 Holland Hospital

Healthy *Life*

Register for
Winter Classes!
See Class
Schedule Inside.

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HEARTY ADVANTAGES page 2

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FREE!
Please Take One.

Simple Steps with **HEARTY ADVANTAGES**



Think keeping your heart healthy has to take a lot of extra effort? It doesn't! Adopting some simple healthy habits and having regular checkups can help keep your ticker in tiptop shape.

1 Brush and floss your teeth. Researchers have found that people with gum disease are almost twice as likely to have coronary artery disease (perhaps from bacteria in the mouth getting into the bloodstream to the heart). Brush and floss every day, and see your dentist for regular checkups and cleanings.

2 Hide the salt shaker. Cutting back on salt reduces the chance of high blood pressure and cardiovascular disease. The American Heart Association (AHA) recommends that healthy adults consume less than 2,300 mg of salt a day (about one teaspoon). Those with heart disease should keep it down to 1,500 mg per day. Take note of sodium content in foods such as canned soup and frozen meals, and choose reduced-sodium options.

3 Laugh, and laugh often. Laughter and a sense of humor may help protect against heart attack, according to a study by cardiologists at the University of Maryland Medical Center in Baltimore. Mental stress may contribute to fat and cholesterol buildup in the coronary arteries that can lead to heart attack. Read a funny book, go see a comedy, or take a walk with a friend who makes you laugh.

4 Watch your waistline. Excess belly fat has been linked to heart disease, diabetes, breast cancer, colorectal cancer and high blood pressure.* If you find yourself putting on extra pounds, make

NUMBERS FOR A HEALTHY HEART

Blood Pressure: Less than (<) 120/80

Total Cholesterol: < 200 mg/dL

LDL "Lousy" Cholesterol:

< 160 mg/dL if at low risk for heart disease
< 70 mg/dL if very high risk

HDL "Healthy" Cholesterol:

> 50 mg/dL (or higher) for women
> 40 mg/dL for men

Triglycerides: < 150 mg/dL

Source: American Heart Association.

FOODS THAT BOOST HEART HEALTH

If you want to improve your cholesterol levels and protect your heart, try some of the following options recommended by nutritionist Heather Bogetta, RD, from Holland Hospital's Center for Good Health:

- Oatmeal and oat bran
- Fish with heart-healthy omega-3s, such as salmon and tuna
- Nuts and seeds (especially walnuts and almonds)
- Foods fortified with plant sterols or stanols (substances in plants that help block the absorption of cholesterol) such as some varieties of margarine or orange juice
- Get more heart-friendly food ideas (and samples!) at our free Heart Connections event on Feb. 12 (see box on page 3).



FEBRUARY IS HEART MONTH

Heart Connections – Saturday, Feb. 12
9 a.m. to noon, Haworth Inn & Conference Center

Don't miss this free, community-wide event packed with information and resources for a healthy heart. Features include:

- Cardiologist David Johnson, MD, discussing connections between lifestyle and heart health.
- Nutritionist Heather Bogetta, RD, on how to eat well for a healthy heart.
- Psychiatrist James Dumerauf, MD, exploring the relationship between mental health and cardiovascular disease.
- Cooking demonstrations and samples from local health-food markets.
- Free blood pressure checks.

REGISTRATION IS REQUESTED. Call (616) 394-3344
or go to hollandhospital.org/cfgh.

ABOUT THE DOCTORS



David Johnson, MD
Cardiology
West Michigan Heart, PC
904 S. Washington Ave., Holland
(616) 392-3824



James Dumerauf, MD
Psychiatry
Medical Director, Holland Hospital
Behavioral Health Services
854 S. Washington Ave., Holland
(616) 355-3926

it your goal to stop gaining weight. Then, focus on reaching and maintaining a healthy weight. In general, women with a waist measurement of 35 inches or greater and men with 40 inches or more are considered overweight.

5 Eat right and exercise. To strengthen your heart and reduce your risk of disease, incorporate exercise and a diet rich in complex carbohydrates, such as fruits, vegetables and whole grains, into your life. Plan ahead for cravings by keeping satisfying snacks on hand, such as apple slices with peanut butter, carrot sticks or low-fat yogurt. For exercise, start by taking the stairs instead of the elevator, and enjoy a brisk walk. The AHA recommends getting 150 minutes of moderate exercise per week, which can be as simple as two 15-minute walks per weekday.

