

# HEALTH *currents*

The Magazine of Lakeland Health



A RESTLESS  
NIGHT'S SLEEP

WIN A HIKU  
SHOPPING BUTTON

TAKING THE FEAR OUT  
OF FOOD ALLERGIES

A BREATH OF FRESH AIR

# Find a Doctor AND FEEL BETTER AGAIN



Over 475 medical providers partner with Lakeland Health to keep you and your family well. Get to know them online before your next appointment. View their video profiles, read testimonials, and learn about their specialty and what motivates them to provide excellent patient care.



[www.lakelandhealth.org/physicians](http://www.lakelandhealth.org/physicians)

## on the cover

### A Jollay Good Time

Located in the heart of southwest Michigan's fruit belt, Jollay Orchards offers fall fun for the whole family. Visitors can try a donut or fresh baked pie in the bakery, fill a basket with their favorite fruits in the manicured u-pick orchards, or sit back and relax in the picnic area.



## HEALTH *currents*

The Magazine of Lakeland Health

*HealthCurrents* is published by the Marketing and Communications Department of Lakeland Health. The information provided in this publication is intended to educate readers on subjects pertinent to their health and is not a substitute for a consultation with a physician.

**PRESIDENT & CEO**  
LOREN B. HAMEL, MD

**VICE PRESIDENT OF BUSINESS STRATEGY & HOSPITALITY SERVICES**  
RAY CRUSE

**CHIEF COMMUNICATIONS OFFICER & DIRECTOR OF MARKETING**  
MEGAN YORE

**EDITOR**  
JESSICA SPRINGER

**GRAPHIC DESIGNER**  
CYNTHIA MYERS



Stay connected: [www.lakelandhealth.org](http://www.lakelandhealth.org)

# CONTENTS

## 2 HEALTHY HABITS

Tips for Living Healthy

## 4 NEW & NOTABLE

Lakeland Neurosciences Welcomes Two New Physicians

Lakeland MyChart Adds New Features

## 5 OUR PATIENTS SAY IT BEST

Likely Symptoms Lead to Unlikely Diagnosis for Young Realtor

## 6 CALENDAR OF EVENTS

Programs and events designed to help you live a healthier life

## 14 OUR PATIENTS SAY IT BEST

"I Didn't Want to Die Young"

## 15 TO YOUR HEALTH

Being Overweight May Be Causing Your Joint Pain

## 16 TO YOUR HEALTH

A Restless Night's Sleep

## 17 TO YOUR HEALTH

When is it Time to Get Help? Understanding Anxiety and Depression

## 18 OUR PATIENTS SAY IT BEST

A Breath of Fresh Air

## 19 EATING HEALTHY

Taking the Fear Out of Food Allergies

## 20 TO YOUR HEALTH

Early Signs of a Silent Heart Attack

## 21 FOUNDATION NEWS

Community Organizations Push Pavilion Campaign Over \$4.9 Million

# Recalibrating Our Compass

Since the idea was first introduced in 2007, the Triple Aim has been the compass guiding the work of healthcare systems across the nation. Founded on three navigational beacons – better health, better health care, and lower costs – we've organized our resources and efforts around achieving this lofty goal.

But it seems like somewhere along the journey we've lost our way. Across the country, exhaustion and burnout, among those of us in health care, are occurring at epidemic levels. Studies show that 46 percent of US physicians and 34 percent of hospital nurses report experiencing symptoms of burnout.

This is in large part due to the fact that our compass only had three points. A fourth was needed in order to provide accurate direction for the work we wanted to accomplish.

Taking great care of our patients also requires taking great care of our providers. The caregivers need their own care.

With this idea in mind, experts from throughout the industry recommended that the Triple Aim be expanded to a Quadruple Aim, adding the goal of improving the work life of health care providers, including clinicians and staff.

We recently measured ourselves on engagement, burnout, and culture of safety. The good news is we are better than average on all three measures. Better than average is good, but when it comes to those mission critical issues, it is not good enough.

To address the issues of exhaustion and burnout in health care, while enhancing engagement and safety, it requires more commitment, more resources, new goals, and additional leadership.

Lakeland is taking important steps to do just that.

We've recently appointed a talented leader, **Debra Johnson, RN**, whose new role as Chief Experience Officer and Assistant Vice President of Love and Respect, is focused entirely on making sure we are both taking great care of our patients and their families, and taking great care of our team members.

We are also excited to welcome **Natalie Baggio, MBA, RN, BSN**, to her newly appointed role as Vice President of Patient Care Services and Chief Nursing Executive. Natalie will lead a team of more than 800 registered nurses — plus staffing coordinators, respiratory therapists, and patient care technicians — to not only ensure that our patients are receiving the high quality, compassionate care they deserve, but to also advocate for the staff and ensure they are well cared for and equipped to perform their jobs to the best of their ability.

Although there is always room for more work to be done, with a fourth point added to our compass, I'm convinced that we are now better equipped than ever before to forge ahead on the next ten years of our journey.

Sincerely,



Loren B. Hamel, MD  
President & CEO, Lakeland Health



# Score an **A<sup>+</sup>** on Your Child's **Sleep Schedule**

In the summer months parents often allow later bedtimes, usually compensating with sleeping in later each morning. However, getting adequate sleep once school begins is important for children of all ages as inadequate rest can lead to lowered resistance, and increased susceptibility to illness.

So exactly how much sleep should your child be getting? According to the National Sleep Foundation the amount varies by age:

- Preschoolers (3-5): 10-13 hours each night
- School age children (6-13): 9-11 hours each night
- Teenagers (14-17): 8-10 hours each night

Getting a restful night's sleep often starts with a good nighttime routine. The following are some helpful tips for establishing good sleep habits for your child:

- Start a quiet time, such as listening to music or reading a book, 20 to 30 minutes before bedtime. TV should not be a part of the quiet time.
- After quiet time, follow with a bedtime routine such as a changing into pajamas, going to the bathroom, and brushing teeth.
- Set a time limit for quiet time and the routine so it does not drag on and your child knows what to expect before bedtime.
- Say goodnight, turn off the light, and leave the room.
- It is important for children to be put to bed awake so they learn to fall asleep themselves.
- Security objects, such as a special blanket or stuffed animal, can be part of the bedtime routine.

Keep in mind good sleep habits won't happen overnight and it may take several nights for your child to get used to the new plan. Start easing in to an earlier bedtime over the next few weeks so that by the first day of school your child is rested and ready to learn.



**For more healthy living tips and information visit the Health Library on our website!**



# Staying One Step Ahead of **Head Lice**

Head lice are tiny parasitic bugs that live on people's heads and can cause intense itching. The bugs are seen mostly in child-care settings and among school-aged children. It doesn't matter how clean your child's hair or your home may be or where children and families live, play, or work.

Head lice are very contagious. They spread from person to person by close body contact, and by shared clothes and other personal items. These can include things such as hats, hairbrushes, and combs. You can help prevent head lice by:

- Avoiding close physical contact with someone who has lice
- Encouraging your child not to share hats, combs, brushes, towels, or other personal items
- Washing bed sheets, blankets, and other personal items to prevent lice from infesting other people



## Stop the Itch with MyChart E-Visits

Head lice is one of several approved conditions that can be treated during a MyChart e-visit. If your primary care provider is at one of the offices providing e-visits, log into MyChart and select Get Medical Advice under the Messaging tab.

After completing a questionnaire regarding your symptoms, within one business day a provider will assess your condition, provide treatment options, and if needed, send a prescription to the pharmacy of your choice.

Providers using e-visits will charge a \$35 out-of-pocket fee per visit. To learn more visit [www.lakelandhealth.org/evisit](http://www.lakelandhealth.org/evisit)

# Do You Have a Family Disaster Plan?

Natural disasters can strike quickly. Knowing what to do is your best protection—and your responsibility.

