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WINTER ISSUE

HEALTHY LIFE

HOSPITAL NEWS. HEALTHY ADVICE.

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5-Star Results



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Is memory loss cause for concern?

Your loved one has been forgetting things lately — where he or she placed the car keys, a dentist appointment, even a good friend's name. The forgetfulness worries you. Are these memory lapses a sign of normal aging or symptoms of Alzheimer's disease?

Alzheimer's affects parts of the brain that control memory and language. Some 4.5 million Americans suffer from the disease, and symptoms typically begin to appear after age 60.

Occasional forgetfulness doesn't mean someone has Alzheimer's. Blanking on someone's name or misplacing keys from time to time is normal. If it happens regularly, however, it could be cause for concern.

When to see the doctor

If your loved one shows any of these symptoms, schedule an appointment with his or her health care provider:

- Forgetting things, especially information learned recently
- Forgetting common words and using odd words in their place
- Asking the same questions over and over
- Having trouble with everyday tasks such as preparing meals
- Becoming lost in familiar places
- Having sudden and unexplained mood swings or dramatic personality changes
- Regularly repeating the same story
- Struggling to solve simple math problems, pay bills or balance a checkbook
- Neglecting to bathe or change clothes
- Misplacing items in odd places, such as putting car keys in the refrigerator
- Constantly checking or hoarding things of no value

Other reasons for memory loss

"These symptoms don't always mean Alzheimer's disease," says neurologist April Yuki, MD, of Lakeshore Health Partners–Neurology. "Your doctor should check for other conditions that may cause memory problems." These include drug interactions, dehydration, vitamin deficiency, poor nutrition, sleep disorders, thyroid problems and minor head injuries. Stress and depression can also make a person forgetful.

"There's more than one type of dementia, and they present in different ways," Dr. Yuki explains. "The more specific you can be about what type of memory problems someone is having, the better the doctor can delineate whether it's normal for his or her age, or is something else."

No single test can identify Alzheimer's disease. Doctors arrive at an Alzheimer's diagnosis after physical, neurological and mental health assessments, as well as lab tests to rule out other conditions. If the diagnosis is Alzheimer's, the symptoms will become progressively worse, but early drug treatment can sometimes delay decline.



See Dr. Yuki's lecture, "Aging and Memory Loss," presented in November as part of our Physician Lecture Series, at [youtube.com/hollandhospital](https://www.youtube.com/hollandhospital).

ABOUT THE DOCTOR

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Lakeshore Health

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WAYS TO KEEP YOUR MIND IN SHAPE

Staying active past age 50 doesn't only mean aerobics or power walks. Your brain needs its regular workout to function at tiptop levels, too. Here are some fitness tips.

- Dare yourself to learn a new skill, such as playing a musical instrument.
- Drink eight glasses of water daily and eat nutritiously.
- Use routines to keep yourself organized and productive.
- Learn to focus your thoughts through techniques such as meditation and yoga.
- Stay "up." People who look on the bright side are more aware and live longer.
- Keep your mind sharp by doing the daily crossword puzzle or joining a book or card club.



PHYSICIAN
LECTURE SERIES

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

2013 TOPICS

Holland Hospital Medical Building

8300 Westpark Way, Zeeland

Jan. 10 New Year, New Healthier You:

There's an App for That

• **Jillian Lankford, MD, Holland Hospital Behavioral Health**

• **Jason Myers, DO, Lakeshore Health Partners-Family Medicine**

Holland Hospital Conference Center

602 Michigan Avenue

Feb. 14 Cardiovascular Health for Women

• **Lynn Cronin, MD, West Michigan Heart**

March 14 Joint Preservation Options for

Hip and Knee Pain

• **Carl Wierks, MD, Bone & Joint Center**

April 11 Menopause and Sexual Health

• **Barb DePree, MD, and Laurie Birkholz, MD, Lakeshore Health Partners-Women's Health**

For information, go to hollandhospital.org

or call **616.394.3344**.



Watch Online!

View previous physician lectures at

www.youtube.com/hollandhospital.

Holland Hospital earns high scores from



Patients and families are becoming much savvier when it comes to making their health care decisions. Many are turning to the Internet to learn more about their local health care providers and the services available in their own community.

Healthgrades® is a leading provider of information to help consumers make informed decisions about physicians and hospitals. Recently, Healthgrades released its *American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation*, which includes an in-depth evaluation of 4,500 hospitals nationwide, comparing approximately 30 of the most common medical conditions and treatment procedures.

Based on its findings, Healthgrades recognized Holland Hospital with its 2013 Joint Replacement Excellence Award. "This designation has been achieved through a very deliberate and focused effort by Holland Hospital to develop a joint replacement program that delivers the very highest quality, service, outcomes and patient satisfaction," says Chief Nursing Officer Patti VanDort, vice president of nursing.

The hospital also received Five-Star rankings on:

- Overall orthopedic services
- Total hip replacement
- Total knee replacement
- Back and neck surgery
- Spine surgery

For overall quality and patient satisfaction, Holland Hospital received Healthgrades' Outstanding Patient Experience Award for the fourth consecutive year.

