

Winter 2019

HEALTH

currents

The Magazine of Lakeland Health



**FLAT FEET?
LIFT YOUR SOLE**

**CRUSTLESS
PUMPKIN PIE**

**PAIN TAKES FLIGHT
FOR MIGRAINE SUFFERER**

**GETTING TO THE
BOTTOM OF GERD**

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ON THE COVER

Frosty Fun for All

Each year, a number of cities throughout southwest Michigan plan a weekend of frosty fun during their annual winter festivals. This year's Magical Ice Fest (on the cover) will take place February 1 to 3 in and around downtown St. Joseph. Watch carvers magically turn frozen blocks into works of art or duel it out in 15 minute bouts of ice-carving chaos.



HEALTH *currents*

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HealthCurrents is published by the Marketing and Communications Department of Spectrum Health Lakeland. 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.

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Winter 2019

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3 Ways to Tame Food Temptations

Losing weight often comes down to changing the patterns and habits that lead to overeating. This usually starts with self-control, or the ability to resist temptation. Think of self-control as the inner voice that keeps you from indulging in high-calorie food and prompts you to stick to your diet. But having to constantly resist temptation can be exhausting and quickly use up the limited store of willpower you wake up with each day.

These steps can help you boost the self-control you need to lose weight.

Cravings are the enemy. They're usually a conditioned response. For instance, you smell the aroma of apple pie, the smell makes you want to eat it, and you grab a fork to act on that impulse. This is where the old saying, out of sight, out of mind, can help.

Scientists looked at people with high self-control and found that this ability was linked to avoiding -- rather than resisting -- temptation. This means making small but significant changes, such as altering the route you take to work to avoid passing a tempting bakery.

Avoid any activities that trigger your urge to eat.

If watching TV goes hand-in-hand with snacking, limit TV time. Same goes if you usually munch while you surf the internet. Whenever you're facing a screen with free hands, replace eating with a non-food activity, like walking in place or knitting.

Reinforce self-control by writing out -- and constantly reminding yourself of -- the exact behaviors you're trying to change, noting the new behaviors needed to get there, and continually tracking your progress.



Meal Planning for Diabetics

Just because you're a diabetic doesn't mean you have to buy special foods. Instead, the goal is simply to balance food and insulin (or other diabetes medications) so your blood sugars in your target range. By creating a flexible meal plan you can still include many foods that you enjoy.

"With my patients I focus on a general, healthy diet that can work for anyone," said diabetes educator, **Jessica Heckman, RD, CDE**. "It's all about balance and we just specify the amount of carbohydrates you should have. A simple way to meal plan would be to start with the plate method which includes a quarter plate protein, a quarter plate carbohydrates, and half plate of non-starchy vegetables."

Other tips for eating healthy with diabetes include:

Watch serving sizes

Your meal plan will group foods by servings. To learn how much a serving is, start by measuring food portions at each meal. Soon you'll know what a serving looks like on your plate.

Eat from all the food groups

The basis of a healthy meal plan is variety. Choose lean meats, fresh fruits and vegetables, whole grains, and low-fat or nonfat dairy products. Eating a wide variety of foods provides the nutrients your body needs. It can also keep you from getting bored with your meal plan.



Learn about carbohydrates, fats, and protein

Carbohydrates are starches, sugars, and fiber. They are found in many foods, including fruit, bread, pasta, milk, and sweets. Of all the foods you eat, carbohydrates have the most effect on your blood sugar.

Fats have the most calories. They also have the most effect on your weight and your risk of heart disease. Foods that are high in fat include whole milk, cheese, snack foods, and desserts.

Protein is important for building and repairing muscles and bones. Choose low-fat protein sources, such as fish, egg whites, and skinless chicken.