6 Savor a piece of chocolate. It's important to eat a balanced diet, but indulging in a small square of dark chocolate a day (about 0.3 ounces) may help lower blood pressure and reduce heart disease risk, according to a study published in the *European Heart Journal*.

7 Don't smoke. Smoking or using other tobacco products is one of the top risk factors for developing cardiovascular disease. Quitting smoking dramatically reduces your heart disease risk within just one year. For help quitting, see Self Help Programs on the attached class schedule.

NEW PHYSICIANS

Holland Hospital welcomes the following physicians to our Medical Staff.

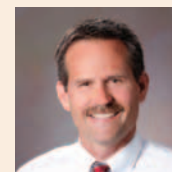
Peter H. Bast, MD
Surgery/Ophthalmology
Sight Eye Clinic, PC
111 West 24th St., Holland
(616) 396-5235

Gregory A. Bernath, MD
Cardiology
West Michigan Heart, PC
904 S. Washington Ave., Suite 120
Holland
(616) 392-3824

Todd M. Johnson, MD
Radiology
Advanced Radiology Services, PC
Holland Hospital –
Radiology Department

Peter A. Knoester, MD
Anesthesiology
Macatawa Anesthesia, PC
Holland Hospital –
Anesthesia Department

Tanner A. Pinney, MD
Anesthesiology
Macatawa Anesthesia, PC
Holland Hospital –
Anesthesia Department



Mark A. Priest, DO
Family Medicine & Urgent Care
Lakeshore Health Partners –
Family Medicine
8300 Westpark Way, Zeeland
(616) 772-7314

MID-LEVEL HEALTH CARE PROVIDERS

Mid-level refers to nurse practitioners (NP), physician assistants (PA) and other clinical medical professionals licensed to provide patient care under the supervision of a physician. Holland Hospital welcomes the following mid-level health care providers.

Sarah E. Appold, PA-C
Emergency Medicine
Emergency Physicians Incorporated (EPI)
Holland Hospital –
Emergency Department

Jennifer M. Balisi, PA-C
Family Medicine
LHP – Family Medicine
8300 Westpark Way, Zeeland
(616) 772-7314

FOR MORE INFORMATION ON PHYSICIANS *who are members of Holland Hospital's Medical Staff*, visit hollandhospital.org and click on "Find a Physician." Physicians are searchable by name or medical specialty.

8 Get your Zzzs. Aim for seven to nine hours each night. Poor sleep has been linked to a variety of potentially serious problems including high blood pressure, atherosclerosis, heart failure, heart attack and stroke. If you have persistent trouble sleeping or suffer from sleep apnea (waking up several times during the night and gasping for breath), talk to your doctor. Holland Hospital's Center for Sleep Disorders is available upon referral.

9 Know your numbers. Keeping tabs on your blood pressure and cholesterol numbers can help you and your doctor know if your heart is in good health or if you need to do more to reduce your risk for heart disease. The AHA recommends that blood pressure be checked by a physician at least once every two years and cholesterol be checked every five years. ■

* Source: Mayo Clinic.

FUN WITH MENOPAUSE

What You Can Do with HOT FLASHES

Paula, sandwiched between her husband and teenager at a school concert, suddenly felt like she was in the middle of the Sahara Desert. A wave of heat swept over her accompanied by a rising sense of anxiety. Calmly, taking several deep breaths, she pictured herself jumping into the cool water of the Mediterranean. Paula's hot flash subsided as she climbed out of the water back into the audience.

Most women entering this stage of their lives may not associate menopause with fun. However, a positive attitude, creative mental imagery and laughter with friends can go a long way in making the transition easier.

Change of life

Menopause comes by its ambiguous nickname, "the change of life," quite honestly. It's the period of time when menstruation cycles gradually end because the ovaries stop producing the female hormones estrogen and progesterone. This process usually occurs around age 50 and brings many changes along with it.

Barb DePree, MD, a gynecologist and certified menopause care practitioner with Holland Hospital's Women's Midlife Services, notes that the medical definition of menopause is the "absence of periods for at least 12 months."

