

HEALTHY LIFE

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for Peripheral
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Provide
24/7 Care

Hospital News. Healthy Advice. | Fall 2015

BACK IN THE GAME

Teamwork is integral to sports—the same applies to sports medicine. Our specialists work together to help injured athletes. Find out more on page 5.

Hometown star and professional quarterback, Kirk Cousins (center), connects with Sports Medicine physicians, Bruce Stewart, MD (right), and Courtney Erickson-Adams, MD (left).

CLASSES

See our calendar of events and classes—you're bound to find one that helps you meet your health goals!

SEE
INSIDE

 Holland Hospital



ADVANCING PERIPHERAL ARTERY DISEASE TREATMENTS

Working collaboratively, Holland Hospital and Spectrum Health's Heart and Vascular Center bring the latest advancements in vascular treatments to our community. In March, John Gribar, MD, Interventional Cardiologist, performed one of the first drug-coated balloon procedures in West Michigan to treat a blockage in a blood vessel within the upper leg.

Recently approved by the Food and Drug Administration, drug-coated balloons (DCB) improve treatment outcomes for patients with peripheral artery disease (PAD)—a circulatory problem that creates narrowed arteries, reducing blood flow to limbs.

"It's a balloon on a spaghetti-like catheter that is inserted into the narrowed artery," describes Todd Knight, Director of Invasive/Interventional Procedures at Holland Hospital. "As it is inflated, the balloon pushes open the artery and delivers the medica-

tion. It's then deflated and removed, leaving an increased opening for better arterial flow."

Advancing Angioplasty

A typical angioplasty—the repair or opening of a blocked blood vessel through surgery—requires a stent to open the artery. A traditional balloon angioplasty commonly produces scar tissue, requiring additional treatment about 50 percent of the time.

"Our goal is to improve the durability and minimize scar tissue," Dr. Gribar explains. "Placement of a stent, particularly in the leg, frequently results in the development of scar tissue. The balloon delivers medication without a stent and thus mimics the leg's natural arteries. Drug-coated balloon angioplasty offers a novel treatment option that preserves additional therapies, such as stenting, should scar tissue occur."

Advancing a traditional procedure, DCB releases medication into the lining of the blood vessel,

Think you may have peripheral artery disease? To schedule an appointment, call Spectrum Health Heart & Vascular Center at **(616) 392-3824**.

John Gribar, MD



Heart & Vascular Center
Cardiovascular Medicine,
Spectrum Health
602 Michigan Ave., Suite 102
Holland, MI 49423
(616) 392-3824

increasing durability of angioplasty by at least 75 percent without the need for implanting a stent.

The Next Step

If you are experiencing leg or buttock discomfort, fatigue, weakness, aching or burning sensations, color changes (particularly in the feet), numbness, or have wounds of the legs or feet, discuss your symptoms with your primary care provider.



Find more information on peripheral artery disease at hollandhospital.org/pad.

HEART CARE OUT OF WATER

Expert Heart Care Rescues a Heroic Coach

It was like something out of a movie. The setting was Holland Community Aquatic Center this past March, and the bleachers brimmed with spectators abuzz with excitement. Divers catapulted into the clear blue water, vying to qualify for the Division 2 high school swim meet.

As one diver, Northview High School senior Austin Mirandette, prepared for the plunge, he noticed a problem.

Austin told his father, Kurt Mirandette, Northview diving coach, that there was a guy at the bottom—he wasn't coming up.

Along with others, Mirandette sprang into action. They pulled the unconscious diver from the pool. "I was doing mouth-to-mouth and the guy next to me was doing chest compressions—two-man CPR," Mirandette says. Another bystander grabbed an automated external defibrillator, or AED, which brought the diver back to life.

But the story doesn't end there. Mirandette felt exhausted, exceedingly so. A nearby emergency

medical technician asked if Mirandette was having chest pains. When he said yes, the EMT performed a test and confirmed the cause: Mirandette was in the midst of a heart attack.

He was rushed to Holland Hospital, which is fortunately across the street from the aquatic center. There, Mirandette's condition turned critical. His heart stopped.

Holland Hospital providers—led by Cardiologist Lynn Cronin, MD—responded swiftly. Mirandette was resuscitated with a defibrillator. He went on to receive two stents. Four days later, the middle school teacher returned home, on the path to recovery.

"I am so blessed for the exceptional care I received," Mirandette says. "I believe we were all at that meet for a reason."

Catching up like old friends, Dr. Cronin and Mirandette reunited for the first time since his surgery. Noting his rapid recovery, Dr. Cronin smiled and embraced him. "It's good to see you standing up!"