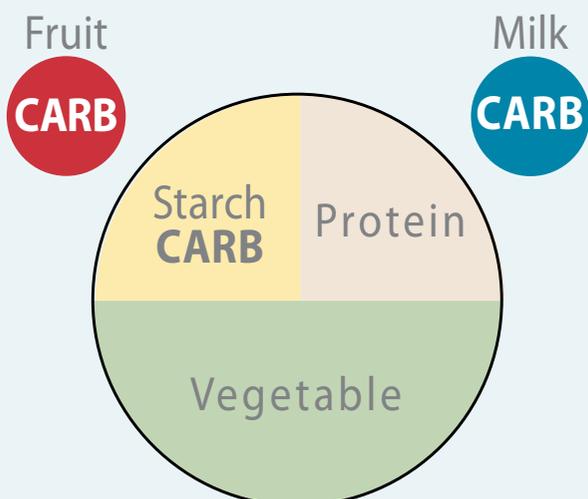
Reduce liquid sugars

Extra calories from sodas, sports drinks, and fruit drinks make it hard to keep blood sugar in range. Cut as many liquid sugars from your meal plan as you can. This includes most fruit juices, which are often high in natural or added sugar. Instead, drink plenty of water and other sugar-free beverages.

Eat less fat

If you need to lose weight, try to reduce the amount of fat in your diet. This can also help lower your cholesterol level to keep blood vessels healthier. Cut fat by using only small amounts of liquid oil for cooking. Read food labels carefully to avoid foods with unhealthy trans fats.

The Plate Method





Crustless Pumpkin Pie

Parties and family gatherings are a staple of the holiday season, but with so many delicious options, it can make staying on track difficult. Don't let the holidays weigh you down! Finding healthy alternatives to your favorite holiday dishes is easier than you might think.

"With two-thirds fewer calories and 85 percent less fat than original pumpkin pie, this crustless option is both a crowd pleaser and better for your health," said registered dietitian, **Nicole Morrissey, RD**. "Baking your pies without crust is a great way to keep things health-conscious while still treating yourself to your favorite holiday food favorites."

Ingredients (8 servings)

1 (15 oz) can pumpkin puree	1 tsp ground cinnamon
1 (12 oz) can low-fat evaporated milk	1/4 tsp ground allspice
2 large eggs	1/4 tsp ground ginger
2 egg whites	1/4 tsp ground nutmeg
1/2 cup sugar	1/8 tsp salt

Instructions

1. Preheat oven to 325 degrees F. Mist pie dish with nonstick cooking spray and set aside.
2. In a large bowl, whisk together all of the ingredients until well blended.
3. Pour into a 9-inch pie plate. Bake for 60 to 70 minutes or until a knife inserted near the center comes out clean. Cool completely on a wire rack.

Nutrition information (per 1/8 pie): 111 calories, 2.6 g fat, 46 mg cholesterol, 64 mg sodium, 19.4 g carbohydrate, 1.6 g fiber, 4.5 g protein, 16.3 g sugar

Great Lakes Heart and Vascular Institute Joins Lakeland Health



Great Lakes Heart and Vascular Institute, the largest cardiology practice in southwest Michigan, has joined Spectrum Health Lakeland. The practice, with office locations in St. Joseph and Coloma, is comprised of a team of four physicians, **Dilip Arora, MD**; **Y. Christopher Chiu, MD**; **Jerome Kuhnlein, MD**; and **Thomas Pow, MD** and three physician assistants, **Brett Hoseth, PA**; **Dave Chalupa, PA**; and **Scott Mihalik, PA**.

Great Lakes physicians have earned national recognition for their pioneering work in peripheral vascular intervention and also offer access to an accredited nuclear medicine facility. Together, the care team diagnoses and treats conditions involving the cardiac system including heart failure, atrial fibrillation, high blood pressure, and coronary heart disease, among others.

“The cardiovascular specialists at Great Lakes have played a vital role in providing quality, state-of-the-art care for heart patients in southwest Michigan for a number of years and we are pleased to have them join Lakeland as we continue this important work,” said **Lowell Hamel, MD**, Senior Vice President and Chief Operating Office, Spectrum Health Lakeland.

