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WINTER ISSUE

HEALTHY LIFE

HOSPITAL NEWS. HEALTHY ADVICE.



Free!

Chris and Earl Siems return to thank Holland Hospital for 'laying the groundwork' for recovery from stroke.

 Holland
Hospital

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See our Winter Class Schedule Inside

Walking the road to recovery after stroke

Holland Hospital 'laid the groundwork'

It's not often that a patient returns to a hospital thousands of miles away to thank his caregivers. But that didn't stop California resident Earl Siems from making a Holland Hospital "reunion" part of his vacation plans.

Earl lived in Holland for 30 years and taught industrial arts at Zeeland High School for a time before retiring to a small village near Palm Springs. In May 2012, while back in Holland to visit family, Earl, then 77, suffered a severe stroke and was taken by ambulance to Holland Hospital. The next week was a blur as he went from the emergency room to intensive care and began the long road to recovery.

Earl's wife Chris, however, clearly remembers the physicians, nurses, occupational therapists, speech pathologist and other staff who, she says, "laid the groundwork for my husband's recovery." Last June Chris

Learn more by taking our stroke quiz at hollandhospital.org.

recounted their experience in an email to Holland Hospital. "Looking back now — just a little more than a year later — I can better understand the remarkable help we received from each and every one of you," she wrote.

"In retrospect, I realized how extraordinary they were," she later explained.

Last summer, back in town again to visit family, the Siemses returned to Holland Hospital to thank Earl's caregivers in person. Emergency physician Scott Loos and a half dozen nurses and therapists gathered to welcome the couple. They were amazed to see Earl walk in without any assistance. When he had left Holland Hospital in 2012,



Deb Langeland, RN, greets Earl Siems in the Intensive Care Unit, where he was her patient in 2012.

he could just barely, with much effort, move his left foot.

"I'm extremely surprised," Dr. Loos said. "When I last saw him he was essentially paralyzed on the left side. It's a much better recovery than I anticipated." He attributed it to Earl's perseverance and ongoing physical therapy.

Chris thought Dr. Loos deserved some credit, too. In her letter she wrote, "The doctor's explanation of [the clot-busting drug] tPA allowed me and my stepson to make what we believe was a coherent decision in the midst of all. I truly believe that those first hours set the course for [Earl's] recovery."



Chris Siems, right, gives occupational therapist Kim Fischer, OTR, a grateful hug.

KNOW THE WARNING SIGNS

Earl Siems is fortunate that when Chris suspected he was having a stroke, she immediately called 911. Paramedics were able to begin treatment and alert Holland Hospital, so our stroke team was ready and waiting for Earl's arrival. Because he didn't delay going to the hospital, Earl was able to be treated with the clot-buster tPA to restore blood flow to the brain and potentially reduce disabling effects.

For the 800,000 Americans who will have a stroke this year and their family members and friends, learning to recognize a stroke and calling 911 immediately is crucial.*

- Sudden weakness or paralysis, usually on one side of the body.
- Confusion or trouble speaking.
- Loss of balance, dizziness or lack of coordination.
- Blurred vision or other trouble seeing.

* Source: National Stroke Association, www.stroke.org.



Introducing a new health initiative ...

Comprehensive Breast Services

Lakeshore women have convenient access to a wide range of health services designed to meet their needs – from specialists in primary care, obstetrics and gynecology to experts in surgery, mid-life care, pelvic health, bone health and more.

Now, women's health in our area takes another step forward with the launch of Holland Hospital Comprehensive Breast Services. This community-wide initiative brings together services and the area's top-notch specialists to deliver the highest quality breast care close to home.



Jillian Lankford, MD, of Holland Hospital Behavioral Health Services, was one of eight doctors who spoke at our Pink Soirée, an evening to raise awareness of breast cancer prevention and resources. About 150 attended the fall event at the Felt Mansion. Proceeds will help fund breast health services for underserved patients of the Holland Community Health Center.

Regional destination

"In general, women have been very pleased with the breast care available locally," says Susan Ervine, MD, radiologist, who serves as co-director for the new program. "However, our research showed a need for expanded breast health services and an opportunity to offer seamless integration throughout the breast care process. We've assembled the resources to do just that."

