

# HEALTHY LIFE

**PAGE 2**  
At the Heart  
of Good Health

**PAGE 3**  
Effective  
Spine Care

**PAGE 7**  
Quick Clicks:  
Health Briefs

*Hospital News. Healthy Advice. | Winter 2016*



## SAFER SURGERY

High-quality surgical care begins well before the operation itself. Holland Hospital helps patients improve their overall health before surgery for better outcomes. See page 5 for the full list of Surgical Services team members.

## 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

# AT THE HEART OF GOOD HEALTH

*Elective heart procedure expands local access to expert care*

Imagine a small pump that propels 2,000 gallons of fluid through 60,000 miles of tiny pipes—every day, nonstop, decade after decade. That pump is your hardworking heart. To keep it strong, show it some love by eating right, exercising regularly and taking decisive action if it needs repair.

Holland Hospital offers leading experts to prevent, diagnose and treat a wide range of cardiovascular conditions. Working with the Spectrum Health Heart and Vascular Center on the hospital's main campus, we've been providing lifesaving heart treatment for years.

Since May 2005, Holland Hospital has been the only hospital in Ottawa and Allegan counties to offer emergent PCI (percutaneous coronary intervention) for patients having a heart attack.

PCI is the standard for emergency treatment of heart attacks, but it can also be used for patients who are at risk for a future heart event. In these cases, an interventional cardiologist will do a diagnostic procedure that assesses the blood flow to the heart itself, and when indicated, he or she can perform PCI as part of the same procedure. Holland Hospital will offer cardiology patients both diagnostic and elective PCI in early 2016, while still providing nationally recognized care in performing the emergent PCI procedures.

"Offering elective PCI right here is a significant benefit for our community," says Todd Knight, Director of Invasive/Interventional Procedures at Holland Hospital. "Our expert team ranks among the best in the state in consistently meeting recommended heart care and treat-

ment guidelines and providing exceptional patient care. Now, we can extend those services to treat heart blockages in nonemergency situations to avoid delays and make care much more efficient and convenient for our patients."

Holland Hospital is looking forward to offering elective PCI in early 2016, with over 200 patients expected to benefit from the procedure in the first year.



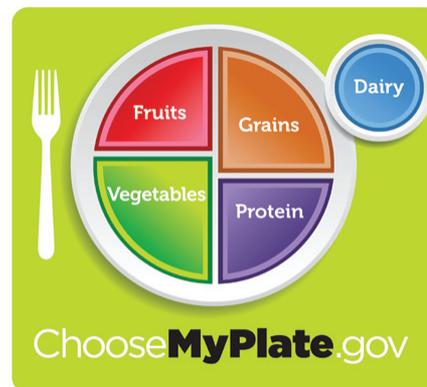
Learn more about our Cardiology and Vascular Services at [hollandhospital.org](http://hollandhospital.org).



Registered Dietitian Beth Eggleston knows the importance of adding color and vegetables to any meal.

## HEALTHY HEART, HAPPY LIFE

*MyPlate replaces food pyramid*



**M**yPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image: a place setting for a meal. You can use this visual to create a healthy plate at home that consists of fruits, vegetables, lean protein, whole grains and low-fat dairy.

"Fruits and vegetables should cover half of your plate, while servings of proteins and whole grains should each cover approximately one quarter of your plate. This is referred to as the plate method," says Beth

Eggleston, Registered Dietitian and Health Promotion Educator at the Holland Hospital Center for Good Health. "Using the plate method may help people consume healthier, plant-based foods, while keeping moderate portions of protein and grain foods."



For healthy recipes, visit [hollandhospital.org/nutritionservices](http://hollandhospital.org/nutritionservices).

# BEST OF THE MIDWEST: ADVANCED, EFFECTIVE SPINE CARE

Approximately 75 to 85 percent of Americans will suffer from back pain. If you suffer from back or neck pain, or experience aching that radiates into your arm or down your leg, our spine care experts provide advice and treatment right here, close to home. Comprehensive spine care services range from noninvasive pain management to physical or occupational therapy, and if needed, the most advanced surgical procedures available today.