For more information about the practice and services offered, or to schedule an appointment, call **(269) 985-1000** or visit **www.greatlakesheart.com**



Join us in welcoming cardiologist, **Dennis Disch, MD**, to the Lakeland medical staff. He will see cardiac patients at practice locations in Niles and St. Joseph. Dr. Disch earned a bachelor of business administration degree at Baylor University in Waco, Texas and his medical degree from the University of Kansas School of Medicine. He completed his internal medicine residency at Dartmouth-Hitchcock Medical Center in Hanover, New Hampshire.



CALENDAR OF EVENTS

New event listings are posted daily on our website. For full descriptions, or to register, visit www.lakelandhealth.org/events. Events can be searched by title, date range, or specialty, and then directly added to your personal calendar.



SPECIAL EVENTS

Planning Your Life Around the Restroom? Take Control!

Registration: (269) 927-5361

Approximately 25 million adult Americans live with the lifestyle limitations that come with the inability to control urinary function. Many who suffer from this condition wait too long before seeking medical help. Join medical providers, **Cayla Dungey, NP**, and **Lyndsey Brown, PA**, and physical therapist, **Vanessa Cool, PT**, as they discuss the causes and symptoms of incontinence and how you can overcome it safely and effectively.

Thursday, February 7
6:00 to 7:00 p.m.

Lakeland at Meadowbrook Conference Center

Understanding Chronic Pain Signals and How to Cope

Registration: (269) 927-5361

If your pain has lasted longer than three months or isn't healing as expected, you may be experiencing chronic pain. This type of pain can be challenging to control and has serious effects on a person's quality of life. Join counselors **Rich Watson, LPC, LLP** and **Kris Petlick, LLP**, as they discuss non-drug approaches to managing chronic pain and how a change in mindset can help you experience renewed life and improved mobility.

Thursday, March 14
6:00 to 7:00 p.m.

Lakeland at Meadowbrook Conference Center

Good Grief

More information: (269) 429-7100

Tuesdays, January 8 to February 19
3:30 to 5:00 p.m.

Caring Circle, St. Joseph

Thursdays, January 10 to February 21
3:30 to 5:00 p.m.

Caring Circle, Buchanan

Fridays, January 11 to February 22
2:30 to 4:00 p.m.

Caring Circle, South Haven

Blood Drives

Friday, February 1
Friday, March 29

9:30 a.m. to 3:30 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

Friday, February 15
Noon to 5:30 p.m.

Lakeland Hospital Watervliet

Wednesday, February 20
Noon to 6:00 p.m.

Lakeland Hospital Niles
Large Meeting Room

Youth Mental Health First Aid

Registration: (269) 556-2808

Thursday, January 24
8:30 am to 5:00 p.m.

The Consortium for
Community Development

Wednesday, February 20
Wednesday, February 27

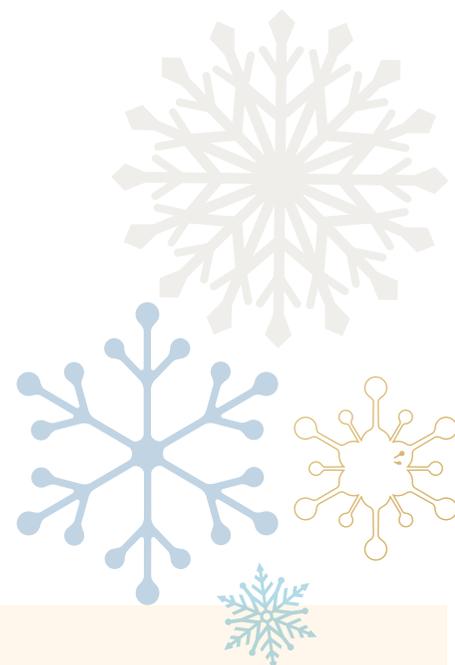
4:30 to 8:30 p.m.

Lakeland Medical Suites, Niles

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

Friday, March 15
8:30 am to 5:00 p.m.

The Consortium for
Community Development



ONLINE SUPPORT GROUPS

Managing your health is easier when you have a team of people supporting you. A number of community organizations offer support groups for a variety of health conditions.

To view a complete list visit www.lakelandhealth.org/supportgroups



CANCER CARE

Art Play Workshops

More information: (269) 429-3281

Thursday, February 14

Thursday, March 14

5:30 to 7:00 p.m.

