

MAY
JUNE
JULY
AUGUST
2009

Reaching residents **THROUGHOUT THE MIDDLE OF MICHIGAN**

TO our HEALTH



Orthopaedic expertise

When bones
and joints hurt,
we're here for you

Small strains and sprains are a part of life, and most conditions can be treated with nonsurgical approaches. But when pain won't go away, the next step may be a visit to an orthopaedic surgeon.

At the Medical Centers affiliated with MidMichigan Health in Alma, Clare, Gladwin and Midland, you'll find high-standard orthopaedic care and a choice of caring orthopaedic surgeons.

You'll also discover:

- Newer, minimally invasive surgeries offering faster, easier recoveries
- Options for longer-lasting replacement joints

- Better-than-ever pain management for surgery to increase comfort and accelerate recovery

- New imaging technologies that give doctors a better look at your joints to improve diagnosis

With these local options and benefits, it's understandable why so many people turn to MidMichigan for their orthopaedic surgery. Here we have highlighted some of the most advanced orthopaedic technologies and programs MidMichigan has to offer.

MINIMALLY INVASIVE SURGERIES

Minimally invasive, arthroscopic surgeries to repair damage to the shoulder, knee, ankle and elbow offer faster, more complete recoveries, as well as less pain and less risk. The surgeon, guided by real-time video from the scope, manipulates the surgical tools from outside the body. When the repair is complete, the scope

and tools are removed, and the incisions are closed with just a few stitches.

There are less invasive techniques for total hip and total knee replacement surgeries as well. For hip surgery, updated designs and instrumentation allow for smaller incisions. Minimally invasive techniques for knee replacements do not cut into muscles and tendons and spare the quadricep muscles, improving recovery times.

SPORTS MEDICINE Athletes of all ages can experience sports injuries, and some of the injuries are serious enough to require surgery. Several orthopaedic surgeons affiliated with MidMichigan focus on sports injuries, and two are fellowship-trained in this subspecialty.

Experts in sports medicine know the best ways to diagnose and treat injuries associated with specific sports and an

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Awarded for patient safety

MIDMICHIGAN MEDICAL Center–Midland has once again been recognized by a leading health care quality company for patient safety. For the fifth consecutive year, MidMichigan Medical Center–Midland has received a top rating for patient safety from HealthGrades, the nation's leading health care rating agency. The Medical Center was one of only 242 hospitals out of nearly 5,000 nationwide that received the HealthGrades Patient Safety Excellence Award™.

The Medical Center's performance placed it among the top 5 percent of U.S. hospitals for patient safety outcomes, according to HealthGrades' sixth annual Patient Safety in American Hospitals Study, the largest study of its kind. MidMichigan Medical Center–Midland is one of only three Michigan hospitals to receive the award five years in a row.

"Having received this award for the fifth year in a row is a great honor," said Greg Rogers, president of the Medical Center. "Patient safety is a high priority for us, and we carefully evaluate our safety measures together. The staff and physicians at MidMichigan work diligently to ensure we are delivering the highest quality in health care for every patient every time."

To learn more about the award, as well as the study and full methodology, visit www.healthgrades.com.

To learn more about MidMichigan Health's leadership in measurable quality, visit www.midmichigan.org/quality.

Orthopaedic expertise

Problem areas: Sources and solutions for pain

1. Shoulder pain

- **Causes:** Nerve impingement, rotator cuff tear, dislocation, fracture, bursitis, posture or muscle imbalance, referred pain from neck
- **Treatment:** Arthroscopic surgery, use of nerve-block anesthesia

2. Elbow pain

- **Causes:** Tennis or golfer's elbow, bursitis, nerve entrapment, fractures, sprains, strains, ligament tears, dislocation
- **Treatment:** Physical therapy, corticosteroid injection, bracing

3. Foot and ankle pain

- **Causes:** Sports and other injuries, plantar fasciitis, tendonitis, biomechanical problems, diabetic complications, arthritis, bunions, hammertoes, flat feet
- **Specialist:** Surgeon fellowship-trained in foot and ankle surgery

4. Hip pain

- **Causes:** Arthritis, bursitis, referred pain from the back
- **Treatments:** Birmingham Hip^{™1} and M2a-Magnum^{™2} hip (longer-lasting joint replacements for younger patients)

5. Knee pain

- **Causes:** Injuries, arthritis, cartilage damage and other degeneration, stress from excess body weight, muscle imbalance, referred pain
- **Treatment:** Oxford Knee^{®2}, a partial knee implant for use with minimally invasive surgery

6. Hand and wrist pain

- **Causes:** Sprains, strains, fractures, carpal tunnel syndrome, arthritis at the base of the thumb, ganglion cyst
- **Specialist:** Surgeon fellowship-trained in hand surgery

7. Back and neck pain

- **Treatment:** Surgery of the back and neck performed by a neurosurgeon

1. Birmingham Hip is a trademark of Smith and Nephew.
2. M2a-Magnum and Oxford Knee are trademarks of Biomet, Inc.



Meet our orthopaedic surgeons

These orthopaedic surgeons, affiliated with MidMichigan, see patients in the Midland area. To view a complete list of orthopaedic specialists who serve all MidMichigan affiliates, visit www.midmichigan.org/doctors.



Kent Biddinger, M.D.



David Bortel, M.D.



Mark Goethe, M.D.



Ben Mayne, M.D.



Daniel Middleton, M.D.



John Murphy, D.O.



Denise Stadelmaier, D.O.



Curtis Young, M.D.

—Continued from page 1

active life. The philosophy of sports medicine is to return athletes to their sports as quickly and as safely as possible. In addition, rehabilitation specialists at MidMichigan can design a training program specific to the demands of a particular sport.

