

H 2012

FALL ISSUE

HEALTHY LIFE

HOSPITAL NEWS. HEALTHY ADVICE.



Register for Fall Classes!
See Class Schedule Inside.

Steve Schaner has no trouble standing on his boat in June—only two months after having both of his hips replaced in one day. See page 3.

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Your Destination for Ortho/Spine Excellence

Construction Will Add a New Level to Front of Hospital

The Ortho/Spine Unit, a new patient floor designed for Holland Hospital's top-quality orthopedic and neurosurgery care, is a step closer to becoming a reality. Construction of the 23,400-square-foot addition begins September 4 and is expected to be completed within one year.

The Ortho/Spine Unit will add a second level to the hospital's east wing along Michigan Avenue. Mike Parker, director of support services and construction, explains that when that wing was added during Holland Hospital's major expansion project five years ago, it was purposely designed so that additional floors could be built above it. The new unit will have 24 private rooms, which is consistent with the hospital's long-term goal to have all private rooms, he pointed out.

"Planning this unit incorporated feedback from patients, as well as input from physicians, nurses, physical therapists and other staff who work in this patient area," Parker says. "Many patients have limited mobility, so private rooms that can accommodate their specific needs was an essential part of the design."

Continuing Top-Quality Orthopedic Care

Health care trends indicate that the number of orthopedic cases is expected to grow 20 percent over the next 10 years. Holland Hospital's recent growth has already topped that number, according to orthopedic services coordinator Kristie Dennett, BSN, ONC, RN.

"Our patient volume has increased significantly over the past two years," Dennett says.

She credits word-of-mouth "advertising" driven by Holland Hospital's innovation, excellent outcomes and benchmark patient satisfaction.

A large share of the growth can be attributed to the hospital's Joint Replacement Center, which has had record patient volume and continues to receive accolades. The center was recently declared a Destination Center of Superior Performance by the national health care firm Marshall/Steele and Associates, and was designated a Blue Distinction® Center for Knee and Hip Replacement by Blue Cross Blue Shield of Michigan.

The Ortho/Spine Unit will reinforce the Joint Replacement Center's high-quality programming in an up-to-date facility. It includes a large classroom that will be used



Photo illustration depicts Holland Hospital as it will appear one year from now, with a new second level along Michigan Avenue.

for patient education and group physical therapy sessions.

For Patients and Visitors

Hospital staff have focused their efforts on minimizing any inconvenience to patients and visitors during construction. For their comfort, patient units that might be affected by noise from the construction will be temporarily relocated; nurse staffing and patient services will remain the same.

“Except for the hospital’s outside appearance, many of our patients won’t even be aware there is construction going on,” Parker notes.

Changes that affect visitors have been kept to a minimum: part of the visitor parking lot will be closed (affecting staff only), and there will be a brief period during which the elevator and stairway to the conference center will be closed, requiring those visitors to follow signs to a nearby elevator.

The Visitor Entrance will remain open at all times. The hospital’s west entrance—for patients, outpatient services and the emergency room—is unaffected by the construction. Traffic on Michigan Avenue will also not be affected.

Look for construction updates on hollandhospital.org.

TWO NEW HIP IN ONE DAY

The Region’s First Single-Session
Bilateral Hip Replacement

Each year, nearly 200,000 Americans living with debilitating hip pain find relief by having a total hip replacement. If both hips need to be replaced, they typically undergo the two surgeries several months apart, each with its own recovery period.

In April, Steve Schaner, 52, of Grand Rapids, had both hips replaced in one day at Holland Hospital. He was standing and taking his first post-surgery steps later that same day, and by June he was back on his boat fishing—something hip pain had prevented him from doing for a long time.

“I feel like a million bucks,” he reports.

Holland Hospital is the first hospital in our region—and one of the few in the nation—to replace both hips in one surgery session. The single-session bilateral total hip replacement was performed by orthopedic surgeon Derick Johnson, DO, of The Bone & Joint Center.

Dr. Johnson’s training and experience with the anterior approach for hip replacement make him specially qualified for the double procedure. With this approach, the hip joint is reached from the front (anterior) rather than the back or side, allowing both hips to be replaced at once. The patient then has only one recovery period.

