

H 2012

WINTER ISSUE

HEALTHY LIFE

HOSPITAL NEWS. HEALTHY ADVICE.

Free!



Register for Winter Classes!
See Class Schedule Inside.

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Hospital

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Affects Heart
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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.

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.

* Source: Mayo Clinic.com.



DNV
ISO 9001:
2008

HOLLAND HOSPITAL EA

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

Get practical tips from the experts at these upcoming presentations at Holland Hospital:

- **Heart Health: Smart Decisions for Life on February 9**
- **Diabetes: What You Need to Know to Take Charge of Your Health on March 15**

The Physician Lecture Series is free and open to the public. See page 8 for more information.

DIABETES SELF-MANAGEMENT PROGRAM

Whether you're newly diagnosed with diabetes or need a brush up on the best ways to manage the disease, Holland Hospital's Diabetes Self-Management Program provides education and services for glucose monitoring, insulin pump therapy, healthy eating and more. Talk to your doctor about a referral. Learn more at hollandhospital.org or call 616.394.3270.

RNS ISO CERTIFICATION

improving processes for maximum efficiency. For more than 60 years, ISO certification has been the defining indicator of quality in the manufacturing industry. In 1987, ISO 9001 put forth a new set of standards for quality-driven organizations such as hospitals. Only a few other Michigan hospitals have met the stringent guidelines for certification.

Holland Hospital's compliance with ISO 9001:2008 standards was confirmed by DNV Healthcare, the international healthcare accrediting organization through which Holland Hospital received accreditation in 2009.

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

Bruce Los, vice president of human resources at Gentex, sees the benefits of Worksite Wellness in employee health and productivity.



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, points out that cost savings are not the only – or the biggest – benefit of Worksite Wellness. "More important, it has built awareness among our employees of the importance of not just knowing about their health, but taking positive action to *improve* their health so that they are happier, healthier and more productive in all areas of their lives."

For more information about Worksite Wellness, call 616.394.3344 or visit hollandhospital.org/PreventionWellness.

Ask the Expert

Q: MY MOM WANTS TO GO HOME AFTER HER HIP REPLACEMENT SURGERY, BUT SHE IS NOT YET ABLE TO TAKE CARE OF HERSELF. I HAVE TO GO TO WORK AND CAN'T BE THERE FOR HER. IS HOME HEALTH CARE AN OPTION?

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



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

Jacqueline Tung, MD

Andrew Woodrow, MD

Interventional Radiologists

Jay Morrow, MD, PhD

William Slater, MD

Advanced Radiology Services
Holland Hospital Radiology
Services

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 VanWynen, MD*

*Location, phone number
and billing are also the same.*

*For more information, see
lakeshorehealthpartners.com.*

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*

A Team Approach to a Going Problem: Female Incontinence

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."

Located at 844 S. Washington Ave., Suite 1600, in Holland. Call **616.394.3706** for information.

Get Out There!

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.

If you or someone you know has these symptoms, prevent further heat loss and seek immediate medical attention.

- **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

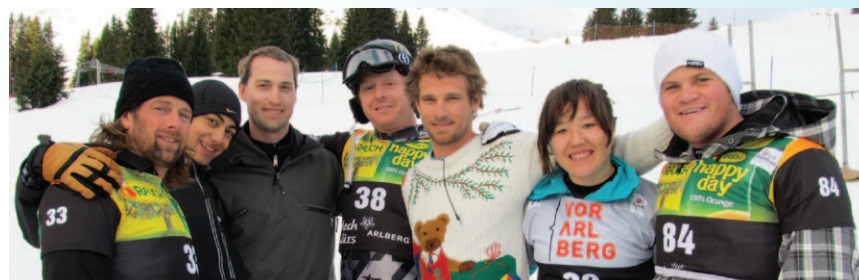
If you've suffered an injury, consult your doctor. For information about physical therapy, see Rehabilitation Services at hollandhospital.org.

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

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



Dr. Wierks (third from left) with the 2011 U.S. Olympic Snowboard Team.

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.

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. ©2012 Holland Hospital.

Marketing and Communications, 616.394.3366

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ISO 9001:2008



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.

FREE COMMUNITY TALKS FEATURING LOCAL PHYSICIANS

Your chance to get your health care questions answered.

- Open to all.
- Thursdays, 6-7 p.m.
- Holland Hospital Conference Center

January 12

Finding Dr. Right

Tips for choosing a primary-care doctor and communicating your health care needs.

- Jason Myers, DO
- Lakeshore Health Partners–Family Medicine



February 9

Heart Health: Smart Decisions for Life

March 15

Diabetes: What You Need to Know to Take Charge of Your Health

April 12

Focus on Women's Health for an Even Better You

Lectures are held monthly through 2012. For current topics and to register, go to hollandhospital.org or call 616.394.3344.