



golf league leader
Hip & Knee Replacement

heavy lifter
Shoulder Surgery

current grad student
Carpal Tunnel

weekend warrior
Knee Repair

world's best grandma
Minimally Invasive Spine Surgery

future college athlete
Sports Injury

Spine and Orthopedic Injuries Happen to the Best of Us.

For your active life ...

New Spine & Orthopedics Unit welcomes patients

Holland Hospital's new inpatient Spine & Orthopedics Unit opens this month to meet the rapidly growing demand for spine and ortho care in our community. Construction began last September to add the 23,400-square-foot floor to the hospital's south wing featuring the latest in hospital design and technology. Now, the public is invited to share the excitement with tours, free refreshments, prizes and more at our Grand Opening on Saturday, Aug. 17. Don't miss it! (See invite on next page.)

Award-winning patient experience

Our spine and ortho care have already earned national recognition for superior treatment outcomes, leading-edge techniques and high patient satisfaction. Our multidisciplinary team includes expert surgeons, specially trained nurses, rehabilitation therapists and other skilled professionals who ensure that every patient receives the highest quality care.

As a result, Healthgrades™ awarded Holland Hospital with the top Five-Star Rating for Orthopedic Excellence, Five-Star Spine Surgery, and Five-Star Back and Neck Surgery, as well as the coveted Joint Replacement Excellence Award for 2013. Holland Hospital also received the Outstanding Patient Experience Award for four years in a row, validating our organization-wide commitment to exceptional care.

Specifically for spine and ortho needs

The new Spine & Ortho Unit now promises an even greater level of satisfaction with 24 private rooms and a dedicated rehabilitation area to help speed patient recovery.

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Holland Hospital has partnered with Herman Miller for modular furniture and casework best suited to the needs of hospitals and patients. Our unit will be featured as a showcase unit for Herman Miller's healthcare product lines.

A number of special features enhance patient care and comfort:

- New beds with advanced technology and top-rated comfort.
- Wider doorways to easily accommodate patients and equipment.
- Restrooms are equipped with individual showers and safety features such as a handrail that doubles as a night light.
- A modular sofa-type chair is available for family members.
- A nursing area and computer terminal in each patient room allow for more face time with patients.
- A wall piece at the head of each bed, custom-designed to complement the Herman Miller cabinetry, houses many of the utilities needed to support patient treatment.

- The large therapy gym can be divided into two rooms for smaller, more specialized instruction.
- Even the corridors reflect the unit's restorative aim. Walls are curved to remove hard edges that people might bump into, and bright ceiling lights have been replaced with soft, indirect lighting.

A destination center for our community and beyond

Advances in orthopedic and spine treatment mean area residents can regain mobility, relieve pain and return to their everyday activities or favorite sports more rapidly than ever before. Forecasts indicate that the need for spine and orthopedic care will continue to expand in coming years as the local population increases and stays active throughout their lives.

What's more, Holland Hospital has truly become a destination center for orthopedic and spine patients from outside our community. Some of our patients have traveled from other parts of Michigan, other states and even overseas. Thanks to the new Spine & Orthopedics Unit, we are well-positioned to meet this anticipated need for our community residents, and patients from distant areas as well.

COMMON SPINE/ORTHO CONDITIONS

- Hip pain and replacement (including the muscle-sparing anterior approach)
- Knee arthroscopy and replacement
- Sports-related injuries
- Shoulder pain and surgery
- Hand and wrist surgery
- Trauma (such as sprains, strains, fractures and dislocations)
- Arthritis (rheumatoid, osteo, traumatic)
- Bursitis
- Back pain
- Neck pain
- Repetitive stress injuries (such as tendonitis or carpal tunnel syndrome)

SPINE AND ORTHOPEDIC PHYSICIANS

The following local practices offer specialists for every need.



The Bone & Joint Center

3299 N. Wellness Dr., Suite 240

Holland, MI 49424

(616) 738-4420

hollandboneandjoint.com



Shoreline Orthopaedics & Sports Medicine

370 N. 120th Ave.

Holland, MI 49424

(616) 396-5855

shorelineortho.com



The Brain + Spine Center

3299 N. Wellness Dr., Suite 240

Holland, MI 49424

(616) 738-4420

brain-and-spine.com

Join the Grand Opening Celebration!

Bring the family and join us for a tour of Holland Hospital's new Spine & Orthopedics Unit. This free community event includes a self-guided tour, health fair, physician talks, refreshments and give-aways.



SATURDAY

AUG 17

10 am – 2 pm



 Holland Hospital
SPINE & ORTHOPEDICS

SWIM LONGER

Emergency room or urgent care?



When an urgent medical situation arises, how do you decide whether to go to a hospital emergency room or an urgent care facility?

