

H_L 2012

SPRING/SUMMER ISSUE

HEALTHY LIFE

HOSPITAL NEWS. HEALTHY ADVICE.



Register for Spring and Summer Classes! See Class Schedule Inside.

Sleepy newborns (l-r) Berkley Reese, Jaxton Barnes and Hadley Drew are Holland Hospital's first triplets in 50 years. See page 3

 Holland Hospital

2 | Health Care Just for Women

4 | Ask the Expert about Thumb Pain

5 | PET/CT Scan Now Available

7 | Stroke: Know the Warning Signs

Woman to Woman

Lakeshore Health Partners–Women's Health

Women have health needs that differ from men's, so it's only natural that they would benefit from health care services designed specifically for women.

That's the idea behind the formation of Lakeshore Health Partners–Women's Health, a local practice led by physicians who specialize in female health concerns. They offer primary care and a wide spectrum of health care services for women of all ages, including:

- Gynecological care
- Menopause and perimenopause treatment
- Hormone therapy options
- Weight management and fitness counseling
- Sexual health evaluation and treatment
- Integrative medicine

Joining LHP–Women's Health is Barb DePree, MD, board-certified gynecologist and certified menopause practitioner. Dr. DePree, formerly of Holland Hospital Women's Midlife Services, is well known in the Lakeshore community as an active proponent of health and well-being for women.

Also joining LHP–Women's Health is board-certified primary care physician and certified menopause practitioner Laurie Birkholz, MD, who formerly practiced at Aurora Health Care in Milwaukee, Wis., where she completed a Women's Health Fellowship. Dr. Birkholz's areas of special interest (in addition to the above) include cardiovascular disease prevention and cancer survivorship, which

addresses health concerns specific to women with a history of breast or gynecologic cancer.

"Women have very unique health experiences that require individual care and attention," says Dr. Birkholz. "We're here to listen and partner with women in their health care through every transition – in both prevention and treatment."

Meeting women's health care needs is not a new objective at Holland Hospital, notes Shanon Walko, DO, of Lakeshore Health Partners–Internal Medicine. Dr. Walko has focused on women's health and disease management for 10 years and will continue to partner with Drs. Birkholz and DePree in areas such as cancer survivorship and cardiovascular health.

"Women can find a medical service and specialist here to meet virtually all their health care needs," says Dr. Walko. "Holland Hospital's expansive array of services for women positions the Lakeshore region as a hub for comprehensive women's health care."

LHP–Women's Health is located at the Holland Hospital Medical Building in Zeeland; call **616.748.5785** for an appointment. LHP–Internal Medicine is at the Lakeshore Medical Campus in north Holland; call **616.399.9522**. See lakeshorehealthpartners.com for more information.



Barb DePree, MD



Laurie Birkholz, MD



Shanon Walko, DO

COMPREHENSIVE HEALTH CARE FOR WOMEN

Holland Hospital Women's Health Services offers convenient and comprehensive care for women at various locations in Holland and at the Holland Hospital Medical Building in Zeeland. In addition to primary care, our women's health experts provide personalized treatment for female conditions that require specialty care. Services include LHP–Women's Health (see story above) and the following.

Bladder and Pelvic Health Services
*Holland Hospital and experts from Western Michigan Urological Associates provide specialized care to diagnose and treat bladder problems, pelvic pain and a wide range of female urinary concerns. Call **616.392.1816** for a consultation.*

Bone Health Services
*Offers a full range of osteoporosis diagnosis, prevention and treatment services to ensure optimal bone health and strength. Call **616.748.5764**.*

Breast Health Services
*Digital mammography, clinical breast exams, and advanced diagnostic services are provided at three convenient locations in Holland and Zeeland. Call **616.355.3865**.*

Rehabilitation Services
*Experienced rehabilitation experts offer therapy for bone strength, bladder disorders, pelvic and back pain, lymphedema and more. Call **616.355.3910**.*

For more information on any services, see hollandhospital.org.

COORDINATED BREAST HEALTH SERVICES

Holland Hospital's Breast Health Services offers a full range of up-to-date procedures and leading-edge technology for coordinated breast care from prevention and screening to diagnosis, treatment and support.

