Register for Winter Classes! See Class Schedule Inside.
Manage the Risk

Know the Link Between Diabetes, Heart Disease and Stroke

After being diagnosed with diabetes, many people work on improving their health to decrease the likelihood of complications such as kidney disease, vision problems and foot conditions. However, studies have shown that up to 70% of people with diabetes aren’t aware that heart attack and stroke are also major complications associated with diabetes.*

Because people with diabetes often experience high blood pressure and high cholesterol levels, they are at an increased risk of developing arterial disease – a condition that can ultimately lead to heart attack and stroke. Although this may seem dire, the long-term outlook for diabetics can be positive if risk factors are managed properly.

A heart-to-heart matter

If you’re wondering how diabetes affects your heart, here’s how: A spike in blood sugar, blood pressure or cholesterol can harm your blood vessels and make it easier for fat deposits to cling to them. Arteries and blood vessels can then become blocked, leading to a heart attack or stroke.

One of the first steps in determining whether you are at risk of diabetes complications is to assess your overall health. If you smoke, drink heavily and/or eat poorly, your health may be at risk. These factors can harm anyone’s health, but are especially dangerous for a person with diabetes. Making changes to your lifestyle takes effort, but can greatly reduce complications. To help maintain heart health, the American Diabetes Association suggests the following ABCs:

**Lower your hemoglobin A1c.** Keeping your A1c (a blood test that indicates your blood sugar levels over the past three months) below 7% can help prevent complications.

**Monitor blood pressure.** Have your blood pressure checked regularly. If your doctor tells you it’s high, you may need to work on reducing stress and/or following an exercise routine. Medication may also be an option.

**Tackle bad cholesterol.** LDL cholesterol is the “bad” cholesterol because it can lead to fat buildup in your arteries. By lowering your cholesterol, you can help keep your heart in good working order.

*Source: Mayo Clinic.com.*

Get on the right path

If you have diabetes, talk to your physician about your risk for heart attack or stroke. He or she can help monitor your diabetes and suggest ways to improve your health.

HOLAND HOSPITAL EA RNS ISO CERTIFICATION

Adherence to best practices, being the first in West Michigan to receive Magnet Hospital status, and repeated recognition as one of the nation’s 100 Top Hospitals has distinguished Holland Hospital as a top-performing hospital. Now, we are pleased to add ISO certification, the universal benchmark for demonstrating the highest standard of quality.

ISO – the International Organization for Standards – is an international Quality Management System that outlines business practices for continually evaluating and
Worksite Wellness: A Win-Win for Companies and Employees

With the rising cost of health care, many businesses are looking for ways to contain costs and encourage a healthy workforce. Holland Hospital’s Worksite Wellness program gives them a way to do both at once.

Worksite Wellness gives employees the opportunity to obtain health services where they spend much of their day – at work. Through a partnership with Holland Hospital, 25 local businesses now offer the program, customized to include everything from educational seminars, health screenings and smoking-cessation classes to one-on-one wellness coaching and disease management. All are provided on-site by a team of Holland Hospital health-promotion professionals.

For Jerry Cassidy, a machine technician at Gentex Corporation, Worksite Wellness has helped him lose 60 pounds and get his diabetes under control. He meets regularly with a registered nurse, who monitors his progress and coaches him on diet, exercise and good blood sugar control. Between visits they communicate often by email.

“She goes over my medications and makes suggestions for improvement. She even suggests changes to my doctor,” says Cassidy, who has reduced his A1c score (average blood sugar level over the past 3 months) from 11 to 6.4 – a significant improvement.

About 1,700 employees take advantage of Gentex’s wellness program and fitness center, says Kim Busscher, wellness coordinator for the multinational corporation’s Zeeland headquarters. Three years ago Gentex began offering employees credits on their health-insurance premiums for participating in wellness activities. Next year the company will “raise the bar” by basing employee incentives on individual achievement of results-based outcomes, says Busscher.

Benefits go both ways

The benefits to workers are obvious: better health and higher morale. But employers also stand to gain by having lower health care costs and improved productivity. Studies show that for every dollar a business invests in health promotion, it saves $3 in reduced health care costs and almost $6 in lower absenteeism.

“Gentex has definitely seen a return on our investment,” Busscher says. “Every year the ROI increases incrementally as more and more employees see and experience the value of participating in our wellness program.”

Bruce Los, vice president of human resources at Gentex, sees the benefits of Worksite Wellness in employee health and productivity.
Your mother is not alone. With today’s emphasis on short hospital stays, many patients need additional care and support after surgery. While some go to a nursing facility, many prefer to return home where they feel most comfortable. Home health care can make it possible to do so.