Jane Pettinga, MD, breast surgeon at Lakeshore Health Partners–General Surgery, agrees. She is co-director of Comprehensive Breast Services and is especially passionate about the new program. Dr. Pettinga recently returned to her hometown of Holland after helping develop other leading breast care programs in Michigan. "We are very excited because this initiative promises the highest quality in local care and support along the entire continuum of breast health – from routine screening and diagnosis to expert breast cancer treatment and coordinated post-treatment follow-up."

Patients can expect to find no interruption in the high-quality care they have become accustomed to here. But the benefits of the new initiative will be visible as services are expanded and enhanced for greater coordination and convenience. "Our vision is to be the regional

Learn more about women's health services at hollandhospital.org.

destination for comprehensive breast care," says Dr. Pettinga.

Community engagement

Perhaps the most powerful aspect of the new initiative is that it engages a team of specialists who have provided excellent care and are now coming together in a formal coordinated way.

"We could not be more enthusiastic and invigorated by the response of area providers," adds Dr. Pettinga. "The new program cuts across traditional boundaries with the focus on working together to deliver exceptional breast care that's accessible, personalized, coordinated and timely."

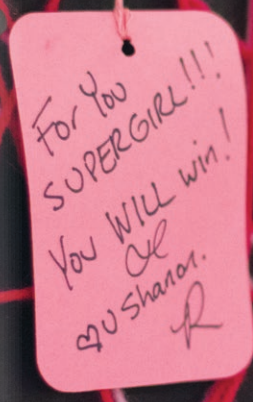


Susan Ervine, MD



Jane Pettinga, MD

Attendees wrote messages of support for loved ones affected by breast cancer.



HOLLAND HOSPITAL COMPREHENSIVE BREAST SERVICES

Services:

- Digital mammography
- Diagnostic breast imaging including breast MRI and ultrasound
- Image-guided core needle biopsies
- Genetic counseling and high risk evaluation

- Patient education and care navigation
- Lymphedema treatment
- Physical and occupational therapy
- Survivorship support
- Behavioral Health Services
- Mammography funding for underserved

Medical and Surgical Specialties:

- Breast Radiology
- Breast Surgery
- Pathology
- Medical Oncology
- Radiation Oncology
- Plastic Surgery

Say no to holiday stress

The most wonderful time of the year? Not to the people who use just three adjectives to describe the holidays: high-tension, high-cost and high-obligation. In fact, when asked to rank the stress of the season, 40 percent of respondents to one poll put the holidays in the same league as asking the boss for a raise.

Still, it's possible to recapture the meaning of the season, says Mark Bombara, a therapist with Behavioral Health Services at Holland Hospital. Here are a few tactics for reducing stress and rediscovering your holiday cheer.

- **Make a budget and stick to it.** "Debt is a leading cause of stress, so look for alternatives to overspending," says Bombara. Some examples: 1) If you buy gifts for a large family, draw names instead. 2) Ask for suggestions rather than draining time searching for "perfect" gifts. 3) Make your own fun or meaningful gifts. 4) Donate to a charity in someone's name.
- **Don't strive for perfection.** Cookies will burn and flights will be delayed. Be realistic about what you can handle (baking five pies in one night may not be doable) and pace yourself.
- **Appreciate assistance.** If you're hosting a holiday gathering, accept guests' offers to bring a side dish (or suggest it yourself). If the thought of cleaning your entire house is daunting, give yourself a gift and use a cleaning service.
- **Be mindful of your mental and physical well-being.** Establish a few good habits to help you avoid unhealthy temptations. For instance, keep healthy snacks on hand to help curb your appetite for those ubiquitous, high-fat holiday treats. Commit to limiting your alcohol use to what is moderate and responsible.

- **Attempt something different.** Holiday traditions evolve over the years. Find pleasure in creating and sharing new traditions. Celebrate in bits and pieces when possible, like taking a drive to look at Christmas lights.
- **Accept family members for who they are.** Holiday gatherings are not the time to refuel grudges or rehash political differences. Practice forgiveness. "This season is about connecting with the people you care about," says Bombara. "Cherish the opportunity to be together."

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HELP FOR HANDLING THE HOLIDAY BLUES

If you've lost a loved one, have financial constraints, or live far away from or have tension with family members, the holidays can be extremely tough. Here are some tips that may help:

- **Accept your feelings.** Know that it's OK to cry or express your sadness. Seek support from friends, family or a professional counselor, if needed. Take solace in religious rites or community events you find significant.
- **Give yourself something to look forward to.** Plan something exciting to take place after the holiday season, such as a trip. This will give you something else to talk about when someone asks how you are doing.
- **Volunteer to help others.** Donating time and companionship to others can help lift spirits and heal hearts.