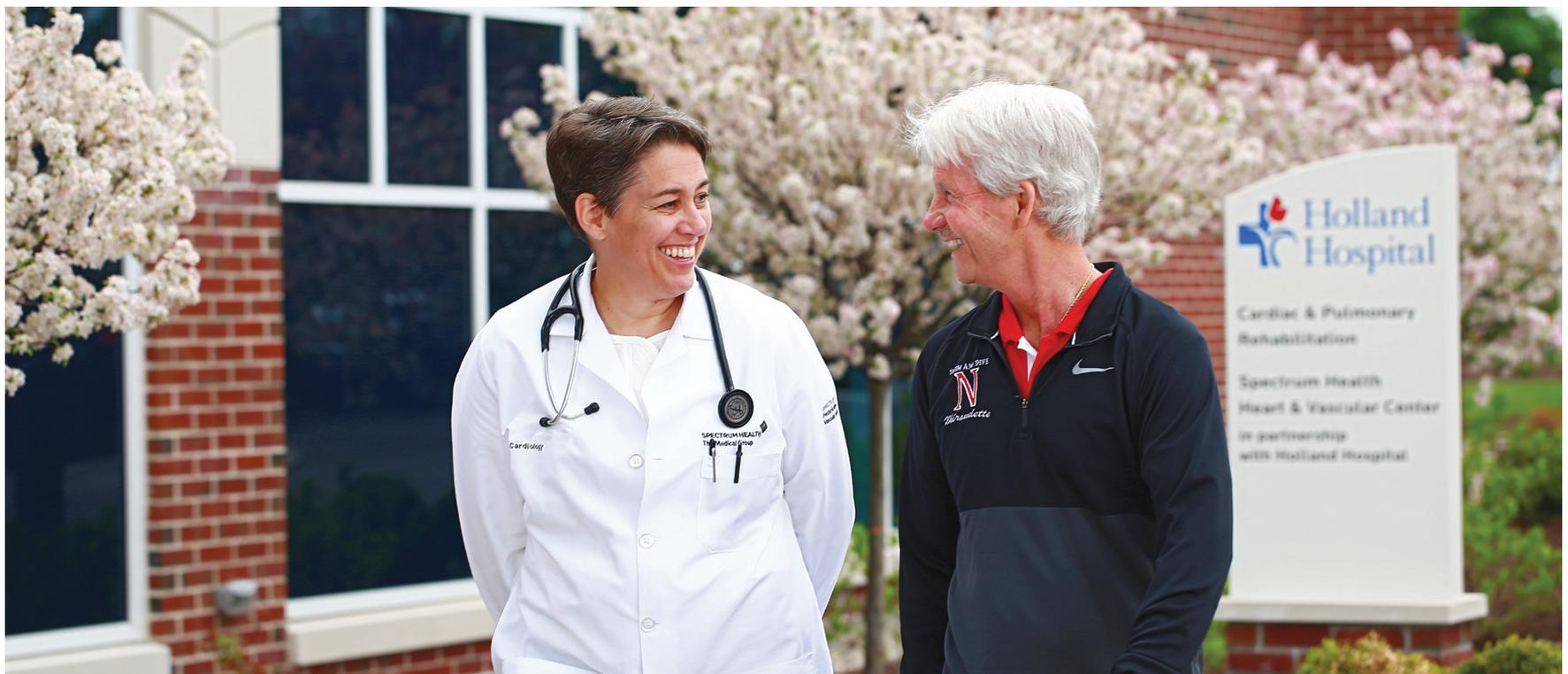
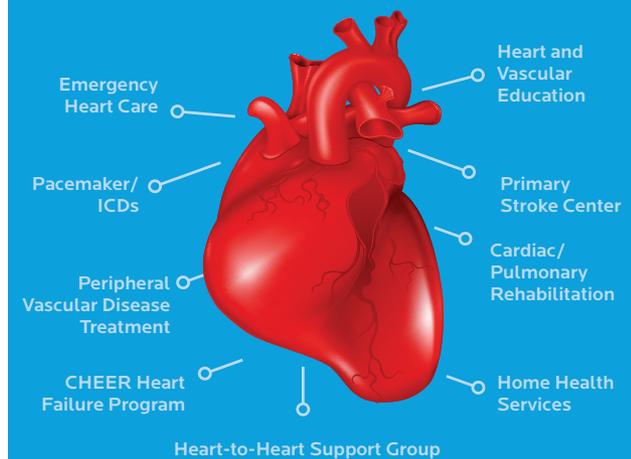
The Heart of Exceptional Care

Holland Hospital provides convenient, exceptional care with a comprehensive range of cardiology and vascular services. Partnering with the Spectrum Health Heart & Vascular Center, located on our main campus, we offer the area's leading experts, advanced technology and an award-winning team. You can count on the very best care close to home, from prevention and wellness to screening and diagnostics, personalized treatment, rehabilitation and support. See a sampling of our services below.

HOLLAND HOSPITAL

in partnership with

SPECTRUM HEALTH HEART AND VASCULAR CENTER



Holland Hospital Cardiologist Lynn Cronin, MD, talks with heart attack survivor, Kurt Mirandette.



Ready to Rub Elbows?

To explore joint care at Holland Hospital, visit hollandhospital.org, click “Our Services” and then choose “Spine & Orthopedics.” You can also access a wealth of orthopedic knowledge at youtube.com/hollandhospital.

RESTORING FUNCTION, REDUCING PAIN

Joint Replacement Center Recognized for Excellence

If painful knee or hip arthritis keeps you from living your best life, help may be closer than you think. Holland Hospital’s Joint Replacement Center ranks among the nation’s best in surgical success, safety and patient satisfaction.

Some Hip (and Knee) Statistics

In the months after joint replacement surgery, outcomes for Holland Hospital’s patients far exceed national averages. “As a group, our patients are more comfortable sooner in their recovery, and they’re able to return to their daily activities more quickly,” says Kristie Dennett, BSN, ONC, Holland Hospital Orthopedics Coordinator. Patients’ average hospital stay is less than three days and many are able to return home after surgery, rather than heading to extended care. Surgical complications are minimal.