Marie Yeager Cancer Center

National Acupuncture Detoxification Association (NADA) and Healing Touch

Suggested donation \$15 to \$30 per 45 minute session

More information: (269) 449-4494

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

Marie Yeager Cancer Center

Upstairs Lobby

Nutrition Matters in Cancer Treatment

Registration: (269) 556-2808

During Cancer Treatment

Monday, January 14

Monday, February 11

Monday, March 11

10:00 to 11:00 a.m.

Marie Yeager Cancer Center

Kinney Conference Room

After Cancer Treatment

Wednesday, January 30

Wednesday, February 27

Wednesday, March 27

10:00 to 11:00 a.m.

Marie Yeager Cancer Center

Kinney Conference Room

Tai Chi for Health

Registration: (269) 556-2808

Tuesdays, 1:00 to 2:00 p.m.

Marie Yeager Cancer Center

Kinney and Ward Conference Rooms

Restorative Yin Yoga

Registration: (269) 556-2880

Mondays, 3:30 to 4:30 p.m.

Marie Yeager Cancer Center

Ward Conference Room

DIABETES CARE

Pre-Diabetes Class

Registration: (269) 556-2868

Thursday, January 3

1:00 to 3:00 p.m.

Center for Outpatient Services

Pharmacy Conference Room

Thursday, February 7

10:00 a.m. to Noon

Lakeland Hospital Niles

Buchanan Health Resource Library

Thursday, March 7

10:00 a.m. to Noon

Lakeland Hospital Watervliet

Classroom B

FAMILY/PARENTING

Preparing for Childbirth (series)

\$50 fee for this class

Registration: (269) 927-5355

Tuesdays, January 8 to 22

Tuesdays, February 5 to 19

Tuesdays, March 5 to 19

6:00 to 8:30 p.m.

Marie Yeager Cancer Center

Kinney and Ward Conference Rooms

Wednesdays, January 2 to 16

6:00 to 8:30 p.m.

Lakeland Hospital Niles

Meeting Room

Thinking About Breastfeeding?

\$30 fee for this class

Registration: (269) 927-5355

Tuesday, January 29

Tuesday, March 26

6:00 to 8:30 p.m.

Marie Yeager Cancer Center

Kinney and Ward Conference Rooms

Tuesday, February 26

6:00 to 8:30 p.m.

Lakeland Hospital Niles

Meeting Room

Welcome Baby Class

Registration: (269) 927-5355

Thursday, March 21

6:00 to 7:30 p.m.

Marie Yeager Cancer Center

Kinney and Ward Conference Rooms

GENERAL HEALTH

Bones in Balance

Registration: (269) 556-7150

Tuesdays/Thursdays:

January 8 to 31

February 5 to 28

March 5 to 28

9:00 to 11:30 a.m.

or 5:00 to 7:30 p.m.

Center for Outpatient Services

Walk-in Health Screenings

More information: (269) 556-2808

Friday, January 4

Friday, February 1

Friday, March 1

8:00 to 10:00 a.m.

Lakeland Rehabilitation, Niles

Inside the Niles-Buchanan YMCA





Neighborhood Centered Health Home

More information: (269) 556-2808

Thursday, January 10
Thursday, February 14
Thursday, March 14
2:00 to 6:00 p.m.
 Elite Barbershop



HEART CARE

Live Well with Heart Failure

Registration: (269) 556-2808

Tuesday, January 8
1:00 to 2:00 p.m.
 Center for Outpatient Services
 Community Room

Tuesday, February 5
10:00 to 11:00 a.m.
 Lakeland Hospital Niles
 Buchanan Area Health
 Resource Library

Tuesday, March 5
10:00 to 11:00 a.m.
 Lakeland Hospital Watervliet
 Classroom B

WEIGHT MANAGEMENT

Lose Weight...Find Health

Registration: (269) 927-5361

Wednesday, January 16
Wednesday, February 6
Wednesday, March 20
6:30 to 8:00 p.m.
 Lakeland Medical Suites, Niles
 Community Conference Room