## Physical Medicine and Rehabilitation Specialists

Your first stop for evaluation after a visit to your primary care provider might be to a Physical Medicine and Rehabilitation specialist. These doctors provide a wide range of nonsurgical treatment approaches, including physical therapy, corticosteroid injections and tests to assess muscle health and nerve function. Treatments may also include exercises or stretches to do at home, oral medications, traction, alignment or electric nerve stimulation devices.

## Less Invasive Surgery Speeds Recovery

When the conservative options are not effective, various surgical procedures may be considered by your surgeon, including a less invasive approach. During a less invasive surgical procedure, a surgeon makes a 1-inch incision and inserts a narrow tube through the slit to access the spine. The tube holds the

muscles open while the surgeon uses tiny instruments to perform the entire operation through the tube. When the surgery is complete, the tube is removed and the muscles return to their original position.

"It's a more natural and delicate approach to spine surgery and patients are restored to normal health and spinal function faster because there is less tissue damage and a smaller incision," says M. Adam Kremer, MD, Neurological Surgeon at the Brain + Spine Center. "We are pleased to provide this level of care for our patients right here in Holland, Michigan, setting us apart from other hospitals in the Midwest."

## Treatment Tailored for You

Working together with your primary care physician, our experts will work with you to develop an individualized care plan. Some of the most common spinal conditions treated include herniated disks, spinal stenosis (a narrowing of the open spaces in your spine), arthritis of the spine and pinched nerves.

"It's best to take an individualized approach to identify the best treatment for a patient based on his or her symptoms, overall health and goals," says Mark Jacobson, MD, Spine Surgeon at Shoreline Orthopaedics. "We start with conservative treatments for managing pain, and if those treatments fail, then surgery may be an option."

### Holland Hospital Comprehensive Spine Care Team

**Brain + Spine Center |**  
(616) 738-4420

**Shelley Freimark, MD**, Physical Medicine & Rehabilitation

**M. Adam Kremer, MD**, Neurological Surgeon  
**David Lowry, MD**, Neurological Surgeon

**Shoreline Orthopaedics |**  
(616) 396-5855

**Mark Jacobson, MD**, Spine Surgeon

**Sara Kane-Smart, MD**, Physical Medicine & Rehabilitation

**Ann Monroe, MD**, Physical Medicine & Rehabilitation

**Holland Hospital Neurological Rehabilitation |**  
(616) 355-3910  
844 South Washington Avenue  
Bldg. 2, Suite 1600  
Holland, MI 49423



### Schedule a Consultation Today

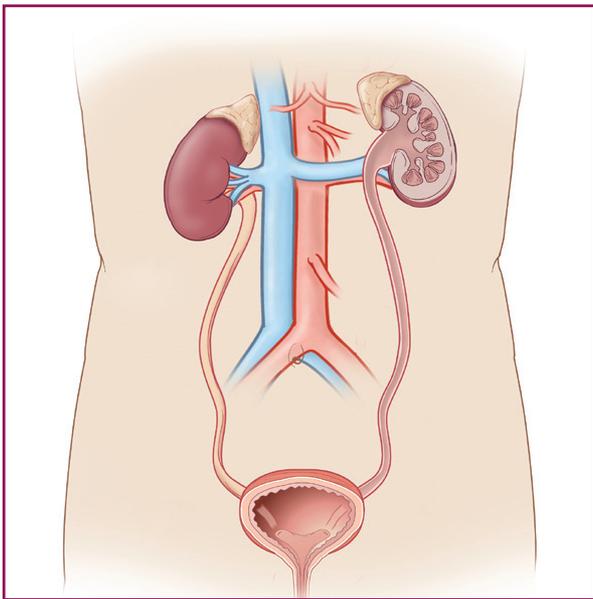
Do you suffer from back or neck pain? Speak with your primary care provider about your options and referral to a spine care specialist.