Joint replacement patients give Holland Hospital high marks for comfort, communication and customer service. Ninety-four percent say they’re very satisfied with their care, and 96 percent would recommend the program to others. “Patients tell us they felt prepared for surgery, that it went as expected and that all of the team members were on the same page,” Dennett says. Patients aren’t the only ones singing the program’s praises. Healthgrades®, a reputable online consumer health care resource, has consistently listed Holland Hospital among America’s 100 Best for joint replacement. What’s more, orthopedics consulting firm Stryker Performance Solutions named

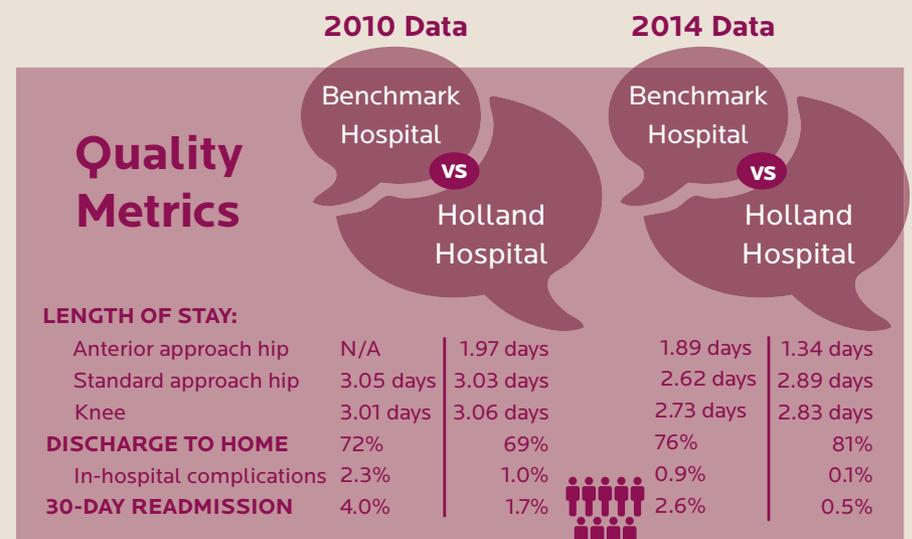
Holland Hospital a Destination Center for Superior Performance.

Joint Effort

So what does it take to deliver some of the best joint care anywhere? For one, Holland Hospital has built its program around research-supported best practices. Team members use the latest advances in pain management, anesthesia and surgical techniques to improve results and keep patients more comfortable.

Teamwork is another strength. Holland Hospital surgeons and primary care providers join forces with hospital staff, home care services and rehabilitation professionals to provide patients with a smooth care experience from diagnosis through surgery and recovery.

Finally, the joint replacement leadership team collects and reviews both hospital and patient-reported outcome data on a quarterly basis, and uses this information to enhance our program. This process has contributed to significant changes across our program over the last five years, which translates



Source: Stryker Performance Solutions (formerly Marshall Steele)

into improved patient outcomes. “Our overall scores for pain with activity and functional improvement over time following surgery are about 10 percent above the average of high-performing hospitals across the country,” Dennett says.



Get the Facts

Beyond exceptional care, the Joint Replacement Center offers regular educational programs. Next up, Orthopedic Surgeon Michael Cheek, MD, will discuss surgical and nonsurgical treatments for shoulder arthritis. The free event takes place Monday, September 21, at 6 pm at the Holland Hospital Conference Center. For details and to register, please call **(616) 394-3344**.



CENTER FOR
GOOD HEALTH

2015 Class Schedule

September – December



For your health.

REGISTRATION

Online – hollandhospital.org. Visa, Mastercard and Discover accepted. Click on Classes & Events to register or for more info.

Phone – Call (616) 394-3344

In Person – Center for Good Health
175 S. Waverly Rd., Suite A | Holland, MI 49423

Preregistration is required. Classes are held at Holland Hospital unless otherwise noted.

CUSTOMER SERVICE

Cancellations/Refunds – Call the Registration Administrator at (616) 394-3344 to discuss a class refund or transfer.

Weather-Related Cancellations – Classes canceled due to weather are posted by 3 pm the day of the class at (616) 394-3344 and announced on local radio and TV stations. Class cancellations are not based on school cancellations.

Payments – Payment is required for fitness classes at time of registration, and three business days before class begins for other classes and seminars.



Nutrition & Wellness



Supermarket Smarts

Hate to grocery shop? Why not learn from a pro by shopping one-on-one with a registered dietitian? We'll begin by meeting to discuss meal planning and creating an efficient shopping list. Then we'll take off to your favorite grocery store where you will learn how to make healthier choices and have the opportunity to ask questions about grocery items you frequently buy. This 2.5-hour learning opportunity will be worthwhile!

Date: Call to register. **Fee:** \$75/person
Location: Center for Good Health

Fueling the Athlete

A healthy diet is key for athletes and active individuals looking to reach peak performance. Learn how to pump up your nutritional playbook through this research-based and practical sports nutrition class taught by a registered dietitian. Getting a leg up on nutrition may make meeting your sports performance goals a little easier.

Date: Tuesday, Sept. 15 **Time:** 6-7:30 pm
Fee: \$5, not refundable
Location: Center for Good Health

Diabetes Prevention—Yes You Can!

More than one-third of Michigan adults are at risk for type 2 diabetes. The good news is that this condition is largely preventable! Join us for this information-packed class based on the latest research, and learn how you can take action to prevent or delay the onset of diabetes. You'll leave with the tools to change your future.

