LEADING THE PACK IN SPORTS MEDICINE

Our sports medicine specialists help keep kids and adults safe on the field, court and track. They answer your questions on page 3.

Holland Hospital athletic trainer Stephanie Lewis, MS, AT, ATC/L, checks Jack Ellermets, a captain on the Hudsonville football team, for signs of concussion.
BY YOUR SIDE:
Breast Patient Navigator

For many women newly diagnosed with breast cancer, navigating the health care system can be confusing—and at times, overwhelming.*

At Holland Hospital, women with breast cancer have an advocate who will guide them through every step of their cancer journey. Alecia Jones, BSN, RN, OCN, is the hospital’s certified breast patient navigator, an oncology nurse with 26 years of experience who serves as a liaison between women and their cancer care team.

“What’s particularly challenging for breast cancer patients is that they have so many decisions that have to be made at the time of diagnosis,” Jones says. “It’s a lot to take in when a person is already feeling so much anxiety and stress.”

With a Holland Hospital breast patient navigator at their side, women with breast cancer are never alone. Jones provides education about the disease, answers patients’ questions, coordinates care with the medical team and makes sure patients and their families understand treatment options. Jones also connects families to community resources that can help with transportation, finances and other issues.

Other breast-care services at Holland Hospital include breast MRI, breast ultrasound, image-guided core biopsy, reconstructive surgery, and more.

“Having one extremely knowledgeable and compassionate professional whose sole job is to advocate for breast cancer patients is extremely valuable,” says breast surgeon Jane Pettinga, MD, co-director of Comprehensive Breast Services at Holland Hospital. For more information, call Alecia Jones at (616) 355-3871.

Mark Your Calendar
Holland Hospital is a proud sponsor of these upcoming 5Ks:

Susan G. Komen Race for the Cure
September 6 in Grand Rapids
Visit komenwestmichigan.org for details.

Making Strides Against Breast Cancer
October 18 in Holland
Sign up at makingstridestwalk.org.

*This information also applies to men, who make up 1 percent of breast cancer patients.

Make Time for Mammograms

Skip a movie, skip a date—but don’t skip regular mammograms. “Mammography can detect breast cancer early, when it’s easiest to treat,” says radiologist Susan Ervine, MD, co-director of Comprehensive Breast Services at Holland Hospital.

The American Cancer Society recommends yearly screening mammography for women ages 40 and older; the U.S. Preventive Services Task Force advises screening every two years starting at age 50. Additionally, screening MRI is recommended for women at high risk for breast cancer. Talk with your doctor about your personal risk factors to determine the breast cancer screening regimen that’s right for you.

Schedule Yours Today
Call (616) 355-3865 to schedule a mammogram at one of Holland Hospital’s digital mammography locations in Holland and Zeeland.
**Q & A**

**SPORTS & SAFETY**

**Ask Dr. Courtney Erickson-Adams:**

**Q** My kids are active in school sports, but I’m worried about concussions. What can I do to keep them safe?

**A** Concussion—a traumatic brain injury caused by a blow or jolt to the head—can happen to any athlete in any sport, but they are most common in hard-hitting sports like football.

Parents can help young athletes reduce their concussion risk by making sure they do the following:

- Always wear proper-fitting protective gear such as a helmet
- Do the recommended training for their sport and always follow the rules of play
- If an injury does occur, do not downplay or ignore symptoms to try to return to the game

**How are concussions treated?**

If your child does suffer a blow to the head, watch them closely for signs of concussion. Symptoms include headache, nausea, vomiting, sensitivity to light and noise, and mood changes. If any of these arise, seek medical help. A grave danger is a second strike before the brain has healed.

Treating head injuries promptly is the best way to reduce long-term effects. The first step to recovery requires mental rest—no texting, reading, watching TV or playing video games—until feeling back to normal. Physical activity should be resumed gradually under the supervision of a doctor or athletic trainer to determine when it’s safe to return to play.

**Courtney Erickson-Adams, MD**

*Primary Care Sports Medicine*

Bone & Joint Center

3299 N. Wellness Drive, Holland

(616) 738-3884

hollandboneandjoint.com

**Ask Dr. Bruce Stewart:**

**Q** My teenage daughter hurt her knee playing soccer. Is it safe to treat her at home, or does she need to see a doctor?