Our expert physicians have advanced training and experience in breast care and women's health with a focus on personalized care for each patient. It all adds up to comprehensive, convenient and coordinated breast care right here for Lakeshore residents. Services include:

- All-digital mammography at convenient locations
- Breast MRI and MRI-guided biopsy for higher-risk patients
- Stereotactic- and ultrasound-guided biopsy
- Specialists in breast imaging and intervention
- Multidisciplinary Breast Case Conferences (case review by a team of physicians)
- Surgeons experienced in breast cancer treatment
- Nearby Lakeshore Area Radiation & Oncology Center
- Our Lymphedema Program and breast cancer support group



Tiffany and Curtis Avison with their trio at two weeks.

Photos by Brad Lampe/Synergy Photographic

A TRIPLE(T) PLAY!

Tiffany Avison was born at Holland Hospital and gave birth to her daughter Charley, now 2 ½, at Holland Hospital. So it was fitting that she and her husband Curtis had their hearts set on Holland Hospital for the birth last year of their second baby. And their third.

And ... their fourth.

They got their wish on Dec. 30, 2011, when Tiffany gave birth to two girls and a boy at the Boven Birth Center. They were Holland Hospital's first triplets in 50 years.

"Having them at Holland Hospital was a major factor for us," says Curtis, 31. "We are extremely happy. The care we received here was not something we would have gotten anywhere else."

The hospital's pediatricians and nursery staff had mapped out every detail of the births in advance, including checklists, call schedules and color-coded infant hats and supplies.

"We called it the triple play," says Joyce VanHoff, RN, clinical coordinator for the Boven Birth Center.

The birth center's Special Care Nursery is equipped with state-of-the-art neonatal equipment for newborns who need a higher level of support, including preterm deliveries as early as 32 weeks. Pediatric hospitalists and nurse practitioners are available 24/7 to provide specialized care for the babies. Although about 20 sets of twins are counted among the 1,800 babies born at Holland Hospital each year, triplets are rare because they have a greater chance of very early preterm birth.

The Avisons had toured larger hospitals but chose the Boven Birth Center for the "personal touch that we got here," says Tiffany, 27. She was given the go-ahead to deliver at Holland Hospital if she carried the triplets for at least 33 weeks. She went into labor at 33 weeks and 4 days. "We had a countdown going," she admits.

Jaxton, Hadley and Berkley each entered the world with a healthy cry and weighed in at just over 4 pounds. For the next few weeks the newborns were closely monitored in the Special Care Nursery "to ensure that they learned to feed normally and began to gain weight," explains David Chamness, MD, Medical Director of Holland Hospital's Pediatric Hospitalist Program. All three were home with their family within 16 days of their birth.

Ask the Expert

Q: FOR THE PAST COUPLE OF MONTHS, MY THUMB HAS FELT ACHY, SWOLLEN AND STIFF. AS THE PAIN GETS WORSE, I'M WORRIED THAT I WILL BE FORCED TO GIVE UP KNITTING AND OTHER ACTIVITIES. WHAT ARE MY OPTIONS?

Pain in the thumb and the radial (thumb-sided) aspect of the wrist is one of the most common problems I see. Some people have pain caused by a specific injury, or by a medical condition such as rheumatoid arthritis, gout or diabetes. But more often pain is caused by traumas so small you don't realize they occurred – such as sleeping on your wrist or smacking into a doorframe – or by misuse (often mistakenly referred to as overuse).

You may have trigger thumb, one of the most common – and most treatable – forms of tendonitis (inflammation in a tendon). It's possible the scissors you use for quilting irritated your tendon. Gardening or other tools,

baseball bats, tennis rackets or anything people grip can be other common culprits.

I typically recommend people try activity modification. Take a break from activities that you know bother you, and avoid putting pressure on the sore area. As you start the day, try applying heat and loosening up your thumb and hand. Then apply ice packs and take over-the-counter non-steroidal anti-inflammatory drugs (NSAIDs) throughout the day to help reduce pain and inflammation. (Commonly used NSAIDs are aspirin, ibuprofen and naproxen; check with your doctor before taking any new medications.) Try wearing a splint, especially at night, to keep the thumb straight while you sleep. If

you still don't find relief, call your doctor or an orthopedic specialist. In more advanced cases of trigger thumb, a cortisone steroid injection often helps. Surgery is also an option when conservative treatments fail.



Q. I'M A NEW MOTHER, AND PAIN AND WEAKNESS ON THE INSIDE OF BOTH WRISTS IS MAKING IT DIFFICULT TO PICK UP MY CHILD. IS THIS CARPAL TUNNEL SYNDROME?