Date: Wednesday, Sept. 16 **OR** Tuesday, Nov. 3
Time: 6-7:30 pm **Fee:** \$5, not refundable
Location: Center for Good Health

Hocus-Pocus Health Advice: How to Avoid Being Scammed

Confused about the latest headlines, fad diets and dubious health claims? Don't let yourself be taken. Attend this 60-minute seminar and learn to spot the scams. Learn where to turn for reliable information and how to examine health claims with a critical eye.

Date: Thursday, Oct. 29 **Time:** 6-7 pm
Fee: \$5, not refundable
Location: Center for Good Health

Sugar Overload

Added sugars or sugar-sweetened beverages raise the risk for obesity, heart disease, diabetes, gout and other diseases. And who can really afford the roughly 400 calories worth of added sugars that we usually consume in a day? Attend this seminar and learn why you should cut back on added sugars, how to find hidden sugar and how to cut it from your diet.

Date: Tuesday, Nov. 10 **Time:** 6-7 pm
Fee: \$5, not refundable
Location: Center for Good Health



Physician Lecture Series

Each month you can hear a local primary care or specialty physician discuss a variety of medical topics, share the latest technology and treatments and answer your questions. Visit hollandhospital.org for topics.

Dates: Thursdays, Oct. 8, Nov. 12 and Dec. 10
Time: 6-7 pm **Fee:** FREE



Arthritis & Joint Pain Presentations

Experienced orthopedic surgeons who specialize in hip, knee or shoulder arthritis care will explain a variety of surgical and nonsurgical solutions to reduce pain, improve mobility and help you enjoy a healthy, active life.

Dates: Mondays
Sept. 21 – Shoulder Arthritis
Nov. 16 – Hip & Knee Arthritis
Time: 6-7 pm **Fee:** FREE



Children & Teens

Big Brother/Big Sister

This class will help your child(ren) prepare for the arrival of a baby. Includes a tour of Boven Birth Center and a "I'm a New Big Brother (or Sister)" T-shirt. An adult must accompany the child.

Date: Tuesdays, Sept. 1, Oct. 13, Nov. 10 **OR** Dec. 8
Time: 6-7 pm **Fee:** \$10 per child

Babysitting 101

Become a safe babysitter by learning basic first aid and CPR skills, what to do in case of an emergency and tips for caring for infants and children. Included are "Babysitting 101 Guide," the American Heart Association's book "CPR for Family and Friends" and a first aid kit. This class is appropriate for teens and preteens ages 10 to 15 interested in babysitting. Walk-ins and substitutions can NOT be accommodated. Preregistration required.

Date: Saturdays, Sept. 12, Oct. 10, Nov. 7 **OR** Dec. 12
Time: 9 am-12:30 pm **Fee:** \$25

Leakproof Your Bladder with Pelvic Floor Fitness

Pelvic floor muscle training is first line treatment for urinary incontinence and is essential to preserve sexual function and organ support for women and men. Beyond Kegels, learn to prevent leaks when you laugh, sneeze, jump or jog using progressive corecruitment of pelvic floor muscles and gluteals, deep abdominals and hips. Learn targeted movements of contraction and relaxation to strengthen pelvic floor and core.

Date: Tuesday, Nov. 17 **Time:** 6-7 pm
Fee: \$5, not refundable
Location: Center for Good Health

Understanding Tobacco Trends: Is Vaping Harmless?

With more and more tobacco products and tobacco-related paraphernalia on the market these days, it may be hard to understand what is considered safe and what some of these products might really be doing to our health. Attend this presentation to help understand some of the emerging trends in nicotine and tobacco use and what effects they may have on health.

Date: Thursday, Nov. 19
Time: 6:30-7:30 pm
Fee: \$5, not refundable
Location: Center for Good Health

Relax and Restore

This relaxing evening workshop is just what you need to end your busy day. We will practice guided relaxation techniques and experience renewal through breathwork and centering, all designed to restore calm and balance. Enjoy the soothing atmosphere and leave refreshed and restored. A special gift is included.

Date: Thursday, Dec. 3
Time: 7-8 pm **Fee:** \$15
Location: Center for Good Health

Healthy Holiday Cooking

The holiday season is almost upon us, so don't let your healthy habits go out the window! Learn how to stay well this holiday season, as well as techniques to make holiday favorites healthier but still delicious. Participants will also receive recipes and samples of healthy holiday dishes that they are sure to love!

Date: Tuesday, Dec. 8
Time: 6-7:30 pm **Fee:** \$10
Location: Center for Good Health

PREREGISTRATION IS REQUIRED.
Classes are at Holland Hospital unless otherwise noted. To register, call the Center for Good Health at (616) 394-3344 or log on to hollandhospital.org.



Fitness

Personal Training

One-on-one training specifically designed to meet your goals, maximize workouts and minimize risk for injury. Packages available.

Date: Ongoing, call for an appointment

Fee: Please call

Location: Center for Good Health

Wellness Package

Looking to improve your diet and fitness level? Need help reaching your personal health goals? This wellness package includes three 30-minute visits with a registered dietitian and three 60-minute personal training sessions with a certified personal trainer. Includes a body composition assessment.

Date: Call for appointment **Fee:** \$200

Location: Center for Good Health

Intro to Fitness Package

Includes a fitness assessment, a customized fitness plan and two one-hour personal training sessions.

Date: Ongoing, call for an appointment

Fee: \$120

Location: Center for Good Health

PREREGISTRATION IS REQUIRED.
Classes are at Holland Hospital unless otherwise noted. To register, call the Center for Good Health at (616) 394-3344 or log on to hollandhospital.org.