**A** Any injury that causes significant swelling or deformity should be checked by a doctor right away. Other symptoms to watch for include a feeling of instability in the knee, locking in the knee, or not being able to fully extend the knee. If the knee injury causes only minor pain, it could be a strain or sprain. In that case, you can treat the knee at home with RICE—rest, ice, compression and elevation. Have her rest her knee, apply ice for at least 20 minutes three or four times a day, wrap the knee with a bandage and elevate it above the heart.

**How are sports injuries treated?**

Many sports injuries can be treated with rest and rehabilitation. Other options include medication to relieve pain and inflammation, and immobilizing the injured body part to prevent more damage and promote healing. If an injury requires surgery, most procedures can be performed with minimally invasive techniques. These offer faster recovery. Talk with your doctor or a sports medicine specialist for assessment and treatment options.

**Bruce Stewart, MD**

*Orthopedics & Sports Medicine*

Shoreline Orthopaedics

370 N. 120th Ave., Holland

(616) 396-5855

shorelineortho.com

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Holland Hospital certified athletic trainers work with students in five area high schools to prevent and treat injuries.
West Michigan Heart: Meet the Providers

We’re accepting new patients!
Call (616) 392-3824.

Spectrum Health Heart & Vascular Center, in partnership with Holland Hospital, is located at 602 Michigan Avenue, Suite 102. To visit, enter Holland Hospital parking from the 27th Street main entrance and follow signs.

William Frauenheim, MD
Lynn Cronin, MD
Ellen Jansyn, MD
Gregory Bernath, MD
John Gribar, MD
Alan Woelfel, MD
Thomas Wolf, PA
Randy Klein, PA
Bohuslav Finta, MD

Holland Hospital is pleased to welcome West Michigan Heart, a member of Spectrum Health, to its new home on our hospital campus.

In June, West Michigan Heart cardiologists and staff relocated from 904 S. Washington Avenue to the new Spectrum Health Heart & Vascular Center on Holland Hospital’s main campus. The new building’s separate entrance, adjacent parking and direct connection to the hospital mean patients have easy access for appointments, diagnostic testing, cardiovascular treatment, cardiac rehabilitation and other hospital services.

“This partnership ensures the continuation of convenient, local access to exceptional cardiovascular care,” says William Frauenheim, MD, cardiologist. “Working together, Holland Hospital staff and Spectrum Health cardiology can provide the most rapid, efficient and effective care for heart patients.”

The Spectrum Health Medical Group is also adding a Vascular Clinic at this location for comprehensive assessment and treatment of vascular disease. The Vascular Clinic is expected to begin seeing patients this fall.

Having the Spectrum Health Heart & Vascular Center on-site continues a long-standing relationship of collaboration between Holland Hospital and Spectrum Health. Other collaborative initiatives include the Lakeshore Area Radiation Oncology Center (LAROC), Holland Community Health Center, and Holland Hospital Rehabilitation Services at Spectrum Health–Zeeland Community Hospital.

Looking to the future, Holland Hospital and Spectrum Health leaders recently created the Forum for Hospital Collaboration, a framework to continue to explore regional planning strategies to improve the quality, value and access to health care in our communities.

Dietary Tips to Prevent Heart Disease
Heart disease, stroke and type 2 diabetes are among the leading causes of preventable death. Dr. Frauenheim discussed ways to fight these conditions in our free Physician Lecture Series. Watch it at youtube.com/hollandhospital.
2014 Class Schedule
Through 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., Ste. A, Holland, MI 49423

Pre-registration is required. Classes are held at Holland Hospital unless otherwise noted.

CUSTOMER SERVICE

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

Weather-Related Cancelations – Classes canceled due to weather are posted by 3 p.m. the day of the class at (616) 394-3344 as well as local radio and TV stations. Class cancelations are not based on school cancelations.

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

Dates: Thursdays, Sept. 11, Oct. 9, Nov. 13 & Dec. 11
Time: 6-7 p.m.  Fee: FREE

Hip & Knee Presentations
Experienced orthopedic surgeons who specialize in hip and knee care will explain a variety of surgical and non-surgical solutions to reduce pain, improve mobility and help you enjoy a healthy, active life.

