and Wellness group outlines the importance of recreation in people's lives and the necessity to create a balance between work and leisure activities.

Furthermore, depression is also (to some degree) a symptom of the times and the Understanding Depression group offers those suffering from it and their families a venue to come to terms with it and discover causes, treatment as well as strategies to cope.

"In the field of mental health in general, there used to be an impression that patients don't get better, but that's definitely not true," Dr. Kocerginski says. "Treatments are effective and allow people to get back to functioning normally."

For more information on the mental health department at the Markham Stouffville Hospital call 472-7011.

"In the field of mental health in general, there used to be an impression that patients don't get better, but that's definitely not true. Treatments are effective and allow people to get back to functioning normally."

root of a problem can be dealt with more effectively.

"Treatment is very much individualized and the groups offer just one aspect of care," Dr. Kocerginski says. "But it's imperative because it puts

•Get off to a "nutritious" start at the **Corn Boil** in the Central Courtyard hosted by your Hospital Board of Directors. Enjoy fresh corn on the cob, ice cream and cold drinks. Have your face painted by Pepper or DeeDee the Clown.

•Drop by our **Health Fair** in the Restaurant. Pick up lots of important information on health prevention and healthy lifestyles. Have your blood pressure checked too. Children can help make a patchwork quilt, learn to bathe a baby doll and experiment with finger casting. **Expired or unfinished prescriptions can also be deposited at our Pharmacy Booth.**

•Children who have brought their favourite teddy/dolly with them are invited to go to our **Dr. Bear X-ray Clinic** in Diagnostic Imaging to have an x-ray taken followed by a visit to our Precious Friends Clinics in the Medical Day/Ambulatory Care Unit for a casting of a broken arm or leg. Be sure to stop by the **Outpatient Lab** on the way to pick up your special gift.

•**Bicycle Safety Rodeo** takes place in the lower west end staff parking lot. Be sure to have your helmet checked for safety. Markham Fire Department, accompanied by Sparky the Dog, and Markham/Stouffville Ambulance Services, accompanied by Ambu Andy, will also be on hand with their vehicles for the kids to check out.

•**Free Line Dancing Demonstrations** in the hospital auditorium every 15 minutes from 1:15 p.m. to 3:45 p.m.