“A big benefit of the anterior approach is that instead of cutting or detaching muscle, we work through the natural separation between muscles,” explains Dr. Johnson. The result is a smaller incision, less pain and faster return to

Pain-free for the first time in years, Steve Schaner lost no time getting back to his active lifestyle.

View the before-and-after video at youtube.com/hollandhospital.

full function. “There are really no restrictions or limitations after the surgery,” he says.

Schaner was Dr. Johnson’s first patient to have both hips replaced at once. The avid sportsman had begun experiencing joint pain in his legs about five years ago. By last year, he described his pain level, on a scale of one to 10, as “usually 8, but by the end of the day it’s 10. I sit in the chair and I don’t move.” Testing by Dr. Johnson confirmed that Schaner had complete cartilage loss in both hips, resulting in bone rubbing against bone—and significant pain.

Recovering at Holland Hospital’s Joint Replacement Center after his three-hour surgery, Schaner noticed the results immediately: “When I woke up, the joint pain was gone in both hips.”

Two months later he stood on his boat as it rocked in the waves. “I’m down at the gym lifting heavy again. I’m out fishing a lot, and I feel great. I haven’t felt this good in a long time,” he says.

For more information, visit Bone & Joint Center online at hollandboneandjoint.com or call **616.738.4420**.



Ask the Expert

Q. WHAT IS INTEGRATIVE MEDICINE?

I'll begin by posing another question: If you have pain in your foot and you look and find a tack, would you want to remove the tack? Or just take pain medications and antibiotics to hopefully make it feel better? It seems like a silly question, but it is all too common that we avoid making the changes necessary to treat or cure disease and instead "band-aid" a problem with a short-term fix.

Integrative medicine depends on a partnership between the patient and the doctor, where the long-term goal is to treat the mind, body and spirit, all at the same time. It is about prevention and wellness as well as addressing the root cause of disease.

What sets integrative medicine apart is that it combines conventional Western medicine with alternative or complementary treatments—such as acupuncture, tai chi, supplements, essential oils, etc.—in an effort to treat the whole person and facilitate a patient's innate healing response. A guiding principle is to use therapies that have high-quality evidence to support them.

To give a few examples of integrative medicine treatments: acupuncture has been

proven effective for migraine prevention and to reduce nausea during pregnancy, and yoga is an effective treatment for chronic lower back pain. I find that the integrative approach is effective when working with patients who are experiencing specific women's health issues such as PMS and menopause, as well as with gastrointestinal issues and cardiovascular disease risk reduction.

How Popular Is Integrative Medicine?

Primary-care physicians increasingly stress preventive medicine and patients' overall wellness and well-being. The "medical home" approach adopted by many Holland Hospital practices, in which patients partner with a physician-led health care team for ongoing preventive care and disease management, is one such model.

Use of alternative therapies is certainly not new; however, the practice of embracing those nonconventional treatments along

with conventional medicine is gaining momentum in the medical community. Integrative medicine centers have opened across the country. In the United States, integrative medicine is used by nearly 40 percent of the population,* and scientific research continues to increase in this area as more and more patients seek alternatives to conventional, costly therapies.

* Source: Barnes et al. Adv Data, 2008.

ABOUT THE EXPERT

Laurie Birkholz, MD
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Women's Health, Certified
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Lakeshore Health Partners—
Women's Health
Holland Hospital Medical Building
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616.748.5785



Meet Dr. Birkholz on Sept. 13 at our free Physician Lecture Series.

See hollandhospital.org or call **616.394.3344**.

Expanding Services in Zeeland



Holland Hospital offers a variety of primary-care and specialty services for residents east of Holland. Now they have the added convenience of having their surgical consultation at the Holland Hospital Medical Building in Zeeland.