NEW HIPS, NEW HOPE People under 60 were once told to hold off on hip replacement surgery because they were likely to wear out conventional replacement hips. These people can have new hope with metal-on-metal replacement hips that are expected to last 20 to 30 years. In addition, hip resurfacing components spare more bone, in the case that a conventional replacement is needed. A number of MidMichigan orthopaedic surgeons perform hip and knee replacements.

CUSTOM-FIT KNEES A new knee-replacement technique used at MidMichigan Medical Center—Midland creates a

Our surgeons are board-certified and well-qualified

Board certification is an important qualification held by MidMichigan-affiliated orthopaedic surgeons. Board-certified practitioners have passed written and oral exams and evaluations required by their medical specialty boards, such as the American Board of Orthopaedic Surgery.

Working out the kinks: How specialists determine treatment

Choosing the right treatment for problems with bones, muscles, joints, ligaments or tendons depends on knowing the real cause of the problem. There can be many causes of pain, including referred pain, which appears at one location but is caused by a problem in

another part of the body.

To help reach the right diagnosis, a doctor may use one or more of these methods:

- A physical examination
- X-rays
- Magnetic resonance imaging (MRI), which uses a magnetic field and radio waves to produce high-quality images of the inside of the body
- Arthrogram, X-ray imaging with dye injected into the joint
- An electromyogram or nerve conduction velocity study, which measures the

electrical activity of muscles at rest and during contraction

- Sensory discrimination testing
- Blood tests for rheumatoid arthritis, diabetes or gout

Conservative treatment (nonsurgical options) is usually the first approach.

If the problem can be resolved with these measures, the patient will avoid surgery.

Depending on your diagnosis, a doctor may recommend one of these treatments:

- Medication, typically oral anti-inflammatories
- Rest or activity modification, if the cause is overuse
- Cortisone injections
- Physical or occupational therapy
- A splint or cast
- Properly fitting shoes and possibly orthotics
- An assistive device, such as a cane or walker
- Weight management
- Arthroscopic surgery
- Joint replacement surgery

more customized fit between the patient's anatomy and a new knee.

In the past, surgeons have planned knee replacement surgery using X-rays, which are two-dimensional. The Signature™ system from BioMet, Inc., uses a 3-D computerized image based on a magnetic resonance imaging (MRI) scan of the patient's knee. The 3-D image provides much greater detail and precision than an X-ray image. Before the surgery, the surgeon can plan for better positioning, fit and alignment of the knee, and personalized positioning guides are created to guide the actual knee replacement procedure.

CARE FOR HANDS AND FEET Hands, feet and ankles have their own orthopaedic care needs that can be addressed by MidMichigan specialists.

Specialty hand care available includes carpal tunnel release surgery and care for other repetitive motion injuries, repair of fractures and tendons, care for small joints of the hand, wrist arthroscopy, and trigger

finger repair. Examples of surgeries available for feet and ankles include arthroscopic surgery, nerve release for diabetic neuropathy, bunionectomy, foot and ankle fusion, trauma fracture, and hammertoe repair.

PAIN MANAGEMENT Tools for pain management during and after surgery have greatly improved. One example is the use of a peripheral nerve block—a regional anesthesia—for total joint and shoulder surgeries. The nerve block is applied preoperatively to the nerve supplying the extremity on which surgery will be performed. Typically used with sedatives, the technique avoids general anesthesia and provides 16 to 18 hours of pain control following surgery.

IMAGING POWER MidMichigan offers some of the most advanced MRI technology used to view bones and joints, as well as other parts of the body, without X-rays or radiation. This technology includes a 1.0T open MRI, a 1.5T MRI and a 3.0T MRI unit. (Turn to page 6 to learn more

about the open MRI.) All of these units are state-of-the-art, offering high resolution and outstanding diagnostic capabilities.

In addition, a mobile MRI unit travels between MidMichigan Medical Centers in Clare and Gladwin.

REHABILITATION CLOSE TO HOME

For someone recovering from surgery, it's a relief to be able to stay near home for rehabilitation at one of several convenient MidMichigan locations. Inpatient services dedicated to rehabilitation are available at MidMichigan Stratford Village in Midland, Gratiot RehabCentre in Alma, MidMichigan Medical Center—Midland and MidMichigan Gladwin Pines. In-home rehabilitation services are available through MidMichigan Home Care. Teamwork is the foundation of each patient's experience. Orthopaedic specialists work closely with the qualified and experienced physical and occupational therapists at MidMichigan's Rehabilitation Services to ensure a safe

and speedy return to normal activity.

FASTER RECOVERIES AT JOINT CAMP

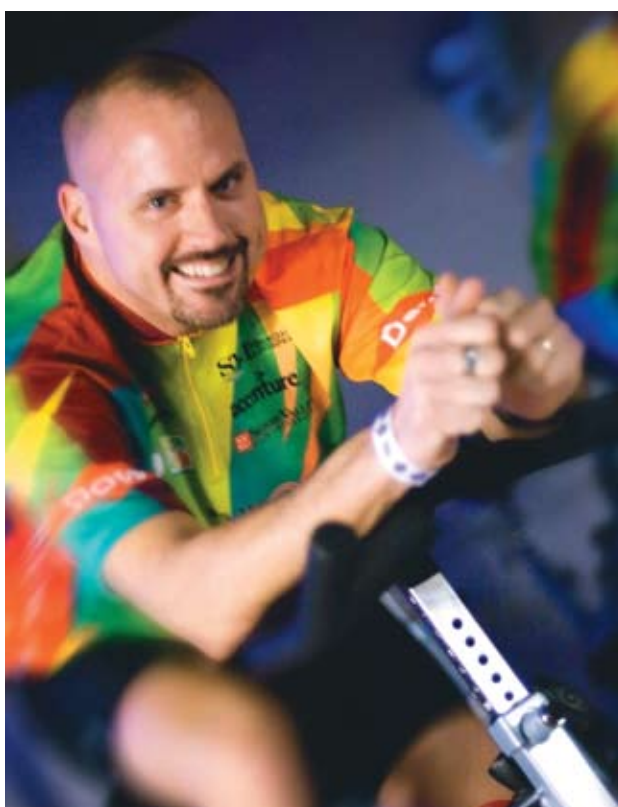
Joint Camp is available at the Medical Centers in Midland and Alma. For people with a new hip, knee or shoulder, Joint Camp offers postoperative recovery. This proven approach supports faster and fuller recoveries in an atmosphere offering mutual support among patients and help from therapists who are Joint Camp experts.