## Be informed

Your local emergency management office or American Red Cross chapter is a great place to start. Seek answers to these questions:

- Does our community have a public warning system? What does it sound like and what should we do when we hear it?
- Where is the closest public shelter to our home?

## Create a plan

Your plan should specifically address how to prepare and respond if a disaster occurs.

- Meet with your family and discuss why you need to prepare for disaster.
- Decide what to do in every kind of possible disaster. Everyone should know what to do if all family members aren't together when disaster strikes. Teach children how and when to call 9-1-1 or your local emergency contact number.
- Develop an emergency communication plan. If family members are separated from one another during a flood, tornado, or other disaster, have a plan for getting back together. Ask an out-of-town relative or friend to be your "family contact." Family members should call the contact and tell him or her where they are. Be sure everyone knows the contact's name, address, and phone number.



- Be familiar with escape routes from your neighborhood. Know several routes in case certain roads are blocked or closed.
- Plan where you'd take your pets if you had to go to a public shelter where they aren't permitted.
- Make a checklist of things to take if you must leave your home. Include medications, important papers and documents, eyeglasses and hearing aids, medical contact numbers, family albums and irreplaceable possessions, bottles of water, and nonperishable food.
- Keep enough food and emergency supplies in your home to meet your needs for at least three days.
- Keep a portable, battery-operated radio and extra batteries on hand. Listen to local radio for news and instructions. Local authorities will provide the most appropriate advice for your particular situation.

## Stay Connected!



During a local emergency Lakeland Health will post important updates to our Facebook and Twitter pages.

## RECIPE

# No Bake Bites

(Makes 12 Balls/Bars)

Fall is a busy season for most families as they try to juggle work, school, sports, and other extracurricular activities. These no bake bites are a quick and easy snack perfect for packing in lunches or to fuel up before a big game.

### What You Need

- 1 cup dry rolled oats
- 1/4 cup chopped walnuts
- 1/2 cup old-fashioned natural peanut butter (contains peanuts only)
- 1/2 cup flax meal
- 1 teaspoon vanilla
- 1/3 cup honey

### Make It

Combine all ingredients together and form into balls or bars. If making into bars—press mixture into bottom of a flat pan. If making into balls—form into 12 balls. Refrigerate until firm. Cut bars. Store in freezer and enjoy as a snack or dessert.

### Kitchen Tips

For a special treat, add 1/4 cup mini-chocolate chips or cranberries. This recipe is versatile if you want to add your favorite nut, seed, or chopped dried fruit.

**Nutrition Information (per ball or bar):** 155 calories, 4.6 g protein, 15.7 g carbohydrates, 2.9 g fiber, 9 g fat, 0 mg cholesterol, 35.4 mg sodium (1 carb choice per serving)



# Lakeland Neurosciences Welcomes Two New Physicians

Lakeland Health is pleased to welcome two new neuroscience physicians who will care for patients with an array of disorders that affect the brain, spinal cord, muscles, and nerves. Neurohospitalist, **Paul Wasielewski, MD**, will treat patients admitted to Lakeland Medical Center, St. Joseph. Neurosurgeon, **Rafeek Woods, MD**, will see patients alongside **Christian Sikorski, MD**, at Lakeland Neurosurgery, located at 3950 Hollywood Rd Suite 210, in St. Joseph.



Prior to joining Lakeland Health, Dr. Wasielewski worked for CaroMont Regional Medical Center in Gastonia, North Carolina. Dr. Wasielewski attended the University of Michigan Medical School and fulfilled his residency at the Ohio State University Medical Center Department of Neurology. In addition, he completed two fellowships – one in Movement Disorders at the University of Kansas Medical Center, and another in Vascular Neurology at the Cleveland Clinic. Dr. Wasielewski is certified in Neurology and Vascular Neurology by the American Board of Psychiatry and Neurology, and holds certification through the National Board of Medical Examiners.

Dr. Woods completed his six-year neurological surgery residency and minimally invasive and complex spine fellowship at Loma Linda University Medical Center in California where he also earned his medical degree. He earned a Bachelor's of Science degree in biology, graduating magna cum laude, from Andrews University in Berrien Springs, Michigan.

Dr. Woods is extensively published, most notably for his work on biomechanical properties of upper cervical spine injuries, which was recently published in *Neurosurgery* journal. He is a member of the Congress of Neurological Surgeons and American Association of Neurological Surgeons.



## Lakeland *MyChart*® Adds New Features

Whether you're at work, traveling, or at home, Lakeland MyChart provides you with a high-level summary of your medical chart, and the ability to communicate with your doctors electronically.

Recently, a number of new features have been added, including:

- Paperless billing
- Push notifications when new information is available to view in your account
- Results released within 12 hours for most tests
- E-visits with select primary care providers
- **COMING SOON!** Video visits with select primary care providers
- **COMING SOON!** Online check in for appointments

*"Our focus for 2017 has been on implementing features that provide more convenience for our patients," said **Kenny Lomonaco**, Manager Ambulatory Electronic Health Record, Lakeland Health. "We are also doing more usability testing than ever before. Patients can volunteer to test drive new features before they are available to everybody. This gives us the opportunity to make sure that the functionality not only works, but is also easy to use."*

**Don't Have an Account? Sign Up Today!**

Visit [www.lakelandhealth.org/mychart](http://www.lakelandhealth.org/mychart)  
or call **1-800-LAKELAND**



# LIKELY SYMPTOMS

## Lead to an Unlikely Diagnosis for Young Realtor

It is said that, on average, people change careers seven times in their life. **Joshua Frazee**, 32, of St. Joseph, was no different. Where Joshua's story differs from the norm, is his reason for pursuing a new career path.

It was summer and Joshua noticed he would get tired much easier than in the past. He joked with his friend, blaming his weakening body on the perils of getting old. But as autumn arrived, Joshua continued to weaken. He would be fine one day, and the next would be vomiting and exhibiting flu-like symptoms.

"I couldn't eat, and I am a man who likes to eat," Joshua joked. He began losing more and more weight and his wife suggested he go see his doctor.

Finally, in December, Joshua's wife convinced him not to wait for his annual physical, and instead to schedule an appointment as soon as possible. The next few months proved to be a whirlwind for Joshua and his family. Suddenly, his weakness, vomiting, and unexplained weight loss had a name – and it was colon cancer.

"I was terrified when I heard the cancer diagnosis," said Joshua. "I had a four-year-old daughter and a wife. I was already starting to struggle at work because of how weak I was. I didn't know what was going to happen."

As the cancer continued to attack his body, Joshua could no longer maintain the physical exertion necessary for his job as an equipment operator for the city of St. Joseph and decided to pursue a new career as a local realtor.

Throughout it all, Joshua said he was thankful to have a whole team of doctors on his side as they discussed the best course of action regarding his treatment.

"Instead of just having one doctor working on my case, I had multiple brilliant minds working together," said Joshua.

It is rare to be diagnosed with colon cancer at such a young age. As members of his care team, including oncologist **Sapna Patel, MD**, and general surgeon **Dennis Rasbach, MD**, learned more about the specifics of Joshua's case it became clear that surgery to remove the cancerous tumor would be extremely high risk. In order to provide Joshua with the best care possible, his physicians partnered with the University of Michigan Medical Center to remove the tumor.

After surgery, Joshua returned to Lakeland Health to undergo eight rounds of chemotherapy at the Marie Yeager Cancer Center in St. Joseph.