**M. Adam Kremer, MD**  
Neurological Surgeon  
Brain + Spine Center



**Mark Jacobson, MD**  
Spine Surgeon  
Shoreline Orthopaedics



## Navigating Your Health: Improving Prostate Cancer Detection

Concerned about prostate cancer? Holland Hospital and Western Michigan Urological Associates (WMUA) are the first in the region to offer UroNav, an innovative new technology for more precise, accurate prostate cancer detection.

UroNav advances the “active surveillance” approach of monitoring suspicious lesions in the prostate. An MRI of the prostate is performed at the hospital. The urologist fuses MRI images with ultrasound images during the biopsy for real-time visualization of suspected lesions. This GPS-like tracking identifies areas that can be targeted during office-based prostate biopsy, which may improve the accuracy and precision of biopsies.

“The option of active surveillance for prostate cancer has been increasingly popular as we realize that some cancers can be watched prior to pursuit of treatment,” says Adam Kadlec, MD, Urologist at WMUA. “UroNav helps patients on active surveillance identify whether they’d benefit from further cancer treatments. Or, it may reassure them that they can continue to be watched safely.”

UroNav is a cutting-edge diagnostic tool that may become a new standard of care for early detection of prostate cancer. Hear more from Dr. Kadlec at [YouTube.com/hollandhospital](https://www.youtube.com/hollandhospital). Call Western Michigan Urological Associates at **(616) 392-1816** or visit [wmuro.com](http://wmuro.com) to set up an appointment.

# ADVANCED TESTING AND TREATMENT FOR GERD

**H**olland Hospital is expanding diagnostic and treatment options for patients suffering from gastroesophageal reflux disorder (GERD), a common digestive disorder that feels like burning in your chest. Many individuals who suffer from GERD treat their symptoms with an over-the-counter medication called a proton pump inhibitor (PPI), similar to Prilosec OTC or Prevacid 24-Hour.

“We are learning that PPIs can produce undesirable side effects and may lead to other long-term health concerns, so making sure that there is a true need for taking them is something that should be evaluated,” says Nicole Berkimer, Clinical Manager at the Holland Hospital Endoscopy and Surgery Center.

Based on your needs, our specially trained endoscopy nurses and physicians develop a personalized care plan including lifestyle

changes and medication management, education and surgery, if required.

“We offer innovative reflux testing that allows the physician to accurately diagnose and treat your symptoms,” says Heather DeVree, Clinical Coordinator at the Endoscopy and Surgery Center.

Innovative reflux testing and treatments include:

- Esophageal laboratory
- Gastric pH test
- Laryngopharyngeal pH test
- pH capsule studies
- Medical, therapeutic and surgical treatments for GERD

If you’re experiencing GERD symptoms or other gastroesophageal issues, the best first step is to contact your primary care provider to discuss testing options.



### Are You At Risk for GERD?

Find out by taking our quick online risk assessment. Go to [hollandhospital.org/GERD](http://hollandhospital.org/GERD)

## Serving Your Health Care Needs in Douglas

Lakeshore Health Partners’ (LHP) newest location at 415 Wiley Road in Douglas brings comprehensive health care, new providers and expanded hours to the community. Jason Myer, DO, and Nurse Practitioner Pamela Gregg offer primary care for the entire family. Laurie Birkholz, MD, Lakeshore Health Partners Women’s Health, provides both primary care for women and midlife specialty care. Holland Hospital Rehabilitation Services and Laboratory Services are also conveniently located here.

**LHP – Family Medicine**  
415 Wiley Rd., Suite 102  
Monday, Wednesday,  
Friday | 8 am to 6 pm  
For appointments, call  
**(616) 772-7314**

**LHP – Women’s Health**  
415 Wiley Rd., Suite 102  
Thursdays | 8 am  
to 4 pm  
For appointments,  
call **(616) 748-5785**

**Jason Myers, DO**  
*Family Medicine  
Physician*



**Pamela Gregg, FNP**  
*Nurse Practitioner*



**Laurie Birkholz, MD**  
*Women’s Health  
Specialist*



# GETTING INTO SHAPE FOR SAFER SURGERY

*Prehabilitation can improve outcomes*

**Y**ou've probably heard the term "rehabilitation." For patients who undergo surgery, rehabilitation can help them regain strength and function afterward. What you may not have heard is the term "prehabilitation."