TAKE ADVANTAGE OF EXPERTISE

Your primary care provider's office is a good place to start for diagnosis and treatment of orthopaedic problems. He or she can work with you to find the best solution, including referring you to an orthopaedic surgeon if appropriate.

For a referral to a physician, call MidMichigan Health Line toll-free at (800) 999-3199. To learn more about

orthopaedic services at MidMichigan, visit www.midmichigan.org/orthopaedics.



MOVER AND SHAKER: On two high-tech hips, Scott Biggs, father of three, is able to run pain-free for the first time.

New hips hold a new life

Midlander Scott Biggs, 39, never played sports. When he was in school, doctors said being active would further damage his severely arthritic hips. The downstate specialists he saw for years always told him he was too young for hip replacements.

Eight years ago, all that changed when technology caught up with Biggs' problem. Today both hips have been replaced with titanium implants, and he is a member of the Tri City Cyclists bicycling club, logging more than 1,200 miles on the road and 780 on trails last year.

One of the first in Michigan

Biggs heard that the new, sturdier hips were available in 2000 and consulted David Bortel, M.D. The board-certified Midland orthopaedist is fellowship-trained in joint replacements, including implants made of new materials. He replaced Biggs' left hip in 2001.

"Scott was one of the first patients in Michigan to receive a contemporary, uncemented implant with a metal-on-metal bearing," said Dr. Bortel. By using a longer post with the implant, Dr. Bortel also lengthened

Biggs' left leg, which was shorter than his right.

In 2005, Biggs returned to Dr. Bortel to receive a new right hip, an updated version of the first implant with a larger ball that gives Scott the highest range of motion available.

Both surgeries took place at MidMichigan Medical Center—Midland. While the second recovery was easier than the first, Biggs attended Joint Camp and was back to work in two weeks each time.

"Dr. Bortel is a great doctor and a great guy," said Biggs. "I would recommend him and have done so several times. The nurses who cared for me not only did a great job, they knew me by name when I came back a year later."

A life transformed

"This has been a life-changing transformation," said Biggs. "I am pain-free. You wouldn't know I've had these surgeries unless I told you. Both feel like natural hips. I can go for it. I can play outside with my three kids. About two years ago, my daughter was egging me on, telling me I couldn't catch her. When I took off after her, it surprised us both. It was the first time I ever ran pain-free."

To **register** for any program or to learn more:



Call MidMichigan Health Line at (989) 837-9090 or toll-free at (800) 999-3199.



Visit our Web site at www.midmichigan.org/classes.

May Paths to good June HEALTH July Aug.

Call MidMichigan Health Line for assistance in finding a physician, for directions to any of our affiliate locations or to report duplicate mailings of *To Your Health*. If you require special arrangements to attend any of our classes, please let us know ahead of time and we will try to accommodate your needs.

DIABETES EDUCATION

Pre-Diabetes: Reduce Your Risk

Being overweight, inactive or having a family history of diabetes increases your risk of developing type 2 diabetes, which now affects 24 million Americans. Steps to Healthy Living is a three-week weight management and activity program for people who want to decrease this risk. Participants will work each week with a certified diabetes educator to help them make lifestyle changes. Sign up today to reduce your risk! **\$35 a person/\$50 a couple.**

■ **Mondays, May 4, 11 and 18, 6–7:30 p.m.**

MidMichigan Medical Offices–Gladwin, Community Education Room

■ **Tuesdays, May 5, 12 and 19; July 7, 14 and 21, 6–7:30 p.m.**

MidMichigan Medical Offices–Midland, Towsley Conference Room

■ **Tuesdays, May 5, 12 and 19;**

Aug. 4, 11 and 18, 4–5:30 p.m.

Gratiot Medical Center, Patient Tower Conference Room

■ **Thursdays, May 7, 14 and 21**

6–7:30 p.m.

MidMichigan Medical Center–Clare, Conference Room

■ **Tuesdays, June 2, 9 and 16; Aug. 4, 11 and 18, 3:30–5 p.m.**

MidMichigan Medical Offices–Midland, Towsley Conference Room

Diabetes Education Classes (Alma, Clare, Gladwin, Midland)

Learn how to better manage your diabetes care during an upcoming diabetes class series. Diabetes training is covered by most insurances; contact your insurance carrier for specific information.

FAMILY HEALTH EDUCATION

Call for costs, dates and times.

Breastfeeding: Healthy Beginnings (Alma, Midland)

Topics discussed include breast changes, milk production, positioning and feeding frequency, and problem-solving. Participants will also learn hints for adjusting to time away from the baby and returning to work, as well as weaning options.

Infant and Child CPR (Midland)

This course teaches lay rescuers skills in CPR and relief of foreign body airway obstruction for infants (birth to 1 year) and children (1 to 8 years). It also provides information about the American Heart Association Pediatric Chain of Survival, signs of choking in infants and children, prevention of the most common fatal pediatric injuries, and reduction in the risk of sudden infant death syndrome.