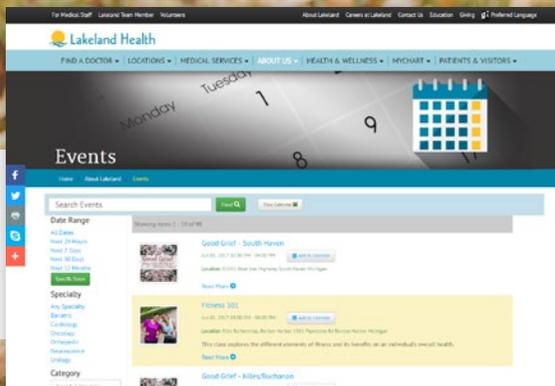
"I had a positive experience at the Cancer Center," said Joshua. "Of course, I hated the chemo, it makes you feel sick. But everyone was great, from the greeters, to the volunteers, to the nurses, to my oncologist, Dr. Patel – it felt like a big family. Even now when I go for my routine checkups, they all know my name and we joke and have a good time together."

A year later, Joshua is 32 and cancer free. He is loving his new job as a realtor. And, to cap it all off, on the day his beloved Chicago Cubs won the world series for the first time in 108 years, he found out his wife was expecting their second child.

*"Always be happy. Always look forward. There is a good chance there is a solution ahead of you, not just darkness."*

- Joshua Frazee

# calendar of events



New event listings are posted daily on our website, can be searched by date range or specialty, and then directly added to your personal calendar. **Many events can also be registered for online at [www.lakelandhealth.org/events](http://www.lakelandhealth.org/events)**

Lakeland Health offers a wide variety of programs and events designed to help you live a healthier lifestyle. **All programs are free unless otherwise noted.**

## special events

### ADHD Overview: Get the Facts

Attention Deficit Hyperactivity Disorder (ADHD) can cause lack of focus, restlessness, damage self-esteem, and affect all ages from thriving at school or work. If you think this sounds like you or a family member, join Licensed Psychologist **Mary Frank, MA, LLP**, from Southwestern Medical Clinic Christian Counseling to learn more. She will discuss the signs and treatment options for ADHD at all stages of life. Working with a licensed professional to manage ADHD can result in a more productive and satisfying life. Preregistration is encouraged; walk-ins are welcome, call (269) 927-5361

**Thursday, October 12**

**6:00 to 7:00 p.m.**

Lakeland Medical Suites, Niles  
Community Conference Room

### Robotic Hernia Repair

Hernias will not go away on their own — surgery is the only way to permanently fix the problem. If not treated, a hernia can get larger and lead to serious health complications. Join certified da Vinci® robotic surgeons, **James Clancy, MD** and **Michael Webb, MD** as they discuss the different types of hernias, symptoms, and what causes them. Learn what happens if they are not fixed and about the latest treatment options. Test drive a da Vinci Surgical System or view a demonstration. Preregistration is encouraged; walk-ins are welcome, call (269) 927-5361

**Tuesday, October 17**

**6:00 to 7:00 p.m.**

Lakeland at Meadowbrook  
Conference Center

 **event locations** SEE PAGE 13



## Find Relief from Varicose Veins

Tired, heavy legs at the end of the day - painful, restless legs overnight. Sound familiar? You don't have to see varicose veins to suffer from them. Join general surgeon, **Glen Hastings, MD, FACS**, to discuss causes and symptoms of varicose veins as well as available treatment options using state-of-the-art, minimally invasive treatments. Preregistration is encouraged; walk-ins are welcome, call (269) 927-5361

**Tuesday, November 7**

**6:00 to 7:00 p.m.**

Lakeland at Meadowbrook  
Conference Center

**Thursday, November 9**

**6:00 to 7:00 p.m.**

Lakeland Hospital, Watervliet  
Classroom A & B

## Community Flu Shot Clinics

Is having a flu shot part of your annual wellness plan? The Centers for Disease Control and Prevention recommend getting a flu vaccine every year for the best protection throughout the flu season.

The 2017-2018 flu vaccine provides protection against H1N1 influenza as well as types A and B influenza. Lakeland's flu clinics are open to adults age 18 and over.

The cost of the flu shot is \$30. Cash and credit cards are accepted. Lakeland Health will bill Medicare for the flu vaccine with proper documentation. Please call (269) 556-2808 or (866) 260-7544 for more information.

**Fridays, October 6, November 3, December 1**

**7:00 to 10:00 a.m.**

Lakeland Rehabilitation Services, Niles  
Located at Niles-Buchanan YMCA

**Wednesdays, October 4, November 1, December 6**

**7:30 to 11:30 a.m.**

Center for Outpatient Services, St. Joseph

## Babysitting with Confidence

Created specifically for adolescents, this course covers a variety of topics intended to give participants the confidence and knowledge for caring for small children. Participants must be in the fifth grade or 11 years of age or older to register for the class. Preregistration is required; call (269) 556-2808 or (866) 260-7544

**Saturday, October 21**

**9:00 a.m. to 3:00 p.m.**

Boys and Girls Club  
Fettig Youth Campus



### Fall Wellness Tip

Don't fall for myths about the flu! There is no cure for the flu and the best way to prevent getting infected is by getting an annual flu shot.

## Good Grief

This program is for grieving people and covers topics such as why you feel the way you do; how to cope with loss, guilt and regret; and finding a sense of peace. Each seven-week session meets for an hour and thirty minutes of information and sharing, and is free of charge and open to anyone in the community. For more information, call Caring Circle at (269) 429-7100

**Tuesdays, September 5 to October 17**

**3:30 to 5:00 p.m.**

Caring Circle, St. Joseph

**Thursdays, September 7 to October 19**

**2:30 to 4:00 p.m.**

Caring Circle, South Haven

**Thursdays, September 7 to October 19**

**3:30 to 5:00 p.m.**

Caring Circle, Buchanan

## Holiday Blues

This annual program offers an opportunity to participate in meaningful sharing and gain renewed strength to walk through grief during the holiday season. For more information, call Caring Circle at (269) 429-7100.

**Thursday, November 9**

**12:00 p.m.**

Caring Circle, St. Joseph

**Monday, November 13**

**5:30 p.m.**

Lory's Place, St. Joseph

**Wednesday, November 15**

**12:00 p.m.**

Lakeland Hospital, Watervliet

**Thursday, November 16**

**4:00 p.m.**

Caring Circle, South Haven

**Thursday, November 16**  
**12:00 p.m.**

Caring Circle, Buchanan



### International Survivors of Suicide Day

One million people die by suicide every year, leaving behind countless family members and friends to make sense of it. If you have lost someone to suicide, this conference is for you. You'll hear from other survivors about how they cope. The program also features experts sharing what we now know about suicide and grief. To register, call (269) 983-2707

**Saturday, November 18**  
**1:30 p.m.**  
Lory's Place, St. Joseph

### BellaNova Women's Health Medical Spa Holiday Open House

Join Skincare Specialist **Almond Pond** to learn more about the services and products available at the medical spa. All medical spa products will be discounted 20 percent during this special event, and treatments will be discounted with prepayment. Guests may also enter to win door prizes and receive free product samples and complimentary makeovers from a professional makeup artist. Light refreshments will be served. For more information, visit [www.bellanovahealth.com](http://www.bellanovahealth.com) or call (269) 429-8010

**Saturday, December 2**  
**10:00 a.m. to 1:00 p.m.**  
BellaNova Women's Health  
Health Park Medical Suites, St. Joseph

### Blood Drives

Patients at all Lakeland hospitals benefit from community blood drives, including those receiving treatment for trauma, surgery, those with bleeding disorders, as well as those undergoing treatment for cancer. Make a lifesaving difference and donate blood at one of these drives:

**Wednesday, October 18**  
**Wednesday, December 20**  
**12:00 p.m. to 6:00 p.m.**  
Lakeland Hospital, Niles  
Large Meeting Room

**Friday, November 10**  
**9:30 a.m. to 3:30 p.m.**  
Lakeland Medical Center, St. Joseph  
Frederick S. Upton Education Center