Typically, you will work with the hospital discharge planner to make arrangements. Within 24 hours of your mother’s discharge, a home health nurse will contact your mom to schedule a home visit. This enables the nurse to become familiar with your mom’s specific needs and assess the safety of her home.

Home health services are provided by nurses, home health aides, rehabilitation therapists or medical social workers based on a professional plan of care led by the patient’s personal physician. This team approach enables us to develop a program specific to your mother’s needs to ensure that all medications and treatments are properly administered. Progress is regularly monitored by a registered nurse.

If your mom needs additional help, we also offer personal care services, available 24/7 to help her with meal preparation, bathing, housekeeping, transportation, shopping and other daily tasks.

To learn more, call Holland Hospital Home Health Services at 616.394.3346 or toll-free 800.996.3346. Our staff will be happy to assist in determining eligibility for insurance coverage through Medicare, Medicaid, insurance companies, HMOs or other carriers.

**ABOUT THE EXPERT**
Jan Langeland
Director of Home Health Services
Holland Hospital
616.394.3346

**Q. WE ALL EXPERIENCE ANXIETY FROM TIME TO TIME, BUT WHAT IF EXCESSIVE, NEEDLESS WORRY BECOMES A PROBLEM? IS THIS AN ANXIETY DISORDER?**

Anxiety is a normal reaction to stress, but too much of it can disrupt everyday life. For people with an anxiety disorder, intense, irrational worry and fear are overwhelming and can become crippling. Jobs, school and personal relationships may be harmed. Fortunately, there are a number of treatments available to help sufferers gain control.

According to the American Psychiatric Association, anxiety disorders are the most common mental illness in the United States, affecting more than 25 million Americans.

The most common types are:

- **Generalized anxiety disorder** – characterized by excessive worry and tension about routine life and activities.
- **Panic disorder** – episodes of intense fear (panic attacks) that occur without warning.
- **Phobia** – a fear of something that is excessive or unreasonable. Social phobia is characterized by an overwhelming fear of embarrassment or humiliation in social settings.
- **Obsessive-compulsive disorder (OCD)** – repeated thoughts and compulsive behaviors that seem impossible to control.
- **Post-traumatic stress disorder (PTSD)** – flashbacks, avoidance and other symptoms are linked to a past traumatic event such as an assault, child abuse or war.

If left untreated, anxiety disorders can leave sufferers with overwhelming anxiousness, fear and frightening physical symptoms. They may coexist with depression, substance abuse or other mental disorders.

**Getting help**
A number of treatments are available to manage anxiety disorders. Typically, a combination of cognitive behavioral therapy and anti-anxiety or antidepressant medication is prescribed. Behavioral therapy works well in those overcoming phobias, and psychotherapy may also be used to help treat those suffering from PTSD.

If you or a loved one is suffering from anxiety or depression, consult your physician or a mental health provider. Holland Hospital Behavioral Health Services has psychiatrists and psychologists available for consultation, and offers free walk-in screenings to assess risk for depression and anxiety disorders.

For more information, call 616.355.3937 or go to hollandhospital.org/depression.

**ABOUT THE EXPERT**
Jillian Lankford, MD
Psychiatry
Behavioral Health Services
Holland Hospital
854 S. Washington Ave., Holland
616.355.3937
Holland Hospital Medical Groups is pleased to welcome the newest member of the Lakeshore Health Partners (LHP) family. As of January 1, 2012, Lakeshore Surgical Associates will be known as LHP - General Surgery. However, physicians and their exceptional patient care remain unchanged.

Daniel DeCook, MD  
William Houskamp, MD  
Stephen VanWylen, MD

Location, phone number and billing are also the same. For more information, see lakeshorehealthpartners.com.

New Physicians

Holland Hospital is pleased to welcome the following physicians to our medical staff.

Christopher Chambers, MD, PhD  
Vascular Surgery  
SHMG–Vascular  
4069 Lake Dr. SE, Suite 312  
Grand Rapids, MI 49546  
616.284.8842

Corie Eklov, MD  
Internal Medicine  
Lakeshore Health Partners–Adult Hospitalists  
Holland Hospital  
602 Michigan Ave.  
Holland, MI 49423  
616.546.4950

Ammar El-Nachef, MD  
Neurology  
Lakeshore Health Partners–Neurology  
577 Michigan Ave., Suite 104  
Holland, MI 49423  
616.396.7366

Matthew Fletcher, DO  
Internal Medicine  
Lakeshore Health Partners–Adult Hospitalists  
Holland Hospital  
616.546.4950

Ellen Jansyn, MD  
Cardiology  
West Michigan Heart–SHMG  
904 S. Washington Ave., Suite 120  
Holland, MI 49423  
616.392.3824