Dates: Monday, Sept. 15 OR Nov. 17
Time: 6-7 p.m.  Fee: FREE

Bones of Steel Presentation
Worried about osteoporosis? Join Anne McKay, MSN, ANP-BC, and learn how you can keep your bones healthy and strong. Heel screening available a half hour prior to and after the presentation.

Date: Thursday, Oct. 30
Time: 6-7 p.m.  Fee: $5, not refundable

Children and 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. 2, Oct. 7, Nov. 4 OR Dec. 2
Time: 6-7 p.m.  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 AHA’s book “CPR for Family and Friends” and a first aid kit. This class is appropriate for teens and preteens ages 10-15 interested in babysitting. Walk-ins and substitutions can NOT be accommodated. Pre-registration required.

Date: Saturdays, Sept. 6, Oct. 4 OR Nov. 15
Time: 9 a.m.-12:30 p.m.  Fee: $25

CPR Courses
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. Non-certified 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.

CPR for Family & Friends
This class does not offer certification.
Fee: $15 per person; $20 per couple

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

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

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.

Nutrition & Wellness
Rediscovering Ancient Grains
Get back to your roots by exploring ancient grains! You will learn about the many ancient grains that have recently flooded the market and how they are a healthy addition to a balanced diet. Participants will receive recipes and samples!

Date: Thursday, Oct. 2
Time: 6-7 p.m.  Fee: $5, not refundable

Dietitian Dinner Date
Meet one-on-one with a registered dietitian (RD) in this two-part series. The first session will cover meal planning and creating an efficient shopping list. The second session will take place at your favorite grocery store where you will learn how to make healthier choices while shopping and have the opportunity to ask questions about the grocery items you frequently buy. Session one: 30 minutes, Session two: 60 minutes. Call CfGH to register.
Fee: $90 per person
Location: Center for Good Health

Healthy Holiday Cooking
Don’t let your healthy habits go out the window this holiday season! Learn how to stay well, including techniques to make holiday favorites healthier, but still delicious. Participants will also receive recipes and samples of new and healthy holiday dishes that they are sure to love.

Date: Monday, Nov. 17  Time: 6-7:30 p.m.  Fee: $10  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 fun-filled, information-packed event 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 you need to change your future.

Dates: Thursday, Sept. 18 OR Nov. 6
Time: 6-7:30 p.m.  Fee: $5, not refundable

Healthy Weight, Healthy You
This eight-week program focuses on lifestyle changes to improve your health and achieve a healthier body weight. The curriculum focuses on eating whole foods, physical activity, portion control, emotional eating and ways to streamline healthy eating. Learn goal setting and techniques for long-term change. Educational materials support all presentations. Biometric measurements (height, weight, percent body fat and blood pressure) will be measured before and after the program.

Date: Thursdays, Sept. 11-Oct. 30
Time: 6-7:30 p.m.  Fee: $50/person; $90/couple
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 diettitian and three 60-minute personal training sessions with a certified personal trainer. Participants will also receive a personalized health 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

**Westshore Walkers**

Westshore Walkers weekly walking program led by Tina Vande Guchte, BA, certified personal trainer. Expert guidance offered as you stride on a climate-controlled route, free of pets and potholes. All levels. No registration required.

- **Day:** Wednesdays
- **Time:** 1:2 p.m.
- **Fee:** FREE
- **Location:** Courtyard near Dunhams at Westshore Mall

**Personal Training**

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

- **Date:** Ongoing, call for an appointment
- **Fee:** Please call
- **Location:** Center for Good Health

**Group Fitness Classes** – Seven weeks:

- **Fall Session 1:** Sept. 8 – Oct. 24
- **Fall Session 2:** Oct. 27 – Dec. 19

- **Fee:** $42 per session. Prepayment required.
- **Location:** All fitness classes are held at the Center for Good Health unless otherwise noted.

**NOTES:**
- No classes held the week of Thanksgiving.

**Very Beginner Yoga** – New to yoga? Learn basic poses, proper body alignment and breathing.

- **Day:** Thursdays
- **Time:** 4:30-5:30 p.m.

**Beginner Yoga** – Combines body alignment and breathing with a slowly paced flow of basic yoga poses.

- **Day:** Tuesdays
- **Time:** 4:30-5:30 p.m.