Older Brother/Older Sister (Alma, Midland)

The goal of this class is to prepare children to welcome a new baby into the family. Activities concerning feelings and the expected newcomer and a tour of the maternity unit are included. All children attending this class must be accompanied by an adult. Recommended ages are 2½ to 8 years.



Just Between Women: Spring Healthy Living Series

The Just Between Women series is designed to fit the busy schedule of today's women. The one-hour lunchtime lectures will provide information for achieving lifelong health. **\$5 a session, includes lunch.**

Noon–1 p.m.

Help and Hope for Incontinence

Many people believe that urinary incontinence—involuntary loss of urine—is an uncontrollable problem that comes with childbirth or aging. They may be too embarrassed to seek help and resign themselves to live with the condition. The truth is that despite age and medical history people can live normal, active lives. MidMichigan physical therapists specializing in pelvic floor dysfunction will address a variety of treatment options.

■ **Tuesday, May 12, MidMichigan Medical Offices–Freeland**

■ **Wednesday, May 13, Gratiot Medical Center, Patient Tower Conference Room**

■ **Friday, May 15, MidMichigan Medical Offices–Gladwin, Community Education Room**

■ **Monday, May 18, MidMichigan Health Park–Mt. Pleasant, Community Room**

■ **Wednesday, May 20, MidMichigan Health Park–Houghton Lake, Lower Level Conference Room**

■ **Friday, May 22, MidMichigan Physicians Group in Merrill**

■ **Wednesday, May 27, Doherty Hotel, Clare, Banquet Room**

■ **Thursday, May 28, MidMichigan Medical Center–Midland, Center for Women's Health, Community Education Room**

Preparation for Childbirth (Alma, Midland)

This class series prepares expectant mothers and their labor partners for active participation in the birth experience. Classes cover relaxation; breathing awareness; hospital practices; the most up-to-date techniques; and options for labor and delivery, including unexpected and cesarean births.

Refresher Childbirth (Alma)

Having a baby is challenging work. This special two-hour refresher course and tour for couples reviews the childbirth experience and offers practice with breathing techniques.

HEALTH AND WELL-BEING

Bariatric Surgery Options

Learn about laparoscopic weight-loss surgery and how it can improve your health and your life. General surgeons Ernest Cudjoe, M.D., and Jeffrey Smith, M.D., will highlight laparoscopic Roux-en-Y, adjustable banding and sleeve gastrectomy surgical options. **Free.**

Thursdays, 6 p.m.

■ **May 7, MidMichigan Medical Center–Gladwin, Community Education Room**

■ **May 14, MidMichigan Health Park–Mt. Pleasant, Community Room**

■ **May 21 and June 18, Gratiot Medical Center, Wilcox Auditorium**

■ **June 4, Saginaw, Zael Library**



Straight Talk on Heart Health

Join us for a discussion on how to live a heart-healthy lifestyle. Cardiologists Rodney Diehl, D.O., and Abraham Krepostman, M.D., will show you how to beat the risk factors for heart disease. They will discuss cardiac diagnostic tests, including what they mean and which ones you need; the miracle of medications for cholesterol, hypertension and dysrhythmias; heart-wise exercise; and nutrition for a healthy heart. Come with your questions in hand for this informative, personalized session, and get the answers you need. **Free.**

Tuesday, June 16, noon

MidMichigan Health Park–Mt. Pleasant

Stress—The Untold Story

Massage therapy has been a proven practice for hundreds of years and has become a modern-day therapy for relaxation and muscle concerns. Massage therapy can help rejuvenate your muscles and your mood—and we can teach you how and why. Certified massage therapists from our MidMichigan Massage Therapy Program will discuss how daily stressors affect the mind, body and spirit at this interactive event. **Free.**

6:30–8:30 p.m.

■ **Thursday, May 7, MidMichigan Medical Offices—Freeland**

■ **Tuesday, June 16, MidMichigan Medical Center—Midland, Center for Women's Health**

Freedom From Smoking®

This program is based on the premise that smoking is a self-taught behavior that needs to be unlearned. Topics of discussion include healthy alternatives to smoking, the health effects of smoking, stress management and relaxation techniques, lifestyle changes, weight control, the symptoms of recovery, the recovery process, and the benefits of quitting. **\$50**

Wednesdays, May 13–June 24, 6–8 p.m.
Gratiot Medical Center, Conference Room

Get Moving: Parkinson's Exercise Program

This six-week class incorporates principles of yoga, tai chi, dance and other techniques that can help manage symptoms and improve mobility.

The exercises include stretching, strengthening and balance work. Medical clearance by a physician is required. **\$60**
Mondays and Wednesdays, May 18–June 29

MidMichigan Medical Center—Midland, Physical Therapy and Fitness Center at Hangtime Sports

Discover a World of Better Hearing

Hearing loss is not an illness—it is

Speakers Bureau: MidMichigan Health Experts for Your Meeting or Event

Looking for a speaker for your next meeting or event? Want to arm your organization with health information that can help them make better choices? Would your organization benefit from a health fair or health screenings? The health experts at MidMichigan Health can help. MidMichigan experts are available to share health information on a wide variety of topics with community organizations, schools, church groups, service clubs and other audiences. Simply use our online form to tell us about your event and to request a speaker. Please give us four weeks' notice before your event so that we can schedule the speaker that best fits your needs. To request a speaker for your event, go to www.midmichigan.org/speakers.

a symptom of an underlying disorder. Audiologist Harold Hull, Au.D., will explain the signs, symptoms, causes and treatment of hearing loss. He will also discuss the latest in hearing aids, including wireless and Bluetooth® technology. You will have the opportunity to sign up for a free hearing screening just for attending this program. **Free.**

Tuesday, May 19, 6:30 p.m.
MidMichigan Medical Center—Midland, Towsley Auditorium

SUPPORT GROUPS

All support groups are **free**.