In some cases the answer is clear: CALL 911 and get to the emergency room immediately if the injury or illness is potentially life-threatening, such as symptoms of a heart attack or stroke, or may cause further disability, as with a head injury or serious burn. See other examples at right.

For other situations requiring immediate medical attention, it's useful to know a little more about how urgent care can help.

About Urgent Care

Urgent Care is an excellent choice for fast, cost-effective treatment when the situation is not a life-threatening emergency. It is also appropriate for times when you need care before work or "after hours," or when your primary care physician is unavailable. Using urgent care when appropriate also frees up the emergency room to treat more serious injuries.

Benefits of Urgent Care:

- Experienced, professional care. Holland Hospital Urgent Care physicians are board certified in emergency/urgent care medicine. A doctor is always on-site.
- Convenient hours. Open seven days a week. See hours at right.
- No appointment needed. Treats all ages on a walk-in basis.
- Shorter wait time. Patients are typically seen on a first-come, first-served basis. Because emergency rooms treat patients in order of severity of condition, your wait time there might be considerably longer.
- Typically lower co-pay than ER.
- X-ray and lab services on-site.
- Interpretation services available.

Emergency

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

- Persistent chest or abdominal pain or pressure
- Numbness or paralysis of face, arm or leg
- Sudden slurred speech, visual changes or weakness
- Uncontrollable bleeding
- Compound fractures
- Major burns
- Head injury or sudden severe headache
- Severe shortness of breath
- Seizure or loss of consciousness
- Obstetric problems/labor
- Poisoning or suspected overdose
- Severe reaction to an insect bite, medication or food
- Acute psychiatric disorders

Urgent Care

Is recommended for patients with:

- Fever
- Colds, cough or sore throat
- Minor cuts, scrapes, burns and rashes
- Sprains or strains
- Suspected bone fractures
- Minor nausea, vomiting and diarrhea
- Ear, eye or skin infections
- Bladder infections
- Respiratory infections
- Work or sport injuries
- Unavailability of primary care physician

FIND US

Urgent Care

Open 10 a.m.-10 p.m. daily
(including weekends and holidays)

Lakeshore Medical Campus
3235 N. Wellness Drive, Bldg. A
(off Riley St. east of US-31)
Holland, MI 49424
(616) 494-4250

Holland Hospital Urgent Care physicians



Brian Cote, DO



Donald Weersing, MD



Michael Mott, MD

For more on this topic, see Dr. Mott's lecture, "Urgent Care vs. ER," presented in June for our Physician Lecture Series, at [youtube.com/hollandhospital](https://www.youtube.com/hollandhospital).

In addition, Lakeshore Health Partners-Walk-in Care offers convenient hours in Zeeland: Open Monday-Friday, 8 a.m.-6 p.m., and Saturday, 9 a.m.-2 p.m., Holland Hospital Medical Building, 8300 Westpark Way, Zeeland, MI 49464 **(616) 772-7314**

Getting a leg up on venous reflux disease

The circulatory system delivers oxygenated blood through 60,000 miles of veins, arteries and capillaries to every cell in the body in under 60 seconds. While incredibly efficient, portions of the venous circulatory system do occasionally falter.

24 million Americans suffer from venous reflux.

“Under normal circumstances, valves in the veins open to allow blood to flow toward the heart and close to keep blood from flowing back down,” explains Brian Dishinger, MD, general surgeon at Lakeshore Health Partners–General Surgery. “Sometimes, though, valves in the legs become damaged or diseased and fail to seal properly, allowing blood to pool into the legs.”

The condition is called venous reflux disease, and it can cause:

- Varicose veins
- Pain
- Swollen limbs
- Leg heaviness and fatigue
- Skin changes and skin ulcers

The good news is that venous reflux can be successfully treated.

Who gets the disease?

It is estimated that half of all Americans over 50 and two-thirds of women over 60 suffer from varicose veins,* characterized by large, “ropey” leg veins. Women who have had more than two pregnancies are at particular risk. Heredity, obesity, and careers that require a vertical

position for long periods of time, like nursing or teaching, are also factors.

Treating veins from within

Decades ago, the only surgical option for patients with severe varicose veins was a painful procedure called vein stripping that left the patient scarred and laid up for weeks. Today, a minimally invasive procedure, endovenous ablation, can effectively treat the diseased veins from within to eliminate varicose veins, halt the progression of venous reflux disease, and significantly improve patients’ quality of life.

Endovenous ablation involves the use of a noodle-thin, flexible tube called a catheter. The physician introduces the catheter into the vein, and uses either radiofrequency energy or laser to heat the vein walls and cause them to collapse and seal. Once a leg vein is closed, the body automatically redirects blood flow to healthy veins. The patient’s leg pain and fatigue disappear almost immediately, and the swollen veins begin to deflate in a week or two.