Group Fitness Classes –

Location: All fitness classes are held at the Center for Good Health.

Fall Session 1: Sept. 14–Oct. 30

Time: Seven weeks

Fee: \$42–prepayment required

Fall Session 2: Nov. 2–Dec. 18

Time: Six weeks: no classes held

Nov. 23-27 due to Thanksgiving holiday

Fee: \$36–prepayment required

Barre Core –

Ballet-inspired calisthenic class, suitable for beginners and athletes.

Lengthening and strengthening movements

target weak glutes and counteract tight

calves and hip flexors. Includes Bender Ball

abdominal exercises.

Day: Mondays **Time:** 4:30-5:30 pm **OR**

Day: Tuesdays **Time:** 12-1 pm

Cardio Sampler –

Nonstop powerhouse

workout challenges you to become stronger,

faster and increase endurance using cardio,

plyometric drills and strength intervals. No

two classes are the same. Be ready to give max

effort using a variety of equipment including

steps, Body Bars, resistance bands, stability balls

and Bender Balls. All fitness levels welcome!

Day: Mondays **Time:** 5:30-6:30 pm

Very Beginner Yoga –

New to yoga?

Learn basic poses, proper body alignment

and breathing.

Day: Thursdays **Time:** 4:30-5:30 pm

Beginner Yoga –

Combines body

alignment and breathing with a slowly

paced flow of basic yoga poses.

Day: Tuesdays

Time: 4:30-5:30 pm

Day: Thursdays

Time: 5:30-6:30 pm

Beginner/Intermediate Yoga –

Day: Mondays

Time: 6:30-7:30 pm **OR**

Day: Wednesdays

Time: 4:30-5:30 pm

Intermediate Yoga –

Additional

postures and balance and strength movements

are linked together for continuous flow.

Day: Tuesdays

Time: 5:30-6:30 pm

Prenatal Yoga Strength –

Improve

posture, flexibility, breathing and circulation to

alleviate discomfort caused by your ever-changing

body. Includes strengthening to prepare for the

demands of labor, birth and motherhood.

Day: Wednesdays

Time: 5:30-6:30 pm

Gentle Moves –

Gain vitality using gentle

restorative movements to safely build strength,

bone density and flexibility. Clear out toxins and

boost immune function. Ideal for re-energizing

to meet the challenges of chronic conditions.

Improves calmness, breathing and sleep.

Day: Thursdays

Time: 3:30-4:30 pm

10-Class Punch Pass –

Drop in to any

class, on a first-come, first-served basis. ONLY

registered participants are guaranteed a spot. If no

space is available, community Punch Pass holders

may use CfGH fitness studio for a punch.

Fee: \$60 Community | \$50 HH Employee

Note: Punch Passes expire four months from date of purchase.



CPR Courses

CPR for Family & Friends

This class is perfect for kids, parents, grandparents, coworkers and anyone who does not require certification.

Fee: \$5 per person

Heartsaver First Aid

Fee: \$40

Heartsaver First Aid, CPR, AED & BBP

Fee: \$70 for three classes combined!

BLS for Health Care Providers CPR & BLS Recertification

Fee: \$50 for BLS

\$40 for recertification

The Center for Good Health provides CPR and first aid training with a wide variety of classes for the entire community. Basic and Advanced Life Support courses provide two-year certifications for physicians, nurses, paramedics and other health care providers. Heartsaver courses offer certified training for teachers, day care providers, emergency response teams and other lay responders. Noncertified classes are perfect for family members wishing to know the basics of CPR. **All courses are ongoing and held at different times throughout the year.** Private and corporate training sessions are available. Check online for more information about finding the perfect class for you.

Advanced Cardiovascular Life Support & ACLS Recertification

Fee: \$220 for ACLS

\$150 for recertification

Pediatric Advanced Life Support & PALS Recertification

Fee: \$220 for PALS

\$150 for recertification



American
Heart
Association®

**AUTHORIZED
TRAINING
CENTER**

The American Heart Association (AHA) strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA material, do not represent income to the Association.



Pregnancy, Parenting & Birth

NOTE: It is recommended that you complete childbirth classes no later than one month before your due date. Register early in your pregnancy to secure the preferred class dates.

Clases De Preparación Para El Parto

Durante el año, clases de preparación para el parto en español están disponibles. Para obtener más información y las fechas en que se impartirán las clases, por favor llame a InterCare al **(616) 399-0200**.

Natural Beginnings

Explore alternative childbirth options you can request when delivering at the hospital, such as natural pain management and labor techniques and hospital accommodations for natural birth. Perfect for repeat parents or first-time parents after taking the Childbirth Education Saturday class. Please bring a pillow.

Date: Thursday, Oct. 22 **Time:** 6-8:30 pm
Fee: \$20 per couple

Breastfeeding Basics

Breastfeeding is one of the most important gifts you can give your baby. This one-time class guides you through positioning, latch and returning to work or school. Partners are strongly encouraged to attend. A Web-based resource is included. Taught by an international board-certified lactation consultant RN.

Dates: Tuesday, Sept. 15 **OR** Nov. 3
Time: 6-8:30 pm **Fee:** \$20 per couple

Childbirth Education Saturday

Convenient one-day class. A childbirth educator will discuss labor, relaxation techniques and birth. Included is a tour of Boven Birth Center. Bring your own lunch, snacks and beverages. Registration required.