Healthgrades independently measures hospitals based on data that hospitals submit to the federal government. No hospital can opt in or out of the analysis, and no hospital pays to be measured.

For more information, see healthgrades.com/quality.



EMPLOYEE WELLNESS MAKES THE GRADE, TOO

Along with awards for high-quality medical practices and outcomes for patients, Holland Hospital has been applauded for our employee wellness efforts as well. Last fall we received a Finalist Award as one of Michigan's Healthiest Employers,

finishing second among eligible organizations with 500 to 1,499 employees (outside of the Metro Detroit area).

This recognition adds to our 10-year status as one of West Michigan's 101 Best & Brightest Companies to Work For.

Health care in the comfort of home

For those who want to be home but need ongoing care beyond what friends and family can manage, a home health care provider can help. Home health care services provide in-home medical treatment, therapy or help with essential activities of daily living to individuals who are recovering, disabled or chronically ill. A home health care provider plays a key role in a patient's quality of life, so choosing the right one is an important decision.

Holland Hospital Home Health Services has compassionate home health experts available 24 hours a day, seven days a week to provide skilled nursing care and personalized service in the comfort of home. Services are tailored to meet each patient's specific needs — working closely with the patient, family members, physicians and specialists to deliver exceptional care and satisfaction.

"Our home health team takes time to listen and understand the unique circumstances and health care concerns of each individual and their family," explains Kim Costello, Holland Hospital Home Health Services director. "Together with the patient's physician and other medical providers, a coordinated plan of care is developed to achieve health goals and monitor progress."

Saugatuck resident Elizabeth Jones needed assistance after a fall left her with a leg wound that needed special care. Because she had difficulty walking and was unable to drive herself to appointments, Home Health Services was a perfect fit.

"Home health workers came in three times a week to change the bandage and clean the wound. On the days they were scheduled to visit, they always called to tell me what time and who was coming," Jones says. "They even had wound specialists come in and check me every two weeks. They were very kind, considerate and personable. I grade them as a 10."



A COMPREHENSIVE RANGE OF SERVICES

- *Skilled nursing care* – Short or long term
- *Orthopedic care and rehabilitation* – Our physical and occupational therapists work in coordination with patients' physicians
- *Heart care* – Special care for patients recovering from heart procedures or suffering from heart disease
- *Wound care and healing* – Certified wound care specialists assess, treat and monitor wound healing
- *Specialized needs* – Includes speech therapy, infusion therapy, psychiatric nursing, diabetes and cancer care, and more
- *Personal services* – Assisting patients with medication management, meal preparation, bathing and other tasks.

To learn more, call **616.394.3346** or **800.996.3346**
or visit hollandhospital.org.

Behavioral Health opens new outpatient offices

Holland Hospital treats mind, body and spirit with a comprehensive range of mental health services to address the needs of all ages, including children, adolescents and adults. In December, Behavioral Health Services moved to its new outpatient facilities at 854 S. Washington Ave, Suite 330 – right next door to its old location.

The client-friendly facility has nearly 10,000 square feet and more than 20 private counseling offices designed for patient care, comfort

and confidentiality. “The offices were developed specifically to meet our patient needs with the latest in design, construction and materials,” says Sherry Oegema, Behavioral Health Services director.

If you or someone you know is experiencing depression, anxiety, substance abuse or other mental health concerns, Behavioral Health Services can help. We offer expert, personalized treatment on an outpatient and inpatient basis.



Our multi-disciplinary team includes psychiatrists, psychologists, nurses, medical social workers and other mental health professionals working together to help you achieve a healthy, happy and rewarding life. For more information, call **616.355.3926** or **800.393.6650**, or visit **hollandhospital.org**.

New physicians

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

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

Kevin R. Brader, MD

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250 Cherry SE
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John J. Gribar, MD

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Saurabh K. Goel, MD

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Michigan Pain Consultants
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616.546.2550

Amanda Mishler, PA-C

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Quick, expert heart care makes all the difference

Holland Hospital's top-rated heart care services are put to the test daily in doctor's offices and throughout the hospital, but never so much as when a patient is in the midst of a heart attack or other life-threatening cardiac condition. Then, quick, expert treatment makes all the difference.

NEW CARDIOLOGISTS

Holland Hospital recently welcomed the following cardiologists to our medical staff.

Musa I. Dahu, MD

Cardiac Electrophysiology

John J. Gribar, MD

Cardiology

See page 5 for more information.

That was the experience of Roger Rietberg, 90, last fall. Rietberg, a retired Hope College music professor, was getting ready for Sunday morning church when he fainted. His wife, Evelyn, called 911. Upon arriving at Holland Hospital's emergency room, Rietberg fainted again several times and his heart rate dropped to dangerous levels. On-call cardiologist William Frauenheim, MD, closely monitored his condition and determined that a pacemaker was needed to keep his heart beating. The hospital's Cardiac Catheterization Laboratory (cath lab) team immediately prepared for the emergency procedure.

"A pacemaker is a device the size of a half dollar that is placed under the skin of the chest to treat heart rate disorders, or *arrhythmias*," Dr. Frauenheim explains. "It senses when your heart is beating too slow and sends a small electric current to your heart to stimulate it to beat at the correct pace."