"In prehabilitation, Holland Hospital works with patients to optimize their overall health prior to having surgery in order to improve their outcomes," Cathy Ebel, RN, Director of Surgical Services says. "Research shows that when patients are healthier going into surgery, they are less likely to experience health complications such as pneumonia, infections and blood clots. They also tend to heal faster."



**Stephen VanWylen, MD**

**General Surgery, Medical Director,  
Holland Hospital Surgical Services**

## Six Steps to Safer Surgery

At Holland Hospital, prehabilitation is known as Safer Surgery. It includes six practical steps patients can take in the days or weeks before surgery and recovery. "Ideally, these steps begin with a patient's primary care physician," says Lakeshore Health Partners General Surgeon Stephen VanWylen, MD. "Talk with your doctor about what you can do to get ready for surgery. The earlier you start preparing for surgery, the better off you'll be."

The six steps to Safer Surgery include:

- 1. Eat right.** You are what you eat and proper nutrition can improve your healing. Limit sugars and fats, drink lots of water and eat plenty of fruits and vegetables.
- 2. Breathe deeply.** Practice taking deep breaths. Deep breathing after surgery can decrease your risk for pneumonia.



**Surgical Services team featured on the cover**  
Front row (from left): Jacki VanHuis, RN, Pre-Admission Testing; Kirsten Delange, Certified Surgical Technician; Robert Hanes, MD, Anesthesiologist; Stacy Walker, RN, Surgery Team Lead; Adam Clark, RN, Surgery Team Lead. Back row (from left): Niko Smith, Patient Care Assistant; Derick Johnson, DO, Orthopedic Surgeon, Bone & Joint Center; Rachel Steenwyk, RN, Pre-Admission Testing & Endoscopy

**3. Quit smoking.** Tobacco can delay healing and damage your lung function. Talk with your doctor about programs or medications that can help you kick the habit.

**4. Get clean.** Shower with antibacterial soap the day before your surgery and sleep on clean sheets. Shower again before heading in to surgery. Don't shave the surgical area because you could nick yourself. All of these steps help lessen your risk for infection.

**5. Work out.** Aim for 30 minutes of physical activity daily, such as walking. You'll strengthen your heart and lungs and recover quicker after surgery.

**6. Educate yourself.** Also you want to prepare yourself mentally and emotionally. Ask your surgeon about what to expect. When you have a better understanding of what's going to happen, you'll feel more at ease.

## A Bright Idea

While Safer Surgery is a newer initiative, Dr. VanWylen stresses that it simply makes good sense.

## Measuring Success

At Holland Hospital, providing the highest quality patient-centered care is our utmost priority. Surveys measuring patient satisfaction reflect those efforts. The prehabilitation initiative has helped boost satisfaction scores among surgical patients. "When patients get active, eat better and quit smoking before surgery, they have better outcomes and are more satisfied with their experience overall," says Rob Schwartz, Director of Quality.

In the past year, Holland Hospital has met or exceeded its goals for the level of satisfaction patients reported in the following areas:

- Managing pain
- Communicating with nurses
- Providing patients with clear written discharge instructions

"Communication between the staff and patients is a cornerstone of prehabilitation," Schwartz says. "It's clear that patients are more satisfied with their experience when they feel that the staff listens to them and responds to their needs."

## Rehabilitation Care Tailored to Your Needs

Now you can find rehabilitation care that's as specialized as your needs, with skilled therapists and special equipment in one convenient location. Holland Hospital's Sports Medicine and Neurological Rehabilitation programs have relocated and expanded to better serve you.

### Sports Medicine Rehabilitation

Our location on Wellness Drive at the Lakeshore Medical Campus has been reconfigured to keep you in the game. Skilled physical therapists and athletic trainers collaborate to offer:

- Pre- and post-surgical care
- Sports testing
- Dance/performing arts injury care
- Concussion management

### Neurological Rehabilitation

To provide more comprehensive care, Neurological Rehabilitation is now provided at our South Washington location. Patients can participate in realistic simulated activities in our apartment-style home. Our case managers and therapists will develop a personal plan to help you build strength and balance, improve mobility and regain everyday skills.