**Beginner/Intermediate Yoga** –

- **Day:** Mondays
- **Time:** 6:30-7:30 p.m.

**Intermediate Yoga** – Additional postures and balance and strength movements are linked together for continuous flow.

- **Day:** Tuesdays
- **Time:** 5:30-6:30 p.m.

**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:** 6:30-7:30 p.m.

**Restorative Yoga** – Experience relaxation of body and mind with the aid of supportive props and restorative poses that allow the body to fully relax in each posture—no straining to hold that tricky pose. Healing practice prioritizes stillness, deep breathing, and a calmer state of mind. Beneficial to balance an active lifestyle or decompress after a stressful day. BYO blanket.

- **Day:** Tuesdays
- **Time:** 6:30-7:30 p.m.

**Yoga for Cancer Survivors** –

Gradual, restorative practice helps to rebuild breath awareness, flexibility—and as the weeks progress—stability, strength and function. Supportive setting to ease stress, elevate mood and regain sense of self. No previous yoga experience necessary.

- **Day:** Thursdays
- **Time:** 5:30-6:30 p.m.

**Belly Dance** – “Let go” and sway to calming rhythms in a colorful CGH coin sash and experience fluid range of motion in low back and hips. Instructor Na’ima guides flowing feminine movements that bring suppleness and strength to torso, abdominals, and pelvic area. Belly dancing fosters elegant posture and poise. No Punch Pass drop-in.

- **Day:** Mondays
- **Time:** 5:30-6:30 p.m.
- **OR**
  - **Day:** Wednesdays
  - **Time:** 4:30-5:30 p.m.

**High-Intensity Interval Training** –

Raise your heart rate, fitness level and calorie expenditure with short bursts of high intensity cardio, calisthenics and power moves. Positive team energy elevates your mood and metabolism. Led by personal trainer Tina Vande Guchte, BA.

- **Day:** Wednesdays
- **Time:** 5:30-6:30 p.m.

**10-Class Punch Pass** – Drop in to any class (except Belly Dance), 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 CGH fitness studio for a punch.

- **Fee:** $60 Community | $50 HH Employee
- **Note:** Punch Passes expire four months from date of purchase.

PRE-REGISTRATION 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.
**Pregnancy, Parenting & Birth**

**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.

**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:** Thursdays, Sept. 18 OR Nov. 20
**Time:** 6-7 p.m. **Fee:** FREE

**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 a.m.-2 p.m. **Fee:** FREE

**Childbirth Education Online**
A web-enhanced program for busy families. “See What You Read: Childbirth” includes dozens of short video clips. The booklet includes information that can be accessed for six months by using a supplied pin number.

**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.

**Dates:** Thursdays, Oct. 16 OR Dec. 11
**Time:** 6-7:30 p.m. **Fee:** $5 per person

**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:** Tuesdays, Sept. 9 OR Nov. 11
**Time:** 6-8:30 p.m. **Fee:** $20 per couple

**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. A tour of the Boven Birth Center is included.

**Wellness Services**

**Quit and Fit**
You are more likely to quit smoking if you start exercising. This seven-week class explores nicotine replacements and prepares you to stop smoking, cope with triggers and manage weight and stress with lifestyle changes that support a tobacco-free life. Each class includes an at-your-pace fitness activity. For Holland Hospital employees, fee is covered by the Wellness Initiative; please call to register.

**Dates:** Tuesdays, Sept. 16-Oct. 28
**Time:** 5:30-6:30 p.m. **Fee:** $45
**Location:** Center for Good Health

**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**

**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, but knowledge is power.

**Requires a 12-to 14-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

**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

**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 a.m.–5:30 p.m. **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.

**PRE-REGISTRATION 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.**
You shop online. You bank online. Now you can manage your health online. Holland Hospital’s free Patient Portal, which launched this summer, gives you access to your hospital records and health information when and where it’s convenient for you. You can log on to the portal 24/7 from any computer, smartphone or tablet to view up-to-date information from Holland Hospital, including:

- Lab results
- Medication list
- Procedure and visit summaries
- Discharge instructions

All information is private and secure. Only you or someone you’ve authorized to view your portal will be able to access the information.

It’s easy to enroll.