Day: Two Saturdays a month; please call
Time: 9 am-2 pm **Fee:** FREE

Boven Birth Center Orientation & Tour

This is a one-hour introduction to what Boven Birth Center has to offer. Great for the expectant couple (and family) not taking a childbirth class.

Dates: Thursday, Sept. 17 **OR** Nov. 19
Time: 6-7 pm **Fee:** FREE

Breastfeeding Education Online

"See What You Read: Better Breastfeeding" answers many of your breastfeeding questions. This program includes Web-enhanced information and six months of access to dozens of online videos and resources.

Note: Call to register **Fee:** \$10

Childbirth Education Online

A Web-enhanced program for busy families. Includes booklets and six months of access to dozens of online videos and resources.

Note: Call to register **Fee:** \$10

Infant Care for Grandparents

The needs of infants have not changed over the years, but many health recommendations and infant care products have changed. New or expectant grandparents will learn current safety information and tips on being a helpful and knowledgeable newborn caregiver. A Boven Birth Center tour is included.

Date: Thursday, Sept. 24
Time: 6-8 pm
Fee: \$5 per person, not refundable

Pregnancy, Nutrition & Fitness

The greatest gift you can give your soon-to-be-born baby is a healthy and fit pregnancy. This class, cotaught by a registered dietitian and certified personal trainer, explores unique prenatal nutrient needs and wholesome baby-building food choices. Also learn how to become or stay fit with safe work-out tips for each trimester. Includes exercises to ease aches and prepare for labor.

Date: Thursday, Oct. 8 **Time:** 6-7:30 pm
Fee: \$5 per person, not refundable
Location: Center for Good Health



Wellness Services

Tobacco Free

This six-week class guides you through stages of quitting nicotine and tobacco. Explore nicotine replacements and e-cigarettes and learn methods to cope with triggers and withdrawal symptoms and how to manage weight and stress with lifestyle changes that support a tobacco-free life. *(For HH employees the fee is covered by the HH Wellness Initiative; please call to register.)*

Dates: Tuesdays, Sept. 22–Oct. 27
Time: 5:30-6:30 pm **Fee:** \$45
Location: Center for Good Health

Scholarships available

1-on-1 Wellness Coaching

Do you struggle with losing weight, quitting tobacco, managing your anger or coping with a chronic medical condition? A wellness coach is just what you need. We offer confidential coaching that provides the direction you need to achieve your health and wellness goals. Call for more information.

Date: Call for an appointment
Fee: \$90 for three 30-minute sessions
Location: Center for Good Health

Worksite Wellness Programs

Did you know that Holland Hospital offers comprehensive worksite wellness programs to local employers? To learn more, contact the Holland Hospital Worksite Wellness Team at **(616) 394-3344**.



Health Screenings

Diabetes Risk Assessment and Prevention

More than one-third of Michigan adults are at risk for type 2 diabetes, but most are unaware of it. Knowing your risk is the best defense against this largely preventable chronic illness. Your risk assessment includes blood sugar and cholesterol tests, blood pressure evaluation, risk inventory and a 20-minute follow-up session with a registered nurse who can help you learn how to stop diabetes in its tracks!

Date & Location: Ongoing, call for an appointment **Fee:** \$40

Body Composition Assessment

Find out what you're made of! Are you heavy but fit? Slender but soft? It's not just pounds that matter. If you're curious about your BMI, percent body fat or basal metabolic rate, we've got the answers. Come in for a private, confidential screening, and leave with resources for making healthy lifestyle choices that can tip the numbers in your favor.

Date: Ongoing, call for an appointment
Fee: \$10 **Location:** Center for Good Health

Know Your Numbers: Cholesterol & Glucose Screening

Keeping an eye on your blood sugar and cholesterol helps protect you from diabetes, heart disease and stroke. What you don't know can hurt you, and knowledge is power. **Requires a 12-hour fast.** May attend one week after registration and must complete lab draw within 30 days of registration.

Dates: Ongoing, call to register **Fee:** \$20
Location: Any Holland Hospital Lab

Depression Screenings

Privately discuss results from a short questionnaire. For more information or to schedule an appointment call **(616) 355-3937**.

Date: Monday–Friday, walk-ins welcome
Time: 9:30 am-5:30 pm **Fee:** FREE
Location: Behavioral Health Services
854 S. Washington Ave., Suite 330

Alcohol & Substance Abuse

Call Behavioral Health Services at **(616) 355-3937** for more info or to schedule an appointment.

Preregistration & prepayment REQUIRED

PREREGISTRATION IS REQUIRED. Classes are at Holland Hospital unless otherwise noted. To register, call the Center for Good Health at (616) 394-3344 or log on to hollandhospital.org.



SPORTS MEDICINE: HOME TEAM ADVANTAGE

Nearly everyone who participates in sports will experience a strain, sprain or more serious injury. Watching from the sidelines is never part of an athlete's plan. Whether you're the parent of an active teen, an athlete or a sports enthusiast, you know that teamwork is key. The same goes for sports medicine. Holland Hospital uses a team approach for your benefit.

Coordinated Expertise

Sports medicine physicians have specialized knowledge that makes them uniquely qualified to tackle athletic injuries and conditions. Typically, they have extensive academic training, special certifications and experience studying under leading sports medicine experts.