## Holland Hospital Outpatient Rehabilitation Services Locations

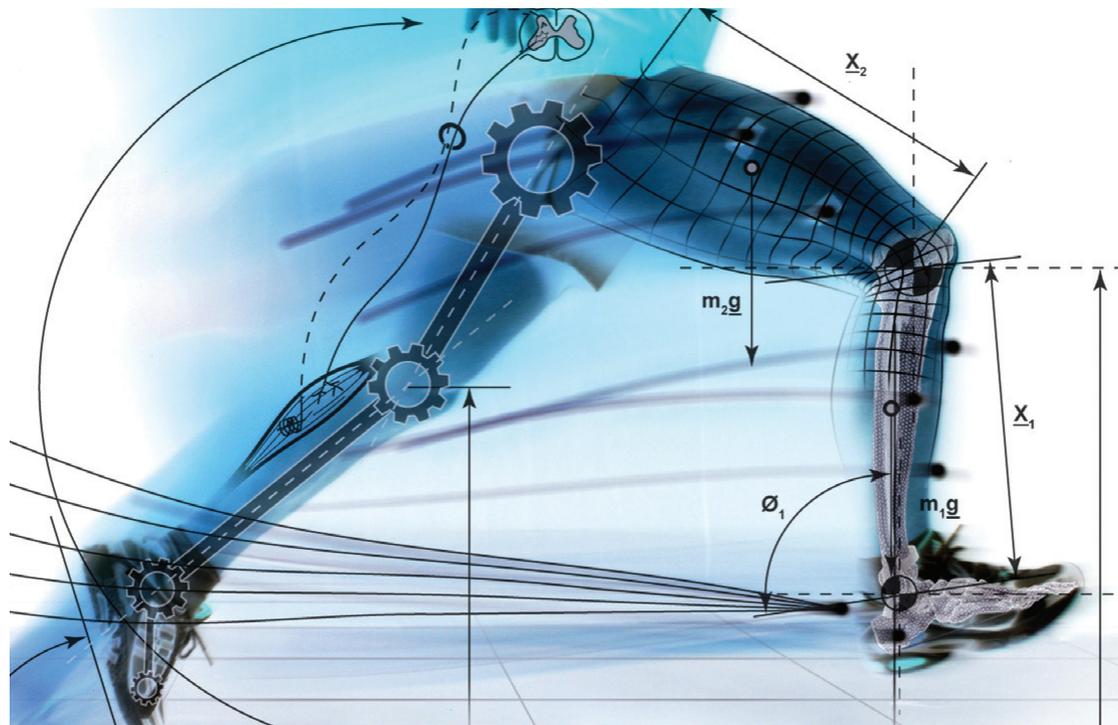
**3299 North  
Wellness Drive  
Building C**  
Lakeshore  
Medical Campus  
Holland, MI 49424  
**(616) 355-3987**

**480 State Street**  
Evergreen  
Commons  
Holland, MI 49423  
**(616) 355-3861**

**844 South  
Washington Avenue**  
Bldg. 2, Suite 1600  
Holland, MI 49423  
**(616) 355-3910**

**415 Wiley Rd.  
Suite 101**  
Douglas, MI 49408  
**(269) 857-3518**

**370 N. 120th  
Avenue**  
Holland, MI 49424  
**(616) 355-3840**



## INTRODUCING 3-D GAIT ANALYSIS

*Innovative technology prevents and treats running injuries*

If you're an active runner or walk regularly, you probably pay close attention to your distance and pace. But have you thought about how you run or walk? Your personal running or walking form, or gait, may put you at risk for serious injury by creating extra stress on joints, muscles and tissues.