### Community CPR Classes

About 92 percent of sudden cardiac arrest victims die before reaching the hospital, but statistics prove that if more people knew CPR, more lives could be saved. Immediate CPR can double, or even triple, a victim's chance of survival. This free course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. A two-year certification is provided upon completion. Participants must be at least 16 years old. Preregistration is required, call (269) 556-2808 or (866) 260-7544

**Tuesday, October 24**  
**5:30 to 9:30 p.m.**  
Lakeland Hospital, Watervliet  
Lower Level Class Room

### Youth Mental Health First Aid

Designed for adults who regularly interact with adolescents, this free eight-hour training teaches participants how to assist young people experiencing a mental health crisis until appropriate help is received or until the crisis resolves. Training reviews typical adolescent development, teaches a 5-step action plan to help young people in crisis, and helps participants understand and respond to signs of mental illnesses and substance use disorders. A training manual and certification is provided upon completion. Preregistration is required; call (269) 556-2808 or (866) 260-7544

**Saturday, October 14**  
**8:30 a.m. to 5:00 p.m.**  
St. Joseph First United Methodist Church

**Tuesday, October 17**  
**Wednesday, October 18**  
*\*Both four-hour sessions must be completed for certification*  
**4:30 to 8:30 p.m.**  
Faith Victory Fellowship Church

**Tuesday, October 24**  
**8:00 a.m. to 5:00 p.m.**  
Consortium for Community Development

**Friday, November 17**  
**8:00 a.m. to 5:00 p.m.**  
Consortium for Community Development

**Monday, December 4**  
**Thursday, December 7**  
*\*Both four-hour sessions must be completed for certification*  
**4:30 to 8:30 p.m.**  
Lakeland Medical Suites, Niles  
Community Room

**Thursday, December 14**  
**8:00 a.m. to 5:00 p.m.**  
Lakeland Hospital, Watervliet  
Classroom A & B





### Adult Mental Health First Aid

One in five Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Adult Mental Health First Aid (AMHFA) is an evidence-based public education and prevention tool – it improves the public's knowledge of mental health and substance use problems and connects people with care for their mental health or substance use problems.

This free eight-hour course is designed for adults to take the fear and hesitation out of starting conversations about mental health and substance use problems. When more people are equipped with the tools they need to start a dialogue, more people can get the help they may need. A training manual and certificate is provided upon completion.

Preregistration is required. Please call (269) 556-2808 or (866) 260-7544

**Thursday, October 5**  
**Thursday, October 12**

*\*Both four-hour sessions must be completed for certification*

**5:00 p.m. to 9:30 p.m.**

St. Joseph First United Methodist Church

## cancer care

### Art Play Workshops

Therapeutic art workshops offered by the Berrien County Cancer Service for children and families whose lives have been impacted by cancer of a family member or close friend as well as stable pediatric oncology patients. The event is offered in conjunction with the Rainbows of Hope Cancer Support Group. For more information, call (269) 429-3281 or visit [www.bccancerservice.org](http://www.bccancerservice.org)

**Thursday, October 12**  
**Thursday, November 9**  
**Thursday, December 14**  
**5:30 to 7:00 p.m.**

Marie Yeager Cancer Center



### Fall Wellness Tip

Colder temperatures are on the way. Dress in layers to avoid exposure to the elements which can weaken your immune system and put you at higher risk for getting sick.

### Nutrition Matters in Cancer Treatment

This free nutrition class is led by a registered dietitian and meets from noon to 1:00 p.m. in the Houseworth Conference Room at the Marie Yeager Cancer Center. A complimentary bag lunch is provided. Participants will receive information about healthy eating habits, tips for maintaining adequate nutrition during and after cancer treatment, and ways to enhance overall well-being. To register, call (269) 556-2808 or (866) 260-7544

**Wednesday, October 25**  
**Wednesday, November 29**  
**Wednesday, December 27**



### Lung Cancer Screening Program

Are you a smoker or former smoker? Are you concerned about your lung health? The Lakeland Lung Cancer Screening Program offers eligible participants a CT scan lung cancer screening for \$180. A physician's order is required. For more information and eligibility requirements call (269) 556-2885 or visit [www.lakelandhealth.org/lung-cancer-screening-program](http://www.lakelandhealth.org/lung-cancer-screening-program)

### Tai Chi for Health

This free class is led by a certified Tai Chi for arthritis instructor and meets Tuesdays from 1:00 to 2:00 p.m. in the Kinney and Ward Conference Rooms at the Marie Yeager Cancer Center. The class helps improve muscle strength, flexibility, and balance for patients, caregivers, and volunteers of the Cancer Center. Preregistration and a physician's release are required. To register, call (269) 556-2808 or (866) 260-7544





**Fall Wellness Tip**

Autumn air can be very dry – ensure you are drinking enough liquids to keep your body hydrated.

**Volunteers Needed for Road to Recovery**

Cancer patients without reliable rides may have to miss or delay cancer treatment, which could have devastating effects on their health. To make sure that patients have transportation, the American Cancer Society, in partnership with Lakeland Health, is searching for volunteer drivers in and around Berrien County for the Road To Recovery® program. If you are interested in volunteering, call (800) 227-2345

*diabetes care*

**Managing Diabetes — It’s Not Easy, But It’s Worth It**

Join Lakeland Diabetes and Nutrition to discover and sample recipes for healthy eating, get the latest updates on medications, and hear practical tips for managing diabetes. A physical therapist will lead guests through a series of low-impact exercises that can be performed at home. A panel of certified diabetes educators will be available for questions during an “Ask the Experts” panel. For more information and to reserve your spot, call (269) 556-2868

**Tuesday, November 14**  
**5:00 to 7:00 p.m.**

Center for Outpatient Services, St. Joseph

**Pre-Diabetes Class**

This free group class helps participants with higher-than-normal blood sugar levels learn about lifestyle changes which may help avoid or delay the onset of diabetes. Preregistration is required; for more information or to register, call (269) 556-2868

**Thursday, October 5**  
**5:00 to 7:00 p.m.**

Lakeland Hospital, Niles  
 Buchanan Health Resource Library

**Thursday, November 2**  
**10:00 a.m. to 12:00 p.m.**

Center for Outpatient Services, St. Joseph  
 Pharmacy Conference Room

**Thursday, December 7**  
**1:00 to 3:00 p.m.**

Lakeland Hospital, Watervliet  
 Classroom B

 **event locations** SEE PAGE 13

**Diabetes Education – Group & Individual**

Lakeland offers ongoing diabetes self-management education in Niles, St. Joseph, and Watervliet. Registered nurses and registered dietitians who are certified diabetes educators lead the sessions. Topics covered include: type 1 and type 2 diabetes; gestational diabetes; medication and insulin management; and insulin pump and continuous glucose monitoring management. A physician’s referral is required. For more information, call (269) 556-2868.



*family/parenting*

**Expectant Parents**

Lakeland’s free expectant parent classes include Preparing for Childbirth, Welcome Baby, a physician-led lecture on Caring for Your Newborn, as well as Boot Camp for New Dads and Maternal Connections for first-time moms. Preregistration is required. Call (269) 927-5355 for more information.

**Thinking About Breastfeeding?**

**Breastfeeding Class for Moms and Dads**

Learn about breastfeeding from delivery room to postpartum, types and use of breast pumps, weaning, returning to work, and more. Cost is \$30 and due at registration. To register, call (269) 927-5355.