Stroke (Alma)

■ **Thursdays, May 7, June 4, July 2, Aug. 6 and Sept. 3, noon**
Gratiot Medical Center, RehabCentre Conference Room

Cancer (Alma, Gladwin, Midland)

■ **Breast Cancer Support Group**
Second Tuesday of each month, 7 p.m.

■ **Coping With Cancer Together**
Fourth Tuesday of each month, 7 p.m.
Midland Community Cancer Services, Strosacker Center, 220 W. Main St.

For more information, call Midland Community Cancer Services at **(989) 835-4841**.

■ **Look Good...Feel Better**

■ **Monday, May 11, 2 p.m.**
Gratiot Medical Center, Patient Tower Conference Room

■ **Mondays, June 8 and Aug. 10, 2 p.m.**
MidMichigan Medical Center—Midland, Center for Women's Health, Community Education Room
■ **Monday, June 8, 6 p.m., and Monday, Aug. 10, 2 p.m.**
MidMichigan Medical Offices—Gladwin, Community Education Room

Registration required. To register or for more information, call the American Cancer Society at **(800) 728-2323**.

Bariatric (Alma, Gladwin)

■ **Wednesdays, May 13 and 27, June 10 and 24, 6 p.m.**

Gratiot Medical Center, Wilcox Auditorium
■ **Second Wednesday of each month, 6 p.m.**
MidMichigan Medical Offices—Gladwin, Community Education Room

Lung Disease (Gladwin, Midland)

■ **Breathing Easy**
Wednesdays, May 27, June 24 and Aug. 26, 11 a.m.

MidMichigan Medical Center—Midland, Plane Tree Café

■ **Love Those Lungs**
Wednesday, June 24, 6 p.m.
MidMichigan Medical Offices—Gladwin, Community Education Room

Grief and Bereavement (Alma, Clare, Gladwin, Ithaca, Midland)

■ **Wednesdays, May 27–July 1, 10 a.m.**
MidMichigan Home Care,



Smart Talk on Women's Health

Join family medicine physicians Terry Ball, D.O.; Caroline Kramer, M.D.; and Mary Slominis, M.D., and learn what steps you can take to improve your physical and mental well-being and lower your risks for disease. Our panel of MidMichigan experts will reinforce important health behaviors related to exercise, nutrition, mental health and sleep. They will outline the checkups and preventive screenings that you need and answer your questions. Come to this session and receive a free copy of *A Women's Guide to Living Well*. **Free.**

Tuesday, May 19, 6:30 p.m.
MidMichigan Health Park—Mt. Pleasant

3007 N. Saginaw Road, Midland

■ **Wednesdays, July 1–Aug. 5, 6 p.m.**

Christ the King Lutheran Church, 600 S. M-18, Gladwin

■ **Wednesdays, July 15–Aug. 26, 6 p.m.**

Brown Corners United Brethren in Christ Church, 5540 S. Clare Ave., Clare

Ongoing Adult Grief and Loss (Alma, Ithaca)

■ **Adult Grief and Support Luncheon**
Fourth Tuesday of each month, 11:30 a.m.

JJ Ruby's, 2862 N. State Road, Ithaca

■ **Adult "Moving On" Grief and Loss**
Wednesdays, 9 a.m.

Main Café, 117 E. Superior St., Alma

Alzheimer's (Clare)

Fourth Tuesday of each month, 7 p.m.
MidMichigan Medical Center—Clare, Conference Room

Diabetes (Gladwin, Midland)

■ **Diabetes Education Series**
Fourth Tuesday of each month, 7 p.m.
Midland

■ **Diabetes Education and Support**
Second Tuesday of each month, 6 p.m.
Gladwin

■ **Insulin Pump Support Group**
Quarterly, 6:30 p.m.
Midland

For more information, call the Diabetes Center at **(800) 727-3123**.

Liver Disease (Gladwin)

Second Wednesday of every other month, 5 p.m.

MidMichigan Medical Center—Gladwin, Community Education Room

Multiple Sclerosis (Harrison, Midland)

■ **Second Wednesday of each month, 7 p.m.**

Harrison Community Library, 102 N. 2nd St.

■ **First Thursday of each month, 5:30 p.m.**

MidMichigan Home Care, 3007 N. Saginaw Road, Midland

Newborn Parenting (Midland)

Thursdays, 1 p.m.

MidMichigan Medical Offices—Midland, Campus Ridge 1, Conference Room F

Parkinson's (Clare, Gladwin, Mt. Pleasant)

■ **Third Thursday of each month, 2 p.m.**
MidMichigan Medical Offices—Clare, Conference Room 1

■ **Second Thursday of each month, 5 p.m.**
MidMichigan Gladwin Pines, Conference Room

■ **Second Thursday of each month, 5:30 p.m.**

Commission on Aging, 31180 S. Isabella, Mt. Pleasant

Replacing knee cartilage

Avid runner Jacquie Burkholder, 42, of Mt. Pleasant, was preparing for a 5K race when she began to feel discomfort in her right knee. The discomfort quickly turned into intense, sharp pain.

"I have always been an active person, and as a registered nurse, I am frequently on my feet for at least 10 hours at a time," said Burkholder. "When my knee problems began, I started researching treatment options. I did not want this injury to keep me from doing the things I love."

Burkholder met with board-certified orthopaedic surgeon Joseph Yacisen, D.O., in Alma and was diagnosed with an articular cartilage injury.