Symptoms commonly associated with menopause begin in *perimenopause* – the five to 10 transitional years prior to menopause. Perimenopausal symptoms can include a change in menstrual periods, loss of sleep, night sweats, vaginal dryness, mood swings, trouble focusing/remembering, and the most notorious of all – hot flashes.

Hot flashes can be distressful, but there are ways to find relief!

Help for hot flashes

Mental imagery and relaxation breathing may help rescue you from the heat of a flash. Like Paula above, you can put yourself mentally into a cooling experience that brings you happy thoughts.

Dress in layers. Being able to shed clothing when you get too warm is a life-saver. Wear cotton and other natural fabrics that breathe.

Control your inner thermostat. Even though you can't stop a hot flash, drinking cold water or another beverage when one starts may cool you down. Other tips: Sleep in a cool room and turn your home's thermostat down (for us northerners, it saves on heating costs, too!)

Form your own support group. There's nothing better than laughing your way through menopause with female friends. Because emotional mood swings are a major symptom, there's comfort in sharing stories and solutions. Better yet, plan an outing with friends to see "Hot Flash Havoc" on April 12. See information on this page.

Exercise. "Women who exercise regularly have fewer hot flashes," notes Dr. DePree. Exercise can help control weight gain, which tends to be centered around the waist during perimenopause. "The best approach to weight management is weight training for the upper body. It builds muscle, which helps the body burn more calories."

More options

In addition to lifestyle modifications, there are other treatment options. Hormone therapy can be a very effective and safe option for many women. And there are a few antidepressants that can reduce hot flashes. Herbal products such as soy and black cohosh may be of benefit. It is best to consult with your provider about which of these options may be best suited for you.

Dr. DePree of Women's Midlife Services works closely with patients to address concerns about hormonal changes, menopause, changes in sexual function and other issues. Learn more at hollandhospital.org/midlife, or call (616) 355-3866 for an appointment. ■



ABOUT THE DOCTOR

Barbara DePree, MD
Gynecologist and Certified
Menopause Care Practitioner
Women's Midlife Services
844 S. Washington Ave.,
Suite 2700, Holland
(616) 355-3866

12 Mark Your Calendar!
"HOT FLASH HAVOC"

April 12 in Holland

Join us for the Lakeshore-area premiere of this humorous and thought-provoking film billed nationwide as "a crash-course in what you need to know about menopause." See hollandhospital.org for show time, location and surrounding events.

SOUND TREATMENTS

FOR HEARING LOSS

COCHLEAR IMPLANTS PROVIDE A NEW WAY OF HEARING

Hearing loss can make it difficult to interact with family and friends or enjoy some of the simple pleasures of life, like music. But hearing loss affects more than your ears. It can throw off your balance, degrade speech quality, impair your ability to function, and lead to social isolation.

Fortunately, help is as near as your local ear, nose and throat medical practice. ENT physicians and audiologists with Lakeshore Health Partners—Ear, Nose and Throat (LHP-ENT) offer a variety of up-to-date treatment options to help people with hearing disorders regain some or all of their hearing. Even those who are deaf or severely hearing-impaired can find “a new way of hearing” with cochlear implants, an advanced procedure that has recently become available at Holland Hospital.

Treatments restore hearing

“Most people with hearing loss, especially older individuals, have a problem of the inner ear, usually due to advanced age or long-term exposure to loud noise,” explains Joseph VanderMeer, MD, of LHP-ENT. “Other causes of hearing loss involve problems of the

outer or middle ear, often due to chronic ear infections that have damaged the middle ear and the bones that transmit sound from the outside to the inner ear.”

ENT specialists use a range of techniques to improve a patient’s hearing ability, including inserting tubes to alleviate fluid buildup, removing wax, repairing holes in eardrums and replacing bones in the middle ear that have been eroded by infection. Inner ear problems are typically treated with hearing aids or, in advanced cases, surgical interventions such as cochlear implants.

Learning to hear

Cochlear implants can bring sound to children and adults who are deaf or severely hearing impaired. The electronic device consists of a tiny external microphone and sound processor

17 MARK YOUR CALENDAR

Physician Lecture Series presents Advances in Treatment for Hearing Loss

March 17, 6 to 7 p.m. at Holland Hospital.
Dr. VanderMeer will discuss cochlear implants, hearing aids and other listening devices. Free and open to the public. Learn more and register at hollandhospital.org/cfgh or call (616) 394-3344.

worn inconspicuously behind a patient’s ear, and a transmitter that is surgically placed under the skin. The transmitter collects sound signals and converts them to electronic impulses, which are sent directly to the auditory nerve. The brain recognizes the signals as “sound” that a patient learns to interpret and understand.