You are more likely suffering from another common form of tendonitis: de Quervain's. Swelling at the end of your pregnancy may have caused tendon rubbing, and now you're probably trying to lift your baby, carry a car seat, swing around a packed diaper bag, etc. All of this can stress the tendons, and once aggravated, there's very little chance to rest and recuperate.

When picking something up, try to lift with your wrists in a palm-up position instead of sideways or overhand. I'd also recommend trying the techniques listed above: splinting, taking NSAIDs and applying heat and cold

packs. If you wear a splint, remove it several times a day; the goal is to keep the tendons gliding and loose so they don't get adherent and stiff, but don't overdo it. If these tactics don't work, a cortisone injection and therapy may alleviate the problem, usually within three to four weeks. In cases where these conservative treatments haven't worked, surgery is a final option.

More information

To learn more about these and other painful hand conditions, see Dr. Howell's presentation, *Losing Your Grip? Causes and*

Treatments for Thumb Pain, at www.youtube.com/hollandhospital.

For information about Holland Hospital orthopedics, go to hollandhospital.org/Orthopedics/Facilities.aspx.

ABOUT THE EXPERT

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For upcoming topics and specialists featured in our monthly Physician Lecture Series, please see the back cover.

PET/CT Aids in Diagnosis and Treatment

This advanced 'hybrid' technology now available locally

You are no doubt aware that imaging studies play a vital role in medical treatment. At some point, your physician has likely referred you for an X-ray, MRI or a CT scan to learn more about your condition. What you may not know is that imaging technology continues to advance at a rapid pace.

Within the last decade, a new form of imaging has proven essential for diagnosis and treatment of complex medical conditions. It's a "hybrid" of two technologies called PET/CT. The technology produces detailed computerized images that combine the functional imaging of a PET (positron emission tomography) scan with the anatomical detail of CT (computed tomography). This innovative technology can provide early detection of cancer, cardiovascular concerns and neurological disorders such as Parkinson's, Alzheimer's and stroke. With the aging population, it is estimated that demand for PET/CT exams may grow as much as 30% in the next few years.

In response to requests from physicians and patients, Holland Hospital is pleased to offer PET/CT scans in partnership with Alliance HNI mobile imaging. The mobile PET/CT unit will be located at the Holland Hospital Medical Building in Zeeland one day a week, giving patients convenient access to this highly advanced technology.

Steve Sorenson, director of Radiology Services at Holland Hospital, explains that contracting with the specialized imaging service enables us to offer technology that would otherwise be cost-prohibitive for a relatively small number of exams. "This mobile option allows several hospitals to share the cost and meet the needs in their communities," Sorenson says.

What is PET/CT?

PET is a test that uses special imaging cameras and a radioactive type of sugar to produce pictures of the function and metabolism of cells in the body.

CT is an X-ray test that generates a detailed view of the anatomy or structure of organs and tissues in the body. The CT scan can show the dimension of vessels, lymph nodes and organ systems.

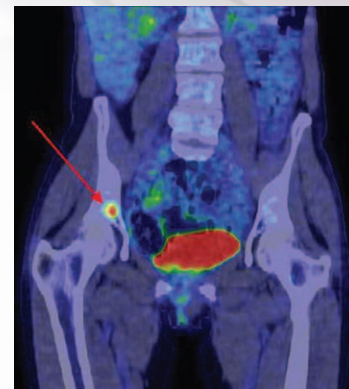
PET/CT depicts both technologies using a single machine. It provides a picture of function (PET), a picture of anatomy (CT) and a merged picture of both the body's metabolism and structure.

What are PET/CT benefits?

PET/CT can reduce the need for invasive procedures like biopsy or surgery, and allows the medical team to monitor the patient's response to treatment.

In the case of cancer, the exam can provide answers to the following key questions:

- Where is the tumor?
- How large is it?
- Is it spreading?
- What is the optimal therapy?
- Is the therapy working?
- Is there a recurrence?



PET/CT allows the surgeon to pinpoint the exact size and location of a suspicious growth and determine if it is cancerous.

To learn more about PET/CT, visit hollandhospital.org or contact Holland Hospital's radiology team at 616.394.3191.

What happens during the scan, and how do I get results?