*If you or someone you know is experiencing anxiety, depression, substance abuse or other mental health concerns, our Behavioral Health professionals can help. For more information, call **(616) 355-3926** or visit **hollandhospital.org**.*

Wound Care Program meets a growing need

As the population ages and the incidence of diabetes rises, the need for Holland Hospital's Wound Care Program has also grown. "We're responding to the community's needs," says Coordinator Kirsten DeYoung, BSN, RN, a certified wound care nurse. "The number of patients we see has more than doubled in the past 10 years."

Chronic wounds are often the result of an underlying condition such as diabetes, paralysis or another neurological disorder (leading to pressure ulcers), or inadequate blood flow due to problems in leg veins or arteries.

People with diabetes have an increased risk of developing foot ulcers, or an open sore on the bottom of the foot. Poor circulation, lack of feeling in the feet and high blood glucose levels can compromise the body's ability to heal and fight infection, so it's important for those with diabetes to inspect their feet daily and seek help when needed.

When wounds do not show healing progress within two weeks, intervention may be needed. Holland Hospital's Wound Care Program treats all types of wounds.

Care delivered to your door

Homebound patients receive wound care through the Home Health Program. The Home Health nurses use advanced computer software to track treatment of wounds and enhance results. Digital photos of patient wounds are sent electronically from the home to our certified wound care coordinator, Jean Simaz, RN. "Every assessment is scored so if something changes or deteriorates, we are immediately notified," Simaz says.

Tackling complex medical issues

Holland Hospital's Wound Care nurses employ a variety of techniques and newer, high-performance products to promote healing of chronic wounds. Identifying the cause of the wound is key to its treatment, explains DeYoung.

WHEN TO SEE A DOCTOR

Not all wounds will heal with at-home care alone. Stitches or other medical measures may help promote healing of certain types of injuries, as well as reduce scarring and the risk of infection. See your doctor if:

- *The wound is jagged.*
- *You are unable to keep the edges of the wound together.*
- *Blood soaks through the bandage or spurts, or bleeding continues after 20 minutes of pressure.*
- *It is a deep wound and you have not had a tetanus shot in the past five years.*
- *You are unable to remove all of the dirt from within the wound.*
- *The wound becomes tender or inflamed or drains a thick fluid.*

Here for You

For stubborn wounds that won't heal on their own, or for those with chronic conditions that have not responded to other therapies, the Wound Care Program at Holland Hospital can help. A doctor's referral is required. For more information, talk to your doctor or call (616) 394-3367. To learn more about our Home Health Services, call (616) 394-3346 or visit online at hollandhospital.org.

"For example, a pressure ulcer won't heal no matter what we put on it unless the pressure is relieved," she says. On the other hand, "Wounds caused by venous insufficiency need compression. In some cases we need to involve a vascular specialist."

Because the causes of chronic wounds can be complex, the Wound Care Program takes a multidisciplinary approach to helping patients heal. "We collaborate with dermatologists, podiatrists, surgeons, vascular specialists and Home Health nurses," DeYoung notes.

In addition, Home Health works with physical and occupational therapists for wound care patients.

Don't ignore wounds

"Patients often don't recognize that they have a chronic wound, or they don't realize its significance," DeYoung notes. "Wounds can lead to serious infections and may even lead to amputation. It's very important to seek immediate treatment for nonhealing wounds."



- *The wound and surrounding area feel numb.*
- *Your temperature exceeds 100 degrees F.*
- *It is uncomfortable to move.*



◀ Friendly competition makes the peddling easier. (l-r) Stafford Keegin, June Essenburg, Dennis Owen and Bob DenBleyker exercise on the NuStep in Cardiac Rehab.

✔ Our new cardiovascular building will house the area's leading cardiovascular experts, providing patients with convenient access to appointments, testing, treatment and rehabilitation — all in one location. Look for the grand opening this summer!

○ Serious fun

Keeps patients healthy at Cardiac Rehab

A group of early risers have found their own secret to heart health: eat right, exercise regularly and ... *laugh*.

At 6:30 a.m. three days a week, between 15 and 20 men show up at Holland Hospital's Cardiac Rehab gym to go through their exercise routine. In between timed workouts, they talk, rib each other, and place bets (inches of snowfall, Lions wins, etc.). If there's a birthday that day, they make sure to regale the unlucky person with song.