**All classes are from 6:00 to 8:30 p.m.**

**Tuesday, October 24**  
 Lakeland Hospital, Niles  
 Meeting Room

**Tuesday, November 14**  
 Lakeland Medical Center, St. Joseph  
 Frederick S. Upton Education Center



# general health

## Breastfeeding Resources

The Breastfeeding Boutique is located at the Center for Outpatient Services, St. Joseph. All services are by appointment and include private lactation consults, baby weight assessments, and custom bra fittings. The boutique offers a full line of Medela® products, including breast pumps for purchase or rental. Nursing apparel and accessories are also available. Free product delivery to moms at the Lakeland hospitals in Niles and St. Joseph. Visit [www.lakelandhealth.org/breastfeeding](http://www.lakelandhealth.org/breastfeeding) or call a Lakeland Lactation Consultant at (269) 927-5355

## Ready to Quit Smoking and Start Your Smoke-Free Life?

Your healthcare provider strongly recommends that you stop smoking as soon as possible. Join Lakeland Health's tobacco treatment specialist **Margaret Clayborn** for a six-week smoking cessation program. Receive the tools you need to kick your tobacco habit for good. Classes are one hour each, provided free of charge and open to the community.

For more information on upcoming classes, call (269) 927-5403 or email [smokefreelife@lakelandhealth.org](mailto:smokefreelife@lakelandhealth.org)

## Bones in Balance

This four-week class teaches those diagnosed with osteoporosis and osteopenia how to successfully live with these conditions through self-management. Classes include valuable self-management tips from a pharmacist, specially trained physical therapists, registered dietitian, and nurse educator. A physician order is required. There is a \$25 registration fee to cover the cost of materials; the remaining amount is billable to your insurance. For more information or to register, call (269) 556-7150

**All classes are 9:00 to 11:30 a.m. or 5:00 to 7:30 p.m.**

**Tuesdays/Thursdays:**

**October 3 - 26; November 7 - 30**

Center for Outpatient Services, St. Joseph



## Reduce Anxiety, Stress, and Pain with NADA and Healing Touch

Certified NADA (National Acupuncture Detoxification Association) practitioners provide ear acupuncture to help restore balance to the body and Healing Touch to clear, balance, energize, and support the human energy system. Benefits include increased calmness, better sleep, less agitation, stress relief, and reduced cravings for alcohol and drugs, including nicotine. Registration is not required. A suggested donation of \$15 - \$30 per 45-minute session helps defray costs. For more information, call (269) 449-4494 or (269) 449-5465

**Tuesdays, 2:00 to 4:00 p.m.**

Niles-Buchanan YMCA

**Wednesdays, 3:00 to 6:00 p.m.**

Marie Yeager Cancer Center

Upstairs Lobby



### Fall Wellness Tip

Allergies don't just happen in the spring – ragweed, mold, and dust mites are all fall allergy triggers. To prevent flare ups, keep doors and windows closed and clean vents and air filters at home.



## Walk-In Health Screenings

First on Fridays and Walk-In Wednesdays provide convenient, confidential wellness screenings in St. Joseph and Niles. Participants receive a free blood pressure screening with any paid service below. Learn more, call (269) 556-2808 or (866) 260-7544

### Screenings offered include:

- Cholesterol lipid panel (12-hour fasting): Includes total cholesterol and HDL, LDL, triglycerides, and glucose; TC/HDL ratio is provided to determine risk of heart disease. Cost: \$39
- Bone density screening for women: The Achilles Express uses ultrasound to evaluate bone status in the heel, providing a T-score for determining bone density. Cost: \$29
- Body composition analysis (body fat percentage): Determines accurate body composition in less than 10 seconds. Analysis calculates the amount of fat mass to be lost to achieve a healthy body fat percentage. Cost: \$29

### First on Fridays

**First Friday of the month from 7:00 to 10:00 a.m.**

Lakeland Rehabilitation Services, Niles  
Inside the Niles-Buchanan YMCA

### Walk-In Wednesdays

**First Wednesday of the month from 7:30 to 11:30 a.m.**

Center for Outpatient Services, St. Joseph

## Health Resource Library

Looking for information on a disease, condition, or procedure? The Buchanan Health Resource Library in Niles provides easy access to free, up-to-date health information. Library is open Mondays through Wednesdays with varying hours. Call (269) 687-1868 for more information or full schedule.

Lakeland Hospital, Niles  
Buchanan Area Health Resource Library



# heart care

## Live Well with Heart Failure

This free class explains the causes and symptoms of heart failure and why your heart isn't pumping as well as it should. You'll learn new daily routines for managing this chronic disease and how to take control of your health. Preregistration is required; call (269) 556-2808 or (866) 260-7544

**Tuesday, October 3**

**5:00 to 6:00 p.m.**

Lakeland Hospital, Niles  
Buchanan Area Health Resource Library

**Tuesday, November 7**

**10:00 to 11:00 a.m.**

Center for Outpatient Services, St. Joseph  
Community Room

**Tuesday, December 5**

**1:00 to 2:00 p.m.**

Lakeland Hospital, Watervliet  
Classroom B



### Are you at risk for heart disease?

Visit [www.lakelandhealth.org/heartsafe](http://www.lakelandhealth.org/heartsafe) to complete a free online questionnaire. You will receive an immediate score and information to help evaluate your present condition as well as steps you can take to lower your risk.

# weight management

## myWeigh to Health

myWeigh to Health is a year round weight management program that provides support, accountability, information, and tools to successfully build healthy habits that promote long-term weight management. Class is held in an interactive supportive group environment, with weekly weigh-ins, expertise from certified health professionals, and a weekly challenge to practice new skills. Cost is \$320 semi-annually (includes two consultations with a registered dietitian), \$165 per quarter (includes one consultation with a registered dietitian), \$50 per month, \$15 per week, or \$68 for a ½ hour consultation with a registered dietitian. For more information, contact (269) 927-5154 or email [livewell@lakelandhealth.org](mailto:livewell@lakelandhealth.org)

**Tuesdays, 5:30 to 6:30 p.m.**

Center for Outpatient Services, St. Joseph  
Pharmacy Conference Room

## Lose Weight ... Find Health

Join Lakeland Health Comprehensive Weight Loss Center physicians **Michael Schuhknecht, DO**, and **Jill Gorsuch, DO**, to learn about the four things we all need to do to lose weight and detailed information about bariatric surgery. Preregistration is encouraged; walk-ins are welcome, call (269) 927-5361

All seminars are 6:30 to 8:00 p.m.

**Wednesday, October 4**

**Wednesday, November 15**

**Wednesday, December 6**

Lakeland Medical Suites, Niles  
Community Conference Room

**Wednesday, October 18**

**Wednesday, November 1**

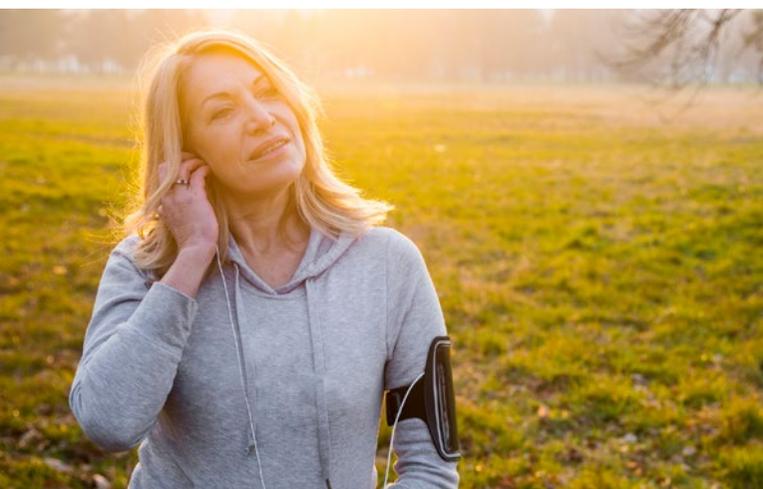
**Wednesday, December 20**

Lakeland Medical Center, St. Joseph  
Frederick S. Upton Education Center, Room 4



**Pre-register online now!**

[www.lakelandweightlosscenter.com/events](http://www.lakelandweightlosscenter.com/events)



## online support groups

Managing your health is easier when you have a team of people supporting you. Lakeland Health, in coordination with a number of other community organizations, offers support groups for a variety of health conditions. To view a complete list visit [www.lakelandhealth.org/supportgroups](http://www.lakelandhealth.org/supportgroups)



### Fall Wellness Tip

Check or replace carbon monoxide batteries twice a year. A great way to help you remember is when you change the time on your clocks each spring and fall.