William Houskamp, MD, of Lakeshore Health Partners (LHP)—General Surgery, recently began holding office hours for patients at the Holland Hospital Medical Building. General

surgery joins a broad array of services offered at our eastern location:

- LHP—Family Medicine—*primary care for all ages*
- LHP—Walk-In Care—*open to all*
- Lab and X-ray
- Women's Health Services
 - LHP—Women's Health—*primary and mid-life specialty care for women*
 - Holland Hospital Breast Health, Bone Health and Bladder & Pelvic Health (*in cooperation with Western Michigan Urological Associates*)

The Holland Hospital Medical Building is located at 8300 Westpark Way in Zeeland, just off I-196. See hollandhospital.org for more information.

Primary Stroke Center Certification

Stroke is the third leading cause of death in America and a top cause of adult disability.* A stroke, or “brain attack,” occurs when blood flow to the brain is cut off due to a blood clot or ruptured blood vessel. Without an adequate blood supply, brain cells begin to die and brain damage can result. That’s why getting immediate medical care is crucial.

Where you go for care can also make a difference. Research shows that stroke patients receive better treatment, experience fewer complications and have shorter hospital stays at hospitals with a Primary Stroke Center. Fortunately, you can find that high-quality stroke care right here in Holland.

Holland Hospital has recently been awarded Primary Stroke Center Certification by DNV Healthcare, a leading accreditor of U.S. hospitals. This important designation places us among a select number of hospitals across the nation that have met the rigorous standards for treatment of stroke victims as defined by the Guidelines of the Brain Attack Coalition and the Recommendations of the American Stroke Association.

“On behalf of our patients and their families, we are very proud of this achievement,” says Carolyn Schaefer, nursing director and leader of the hospital’s stroke center initiative.

“Our stroke team has specialized training and follows consistent protocols for immediate, appropriate response in caring for stroke patients.”

* Source: National Stroke Association, stroke.org.



*Can you list the warning signs of stroke?
Find out – and learn more! – by taking our stroke quiz at
hollandhospital.org/stroke/resources.aspx.*

New Physicians

HOLLAND HOSPITAL IS PLEASED TO WELCOME THE FOLLOWING PHYSICIANS TO OUR MEDICAL STAFF.

David B. Bosscher, DO

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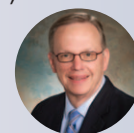


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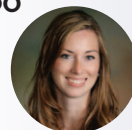
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Sports-Related Concussions: When Is It Safe to Return to Play?

Nationwide, about 300,000 sports-related concussions are estimated to occur each year, affecting as many as 20 percent of contact-sport athletes every season.* Most of these athletes recover fully, but a small number experience chronic cognitive and neurological difficulties related to recurrent injury. This “Post-Concussion Syndrome”—which may include chronic headaches, fatigue, dizziness, memory problems and other symptoms – is exacerbated, sometimes with catastrophic consequences, with a second blow to the head during recovery from the initial concussion.

This summer, Holland Hospital began implementing a testing program at local high schools to evaluate athletes in the pre-season period in order to help practitioners determine if and when it’s safe for them to return to play after a head injury. Called ImPACT—Immediate Post-concussion Assessment and Cognitive Testing—the test establishes a baseline neurological screen for each student athlete that can be used to objectively measure and track recovery following a concussion. The goal of ImPACT, widely recognized and used throughout the world for athletes from age 10 to professional-level adults, is to prevent serious injury from successive concussions.

ImPACT testing is conducted at Holland, West Ottawa, Zeeland East, Zeeland West and Hudsonville high schools by the schools’ athletic trainers, specially trained members of Holland Hospital’s rehabilitation staff who work regularly with the students to help build performance and prevent injuries. The computer-based program takes about 15 minutes per student and measures aspects of cognitive functioning, such as attention span, working memory, attention time, non-verbal problem solving and reaction time.

Holland Hospital’s Physician Advisory Group for Sports Medicine recommends that all freshmen student athletes, first-time athletes and transfer students who will be playing contact sports receive ImPACT screening. In the event of a head injury, they are required to repeat the test and get a doctor’s clearance before returning to play. Even then, strict adherence to best-practice Return-to-Activity Protocol is required.

* Source: impacttest.com.

WHAT IS A CONCUSSION?