Our Patient Portal is offered to all adult patients admitted to the hospital. You simply need an email address to sign up for the portal. Once enrolled, you can visit hollandhospital.org at any time and log on to the portal using your secure password. (The Holland Hospital Patient Portal is separate from online portals used by doctors’ offices.)

Care You Can Count On

Holland Hospital’s high-quality care, exceptional patient outcomes and cost-efficient operation have consistently been recognized among our nation’s best.

New Electronic Health Records Boost Safety, Efficiency

Holland Hospital recently implemented a new electronic health record (EHR) system. EHRs provide significant benefits for patients and providers, starting with the knowledge that your health information is available in one easy-to-access place. Here are other key advantages:

- Improves accuracy
- Information is always up-to-date, secure and password-protected
- Medical devices share information with the EHR to monitor patients and inform caregivers
- New technologies verify your identity, medications and vital information by scanning a bar code on your wristband
- Eliminates errors from illegible handwriting or transferring paper copies
- Eases coordination of care among the team of providers
Urgent Care expanding to cover your needs

Lakeshore residents will soon have another place to go for quick, professional medical care. This fall, Holland Hospital is opening a second Urgent Care at the Holland Hospital Medical Building in Zeeland.

The new location expands the urgent care services provided at the Lakeshore Medical Campus, off Riley Street, two blocks east of US-31. Combined, the two locations offer coverage from 7 a.m. to 10 p.m. 365 days a year. (See hours for each in the sidebar to the right.)

Then, in January, Urgent Care at the Lakeshore Medical Campus will move from Building A to a larger suite in Building B to accommodate the growing patient volume. According to urgent care physician Brian Cote, DO, using urgent care for non-life-threatening conditions typically means quicker care at about a third of the cost of a typical ER visit. Wider use of urgent care is encouraged nationwide in order to free up ERs for more serious emergencies. “Nationally, about 70 percent of ER patients could be treated in urgent care,” Dr. Cote notes.

People with a serious illness or injury should call 911 and go directly to the hospital ER. This is especially important for time-dependent conditions like heart attack or stroke—when every minute counts.

“One of our goals is to educate the community on how to choose the right place to go for the right treatment at the right time,” says Dr. Cote.

Should you go to Urgent Care or the Emergency Room?

Call 911 and go to the emergency room for any of the following:

- Uncontrollable bleeding
- Major fractures or burns
- Numbness or paralysis of face, arm or leg
- Sudden slurred speech, visual changes or weakness
- Head injury or sudden severe headache
- Seizure or loss of consciousness
- Acute psychiatric disorders
- Severe shortness of breath
- Persistent chest or abdominal pain or pressure
- Poisoning or suspected overdose
- Vaginal bleeding with pregnancy

For any of the following:

- Vaginal bleeding
- Fainting
- Choking
- Convulsions
- Burns
- Severe chest pain
- Spider veins

Inability to get a same-day appointment with your primary care physician

Two Locations

Lakeshore Medical Campus
Open daily, 10 a.m. to 10 p.m.
N. Wellness Dr., Bldg. A
Bldg. B in 2015
Holland, MI 49424

Holland Hospital Medical Building
Open daily, 7 a.m. to 7 p.m.
(starting this fall)
8300 Westpark Way
(just west of I-196)
Zeeland, MI 49464

Staffed by board-certified Emergency/Family Medicine physicians:

Brian Cote, DO
Michael Mott, MD
Donald Weersing, MD
Charles E. Feldt, DO, and Carrie Holland, MD, will join the Urgent Care team at both locations.
One in three U.S. adults has prediabetes, a condition that often develops into type 2 diabetes within three years. Holland Hospital’s Center for Good Health is helping community members cut their diabetes risk in half with modest lifestyle changes.

Prevention Program Helps Participants Boost Health
The Center for Good Health is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). The program’s goal is for participants to lose 5 to 7 percent of their body weight (10 to 14 pounds for a person weighing 200 pounds) by eating healthier and becoming more physically active. The CDC estimates that nationwide implementation of the program could prevent about 885,000 future cases of type 2 diabetes.

“Small changes make a big difference,” says Certified Diabetes Educator Julie Husmann, MSM, RD, who coordinates and serves as a lifestyle coach for the local program. She also coordinates Holland Hospital’s Diabetes Self-Management Education Program for people who have already been diagnosed with diabetes.