## event locations

### Benton Harbor

**Boys and Girls Club - Fettig Youth Campus**  
600 Nate Wells Sr. Drive

**Consortium For Community Development**  
175 W. Main Street

**Lakeland at Meadowbrook**  
2550 Meadowbrook Road

### Buchanan

**Caring Circle, Buchanan**  
4017 Chamberlain Road

**Faith Victory Fellowship**  
13369 Main Street

### Niles

**Lakeland Hospital, Niles**  
31 N. St. Joseph Avenue

**Lakeland Medical Suites, Niles**  
42 N. St. Joseph Avenue

**Niles-Buchanan YMCA**  
905 N. Front Street

### St. Joseph

**BellaNova Women's Health**  
3950 Hollywood Road, Suite 100

**Caring Circle, St. Joseph**  
4025 Health Park Lane

**Center for Outpatient Services, St. Joseph**  
3900 Hollywood Road

**Lakeland Medical Center, St. Joseph**  
1234 Napier Avenue

**Lory's Place**  
445 Upton Drive

**Marie Yeager Cancer Center**  
3900 Hollywood Road

**St. Joseph First United Methodist Church**  
2950 Lakeview Avenue

### South Haven

**Caring Circle, South Haven**  
05055 Blue Star Highway

### Watervliet

**Lakeland Hospital, Watervliet**  
400 Medical Park Drive

# "I Didn't Want to Die Young"

At only 36 years of age, **Shelley Wilkinson** didn't want to die young, but that was the future she saw looming before her. With a history of obesity and diabetes in her family, Shelley feared leaving her two young daughters without a mother.

"I wanted to be around for my children," said Shelley. "They are my everything and the reason I am alive."

Shelley had tried to make improvements to her health in the past including numerous well-known diets. But even when she managed to lose a few pounds, they always seemed to return. She was constantly tired and would miss out on valuable time with her children because she would come home from work and go straight to bed. Something had to change.

Taking the first step, Shelley scheduled a consultation with bariatric surgeon, **Michael Schuhknecht, DO**, at the Lakeland Comprehensive Weight Loss Center.

"Finding Dr. Schuhknecht saved my life," said Shelley.

Shelley began meeting regularly with her care team. Together, they discussed what would be the best option to help her achieve her weight loss goals. Over the course of nine months, they embarked on a journey that resulted in a vertical sleeve gastrectomy, and eventually, the loss of over 110 pounds.

To prepare for the minimally invasive procedure which would reduce her stomach size by 60 percent, Shelley met with Dr. Schuhknecht, a psychologist, and a dietitian monthly. They discussed everything, from what to expect during surgery, as well as the lifestyle changes she would need to make after the procedure, including the foods she could and couldn't eat. Throughout this process, Shelley admits she had a few revelations.

"Initially, I was just wanting to go in for the medical weight loss aspect offered by the Center," said Shelley. "But through the process, I realized I was addicted to food and needed to make a more long-lasting change."

This realization ultimately led to her decision to have weight loss surgery and she felt confident it was the best decision for her. The night before her surgery, Shelley had to stay overnight in the hospital and like every other night before, she took the pill prescribed to help control her diabetes.

"You will never have to take that pill again," said Dr. Schuhknecht, as he watched her swallow it. Turns out he was right.

Many patients who undergo bariatric surgery find they are able to reduce their blood sugar to normal levels after surgery, eliminating the need for diabetes medications. This was also true in Shelley's experience and since the surgery, diabetes is no longer a health concern of hers.

That is not the only change Shelley has seen since the surgery. Aside from losing weight, Shelley's goal was to be a better inspiration for her family. She is creating a legacy for her daughters – an example of determination and of a healthy lifestyle that they are already starting to emulate even at a young age.

"I often bring my family to my appointments, so they can learn more about how to sustain a healthy lifestyle," said Shelley. "Now, rather than missing out on time with my husband and daughters, we visit beaches and climb dunes together. There are less sweets and junk food in our house and more nutrient rich foods. I can't thank the staff at the Weight Loss Center enough for changing my family's life forever."





# Being Overweight

## MAY BE CAUSING YOUR JOINT PAIN

Most Americans, at some point in their lives, will begin to feel aches and pains in their joints which they hadn't felt before. As time goes on, this pain often only gets worse. In fact, a little over a million hip and knee replacement surgeries are performed each year in the United States.

Another health problem just as common across the nation is obesity. When thinking about obesity-related health issues, the focus is typically on heart disease or diabetes without considering the fact that 20 percent of Americans have arthritis, and that obesity can make those cases of arthritis worse.

### Impacts of weight on joint pain

Osteoarthritis, a common form of arthritis, is caused by the breakdown of cartilage — the connective tissue at the ends of your bones and joints. While this is a normal part of the aging process, injury, hereditary traits, and lifestyle factors can also contribute to this breakdown. Being overweight naturally causes this deterioration to accelerate and worsen. The more weight on the joint, the more stress to the cartilage and the more rapid the break down.

It's also important to consider that extra weight being carried is not equal, pound for pound, to the amount of extra pressure exerted on the joints. Every pound you are overweight places an extra four pounds of weight on your joints, especially on your knees.

That means that if a person is 100 pounds overweight, there is an extra 400 pounds of pressure pushing down on his or her knees each day. This exponential increase in pressure per pound goes to show that even losing a small amount of weight can greatly reduce strain on knees and other joints.

Surprisingly, it isn't only the extra weight that speeds cartilage deterioration. Fat itself is an active tissue that releases chemicals that can cause inflammation, leading to the breakdown of cartilage.

### Weight loss

Losing weight is a daunting goal, but it's one that could help save your life. While increased physical activity is essential to maintaining a healthy lifestyle, losing a large amount of weight can rarely be accomplished by exercise alone. Many times a person will need to cut back on calorie intake as well. In these instances, it's especially important to remember to watch your eating habits. A scoop of ice cream at night or an extra cookie at lunch every day can quickly add up.

For some, losing weight all alone can feel like fighting a losing battle. In fact, research has found genetics play a role in a person's ability to lose weight as well as social and environmental factors. Because those trying to lose weight may have a lot working against them, extra help from medical professionals can be a decisive factor.

Professional support can be a powerful tool to help people to lose weight and keep it off. Places like the Lakeland Health Comprehensive Weight Loss Center are great resources for those who have tried other options without success and are ready to work toward a healthier future, free of joint pain. To learn more, visit [www.lakelandweightlosscenter.com](http://www.lakelandweightlosscenter.com)

For more information about orthopedic services at Lakeland Health, visit [www.lakelandhealth.org/ortho](http://www.lakelandhealth.org/ortho)

# A Restless Night's Sleep

If you experience a creeping or itching feeling in your legs, or an urge to move them while sitting or lying in bed, you may suffer from restless leg syndrome (RLS). Experienced by as many as one in 10 people in the United States, RLS is a sleep disorder which causes unpleasant sensations often described as crawling, tingling, or pulling. Sensations typically occur in the calf, but may be felt anywhere from the thigh to the ankle. This can keep people from falling asleep at night which may result in feeling tired during the day.

Although the cause of RLS is still unknown, some cases are believed to be inherited, while others have been linked with nerve damage in the legs due to diabetes, kidney problems, or overuse of caffeine or alcohol. Your doctor may prescribe medications to reduce your symptoms and help you sleep better. There are also steps you can take to temporarily reduce discomfort such as:

- Walking or stretching
- Rubbing your legs
- Having a massage
- Taking a hot or cold bath
- Doing activities that make muscles in your hands or legs work
- Relaxing with yoga or meditation

Patients who suffer from varicose veins or similar vein diseases may also experience symptoms of RLS.