At Holland Hospital, our Sports Medicine team is comprised of fellowship-trained physicians who coordinate your care with other orthopedic experts, specializing in nonsurgical and surgical care. If you have a concussion; an injury of the wrist, shoulder, elbow, hip, knee, ankle or spine; or another sports-related condition, we make sure you see someone who specializes in treating your particular injury. That's the team advantage.

Real-World Experience

Treating athletes before, during and after competition also takes teamwork. That's why

Holland Hospital Sports Medicine has the area's leading athletic training program. Our trainers work in area high school locker rooms and on the sidelines to help prevent injuries, provide immediate treatment and speed referrals to qualified specialists. During the fall season, we offer walk-in clinics for acute sports injuries to be sure that athletes receive care without delay.

Personal Attention

Athletes may have similar injuries, but no two athletes are identical. Understanding an athlete's specific condition, history and goals is vital. Holland Hospital's Sports Medicine team listens carefully to each patient, and specialists work together to design a customized treatment and rehabilitation plan. As part of that plan, Holland Hospital Rehabilitation Services offers the most comprehensive physical therapy options on the Lakeshore, with several convenient outpatient locations, skilled physical therapists and specialized equipment for sports injury prevention, evaluation and treatment.



Help for Sports Injuries

We can help you get back on the court, field, track or green. Learn more at hollandhospital.org/sportsmed.

Hometown standout and Washington Redskins quarterback, Kirk Cousins (pictured in the second row, center), knows the importance of good preparation, consistent training, and when needed, effective treatment by experts, such as Sports Medicine physicians Bruce Stewart, MD, (pictured in the first row, second from the right) and Courtney Erickson-Adams, MD (first row, third from the left). "As a professional quarterback, I understand that injuries are a part of the game. Fortunately, we have access to expert medical care with Holland Hospital's Sports Medicine team. Dr. Stewart and Dr. Erickson-Adams lead a team of physicians, athletic trainers and physical therapists whose common goal is to help you prevent injury and provide expert treatment," says Cousins.

Sports Medicine Leadership

Courtney Erickson-Adams, MD
Sports Medicine
Bone & Joint Center
Lakeshore Medical Campus
3299 N. Wellness Dr., Bldg C, Suite 150
Holland, MI 49424
(616) 738-3884
hollandboneandjoint.com

Bruce Stewart, MD
Orthopedic Surgeon, Sports Medicine
Shoreline Orthopaedics
370 N. 120th Ave.
Holland, MI 49424
(616) 396-5855
shorelineortho.com

Holland Hospital Rehabilitation Services
Physical Therapy and Athletic Training
(616) 355-3987
hollandhospital.org

QUICK CLICKS

PALLIATIVE CARE AT HOME: IMPROVING QUALITY OF LIFE

Palliative care focuses on improving quality of life by reducing or managing pain and other symptoms of serious illnesses, including cancer and other chronic diseases. Patients can benefit from palliative care while they continue to receive medical treatment for their conditions. Holland Hospital Home Health Services works with your physicians to provide medical support and well-being at any stage of chronic illness in the comfort of your home.



To learn more about our palliative care, visit Holland Hospital Home Health Services at hollandhospital.org/palliativecare.



Seeking Wound Care

Do you have a wound from a pressure ulcer, surgical incision or other trauma that just won't heal properly? Consult your physician for a referral to the Holland Hospital Wound Care Program if:

- After four or more weeks, your wound hasn't healed substantially
- Your nonhealing wound requires ostomy care
- You're seeking wound education

Patients at Holland Hospital Wound Care Program receive treatment from a staff of certified wound, ostomy and continence nurses and multidisciplinary specialists to provide the expert care necessary to help wounds heal.

Test your wound smarts.

Take our online quiz at hollandhospital.org/woundquiz.



Shelley Freimark, MD

Physical Medicine and Rehabilitation, The Brain & Spine Center
(616) 738-4420

STRAIGHTEN UP, BEND AT KNEES:

Tips for Safer Lifting

Back injuries can be prevented with proper posture and lifting techniques. A back injury includes muscle, disk and joint injury. These techniques may help avoid back injury.

- Face the object you want to lift. With a straight back, lower yourself to the floor and bend one knee, keeping the other foot flat on the floor.
- Protect your back by tightening and holding in your belly muscles.
- Use arms, legs and buttocks to lift the object—avoid twisting and using your back.
- Keep the item close to your body, maintain a firm grip and keep arms and elbows close to your body.
- Ensure that your spine is in proper alignment.

Our Physical Medicine and Rehabilitation physicians, also known as physiatrists, are nerve, muscle and bone experts who provide nonsurgical treatment for injuries or illnesses that affect how you move. For a consultation, please call Shelley Freimark, MD, Physical Medicine and Rehabilitation, The Brain & Spine Center, at **(616) 738-4420**.

HOLLAND HOSPITAL HIGH RISK BREAST CLINIC: Understanding Your Risk Factors

Common breast cancer risk factors include:

- Strong family history of breast or ovarian cancer
- Extremely dense breast tissue
- Combination of first menstrual period before age 12, first

child after 30 and menopause after age 55

Our physicians will assess your personal and family history, calculate your risk, create a plan for reducing your risk and help you make

informed decisions about your breast health.

Are you at increased risk for breast cancer? Talk with your doctor or call our High Risk Breast Clinic at (616) 355-3815.



AT YOUR SERVICE 24/7:

Hospital Medicine Specialists Provide Coordinated Care

If you or a loved one is hospitalized, rest assured that your care will be coordinated by a team of hospital medicine specialists working closely with your primary care provider.