Fortunately, Holland Hospital Sports Medicine now offers a new technology called 3-D gait analysis. It helps prevent and treat running injuries before they become painful or limit your activity. Using the system, Sports Medicine physicians scientifically examine your gait with 3-D motion capture technology to identify potential problems, provide effective treatment and keep you injury-free.

"I'm very excited to bring 3-D gait analysis to the lakeshore running community. My goal is to help runners continue to enjoy their

**Courtney  
Erickson-  
Adams, MD**  
*Sports Medicine,  
Bone & Joint Center*



sport with personalized injury prevention and increased efficiency," says Courtney Erickson-Adams, MD, Holland Hospital Sports Medicine physician and direct supervisor of the gait analysis program.

The 3-D technology is tied to the world's largest database of runners and walkers of all ages, from Olympic to recreational athletes. Data on an athlete's gait is compared to that of thousands of others in the database

to reveal uncommon movement patterns. Then, physicians develop a personalized plan that may recommend changes in running form and rehabilitation.

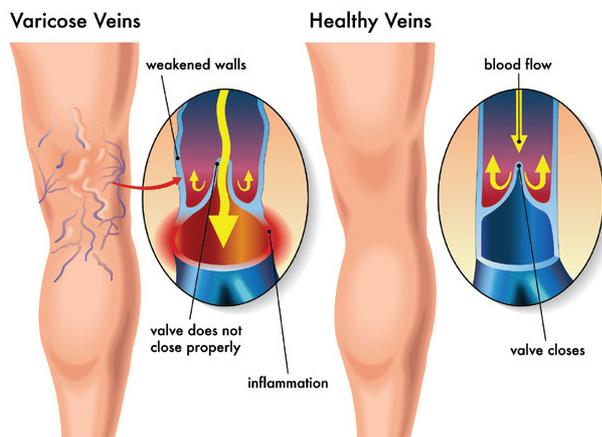
Gait analysis does not require a physician referral. For details, visit [hollandhospital.org/sportsmed](http://hollandhospital.org/sportsmed) or call the Bone & Joint Center at **(616) 738-3884**.

## Vein Care Clinic Provides Relief for Painful Varicose Veins

Led by Lakeshore Health Partners' General Surgeon Brian Dishinger, MD, the Vein Care Clinic treats patients with chronic venous insufficiency, with a minimally invasive outpatient procedure to induce the closure of the vein and relieve pain.

Patients with varicose veins may have increased pain, achiness or swelling of the legs or feet. As varicose veins increase in size, they tend to stretch the overlying skin inducing pain in the skin and other symptoms such as itching/redness or permanent discoloration of the skin.

*"It helps the leg(s) feel lighter and less swollen and reduces aching that occurs due to the presence of varicose veins. It also helps minimize the development of worsening varicose veins and reduces the risk of developing ulcers [caused by varicose veins] over time," says Dr. Dishinger.*



While varicose veins are often seen as a cosmetic concern, that is not always the case. As Dr. Dishinger explains, "General surgeons receive extensive training in the management of vascular diseases—one of which is the treatment of varicose veins. General surgeons think broadly about the underlying cause of varicose veins. If a patient receives care strictly for a cosmetic concern, the procedure is often ineffective."

If varicose veins are causing you fatigue, restlessness or pain, speak with your provider or call directly for a consultation at **(616) 394-0673**. Hear more from Dr. Dishinger discussing varicose veins and treatment options on [YouTube.com/hollandhospital](https://www.youtube.com/hollandhospital). 

## Benefits of Skin-to-Skin Care: A Guide for Expectant Mothers

At Holland Hospital, our goal is to have all infants participate in uninterrupted skin-to-skin care with their mothers for at least one hour after birth. The benefits of skin-to-skin care include:

1. Stabilization of baby's heart rate, breathing pattern and temperature
2. Stimulation of infant brain development
3. Enhanced breast milk production and improved breastfeeding success

For more resources on giving birth, breastfeeding support and other treatments and services, visit the Boven Birth Center website at [hollandhospital.org/bovenbirthcenter](https://www.hollandhospital.org/bovenbirthcenter). 