"Patients with RLS may respond to one type of treatment and not another so it's important to consult with a physician who can help determine the underlying cause of the condition," said general surgeon, **Glen Hastings, MD, FACS**. "In my experience treating patients with varicose veins over the past 12 years, those who have nocturnal restless legs associated with the other common varicose vein symptoms tend to see improvement in their restless legs symptoms after treating the varicose veins."

The team at Lakeland General Surgery, St. Joseph has years of experience treating varicose veins. There are a number of minimally invasive treatment options to consider, depending on your symptoms. They are safe, virtually painless and most patients can get back to normal activities almost immediately.

Possible forms of treatment include:

- Compression Therapy
- Endovenous Laser Treatment (EVLT)
- Sclerotherapy
- Surgery

**To schedule a consultation or obtain additional information, call (269) 983-3368 or visit [www.lakelandhealth.org/veins](http://www.lakelandhealth.org/veins)**

# When is it Time to Get Help?

## Understanding Anxiety and Depression

Mental health issues are on the rise throughout the United States. In fact, findings from the recent Lakeland Health Community Health Needs Assessment revealed mental health was among the top health priorities for community members in Berrien County. If left untreated, mental health issues can have a significant impact on a person's relationships, education, career, or social life.

Two of the most common mental health conditions treated by counselors at Southwestern Medical Clinic Christian Counseling and Psychological Services are anxiety and depression. An anxiety disorder causes intense feelings of panic and fear. These feelings may arise for no apparent reason and they tend to recur again and again. Depression is a serious mood disorder that affects your whole body, including your mood and thoughts.

Although the causes for both conditions vary, from heredity and childhood circumstances, to cumulative stress or short-term triggers such as loss or significant life changes, treatment considerations are often the same.

"Patients who suffer from anxiety and depression will often benefit from counseling, medication, or a combination of the two," said **Marcia Wiinamaki, PsyD**. "You may believe that nothing can help you. Or, you might fear what others may think. But most anxiety and depression symptoms can be eased to help you live a healthier life."

Counseling or "talk therapy" has been shown to provide a number of benefits for patients including:

- Guidance in developing a "life treatment plan" – it's not only what someone shouldn't be doing to avoid triggering an episode. Often times, the focus is on what patients should be doing such as getting an adequate amount of sleep or participating in activities that used to bring them joy.

- Identify anxiety and depression triggers – learning what brings on stress or anxiety in your life is the first step toward managing it. An in-depth assessment into your current work situation and recent major life events will help you identify your "triggers." From there, you can develop a plan of how to effectively deal with those situations as they arise.
- Receive feedback from an objective perspective – family and friends who are closely involved in your life, or may even be a cause of your anxiety or depression, may have difficulty providing feedback or advice that is unbiased.
- Learn skills to help deal with anxiety and depression – it's also important to learn to avoid patterns that make anxiety or depression more likely to reoccur.
- Emotional support – many times simply opening up and talking through your problems with someone who is actively listening can make a big difference in overcoming symptoms.

Medications are another effective treatment consideration and have been shown to increase quality of life for patients. There are a variety of medications available to treat both anxiety and depression. It's important to consult with your primary care provider about which is the best course of treatment for you.

### Mental Health First Aid

Community Health and Wellness at Lakeland Health offers a series of free classes to help to take the fear and hesitation out of starting conversations about mental health and substance use problems and provide tools to help those in crisis.

Turn to page 8 to view upcoming class dates.



# A Breath of Fresh Air

**Connie Cannon** picked up her first cigarette when she was 17 years old. But it wasn't until many years later that she learned about the negative side effects caused by smoking.

"It was the cool thing to do when I was younger," she said. "No one ever talked about how smoking could give you cancer or lead to other medical conditions."

"You can breathe out but you can't take a deep breath in – it gets worse and worse and you're eventually gasping for air," she said.

Although there is no cure for COPD, Dr. Siddiqi prescribed Connie medication to help manage her symptoms. Since then her "episodes" have significantly decreased and she feels stronger and better able to complete daily tasks.

*"If it wasn't for Dr. Siddiqi I wouldn't be alive today. He has given me a will to live and I love him for that. He is a great doctor."*

– Connie Cannon

When she was 58, Connie was told by her granddaughter that she'd like to have her grandmother around for a long time. It was that simple sentiment that caused Connie to take a second look at her habit. Shortly thereafter she quit smoking "cold turkey" and hasn't looked back in nearly seven years.

However, in the years that followed, the lasting effects of cigarettes began to take a toll on her body. When Connie began to experience painful coughing episodes more frequently, her primary care doctor, **Jay Shah, MD**, referred her to pulmonologist, **Furqan Siddiqi, MD**.

"The first time I met Dr. Siddiqi I knew I would enjoy being a patient of his," she said. "He was so caring and really took the time to listen to me."

During her initial consultation, Connie learned that she suffered from chronic obstructive pulmonary disease (COPD) which happens when the airways in the lungs are blocked, making it hard to breathe. People with COPD may have trouble with daily activities or taking care of themselves because of shortness of breath.

For Connie, she describes her condition as one of the scariest things you can go through.

Connie continues to follow up with Dr. Siddiqi every six months and also attends pulmonary rehabilitation two times per week where she performs various exercises to improve her lung function.

"If it wasn't for Dr. Siddiqi I wouldn't be alive today," said Connie. "He has given me a will to live and I love him for that. He is a great doctor."

With only 13 percent lung function, Connie was told by Dr. Siddiqi that she was a candidate for a lung transplant. He helped her complete the necessary paperwork to get on the waiting list.

"Dr. Siddiqi let me know that I was capable and strong and even though I only have part of my lungs left, he keeps me going," said Connie. "You never know when they'll find a match for you. It could be tomorrow, it could be next week, or next year. But Dr. Siddiqi has given me a chance to live a few more years and I'm going to take them."

Although Connie can't turn back time, she encourages those who currently smoke to quit as soon as possible.

"I wish I had it to do over again but you can't take it back," said Connie. "We all have bad habits and make mistakes. I tell anyone who smokes, for the sake of your family and friends, please quit."



Lakeland Pulmonology consists of three board-certified pulmonary specialists (lung doctors) who together treat individuals with diseases involving the lungs, respiratory tract, and other breathing problems.

**Learn more – view the practice's NEW website at [www.lakelandpulmonology.com](http://www.lakelandpulmonology.com)**

# Taking the Fear out of Food Allergies

Local couple shares journey to managing their child's food allergy

St. Joseph residents, **Mallory** and **Mike Getty** were first introduced to their son's food allergy when he was around 18 months old after he accidentally squirted a bottle of mustard in his face and broke out into hives. At the time, they treated the reaction with Benadryl, but didn't understand what it meant for their family until a couple months later.

Around 20 months, the couple learned what anaphylaxis was. Their son tried hummus for the first time (a main ingredient in hummus is "tahini," also known as "sesame oil"). About 15 minutes later, he began vomiting forcefully and developed a very runny nose and eyes. The couple assumed the runny nose was simply due to crying and did not recognize it as a sign of anaphylaxis.

"After a few hours he stopped vomiting and we thought it was just a stomach bug," said Mallory. "It wasn't until we tried to put him to bed for the night that we heard his breathing had become a terrible wheezing. It was then that we jumped in the car and raced to the hospital."