The men come from all kinds of backgrounds but have one thing in common: Each has had a heart attack, heart failure, bypass surgery or another heart intervention. One had a heart transplant five years ago.

"Listening to these people and looking at them, you wouldn't know they had a serious heart condition, but that's why they're here," says Cardiac and Pulmonary Rehabilitation Coordinator Sheryl Mulder, RN. She and other staff monitor the activity as the group, comprised of both men and women, does warm-up stretches and moves from treadmill to stationary bike to elliptical trainer in timed intervals. Everyone's vital signs are checked three times.

Benefits of Cardiac Rehab

On any given weekday, our Cardiac Rehabilitation team sees between 120 and 140 patients, says Mulder. Cardiac Rehab's

goal is to return heart patients to an active lifestyle and reduce the risk for further heart problems.

It works toward those goals with a personalized plan of exercise, education, support and lifestyle changes. After completing the 12-week referral program, participants can choose to continue in the health maintenance part of the program.

Both the American College of Cardiology (ACC) and the American Heart Association strongly recommend cardiac rehab for decreasing risk factors, reducing re-hospitalization and increasing longevity for heart patients. A study reported in the *ACC Journal* found that heart patients who used cardiac rehab had significantly lower (21-34 percent) 1- to 5-year mortality rates than nonusers.*

Motivating factors

In addition to the health benefits and the modern fitness equipment at Holland Hospital, there's another reason the 6:30 a.m. regulars (and many others) keep going to Cardiac Rehab — some for decades. "The social aspect is extremely important," Mulder says. "Camaraderie adds accountability, support and friendly competition."

Holland resident Jim O'Neill agrees as he pedals a NuStep alongside his early-morning cohorts. "I exercise for my heart, but the laughing and the good time is a big part of it."



To learn more about our Cardiac Rehab program, visit hollandhospital.org or call (616) 394-3398.

Jacob "June" Essenburg, who had bypass surgery a year ago, points out that he has all the exercise equipment he needs at home, but keeps going to Cardiac Rehab anyway. "I wouldn't be here if it weren't for these guys," he says.


The group has another motivating tactic, says Holland resident Bob DenBleyker. "You can't believe how much flak they give you if you miss a day!"

By 7:30 a.m., many have cooled down and headed down the hall for coffee at the hospital Café, where the group keeps a running tab and settles bets.

Your Cardiac Rehab team

Holland Hospital's Cardiac Rehab team includes cardiologists; registered nurses; exercise physiologists; respiratory, occupational and physical therapists; and dietitians. Admission to the program requires a referral from your physician. Many insurance providers, including Medicare, cover the majority of program costs.

* Source: American College of Cardiology



New physicians

FOR MORE INFORMATION ON THESE OR ANY OF OUR 300+ PHYSICIANS, VISIT 'FIND A PHYSICIAN' AT HOLLANDHOSPITAL.ORG.

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2013 Community Report

It's available! Read about the wonderful things that are happening at your hospital.

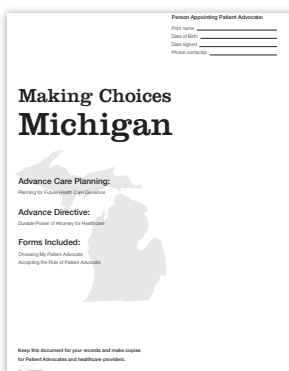
communityreport.hollandhospital.org

Advance Care Planning Workshops

Polls show that 82 percent of people say putting their medical care wishes in writing with an "advance directive" is important, but only 23 percent have actually done it.*

In Michigan, creating an advance directive involves choosing a trusted person to be your spokesperson, or "patient advocate," should you become unable to speak for yourself. So how do you go about doing this?

We've just made it easier for you by compiling all the information you'll need in one easy-to-follow packet. **Making Choices Michigan** contains the forms you need, instructions for choosing a patient advocate, and guidance on discussing your values and wishes. (Those who already have an advance directive do not need to create a new one.)



To help you draft your own advance directive, Holland Hospital's Center for Good Health is hosting free Advance Care Planning Workshops throughout 2014. For dates and to register, please see our 2014 Classes/Events calendar at hollandhospital.org.



To download *Making Choices Michigan* and view more information, visit hollandhospital.org and click on *Patient & Visitors Guide > Advance Care Planning*.

* California Improvement Network Resources (2012)

2014 Physician Lecture Series FREE COMMUNITY TALKS

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