A key to the program’s success is group interaction and support. Although her group has ended, Baron and other members continue to meet biweekly to help keep each other on track.

The Center for Good Health will begin its fourth National Diabetes Prevention Program group in September. To learn more, contact Julie Husmann at (616) 394-3273 or jhusmann@hollandhospital.org.

Healthy Living with Diabetes: Solutions Beyond Sugar
See our Physician Lecture by Chris Howell, MD, of Lakeshore Health Partners–Internal Medicine, at youtube.com/hollandhospital.

Are You At Risk for Diabetes?
You are at increased risk for developing prediabetes and type 2 diabetes if you:
- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than three times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

If you think you may be at risk, talk with your health care provider.

Losing Weight, Lowering Health Risks
Since the Center for Good Health began offering the free, year-long program in May 2013, three groups have reaped its benefits. The first 16 participants to complete the program had an average weight loss of 5 percent and lowered their A1C, body mass index (BMI) and waist circumference numbers, all of which are markers for type 2 diabetes. Top weight loss ranged from 7 to 15 percent.

Kate Baron, of Grand Haven, has had prediabetes for years but says this is the first time she has gotten help with her diet. “I lost weight through the program and learned how to eat more healthfully,” she says. “It helped me so much that I don’t need to be on any medication.”

A key to the program’s success is group interaction and support. Although her group has ended, Baron and other members continue to meet biweekly to help keep each other on track.

The Center for Good Health will begin its fourth National Diabetes Prevention Program group in September. To learn more, contact Julie Husmann at (616) 394-3273 or jhusmann@hollandhospital.org.
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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Martha Slager, Director
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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.

Physicians
Robert J. Bruxvoort, MD
Family Medicine
Lakewood Family Medicine
382 120th Ave.
Holland, MI 49424
(616) 396-6516

Elizabeth A. Horton, DPM
Holland Foot & Ankle Center
904 S. Washington Ave.
Holland, MI 49423
(616) 392-7472

Michael W. Johansen, DO
Pediatric Cardiology
DeVos Children's Hospital
100 Michigan Street NW
Grand Rapids, MI 49503
(616) 267-9150

Ravichand Madala, MD
Sleep Medicine & Neurology
SHMg – Sleep Medicine
4100 Lake Drive, Suite 100
Grand Rapids, MI 49546
(616) 391-3759

Tulika Singh, MD, MS
Internal Medicine/
Infectious Disease
1310 Wisconsin Street
Suite 103
Grand Haven, MI 49417
(616) 844-4701

Kristen L. Sumners, DO
Family Medicine
Lakeshore Health Partners – Family Medicine in Zeeland
8300 Westpark Way
Zeeland, MI 49464
(616) 772-7314

Hospitalists
Patricia L. Fick, MD
Ryan A. Hop, DO
Joseph K. Postma, MD
Aaron Tolan, MD

Holland Hospital - Hospital Medicine
602 Michigan Ave.
Holland, MI 49423
(616) 546-4950

Advanced Radiology,
Holland Hospital
Radiology Services
Thomas J. Archambeau, MD
Jeffrey A. Chesnut, DO
Mark W. Cimmerer, MD
Amy M. Federico, DO
Paul A. Garber, DO
Thomas A. Getz, MD
Brett D. Kucej, MD
Gregory N. Mitchinson, MD
David J. Rawson, DO
Amy M. Schreur, PA-C
Paul D. Shreve, MD
Amy L. Warpinski, DO

Anna R. Killeen, PA-C
SHMG-Gastroenterology
Jon M. Penhorwood, PA-C
Holland Hospital – Hospital Medicine
Joanne M. Trembley, PA-C
Holland Hospital
Emergency Department
Rebecca Vandenbroek, PA-C
Holland Hospital – Hospital Medicine

Physician Assistants
William Bartoli, PA-C
Lakeshore Health Partners – Walk-In Care
Michael L. Bills, PA-C
Shoreline Orthopaedics

“Women’s Health Now:
What’s New, What’s True”

Thursday, September 11
6:30 to 9 p.m.
Baker Lofts, East 24th Street in Holland

Open to all, free admission
See hollandhospital.org for details