“Hearing through a cochlear implant takes time to learn,” Dr. VanderMeer notes. “But within a few months, people can recognize sounds and engage in conversation. Eventually, many can even talk on the telephone.”

Continued on page 7

CAUSES OF HEARING LOSS

Approximately 38 million Americans have significant hearing loss.* It can occur at birth or develop at any age. Understanding the cause is the first step in knowing how to treat it.

Age-related hearing loss, or *presbycusis*, affects one-third of adults over the age of 65.** Conditions such as heart disease, high blood pressure and diabetes can contribute to hearing impairment as we age.

Noise-induced hearing loss results from long or repeated exposure to sounds at or above 85 decibels (about the level of noise in city traffic). An estimated 15 percent** of Americans between the ages of 20 and 69 – about 26 million people – have high-frequency hearing loss that may have been caused by exposure to loud noise at work or in leisure activities.

Ear infections can affect children’s hearing temporarily. But if left untreated, chronic infections can lead to scarring and cause permanent damage. What’s more, fluid buildup in the middle ear can impair a child’s hearing at a critical time for speech and language development.

Hereditary factors cause a large percentage of hearing loss in children.

* Source: Center for Hearing and Communication, www.chchearing.org.

** Source: National Institute of Deafness and Other Communication Disorders, www.nidcd.nih.gov.



Does It Hurt When HIP OR KNEE REPLACEMENT MAY BE RIGHT FOR YOU

Walking is one of the best forms of exercise, offering a host of potential mental and physical health benefits. Unfortunately, pain in the joints involved in walking can sidetrack even the most determined walker's routine.

Although many injuries and conditions can impair your ability to walk, osteoarthritis is one of the most common causes as we age – affecting more than 21 million Americans. Often called “wear and tear arthritis,” osteoarthritis is characterized by the breakdown of joint cartilage, usually in the large, weight-bearing joints like the knees and hips. Results are stiffness and joint pain as well as decreased range of motion – making walking and everyday activities difficult.

If your hip or knee pain is severe and hasn't responded to traditional treatments such as anti-inflammatory medication, consult with your primary care doctor or an orthopaedic surgeon who can assess your health concerns and determine if joint replacement is appropriate for you.

What can I expect?

Joint replacement involves removing the damaged bone and cartilage and replacing these surfaces with new parts made of metal, plastic and/or ceramic. There are many different styles and techniques that can be used to place the implants, and your surgeon will recommend what method is best for you. In addition to traditional joint replacement surgery, some innovative variations for joint replacement are available at Holland Hospital for appropriate candidates:

- **Partial knee replacement** can replace only the part of the knee that is damaged when arthritis is confined to only a portion of the joint.

ATTEND A FREE HIP AND KNEE PAIN SEMINAR

21 Orthopaedic surgeon Michael Dean, MD, will explain the causes of joint pain and a variety of surgical and nonsurgical solutions to reduce pain and improve mobility on Feb. 21, 2011, from 6 to 7 p.m. at Holland Hospital. Our bimonthly Hip and Knee Pain Seminars are free and open to the public. For information or to register, call the Center for Good Health at **(616) 394-3344** or go to hollandhospital.org/cfgh.

ORTHOPAEDIC SURGEONS IN THE LAKESHORE AREA

Including experts in general orthopaedics, surgical and nonsurgical orthopaedic procedures, joint replacement, and sports medicine. Call numbers below for an appointment or more information.



Lakeshore Medical Campus
3299 N. Wellness Drive,
Suite 240
Holland, MI 49424
(616) 738-4420

Derick Johnson, DO
Carl Wierks, MD



**Shoreline
Orthopaedics**

370 N. 120th Avenue
Holland, MI 49424
(616) 396-5855

Michael Cheek, MD
Michael Dean, MD
Jon Hop, MD
Richard Howell, MD

Sara Kane-Smart, MD
Bruce Stewart, MD
Stephen Urbin, MD
Joel Wolfe, MD

YOU WALK?