Prior to the PET/CT scan, patients receive a small injection of FDG, which is essentially a sugar water with a radioactive tracer. (The radiation is a low level that decreases over time.) The patient then relaxes for 30 to 90 minutes while the FDG travels through his or her body. After this, the technologist will accompany the patient to the scanner. The exam typically lasts two to three hours, after which patients may resume normal activity.

When the PET/CT scan is finished, computers produce images for review. A radiologist will read the results and contact the referring physician to communicate all pertinent information. The referring physician contacts the patient to share the results.

Stroke: Know the Warning Signs

Liz Dirkse, 61, of West Olive, Mich., was playing a game on her computer last year when all at once the activity on the screen froze. After clicking around with no results, she realized “nothing was moving because I wasn’t moving,” she recalls. She tried to alert her husband, Tom, “but my brain couldn’t tell my mouth what to do!” Liz was experiencing a stroke. Fortunately, Tom recognized the symptoms and called 911.

Liz is one of the nearly 800,000 Americans each year who suffer a stroke. Strokes are the No. 4 cause of death and a leading cause of disability.* Learning to recognize a stroke is crucial because, in the words of the American Stroke Association, “Time lost is brain lost.”

Strokes are sometimes called brain attacks. They occur when a blood vessel bringing oxygen and nutrients to the brain is clogged (ischemic stroke) or bursts (hemorrhagic stroke). The damaged vessel doesn’t deliver the blood and oxygen the brain needs, and nerve cells in the affected area of the brain die within minutes.

Some people experience mini-strokes called transient ischemic attacks, or TIAs. A TIA produces stroke-like symptoms that resolve on their own within minutes. More than one-third of people who have a TIA go on to have a stroke. With any stroke symptoms, seek immediate medical attention.*

Could you be a stroke victim?

Anyone can have a stroke. While you can’t control some risk factors, such as being more than 60 years old or having a family history of strokes, you can work with your physician to control or treat other risk factors. These include:

- High blood pressure
- Tobacco use

- Diabetes
- Carotid or other artery disease
- Atrial fibrillation or other heart disease
- A high red blood cell count
- Sickle cell anemia
- High blood cholesterol
- Physical inactivity
- Overweight and obesity
- Excessive alcohol intake

Watch for these warning signs

Blood deprivation to the brain can affect a stroke victim’s senses, motor activity, speech and, thought patterns. Paralysis or weakness on one side of the body is common. It is critically important to call 911 if the following symptoms suddenly appear:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Trouble seeing out of one or both eyes; blurred or double vision
- Confusion or trouble speaking
- Loss of balance or coordination
- A severe headache of unknown cause

Quick treatment makes all the difference

When Liz arrived at Holland Hospital’s Emergency Department, the stroke team was already assembled and ready for her. After an immediate evaluation and CT scan



Photo by Mary Taber

One warning sign of a stroke is trouble speaking. Can you list the other signs? Test how much you know by taking our Stroke Quiz at hollandhospital.org.

of her brain, she was diagnosed with an ischemic stroke and treated with the clot-buster tPA. She spent the next five days in the hospital under continuous monitoring, and returned home to have a Holland Hospital Home Health nurse visit several times to check her condition. Today, Liz recalls her stay at Holland Hospital as a positive experience.

“I think the most important part of this whole ordeal was to have the right information for the people who needed it to treat me,” she says. “Tom, my husband, recognized stroke symptoms and acted quickly... The nurses and doctors involved were focused and able. These are the things that count in a stroke. Knowing what to do and doing it quickly make all the difference.”

You can read Liz’s firsthand account of her stroke experience at hollandhospital.org.

* Source: American Stroke Association, www.strokeassociation.org.

○ ACT FAST!

Act F.A.S.T. to assess stroke symptoms:



Face: Ask the person to smile. Does one side of the face droop?



Arms: Ask the person to raise both arms. Does one arm drift downward?



Speech: Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?



Time: If the person shows any of these symptoms, call 911 immediately.

○ HOLLAND HOSPITAL OFFERS FAST, CONSISTENT CARE

The right care at the right time can make all the difference for a person having a stroke. Fortunately, you can find excellent, evidence-based stroke care right here in Holland. “We’ve streamlined our Stroke Program so that all the components are in place ahead of time,” states Sandip Kothari, MD, medical director of the Stroke Program at Holland Hospital.