A concussion is a traumatic brain injury that alters the way the brain functions. Concussions are usually caused by a blow to the head, but they can also occur when the head and upper body are violently shaken. They can cause erratic behavior or temporary loss of consciousness, but are usually not life-threatening. A concussion will not show up on a computed tomography (CT) scan.

Concussion Symptoms

- **Headache or pressure**
- **Amnesia, usually involving loss of memory of the impact that caused the concussion**
- **Confusion**
- **Nausea or vomiting**
- **Sensitivity to light or sound**
- **Balance problems**
- **Double vision**
- **Not feeling “right”**

If you or a loved one suffers a head injury, don’t be afraid to seek medical care right away. Holland Hospital’s emergency department team is here when you need us.

Cochlear Implants Bring Sound to Deaf and Severely Hearing-impaired

Born with hearing loss due to a congenital anomaly, Lori Davis relied on hearing aids to understand people and learn to talk. Her hearing progressively worsened, however, until even with hearing aids she had to resort to lip reading.

Last fall that all changed when Davis was fitted with a cochlear implant. The 40-year-old Hamilton resident was delighted to hear sounds she had never heard with hearing aids: birds singing, her cat's surprising assortment of meows, music.

"The first time I heard piano, I didn't realize how beautiful it was! I almost cried," she says.

Otolaryngologist Joe VanderMeer, MD, of Lakeshore Health Partners-ENT, explains that cochlear implants don't restore, but mimic natural hearing for deaf or severely hearing-impaired individuals. They do this by providing electrical signals directly to the auditory nerve, bypassing the damaged cochlea that is usually the cause of deafness. The brain recognizes the electrical signals as sound.

The cochlear implant consists of a tiny, external sound processor worn inconspicuously behind a patient's ear, and a transmitter that is surgically placed under the skin. Dr. VanderMeer is one of only two physicians in West Michigan—and the only one in the Lakeshore region—specially trained to implant the state-of-the-art devices. He performed Davis' two-hour outpatient surgery at Holland Hospital in September. A month later, Davis returned to the Holland ENT office to work with audiologist Mary Van Wieren.

"At first she had trouble distinguishing men's from women's voices," Van Wieren notes. "At her last appointment, she was happy to report that she hears some sounds before her normal-hearing counterparts." Her word testing scores had tripled.



Audiologist Mary Van Wieren (right) helps Lori Davis learn to interpret sounds with her new cochlear implant.

According to the U.S. Food and Drug Administration, as of December 2010, approximately 219,000 people worldwide have received cochlear implants. In the United States, roughly 42,600 adults and 28,400 children have received 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.

For Davis, one of the biggest benefits of the cochlear implant is that she can now hear and understand people around her without even looking at them—like her co-workers at Target. "I can listen to them and still keep working. Before I couldn't do that," she says. "I can be part of the team and communicate with people."

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 to learn best options for improvement.

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



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Otolaryngology/ENT



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DOCTOR TALKS ONLINE

Otolaryngologist Peter VanderMeer, MD, and audiologist Mary Van Wieren, of Lakeshore Health Partners-ENT, recently presented "Hearing Loss Solutions" as part of Holland Hospital's free Physician Lecture Series. Dr. Joe VanderMeer addressed a similar topic in the 2011 series. You can view these and other physician lectures at youtube.com/hollandhospital. See hollandhospital.org for upcoming lectures.

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FALL ISSUE

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 **Holland Hospital**

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Holland Hospital Park2Park Race

Saturday, September 22, 2012

8:30 a.m. 1/2 Marathon start

8:35 a.m. 5K start

Holland, MI

- Flat and fast race course.
- Lakeshore run with great views of Lake Macatawa and Lake Michigan.
- For more information or to register visit park2parkrace.com.



Back by Popular Demand!



free!

hot flash havoc
a film of menopausal proportions

Thursday, September 20, 2012

Two free shows, including a matinee!

Holland Hospital Conference Center

For times, please see hollandhospital.org.

Last year, nearly 400 women attended our Lakeshore premiere of this eye-opening, controversial and funny crash course on menopause.

Now there's more! See the final director's cut ... and bring your girlfriends. (Boyfriends and husbands welcome, too.)