“The speed and comfort of this technique are amazing to patients,” Dr. Dishinger says. He uses the ClosureFAST catheter—the latest advancement in radiofrequency technology. “The procedure is so simple that I can perform it with local anesthesia or light sedation in approximately an hour. The only discomfort the patient feels is a couple of needle sticks,” he says. “We encourage patients to get up and walk immediately, and most resume normal activity the very next day.”

* U.S. Markets for Varicose Vein Treatment Devices 2006, Millennium Research Group 2005.

“The speed and comfort of this technique are amazing to patients. We encourage patients to get up and walk immediately, and most resume normal activity the very next day.”

– Brian Dishinger, MD, general surgeon

Before and after endovenous ablation



ABOUT THE PHYSICIAN

Brian Dishinger, MD
Lakeshore Health
Partners–General Surgery
lakeshorehealthpartners.com
577 Michigan Ave., Suite 202
Holland, MI 49423
(616) 394-0673



WHAT CAN YOU DO?

Whether you have symptoms of venous reflux disease or are trying to prevent them, here are some suggestions for keeping your legs in good shape:

- **Change position.** *If you sit or stand for long periods of time, it’s important to take frequent breaks. Walk around, do some leg lifts, flex your ankles.*
- **Exercise regularly.** *Walking, swimming, biking and other exercises strengthen calf muscles, helping them pump blood upward.*
- **Shed excess weight.** *Extra pounds aggravate circulatory problems and contribute to weakened vein valves.*
- **Uncross your legs.** *Avoid crossing your legs at the knee or sitting with your legs crossed beneath you. Both hamper circulation and encourage blood to pool.*
- **Put your feet up.** *At the end of the day, raise your legs so that they’re about 12 inches above heart level. This allows the blood to drain from the veins and aids circulation.*

Expanded, convenient cardiovascular care

New hospital building will be home for West Michigan Heart

If you or a member of your family needs expert cardiovascular care, you'll appreciate the expanded services and convenience that are coming to the Holland Hospital campus. Construction of a new office building is underway that will provide ready access to cardiology and vascular specialists with a direct connection to the main hospital.

The 33,000-square-foot facility will be home to the local West Michigan Heart cardiologists, who will relocate from their current offices on South Washington Avenue when construction is complete in May 2014.

Convenient access to expert care

During a cardiac emergency, immediate intervention is critical to survival and recovery. Holland Hospital's treatment of heart attacks is already ranked among the best in hospitals of our size by the National Registry for Myocardial Infarction (NRM), thanks to a dedicated and experienced team of experts.

When patients need emergency heart care, cardiologists will now be even closer to administer life-saving treatment and interventional procedures along with other skilled hospital-based specialists, nurses and technicians.

Having cardiologists on-site next to the hospital also creates a convenient location where patients can see their doctors, have testing done and have timely access to care for routine office visits.

Continuing partnership for our community

Holland Hospital has had a longstanding relationship with West Michigan Heart, which is now part of Spectrum Health. This partnership ensures that area residents benefit from local access to the best cardiovascular expertise and services in our region. Holland Hospital will continue to be an independent hospital with a mission of serving the medical needs of residents in Ottawa and Allegan counties.



For more information on Holland Hospital's award-winning Cardiovascular Services and the new facility, visit hollandhospital.org.

Construction of the new building on the hospital's south side will not disrupt daily hospital operations. The main visitor entrance on the hospital's south side will remain open.

23 MINUTES: A NEW LOW FOR HEART ATTACK TREATMENT

When a heart attack occurs, every minute counts. Recently Holland Hospital achieved a new record low of minutes from when a patient arrives in our ER to efficient treatment of heart attack using percutaneous coronary intervention, or PCI.

Holland Hospital is one of a select number of hospitals in Michigan that is approved and certified by the state to perform emergency PCI, a minimally invasive procedure to treat heart attack. During the procedure, a catheter with an interventional device (small balloon, stent or other device) is

inserted into the coronary artery, and helps open the blocked artery and restore blood flow to the heart. Evidence shows that every minute hospitals can shave off "door-to-balloon" time lowers a patient's risk of death and serious damage to heart muscle.

Holland Hospital's median PCI treatment time for 2013 is currently 64 minutes. A goal of less than 90 minutes is set by the American College of Cardiology, according to Todd Knight, director of Invasive/Interventional Procedures and the

Catheterization Lab. Several months ago, Holland Hospital staff, physicians and cardiologists treated a patient with the life-saving procedure in just 23 minutes!

"Twenty-three minutes beats most benchmarks and our own best time," Knight says. "This again confirms that the processes we've put in place to treat heart attacks work efficiently and effectively. People in our community can count on Holland Hospital to provide optimal care in the event of a heart attack."