According to Dr. Yacisen, there are a number of treatment options. "These options range from pain relief to cartilage replacement," he said. "After evaluation,

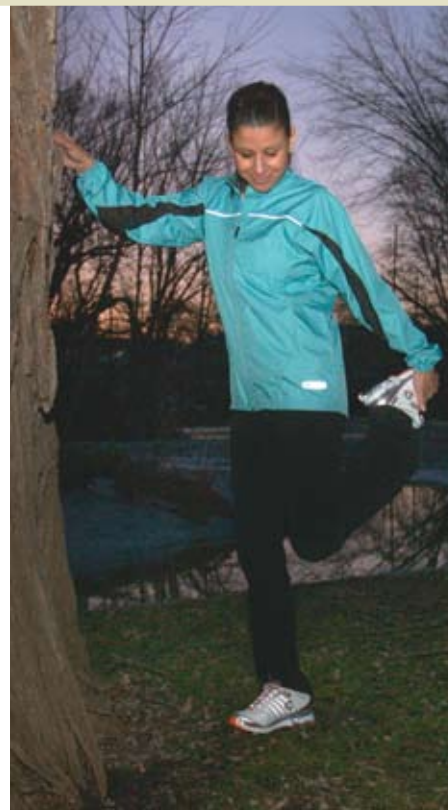
the Carticel® procedure was the best treatment option [for Burkholder]."

The first phase, scheduled in January 2008, was to obtain a small amount of existing healthy cartilage through a biopsy. The biopsy was shipped to Genzyme Biosurgery, where the cells were cultured to multiply to approximately 12 million. The second phase, implantation, was completed in May 2008.

"I have my life back," said Burkholder. "I am now training for a 5K race and every day feel stronger. I never thought I would run without knee pain."

The Carticel procedure is performed by Dr. Yacisen, who sees patients in Alma, Clare, Houghton Lake and Mt. Pleasant, and by orthopaedic surgeon Denise Stadelmaier, D.O., who sees patients in Clare, Freeland, Midland and Mt. Pleasant. For more information or

a referral to a physician, call MidMichigan Health Line toll-free at (800) 999-3199 or visit www.midmichigan.org/doctors.



ON THE RUN: Jacquie Burkholder, 42, of Mt. Pleasant, is back and running thanks to a new procedure that repaired her articular cartilage injury.

THIRD ANNUAL HOSPICE LUNCHEON

It's About How You Live

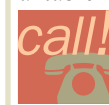
While people associate hospice with the end-of-life process, hospice services truly are best summarized by the slogan: "It's about how you LIVE."

"LIVE" is the theme of the National Hospice and Palliative Care Organization's awareness campaign. It is an acronym:

- Learning about options for end-of-life care
- Implementing plans to ensure wishes are honored
- Voicing decisions to family, friends and health care providers
- Engaging others in conversations about advance care planning

"In serving a patient through the dying process, we create an environment where the patient's wishes are discovered and respected and their passing is made as pain-free as possible," said Jill Roby-Snyder, MidMichigan Home Care hospice director. "We prepare them for this experience both physically and emotionally. By doing these things, we have, in fact, created a service that is much more focused on our patients' lives, not their deaths."

MidMichigan Home Care will be celebrating the third annual hospice luncheon, It's About How You LIVE, at noon on Friday, June 5, at the H Hotel Conference Center in Midland. The luncheon will recognize and honor patients, staff and volunteers. Tickets are \$60. For tickets, or to purchase a table in memory of a loved one, call (800) 852-9350 or stop by MidMichigan Home Care at 3007 N. Saginaw in Midland.



WIDE OPEN SPACES: Many patients who are not clinically claustrophobic simply prefer the less restrictive environment of the open MRI unit. MidMichigan's scanner is ideal for large patients, disabled patients, small children, people with claustrophobia or anyone who is uncomfortable in a closed space.

Open MRI for patient comfort

Magnetic resonance imaging (MRI), one of the most advanced diagnostic imaging tests available, is safe, painless and non-invasive. Most people who undergo MRI can tolerate the temporary noise and close quarters. However, for the small percentage of the population who have severe claustrophobia, traditional MRI can be more than uncomfortable.

For 57-year-old Kathy Risch, the experience was cause for panic.

"When I had one a couple of years ago, I felt like my heart was coming out of my chest and I couldn't control my breathing," she said. "I clamped my eyes shut and tried to think of something else."

Risch has never liked closed-in spaces but blames her claustrophobia on a long-ago incident in a stalled elevator.

"I spent more than an hour huddled in the corner of a small elevator," she

said. "Ever since, I can't stand closed-in places."

When her orthopaedic surgeon, John Murphy, D.O., told her she needed an MRI scan before undergoing shoulder surgery, Risch told him she was just too claustrophobic to go through the ordeal again.

Dr. Murphy suggested she try the open MRI scanner at MidMichigan Medical Center—Midland. "I didn't know what it was, but after he described it, I decided to give it a try," she said.

Patient comfort is the key design feature of the open MRI unit. Instead of the tunnel shape of a traditional closed MRI magnet, the open MRI unit features a vertically opposed magnet configuration while still producing the high-quality images physicians expect and require.

For patients like Risch, the open MRI scanner means she can get the diagnostic



TV DURING MRI: New technology at MidMichigan Medical Center—Midland is helping ease the stress and anxiety some patients experience during MRI scans. The CinemaVision Virtual Reality Goggle System lets patients lie back, relax, and watch a favorite movie or television program while they undergo a scan.

tests she needs.

"With the open machine, you don't feel confined," she said. "Not being in that tube made all the difference in the world."

Risch and her husband, Dan, live in Harrison and are glad to have such innovative technology close to home.

"I would encourage anyone to ask about the new open MRI at MidMichigan," said Risch. "It's just wonderful."

MidMichigan offers the most advanced MRI technology available: a 1.0T open MRI, a 1.5T MRI and a 3.0T MRI unit. All of these units are state-of-the-art, offering high resolution and outstanding diagnostic capabilities. The 1.5T fixed MRI unit is available at Gratiot Medical Center in Alma. Both the 1.0T open MRI and 3.0T MRI units are located in Midland on the campus of MidMichigan Medical Center—Midland.