Nehal Lakhani, MD, PhD  
Internal Medicine  
Cancer & Hematology Centers  
145 Michigan St. NE, Suite 3100  
Grand Rapids, MI 49503  
616.954.9800

Jillian Lankford, MD  
Psychiatry  
Holland Hospital Behavioral Health Services  
854 S. Washington Ave., Suite 330  
Holland, MI 49423  
616.355.3926

Ryan Madder, MD  
Cardiology  
West Michigan Heart–SHMG  
2900 Bradford St. NE  
Grand Rapids, MI 49525  
616.885.5000

Byron Slaton, MD  
Nephrology  
Renal Associates of West Michigan  
330 East Beltline NE, Suite 100  
Grand Rapids, MI 49506  
616.752.6235

Brent Van Til, DPM  
Podiatry  
Holland Foot & Ankle Centers  
904 S. Washington Ave., Suite 130  
Holland, MI 49423  
616.392.7472

Tod Wyn, MD  
Hospice & Palliative Medicine  
Hospice of Holland  
270 Hoover Blvd.  
Holland, MI 49423  
616.396.2972

Radiologists  
James Bares, MD  
Carol Mae Bosanko, MD  
Enzo Cento, MD  
Mark DeLano, MD  
Dean Gorsuch, MD  
Kenneth Gritter, MD  
Jeffrey Hinman, MD  
Scott Lancaster, MD  
Eric Lindgren, MD  
Neil McCullough, MD  
David Patrick, DO  
David Pennes, MD  
David Reynolds, MD  
Jacielle Tung, MD  
Andrew Woodrow, MD  
Interventional Radiologists  
Jay Morrow, MD, PhD  
William Slater, MD  
Advanced Radiology Services  
Holland Hospital Radiology Services

MID-LEVEL HEALTH CARE PROVIDERS

We also welcome the following physician assistants.

David Huyge, PA-C  
Holland Hospital Urgent Care  
3235 N. Wellness Dr, Suite 140  
Holland, MI 49424  
616.494.4250

Chad Smith, PA-C  
Shoreline Orthopaedics  
370 N. 120th Ave.  
Holland, MI 49424  
616.396.5855

Adam Stillo, PA-C  
The Bone and Joint Center  
3299 N. Wellness Dr, Suite 240  
Holland, MI 49424  
616.738.4420
Let’s face it – urinary incontinence, or involuntary loss of urine, can be embarrassing. Affecting twice as many women as men, the bladder problem is most common in the menopause years and after, leading many women to believe it’s something they just have to endure.

Not so, says Robert Bates, MD, urologist with Western Michigan Urological Associates (WMUA). “Women do themselves a great disservice by avoiding the topic,” Dr. Bates says. “Incontinence can be treated, so don’t let embarrassment keep you from seeking help.”

Holland Hospital recently teamed up with WMUA to launch Bladder & Pelvic Health Services, a new program offering a comprehensive range of treatments and solutions for bladder problems unique to women.

What is urinary incontinence?
Chronic incontinence usually falls into two main categories:

• **Stress incontinence.** Straining, coughing, laughing, sneezing or running cause the bladder to release urine. It results from the weakening of pelvic muscles that support the bladder, usually due to childbirth, weight gain or menopause.

• **Urge incontinence,** also called overactive bladder, is characterized by an urgent need to urinate suddenly and/or frequently. It is caused by damage to the urinary tract or the nerves that control urination.

“Urinary incontinence is a major issue for women as they age because it limits activities, makes them self-conscious and becomes a risk factor for falling and losing independence,” notes Dr. Bates.

How can it be treated?
At their first visit to Bladder & Pelvic Health Services, women can expect to discuss their medical history and have a physical examination to check for physical or structural causes of incontinence. This information will help the health care team, which includes urologists, nurse specialists and physical therapists, to determine which treatment is most effective.

Treatments for stress incontinence include Kegel exercises to strengthen the pelvic floor muscles; medication; the placement of a pessary, a removable device to help support the bladder; and minimally invasive surgery.

Treatments for urge incontinence include a combination of medication and physical therapy. For most women, this can be enough to significantly improve quality of life.

If one treatment fails, don’t give up. Patients should work with their doctor to find the right combination of treatments.

Get help
Bladder & Pelvic Health Services is one of several women’s services located in the Holland Hospital Medical Building in Zeeland. Call 616.392.1816 to make an appointment.

You can view Dr. Bates’ Physician Lecture on female incontinence at hollandhospital.org/PelvicHealth/overview.aspx.