Allergy drops replace shots

Allergy sufferers may be heartened by a new treatment for allergies that replaces allergy shots with a simple drop of liquid taken under the tongue.

Lakeshore Health Partners-ENT now offers *sublingual immunotherapy*, as the new treatment is formally called. The allergy drops are similar to allergy shots in that they contain small doses of what a person is allergic to. Over time, this increases the person's immunity, or tolerance, to the allergen and symptoms are reduced.

But instead of making a weekly trip to the doctor's office for an injection, patients take allergy drops at home by placing a few drops under their tongue each day. Each patient's bottle of drops is individually mixed according to the results of his or her allergy testing. Although the full course of treatment can last years, many patients report improvement in their symptoms after just a few months.

For more information on allergy drops or to make an appointment, call Lakeshore Health Partners-ENT at **(616) 393-2190**.



New physicians

For more information on these or any of our 300 physicians, visit *Find a Physician* at hollandhospital.org.

HOLLAND HOSPITAL HAS WELCOMED THE FOLLOWING PHYSICIANS TO OUR MEDICAL STAFF SINCE DECEMBER 2012.

Ebony R. Hoskins, MD

Gynecologic Oncology
Lacks Cancer Center
250 Cherry St. SE
Grand Rapids, MI 49503
(616) 685-5600



Allison L. Rund, MD

SHMG-Pediatrics
588 E. Lakewood Blvd.
Holland, MI 49424
(616) 494-5840



Radiologists

Leonard G. Coiner, MD

Jeffrey R. Flermoen, MD

Kelly D. Ludema, DO

Charles R. Luttenton, MD

Mario J. Orsini, DO

Barbara S. Thornburg, MD

Radiology

Advanced Radiology Services

Holland Hospital Radiology Svcs.

Jane Pettinga, MD

General Surgery
Holland Hospital-
Breast Surgical Svcs.
844 S. Washington Ave., Ste. 2700
Holland, MI 49423
(616) 355-3820



J. Gabriel Vasquez, MD

Dermatology
Jack A. Dekkinga, MD, PC
4285 Parkway Place SW
Grandville, MI 49418
(616) 257-3344

Sarah M. Wilkins, MD

Pathology
Western MI Pathology Associates
Holland Hospital Pathology Dept.



Schuyler A. Rogg, MD

Anesthesiology
MI Pain Consultants
844 S. Washington Ave., Ste 100
Holland, MI 49423
(616) 546-2550

MID-LEVEL HEALTH CARE PROVIDERS

Ryan Borr, CRNA

Macatawa Anesthesia
(616) 399-4946

Aleica L. Kovatch, PA-C

SHMG-Holland ENT
(616) 494-5900

Genevieve E. Nelson, PA-C

Shoreline Orthopaedics
(616) 396-5855

Emily Parker, WHNP-BC

Cancer & Hematology Center
(616) 954-9800

Bryant T. Wilson, PA-C

Advanced Radiology Services
(616) 459-7225

H 2013**HEALTHY LIFE**
HOSPITAL NEWS. HEALTHY ADVICE.
FALL ISSUE

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. ©2013 Holland Hospital.

Marketing and Communications, (616) 394-3366

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 **Holland Hospital**

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hollandhospital.org



healthgrades

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Holland Hospital partners with Susan G. Komen

As part of our commitment to quality breast care in the Lakeshore area, we're partnering with Susan G. Komen to raise awareness of breast cancer and available treatments. Find us at the Komen West Michigan Race for the Cure on Saturday, Sept. 28, at RiverTown Crossings Mall in Grandville.

For information or to register, go to komenwestmichigan.org/komen-race-for-the-cure.



MARK YOUR CALENDAR FOR OCT. 17!

Holland Hospital's Pink Soiree – An Evening of Education and Celebration

Celebrate survivors, honor friends and caregivers, and meet our clinical experts. Plus hear the latest on breast cancer prevention, treatments and genetic testing at this event at the historical Felt Mansion in Saugatuck. You won't want to miss it! Find out more at hollandhospital.org.



Physician Lecture Series

FREE COMMUNITY TALKS

Hear the experts and get your questions answered.

Thursdays, 6-7 p.m.
Open to all, free admission

Holland Hospital Conference Center
602 Michigan Ave.

Upcoming lectures

Sept. 12 — Nov. 14 — Dec. 12

For topics and up-to-date information, visit hollandhospital.org or call **(616) 394-3344**.

 **Watch Online!**

View previous physician lectures at youtube.com/hollandhospital.



9th Annual Race | Saturday, Sept. 28

NEW LOCATION!

Starting and ending at the Ottawa County Fairgrounds

RACE INFORMATION: park2parkrace.com OR
facebook.com/pages/Park2Park-race/160077310986

TO REGISTER: park2parkrace.com/registration

All registrants receive a tech race shirt!