It all starts when someone recognizes the signs of a stroke and calls 911. Alerted by paramedics that a possible stroke patient is on the way, the Emergency Department issues a “Code Z-Stroke” to assemble the stroke team. Upon arrival, the patient is immediately evaluated and a CT scan is performed to determine if the stroke is caused by a blood clot (ischemic) or a burst blood vessel (hemorrhagic).

Of Holland Hospital’s 134 stroke patients in 2011, the vast majority—94 percent—had ischemic strokes. For many, their best bet for avoiding long-term disability is the clot-busting drug tissue plasminogen activator (tPA), but it has to be administered within three hours from the beginning of symptoms.

“Time is critical,” says Joe Bonello, director of Emergency Services at Holland Hospital. “That’s why it is so important that people know the warning signs of stroke and respond immediately.”

New Physicians

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

Frank G. Artinian II, MD

Pediatrics
SHMG–Pediatrics
442 Century Lane, Suite 200
Holland, MI 49423
616.395.9040

Laurie A. Birkholz, MD

Family Medicine,
Certified Menopause Provider
Lakeshore Health Partners–
Women’s Health
Holland Hospital Medical Building
8300 Westpark Way
Zeeland, MI 49464
616.748.5785



Robert F. Cali, MD

Vascular Surgery
SHMG–Vascular Surgery
4069 Lake Dr. SE, Suite 312
Grand Rapids, MI 49546
616.267.8700

Manish M. Kumar, MD

Radiology
Advanced Radiology Services
Holland Hospital Radiology
Services

Craig R. Moore, MD

Radiology
Advanced Radiology Services
Holland Hospital Radiology
Services

Jason D. Slaikeu, MD

Vascular Surgery
SHMG–Vascular Surgery
4069 Lake Drive SE, Suite 312
Grand Rapids, MI 49546
616.267.8700

○ 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:

Amanda L. Kelly, PA-C

West Michigan Heart-SHMG
and Holland Hospital
Urgent Care
3235 N. Wellness Dr., Suite 140
Holland, MI 49424
616.494.4250

Randall N. Klein, PA-C

West Michigan Heart-SHMG
2900 Bradford St. NE
Grand Rapids, MI 49525
616.885.5000

Angela M. Smith, CPNP

Holland Pediatric Associates
926 S. Washington
Holland, MI 49423
616.393.0166

Nicole K. Stewart, CPNP-BC

Holland Hospital Pediatric
Hospitalist Program
Boven Birth Center
602 Michigan Ave.
Holland, MI 49423
616.393.8978

Cherisse A. Tornga, PA-C

Holland Community
Health Center
336 S. River Ave.
Holland, MI 49423
616.394.3788



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HOSPITAL NEWS. HEALTHY ADVICE.
SPRING/SUMMER ISSUE

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 **Holland Hospital**

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hollandhospital.org



Follow us on   


Highway Signs Point the Way to Exceptional Care

Finding first-rate medical care is becoming even easier for our patients east of Holland. A new office park sign visible from I-196 will welcome drivers to the Holland Hospital Medical Building located just off the Zeeland exit at the corner of Byron Road and 84th Avenue. The digital sign displays rotating messages including information about the many services Holland Hospital offers at this location:

- Lakeshore Health Partners – Family Medicine
- Lakeshore Health Partners – Walk-In Care
- Laboratory and Radiology Services
- Women's Health Services (see page 2)

**PARK PLACE**

HEALTHY BONES.
HEALTHY LIFE.

 **BONE HEALTH SERVICES**

Call 616.748.5764.



Holland Hospital is the title sponsor for north Holland's annual Park2Park races on Saturday, Sept. 22. The races begin and end at Harderwyk Ministries (1627 Lakewood Blvd.). Last year, 1,200 runners participated. Go to park2parkrace.com for more information and to register.

 **PHYSICIAN LECTURE SERIES**

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

May 17

Hip Pain in Athletes

- Carl Wierks, MD
- The Bone & Joint Center



June 14

Men's Health – Current Topics Presented by a Panel of Experts

July 12

Ear, Nose and Throat Concerns

Lectures are held monthly through 2012.

For current topics and to register, go to hollandhospital.org or call 616.394.3344.



Watch Online!

If you couldn't make it to a past Physician Lecture, don't worry. You can view them all online. Just go to www.youtube.com/hollandhospital.