The Health Care Team

Hospital medicine physicians, also called hospitalists, provide 24/7 care for adult patients, while pediatric hospitalists provide around-the-clock care for obstetric (labor and delivery), neonatal (newborn) and pediatric patients. Holland Hospital has seven adult hospitalists and four pediatric hospitalists.

“Hospitalists work exclusively in the hospital; they don’t maintain an outside practice, so they know the people and processes inside out. This enhances the interaction, communication and coordination among all hospital staff,” says Michelle Doctor, Assistant Vice President of Lakeshore Health Partners & Hospital Medicine

Hospitalists at Holland Hospital work with primary care providers and other specialty physicians and nurses to create best practice plans for specific diagnoses, such as stroke, pneumonia and other serious conditions.

Teaming Up for Patient Care

Holland Hospital recently began a team-based care approach in patient areas—in the Intensive Care and Surgery units, for example. Physicians are assigned to a hospital unit and the patients on that floor. This approach allows for closer collaboration between physicians and the unit nursing teams.

Morning and afternoon “touch base” sessions between hospitalists and unit nursing teams keep the focus on meeting patient needs. These more frequent face-to-face interactions also allow for more effective communication.

“The goal is to reassure patients there is clear communication between physicians and nurses among all shifts,” Matthew Fletcher, DO, Hospital Medicine, says. “These touch base sessions also give the care team the opportunity to see the patient together for even greater coordination.”



Share Your Story

Have firsthand experience with our hospitalists? To tell your story, visit hollandhospital.org, click the blue box that says “Our patient stories” and then click “Share your experience.” To see what experts say about our care, click “About Us” and “Awards & Recognition.”

Pediatric Hospitalist Team

Holland Hospital also maintains a team of four pediatric hospitalists, including a neonatal nurse practitioner, to provide 24/7 care for pediatric patients in the Boven Birth Center and Special Care Nursery. The team also provides consultation on the care of infants and children in the Emergency Department, while attending all high-risk deliveries and cesarean section births.

“The pediatric hospitalists’ involvement and around-the-clock availability really enhance the family-centered care we are able to provide for infants in the Special Care Nursery,” says Kathy Nania, RN, MS, Director of Pediatrics and Obstetrics.

Care You Can Rely On

While the relationships between patients and hospitalists tend to be brief, they can be quite meaningful. “Hospitalists touch the lives of a majority of those who come through our doors; we take that honor and responsibility very seriously,” Doctor says.

HEALTHY LIFE

Healthy Life is published by Holland Hospital to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician. Your comments are welcome.
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Marketing and Communications, (616) 394-3366

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NEW PHYSICIANS

Holland Hospital is pleased to welcome the following physicians and mid-level health care providers to our medical staff.

Learn more about our 395 physicians at hollandhospital.org/findaphysician.

Physicians

James Chamness, MD

Lakeshore Allergy
3290 N. Wellness Dr.
Holland, MI 49424
(616) 738-4262

Saba Kadlec, MD

Holland Eye Surgery
& Laser Center
999 S. Washington Ave.
Holland, MI 49423
(616) 396-2316

Kasey Morden, MD

Advanced Radiology
Services
844 S. Washington Ave.
Holland, MI 49423
(616) 355-3865

Physician Lecture Series

FREE COMMUNITY TALKS

Female & Fabulous

Hear expert advice on topics relevant to midlife women, including sexual health, menopause, breast density and nutrition. Enjoy hors d'oeuvres, exhibits and a Q&A. Register at **(616) 394-3344** or online at hollandhospital.org.

Thursday, September 17

6 to 8:30 pm

Baker Lofts, East 24th Street in Holland

Alysha Kirkwood, DO

Spectrum Health Medical
Group OB/GYN
588 E. Lakewood Blvd.
Holland, MI 49424
(616) 494-5850

Kami Palmer, MD

OB/GYN Associates
664 Michigan Ave.
Holland, MI 49423
(616) 392-5973

Jeffery Libra, MD

Intercare Community
Health Network
285 James Street
Holland, MI 49424
(616) 399-0200

Seth Palmer, DO

Michigan ENT & Allergy
Specialists
393 Garden Ave.
Holland, MI 49424
(616) 994-2770

Joseph Looby, DO

Plastic & Reconstructive Surgery
Holland Hospital Medical Bldg.
8300 Westpark Way,
Zeeland, MI 49464
(616) 942-2675

Samuel Payne, MD, MA

Cancer & Hematology Centers
12460 Riley Street
Holland, MI 49424
(616) 399-6500

Ann Monroe, MD

Physical Medicine & Rehabilitation
Shoreline Orthopaedics
370 N. 120th Ave
Holland, MI 49424
(616) 396-5855

Eanas Yassa, MD

Spectrum Health Medical
Group Vascular Surgery
588 E. Lakewood Blvd.
Holland, MI 49424
(616) 267-8700



Mid-Level Providers

Kari Hill, NP-C

Spectrum Health Medical Group
Pulmonology

Anna Wassink, NP-C

Lakewood Family Medicine

Brian Willie, PA-C

Shoreline Orthopaedics

Kristen Boyd, LMSW

Victor Steinbach, LMSW

Judith Vereyken, LMSW

Holland Hospital Behavioral
Health Services



Your New Women's Health Destination

From menopause to other midlife concerns, Holland Hospital's women's

health blog offers advice from women's health specialists Barb DePree, MD, and Laurie Birkholz, MD. Join the discussion at hollandhospital.org/blog.