## URGENT CARE

### Need to see a doctor urgently—on your schedule?

We have two Urgent Care locations where we can see you for sudden illnesses, minor injury and non-life-threatening conditions. Locations are open daily, including weekends and holidays, and conveniently located in Holland and Zeeland.

#### Holland Hospital Medical Building

7 am to 7 pm  
8300 Westpark Way, Zeeland  
**(616) 748-5777**

#### Lakeshore Medical Campus

10 am to 10 pm  
3232 N. Wellness Dr. Bldg. B  
**(616) 494-4250**



## Have You Heard?

Holland Hospital and Spectrum Health have partnered to create Health Pointe—a stand-alone health care facility slated to open in late summer 2017. Located in Grand Haven Township, Health Pointe will house primary care physicians, specialists, lab and radiology services and urgent care with plans for future growth in other areas.

# 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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Lyndsay Flagel, Editor, [lflagel@hollandhospital.org](mailto:lflagel@hollandhospital.org)

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Hospital

# WELCOME NEW MEDICAL STAFF

## Welcome New Medical Staff

Looking for a physician? Go to [hollandhospital.org/findaphysician](http://hollandhospital.org/findaphysician) to search by name or specialty.

### Primary Care

#### Hannah Clark, FNP-C

Lakeshore Health Partners –  
Internal Medicine  
3235 N. Wellness Dr. Bldg A,  
Suite 120B  
Holland, MI 49424  
**(616) 399-9522**

#### Matthew Hilton, DO

Lakeshore Health Partners –  
Family Medicine, Zeeland  
8300 Westpark Way  
Zeeland, MI 49464  
**(616) 772-7314**

#### Jayne D. Pettinga, FNP-C

Lakeshore Health Partners –  
Women's Health  
8300 Westpark Way  
Zeeland, MI 49464  
**(616) 748-5785**

### Specialty Care

#### Alfred Albano, MD

Michael Brunner, MD  
Spectrum Health Medical Group  
Cardiovascular Services  
602 Michigan Ave., Suite 102  
Holland, MI 49423  
**(616) 392-3824**

#### Ramandeep Banga, MD

Paul DeLyria, MD  
Bonita Mohamed, MD  
Renal Associates of  
West Michigan, PC  
330 East Beltline, NE, Suite 100  
Grand Rapids, MI 49506  
**(616) 752-6235**

#### Peter Hoekman, MD

Lakeshore Health Partners –  
Ear, Nose & Throat  
577 Michigan Ave., Suite 101  
Holland, MI 49423  
**(616) 393-2190**

#### Adam Kadlec, MD

Western Michigan Urological  
Associates  
577 Michigan Ave., Suite 201  
Holland, MI 49423  
**(616) 392-1816**

#### Mark Lonergan, DMD

West Michigan Oral &  
Maxillofacial Surgery  
601 Michigan Ave., Suite 200  
Holland, MI 49423  
**(616) 392-2329**

#### Jarrod MacFarlane, DO

Leandra Sebald, PA-C  
Advanced Radiology Services, PC  
602 Michigan Ave.  
Holland, MI 49423

#### Matthew Packard, MD

Lakeshore Area Radiation  
Oncology Center  
12642 Riley St.  
Holland, MI 49424  
**(616) 355-5330**

#### Kelly Parling-Lynch, MD

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

#### Nino Soave, DO

Spectrum Health Medical Group  
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1445 Sheldon Ave., Suite 201  
Grand Haven, MI 49417  
**(616) 935-3479**

#### John Swartz, DO

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Holland, MI 49424  
**(616) 396-5855**

#### Lucien Tamer, MD

Patricia Mulder, LMSW  
Holland Hospital  
Behavioral Health Services  
854 S. Washington Ave., #330  
Holland, MI 49423  
**(616) 355-3926**

## Physician Lecture Series

FREE COMMUNITY TALKS

*Our 2016 Physician Lecture Series features men's health, cardiovascular and heart healthy recipes, minimally invasive spine surgeries and more educational topics! Stay tuned each month for new topics and to reserve your seat at [hollandhospital.org](http://hollandhospital.org)!*