About 15 pacemakers are implanted each month at Holland Hospital by a cardiologist specializing in electrophysiology, or problems with heart rate or rhythm. "These procedures are normally elective and scheduled ahead of time, but our

cath lab team is available 24/7 for emergencies," Dr. Frauenheim says.

A very rewarding experience

By 1 p.m. — only four hours after he fainted in his home — Rietberg had a pacemaker in his

COMPREHENSIVE CARDIOVASCULAR SERVICES

Holland Hospital provides expert, coordinated cardiovascular care from complete diagnostic testing and cardiac rehabilitation to expert treatment of vascular disease, cardiac conditions and heart attack. Our state-of-the-art facilities are staffed by experienced, board-certified cardiologists and specially trained nurses and technicians who ensure patients receive immediate, best-practice care.

Recently, for the third year, Holland Hospital's cardiovascular program was awarded the Gold Performance Achievement Award by the National Cardiovascular Data Registry and the American College of Cardiology Foundation. In addition, we are ranked among the best-performing hospitals nationwide by the National Registry for Myocardial Infarction (heart attack).

These achievements are the results of our long-standing collaboration with West Michigan Heart to ensure local access to nationally recognized cardiovascular care. Lakeshore-area residents may also benefit from Holland Hospital's seamless coordination with Spectrum Health Heart and Vascular Care and the Meijer Heart Center in Grand Rapids. Working together, we ensure convenient, local access to the highest quality, nationally recognized cardiovascular care.

Don't dismiss atrial fibrillation

Atrial fibrillation (AF), the most common type of abnormal heart rhythm, is not usually life-threatening on its own. If untreated, however, AF can cause serious complications. AF increases the risk of stroke five-fold, according to the American Heart Association, and it can also lead to congestive heart failure and chronic fatigue.

AF happens when the heart's upper chambers quiver instead of beating effectively. This can cause blood to pool and clot, potentially leading to a stroke. Normally the heart contracts and relaxes in a coordinated rhythm. AF interferes with the heart's normal electrical signals, causing an irregular, rapid heartbeat.

Are you at risk?

About 3 million Americans suffer from AF, and that number is likely to double by 2035.* The following factors increase your risk for AF:

- Age (risk increases with age)
- History of heart disease, heart attack, heart surgery or valve problems
- High blood pressure
- Chronic conditions such as thyroid problems, sleep apnea and other medical problems
- Alcohol consumption (for some people drinking alcohol can trigger AF)
- Family history of AF

Episodes of AF may come and go in a matter of hours, or symptoms may persist for longer periods until treated. Palpitations (the sensation of a racing, fluttering or irregular heartbeat) are the most recognizable symptom of AF. Other symptoms include weakness, fatigue, light-headedness, confusion, shortness of breath and chest pain.



If you think you are experiencing AF, seek urgent medical care. A doctor can assess your condition and refer you to an electrophysiologist who specializes in diagnosing and treating heart arrhythmias. An electrophysiology study may be done to record electrical activity of your heart and determine the cause of heart rhythm disturbance.

Restoring the right rhythm

Treatments for AF restore or reset the heart's rhythm so your heart can pump blood effectively. Your doctor may recommend one or more of the following:

- Lifestyle modifications to reduce risk factors
- Medications to slow down rapid heart rate and/or prevent clotting
- An atrial pacemaker may be implanted to regulate the heart's rhythm
- Electrical cardioversion – restores normal heart rhythm using a precise electric shock defibrillator
- Radiofrequency ablation – delivers a burst of radiofrequency energy to destroy tissue that triggers abnormal electrical signals
- Surgery to disrupt electrical pathways that cause AF

* Source: American Journal of Cardiology, December 2009.



chest regulating his heartbeat. He was well enough to go home the next day.

Interviewed a month later, Roger and Evelyn Rietberg said the quick and caring response from all involved – from the ambulance and ER staff to the cardiologists and cath lab team – turned the health scare into “a very rewarding experience.”

“We were so grateful for everything Holland Hospital could do,” Evelyn says. “It was so good to know they were all right there and we didn't have to travel. Holland Hospital has everything you need.”

ABOUT THE DOCTOR

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To learn more about treatment options and our team of cardiologists and electrophysiologists at Holland Hospital, please see hollandhospital.org.

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 **Holland Hospital**

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2012 Community Report

Check out our first digital Report to the Community! Now, in addition to reading our hospital news, you can listen to our doctors, patients and hospital leaders tell you what's going on at Holland Hospital. Visit communityreport.hollandhospital.org

New inpatient unit to open this summer

Holland Hospital's new 23,400-square-foot inpatient unit continues to take shape. The external features and façade of the new floor are in place, and the focus is now on the construction of 24 private rooms and rehabilitation space for orthopedic, spine and neurosurgery care.

The internal/finishing work will continue through the spring and summer with the opening of the new floor scheduled for August. With a 20 percent increase in the number of orthopedic cases expected in the next 10 years, Holland Hospital will be well-positioned to meet this anticipated need for our community and state.