■ **Anterior approach hip replacement** uses a different incision and approach to the hip joint, avoids cutting muscle tissue and can reduce pain and recovery time. Holland Hospital is the only hospital in West Michigan to offer this advanced muscle-sparing procedure.

■ **Hip resurfacing** uses a different type of implant designed to resurface rather than completely replace the joint, sparing more of your own bone.

After joint replacement surgery, patients typically stay in the hospital for two or three days and begin their rehabilitation in the hospital setting. Rehabilitation continues at home or on an outpatient basis after the patient leaves the hospital to strengthen muscles and maintain range of movement. Once recovered, patients notice an improvement in mobility and are typically pain-free when doing normal daily activities.

Holland Hospital earns Blue Distinction® designation

Experienced surgery teams, proven quality and excellent outcomes have earned Holland Hospital the designation of Blue Distinction Center for Knee and Hip Replacement. Blue Distinction is awarded by Blue Cross Blue Shield to recognize medical facilities that have demonstrated high expertise in specialty care. The goal is to help consumers make more effective health care choices. Holland Hospital is the only hospital to be awarded the designation in the Lakeshore area.

Holland Hospital performs hundreds of joint replacements each year, helping patients move pain-free and get back into active life. Working closely with our skilled orthopaedic surgeons, the Joint Replacement Center team has examined every aspect of our care to be sure we deliver the most comfortable, motivating and rewarding experience for every patient – before, during and after surgery.

For more information, contact Kristie Dennett, Joint Replacement Care Coordinator, at (616) 494-4032 or visit hollandhospital.org. ■

PHYSICIAN LECTURE SERIES

Each month, local physicians provide comprehensive, up-to-date information on an important health topic. Lectures are free and open to the public. Held Thursdays, 6 to 7 p.m., in Holland Hospital conference rooms A & B (except for February).

Monthly topics:

- **Jan. 13** – The Science Behind Supplements. Is That Vitamin Helping or Harming Your Health?
- **Feb. 12 (Saturday)** – Heart Connections. See page 3 for event information.
- **March 17** – Advances in Treatment for Hearing Loss. See page 5 for more information.
- **April 14** – Advances in Treatment for Osteoarthritis and Total Joint Replacements.
- **May through December** – Lectures are on the second Thursday of each month.

For more information or to register, see hollandhospital.org/cfgh or call (616) 394-3344.

SOUND TREATMENTS FOR HEARING LOSS

Continued from page 5

According to the Food and Drug Administration, as of April 2009, approximately 188,000 people worldwide have received implants. In the United States, roughly 41,500 adults and 25,500 children have them.*

“People who have lost all or most of their hearing later in life are the most likely to benefit from cochlear implants because they can associate the new sound signals with sounds they remember,” Dr. VanderMeer says.

However, the device also helps very young patients (the age of eligibility is 12 months) at a critical time for developing speech and language skills. “For children who are born deaf, a cochlear implant can markedly increase the child’s chance of being able to function effectively in mainstream school classes,” VanderMeer points out.

If you suffer from hearing impairment, talk to your doctor. He or she may refer you to an ENT specialist for a hearing test and a discussion of your ear problems and best options for improvement. ■

* Source: National Institute on Deafness and Other Communication Disorders, www.nidcd.nih.gov.

THE ENT TEAM

Lakeshore Health Partners–Ear, Nose and Throat

(formerly Lakeside ENT)

577 Michigan Ave., Suite 101, Holland
(616) 393-2190



Joseph VanderMeer, MD
Otolaryngology/ENT



Peter VanderMeer, MD
Otolaryngology/ENT



Mary F. Lustig, AuD, CCC-A
Audiologist



Valerie Z. Wait, MA, CCC-A
Audiologist

Healthy Life

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hollandhospital.org

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 **Holland Hospital**

602 Michigan Ave.
Holland, MI 49423



 **Holland Hospital**
MEDICAL GROUPS



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is here, so are we.**

New Walk-In Care in Zeeland



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for driving directions.

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Saturday
9AM TO 2PM

 **Lakeshore
Health Partners**
WALK-IN CARE



LAKESHORE HEALTH PARTNERS – WALK-IN CARE

Offers prompt medical care for life's "minor" injuries and illnesses that can happen *anytime* and need attention *right away*.

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- Typically lower cost than an emergency room visit.

616.772.7314

LakeshoreHealthPartners.com