As a result of these scary turns of events, Mike and Mallory learned their son was one in 13 children in the United States who suffers from a food allergy, his caused by sesame, mustard, and tree nuts. It was a continuous learning process for the Gettys; in the years that followed they discovered valuable tips for managing their son's allergies, such as:

- If the child is old enough to "self-carry" their EpiPens, they should.
- Always carry extra EpiPens.
- Teach your child not to fear the EpiPen.
- Hand sanitizer does NOT remove food protein.
- Antiseptic wipes go everywhere, not just to clean eating surfaces but to clean hands. (Food allergens are not limited to food. Nut and sesame oils are commonly used in soaps, detergents, and lotions.)
- Pack food and snacks from home for public outings or carry a food allergy card to give to your server before you order food for your child.
- Go to school/daycare/babysitter and observe. As a food allergy parent you will recognize risks that staff may not know to identify. You can educate them while working together on solutions to the problem.

"Teach your child the things you do to keep them safe as early as you can," said Mallory. "It's natural to want to shelter them from the burden as long as possible because you know it's one they will have to carry their whole life. The earlier you start, the better engrained the safety habits will be for them and the more prepared and secure they will feel."



## Creating a Safer, Happier Halloween

The Food Allergy Research & Education's Teal Pumpkin Project helps ensure all children come home on Halloween night with something they can enjoy. Take part this year by placing a teal pumpkin in front of your home to let trick-or-treaters know you're offering non-food treats. Learn more at [www.foodallergy.org](http://www.foodallergy.org)

Read more of this story at  
[www.lakelandhealth.org/healthcurrents](http://www.lakelandhealth.org/healthcurrents)

# Early Signs of a Silent Heart Attack

## Would you know if you were having a heart attack?

It may seem like a simple answer, but a recent study found that 45 percent of heart attacks in the United States are “silent” – meaning people don’t realize they’re having them. Silent heart attacks can do just as much damage to your body as a regular heart attack, and are recognizable in an EKG.

People who have silent heart attacks are three times as likely to die of heart disease, so it’s important to recognize and treat them as soon as possible. Here are some of the signs of a silent heart attack:

**Shortness of breath and prolonged fatigue:** If you’re struggling to catch your breath while partaking in normal activities, or feeling wiped out on a consistent basis, something may not be right.

**Back or chest pain:** A silent heart attack can often feel like a strained muscle in the chest or upper back. Irregular pain in the lower back can also indicate stress to the heart muscle.

**Jaw pain:** Stress on the heart can often radiate to the neck and jaw. Sometimes the pain will become more prevalent as your heart rate goes up, i.e. when exercising, then dissipate when it returns to normal.

**Nausea:** Patients who suffer from silent heart attacks often report flu-like symptoms in the weeks and days before the attack.

If you’re experiencing any of these symptoms and believe they could be related to your heart health, trust your gut. Call 9-1-1 or get to the emergency room and make it clear that you think you’re having a heart attack. Be aware of your blood pressure and cholesterol and keep your heart healthy by exercising regularly and avoiding smoking.

The Hanson Heart Center is here to help you and your family with all of your heart care needs. We are committed to reducing the incidence of cardiac and vascular disease in our community and improving outcomes for those affected through prevention, risk awareness, education, rapid treatment, and rehabilitation. For more information, visit [www.lakelandhealth.org/heart](http://www.lakelandhealth.org/heart)



# Community Organizations Push Pavilion Campaign

# Over \$4.9 Million



## AEP Foundation Donates \$375,000 to Wound Center

Indiana Michigan Power and Cook Plant, on behalf of the American Electric Power Foundation, pledged \$375,000 in support of a second location for the Lakeland Center for Wound and Hyperbaric Medicine and a patient waiting area to be located on the second floor of the new Pavilion. Lakeland's founding Wound Center is located in the Lakeland Medical Suites, Niles.

## 1st Source Bank Donates \$100,000 for New Meeting Space

1st Source Bank donated \$100,000 in support of two, private, glass-enclosed meeting rooms located within the newly designed and expanded Courtyard Café and an adjacent business lounge to be located on the second floor of the Lakeland Medical Center Pavilion.

## Chemical Bank Donates \$75,000 for Art Installation

Chemical Bank Foundation recently donated \$75,000 in support of a commissioned artwork installation to be located within the renovated front entrance of the Pavilion.



L to R: Loren B. Hamel, MD, President & CEO, Lakeland Health; Shane Lies, Site Vice President, Cook Nuclear Plant, Indiana Michigan Power; and Brandi Smith-Gordon, Vice President of Philanthropy and President, Lakeland Health Foundations

# WELCOME New Medical Staff



**Allyn Behling, DO**  
Physical Medicine



**Emily Dryer, DO**  
Hospitalist



**Caressa Eckley, DO**  
Palliative Medicine



**Leeann Enix, NP**  
Presurgery Planning



**Richard Lichtenberg, MD**  
Radiology



**Erika Nearpass, DO**  
Internal Medicine



**Xinyue (Cindy) Pan, MD**  
Pediatric Hospitalist



**Kimberlee Tomerlin, DO**  
Internal Medicine

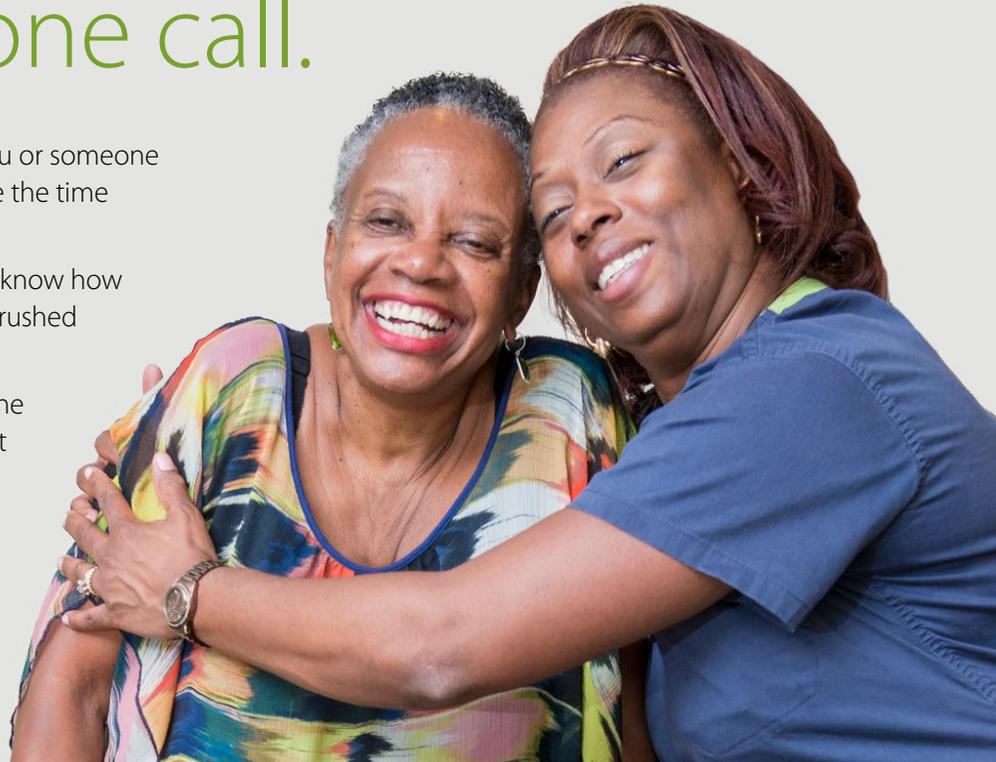
# How Do I Start Hospice Care? With a phone call.

Once there is reason to believe that you or someone you love has a life-limiting illness, make the time to call (269) 429-7100

Taking the first step is difficult, and we know how important it is to not feel pressured or rushed in your decision.

We strive to make life easier for everyone in the family, and help you live the best quality of life possible.

Our team will listen to what is most important to you, and then connect you and your family with the resources you need.



Transitions | HouseCalls | Palliative Care | Hospice at Home | Hanson Hospice Center | Bereavement Care | Lory's Place



Call us today at **(269) 429-7100** or visit us at [www.caring-circle.org](http://www.caring-circle.org) for more information