Stay healthy while abroad

Each year, millions of Americans travel outside the U.S., and 50 percent of travelers become ill as a result of their travels.

Gratiot Medical Center's Travel Medicine Center, located in Alma, is an official yellow fever vaccination center and assists approximately 500 travelers per year. The center provides precautionary health information, as well as travel vaccines and prescriptions for medications needed before departure. Internal medicine specialist Gary Stebelton, M.D., addresses a traveler's personal health issues at the time of the visit, which is scheduled four to six weeks before departure.

To learn more, call Gratiot Medical Center's Travel Medicine Center at (989) 466-3296.



Our Journey to Wellness Continues with You

Over the years, MidMichigan Medical Center–Midland has been able to offer the latest advancements in health care, due in large part to the support and generosity of the community. From our

humble beginning in 1944, our journey to wellness started as a collaboration with local community members, and as our journey continues today, so does that great spirit of partnership.

The ongoing expansion and renovation of the 1974 Harlow Building is the latest example of our efforts to provide patients with the most up-to-date technology in the best healing environment. Community support of this project will ensure that area residents don't have to travel far to receive top-notch care in a thoroughly modern setting.

“This will be a real asset for the community, having the services and growth that can make a difference in people's quality of life,” said Greg Rogers, president of the Medical Center. “It's all about helping people—providing the staff with the tools they need and the community with the care they deserve.”

DONOR OPPORTUNITIES As a non-profit organization, the Medical Center relies on community support, grants, endowments and corporate funding for its continued growth.

As part of the Harlow Building expansion and renovation project, the Medical Center is seeking support for the following equipment:

● **Skytron® Equipment Boom System.** The system's design permits a nearly 360-degree rotation around the entire surgical field, enhancing staff and patient safety

and allowing for optimal placement of surgical equipment and monitors during surgical procedures.

● **Philips Central Patient Monitoring System.** This system uses bedside patient monitoring modules to direct important information to the nurses' station, including blood pressure, temperature and respiration monitoring.

● **TotalCare® Connect Beds.** Each bed includes clean, simple controls and a large, colorful touch screen on the side rails. The bed's advanced microclimate surface helps heal wounds and promotes healthy skin while surpassing wound care treatment protocols. Plans are to purchase 22 beds for the critical care unit.

GET INVOLVED For more information about the Medical Center's expansion and renovation, call the Fund Development Department at (989) 839-3342.

To contribute today, please mail your donation to MidMichigan Medical Center–Midland, Fund Development Department, 4005 Orchard Drive, Midland, MI 48670 or donate online at www.midmichigan.org/ourjourney.



PRIVACY AND COMFORT: Each of the Medical Center's 350-square-foot private rooms includes a single patient bed, a private bathroom and shower, a family area with a couch that converts to a bed, a large window, built-in storage, and integrated medical equipment. The layout of the room affords greater functionality to maximize efficiencies for the staff.

Frequently asked questions

Q Why is the expansion necessary?

- There are several reasons:
- The expansion of our cardiovascular services program placed an increased demand on our operating rooms.
 - Private rooms increase patient privacy and safety, accommodate family visitation, and create a better healing environment.
 - Excellent facilities go hand-in-hand with excellent care.

Q Why do we seek support?

- MidMichigan Medical Center–Midland is a nonprofit, tax-exempt organization. Any excess revenue goes back into providing care, upgrading services, fairly compensating employees and creat-

ing a supportive work environment.

Q What does the project entail?

- The expansion includes:
- Building an enlarged surgical services department, including six new operating rooms, presurgical and recovery areas, and waiting room spaces.
 - Renovating the Postanesthesia Care Unit, Cardiac Catheterization Department and Interventional Radiology Department.
 - Adding a new three-story patient tower on top of the Harlow Building with 36 private rooms on each floor. The Harlow Building will be remodeled to convert all existing patient rooms to private rooms.
 - Creating a new entrance and lobby.
 - Improving the overall building infrastructure—upgrading the central boilers; converting to natural gas heating; upgrading the heating, ventilating and air

conditioning system; establishing a new water supply; and adding new medical gas manifolds.

- Expanding parking areas.

Q How much will the project cost?

- The total cost for the expansion and renovation project is \$115 million.

Q How will the expansion continue in this time of economic distress?

- The project will continue as scheduled to ensure our facility is up-to-date and that we offer the latest in advanced technology and physician expertise. The expansion will also drive our economy, creating jobs for as many as 250 contractor employees.

Q How will the costs be funded?

- We have a financially strong foundation and have the ability to borrow;

however, we are waiting for the current economic environment to improve. In the meantime, we will continue to fund the project by using our savings built by many years of prudent fiscal actions.

Q What do the private rooms include, and will I pay more for them?

- Each of the 350-square-foot private rooms includes a single patient bed, a private bathroom and shower, a family area with a couch that converts to a bed, a large window, built-in storage, and integrated medical equipment. It will be the standard room available, and the room rate will be one flat fee. There will no longer be an option for semi-private rooms, meaning no variances in room charges. Your health insurance will cover the cost of the private rooms the same as it did semi-private rooms in the past.

MidMichigan is trans fat-free

ON MARCH 1, trans fats were eliminated from patient meals, cafeteria menus, vending machines and gift shop shelves at MidMichigan Medical Centers in Alma, Clare, Gladwin and Midland, as well as MidMichigan Stratford Village and Gladwin Pines.

MidMichigan Health joined other hospitals and health systems in moving toward statewide elimination of trans fats within health care organizations, a move initiated by the Michigan Health & Hospital Association. The goal is to remove all trans fats from hospitals by January 1, 2010.