ABOUT THE DOCTOR
Robert Bates, MD
616.392.1816
Western Michigan Urological Associates
Holland Hospital Medical Groups
577 Michigan Ave., Holland

Bladder & Pelvic Health Services
Holland Hospital Medical Building
8300 Westpark Way, Zeeland
CARE FOR WOMEN AND MEN

Specialists at Bladder & Pelvic Health Services are available to treat:

- Urinary incontinence
- Abdominal weakness
- Bladder prolapse
- Bowel dysfunction
- Pelvic pain
- Sexual dysfunction
- Testicular and prostate problems, and more

PELVIC HEALTH REHABILITATION WELCOMES NEW PATIENTS

Holland Hospital’s Pelvic Health Rehabilitation Program recently opened to treat male and female pelvic problems, as well as bowel and bladder concerns of children. Physical therapists with advanced training work in cooperation with Bladder & Pelvic Health Services.

“We help patients learn how to properly use their body structure to address a wide range of pelvic and back problems, and to prevent future problems,” says Clinical Coordinator Erin Lamb, MSPT. “Our goal is to go beyond treating symptoms to provide proven, long-term solutions.”


Enjoy Winter Sports Safely

Does the first freeze or snowfall make you eager to grab your gear and get outside? Following are some tips to help winter sports enthusiasts stay safe when heading out into the cold.

**Bundle up.** Dress in layers with a waterproof shell on the outside. Apply sunscreen frequently; snow can reflect up to 85% of the sun’s ultraviolet rays.

**Use equipment that fits.** Don’t use hand-me-down skis, snowboards, boots or skates if they are too big. Equipment must be the right size to maintain control on snow and ice. If possible, have bindings adjusted by a professional.

**Wear protective gear.** Guard against head injuries with a properly fitting helmet – a skier vs. a tree can be extremely dangerous. Hockey players need a specific ice-hockey helmet and padding.

**Rest when tired.** Be extra careful at the end of the day, advises sports medicine specialist Carl Wierks, MD (see accompanying story). “More injuries occur then because people are tired and the snow is likely to be icier.”

**Be alert for signs of frostbite or hypothermia.**

- **Frostbite** – Symptoms include stiff or waxy skin, numbness and white or grayish-yellow patches.
- **Hypothermia** – The body loses more heat than it can produce. Symptoms include uncontrollable shivering, exhaustion, confusion and loss of coordination.

**Winter Injury? We Can Help Get You Moving Again**

If you’ve suffered an injury, consult your doctor. For information about physical therapy, see Rehabilitation Services at hollandhospital.org.

PROVIDING OLYMPIC CARE

Carl Wierks, MD, orthopedic surgeon and sports medicine specialist with The Bone & Joint Center, knows a thing or two about winter sports safety. As team physician for the U.S. Olympic Ski and Snowboard Team, he traveled to Austria last year for the snowboarding World Cup, and in January he will work again with the snowboarding team at the Switzerland competition.

“I’m there on the hill with the athletes in case they sustain an injury,” says Dr. Wierks, an avid skier and snowboarder himself. “As team physician, my goal is to provide them with the best medical care so they can return to peak performance.”

Dr. Wierks also works to keep local athletes injury-free. Recently, he and other Lakeshore-area physicians and leaders in sports medicine teamed up to form the Physicians Advisory Group for Sports Medicine, with the goal to promote safe sports participation. With new pre-season cognition testing for school athletes (to prevent concussion) and treatment guidelines for serious injuries, the group is already fulfilling its mission.

For more information about Sports Medicine, visit hollandhospital.org or hollandboneandjoint.com.

Get Out There!
7 Holiday Gifts for Better Health

Wrap up something for your loved ones this holiday season that will help them enjoy one of the greatest gifts – good health. Here are a few ideas:

1. **Pedometer.** This simple device can inspire your relatives to start counting their steps to health.

2. **Gift certificate for yoga or fitness classes.** Perfect for someone who wants to get in shape in 2012. Check out the options for yoga, cardio and other fitness classes in our Class Schedule in this magazine. Call 616.394.3344 to purchase a gift certificate.

3. **Tea gift set.** Compile assorted kinds of teas, including green, herbal and black, and arrange them in a decorative basket. You could also include a new travel mug or other accessory.

4. **Personal trainer session.** Do you have a relative or friend who wants to lose those last 10 pounds? A session with a personal trainer may help them achieve their goal. See the Class Schedule in this magazine or go to hollandhospital.org/PreventionWellness.

5. **Oil and vinegar set.** For the salad eaters on your list, buy a nice olive oil and balsamic vinegar set to spice up meals.

6. **Heart-healthy cooking.** Wrap up a healthy cookbook, and add the non-perishable ingredients for one of the meals.

7. **Stylish lunch bag.** Not just for kids anymore! It saves on waste and encourages friends to bring healthy lunches from home.