"Obesity is a major cause of preventable illness," said Richard M. Reynolds, president of MidMichigan Health. "As a health care leader in our region, MidMichigan Health has a responsibility to encourage, promote and support healthy lifestyles. Offering healthier food choices for our patients, visitors and employees confirms our commitment to the well-being of all of the lives we touch."

Trans fats are used in food production to add to the shelf life of food and preserve flavor. They can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Trans fats are created when oils are transformed into solids through a process called hydrogenation. However, adding hydrogen to the oil makes it a health hazard.

"In this form, the trans fat is more likely to cause weight gain, clog arteries and cause other health issues," said Stephanie Leibfritz, R.N., community education coordinator for MidMichigan Health. "Trans fats raise bad cholesterol (LDL) levels and lower good cholesterol (HDL) levels, which in turn can increase a person's risk for heart disease, stroke and type 2 diabetes."

All fats are not created equal. While all have the same number of calories, different types of fats affect the body differently. "Some fats are good for you," said Leibfritz. "Monounsaturated and polyunsaturated fats can lower your risk of some diseases, and certain fats, like omega-6 and omega-3, play a vital role in brain function and are necessary for good health. The key is to eat small amounts of good fats and completely avoid trans fats."

THREE STEPS TO HEALTHIER EATING Choose the good fats. Use monounsaturated and polyunsaturated



fats when cooking and baking. Olive, canola and sunflower oils are excellent choices, although olive oil has a lower burn point. Fatty fish like salmon, mackerel and tuna, as well as almonds, walnuts, and sunflower and flax seeds, are all sources of good fats as well.

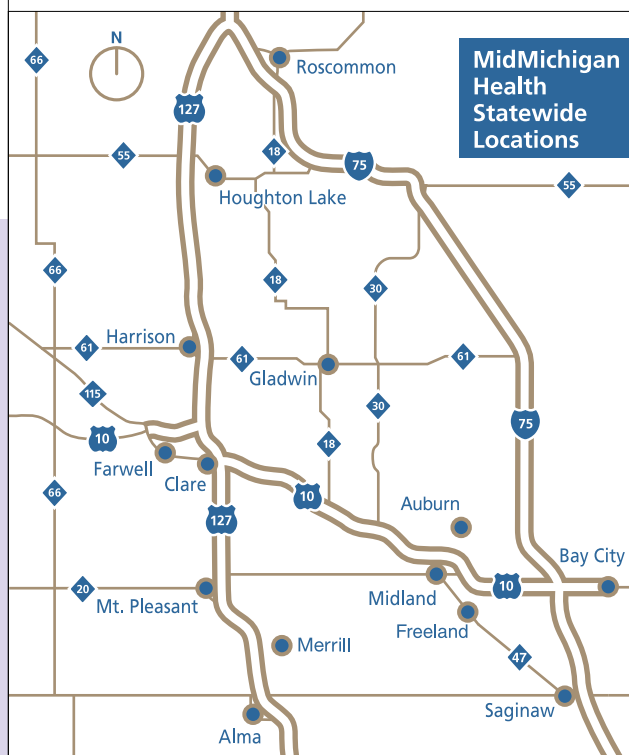
Reduce your intake of saturated fats. Most saturated fat comes from animal sources and packaged food. If you eat beef most days, try switching to skinless chicken and fish most days of the week. If you use butter, try a vegetable oil-based spread instead. If you drink whole milk, try to transition to 2 percent, then to 1 percent and finally to fat-free milk. Cheese is high in saturated fat as well, so use a strong-flavored cheese and use less of it, or try the newer varieties made with 2 percent milk. Read the label to know what you will be eating.

Aim to totally eliminate trans fats. Read the ingredient labels on packaged food. If the words "hydrogenated" or "partially hydrogenated" are listed, the product has trans fat. Don't be fooled by a label boasting "trans fat-free." If the product has less than 0.5 grams of trans fat per serving, it can technically be labeled as "trans fat-free." Be aware that most restaurants use trans fat products because they are inexpensive and have a long shelf life. When dining out, avoid fried food and baked pastry items like biscuits and pie. Instead of fried chicken and biscuits, try baked salmon and rice.

To start eliminating trans fats from your diet today, be sure to clip out the *Smart Recipe Substitutions* guide at right.

Smart recipe substitutions

A recipe calls for:	Use:
Whole egg	2 egg whites or ¼ cup egg substitute
Solid shortening, butter, stick margarine	Fat-free yogurt, applesauce, pureed prunes, soft-tub margarine with no trans fat
Whole milk, cream	Lowfat, 1 percent or skim milk
Sour cream	Lowfat or nonfat sour cream, nonfat plain yogurt
A buttered pan	Nonstick spray
Buttermilk	Skim milk plus 1 tablespoon lemon juice or vinegar per cup
Mayonnaise or Miracle Whip	Light or nonfat varieties
Cream cheese	Neufchatel cheese, lowfat or nonfat cream cheese, yogurt cheese (with yogurt strainer)
Sugar	Reduce by one-third for most recipes, Splenda
Salt	Reduce by half in most recipes
Gravy	Chill drippings and skim fat off before making gravy
Nuts	Reduce quantity in recipes



Shopping for a good cause

The Gift Shop at MidMichigan Medical Center—Midland offers a variety of gift items, including candles, figurines, specialty jewelry and apparel, baby gifts, home and garden décor, and more. All proceeds help enable the Medical Center to acquire necessary medical equipment. The Gift Shop has pledged more than \$100,000 this year for the purchase of medical equipment.

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The Gift Shop hours are Monday through Thursday, 10 a.m.–8 p.m.; Friday, 10 a.m.–4 p.m.; and Saturday and Sunday, 1–4 p.m.



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