Saturday, February 23
10:00 to 11:30 a.m.
 Lakeland Medical Suites, Niles
 Community Conference Room

Wednesday, January 2
Wednesday, February 20
Wednesday, March 6
6:30 to 8:00 p.m.
 Caring Circle, St. Joseph
 Community Room

WELCOME New Medical Staff



Catherine Boomus, MD
Occupational Medicine



Brandon Cole, DO
Family Medicine



Amena Iqbal, MD
Endocrinology



Dennis Kordish, PA
Dermatology



Jennifer Knip, PA
Rheumatology



Albert Naveed, MD
Pulmonology



Michael Schiman, NP
Neurology



Raul Torres, DO
Family Medicine

VIDEO PROFILES AVAILABLE ONLINE

Get to know the providers of Spectrum Health Lakeland by viewing their video profiles through our online directory, YouTube channel, and Facebook page.



Visit www.lakelandhealth.org/physicians, or www.youtube.com/lakelandhealth

A Miracle Birth

Willow Singita entered the world on June 15, 2018. Her middle name was inspired by an African (Xitsonga) word meaning “miracles” which is exactly how her mother, **Lucia Higgins**, describes her birth experience.

At 42 years of age, the pregnancy came as somewhat of a surprise to Lucia. But soon after learning she was going to give birth again, she began to envision what she wanted that experience to look like. Having had two prior C-sections, Lucia knew she wanted this birth to be natural.*

“With the birth of my son I wasn’t able to hold him right away after the C-section and I feel like that’s one of the reasons I struggled so much with breastfeeding and had a harder post-partum experience,” said Lucia. “I knew there were risks involved with having a natural birth after a C-section, but I was determined to find a care team who I trusted, and could provide the experience I was looking for.”

After interviewing a number of providers, from Grand Rapids to St. Joseph, Lucia selected a local nurse midwife and a doula to manage her care. Living in Fennville, Michigan, it was also important her care team be located close to a trusted health system in case complications arose.

As a swim instructor, Lucia remained active throughout the entire pregnancy. She also walked her dog regularly and practiced yoga and meditation to ensure her body was prepared both physically and mentally to give birth.

When the time arose, Lucia was still painting the baby’s room through five days of mounting contractions. Early on the fourth morning, her water broke and contractions intensified. She labored for an additional 20 hours, determined to have a home birth. However, when she began experiencing pain and a burning sensation at the site of her C-section scar, her midwife suggested she go to the hospital.

Upon arriving to the BirthPlace at Lakeland Medical Center in St. Joseph, Lucia was already dilated to 10 centimeters and close to giving birth. That’s when she met obstetrician and gynecologist, **Alissa Conklin, MD**.

“I was prepped to go to surgery when Dr. Conklin arrived and the first thing I remember was her telling me to push,” said Lucia. “She was so amazing and encouraging throughout the entire process. I could tell Dr. Conklin was a great advocate for the process of natural birth and was committed to giving me the birth experience I desired.”

Willow was safely delivered at 3:45 a.m. and immediately placed on her mother’s chest for skin-to-skin contact.

“Overall, Willow’s birth was just how I hoped it would be and I couldn’t believe it happened in a hospital setting,” said Lucia. “Dr. Conklin made it all very personal while still ensuring both the baby and I were safe. It really was a miracle birth and I am so grateful to Lakeland.”



Left to right: Alissa Conklin, MD, and Lucia Higgins with daughter Willow

*Disclaimer: At all times our care teams are committed to keeping mothers and their babies safe. Vaginal Birth by C-section (VBAC) is not a guaranteed delivery method at Spectrum Health Lakeland.

A Pep in His Step

What started as a small sore on his right leg, soon progressed into a much bigger problem for 47-year-old **Erik Rhode**. When the sore first appeared, Erik brought it to the attention of his primary care provider who suggested treating it with a topical ointment. It wasn't until Erik began traveling more frequently for his management role at Meijer, that his condition began to worsen, until one day he could barely walk due to the pain. That's when Erik decided to make an appointment at a wound clinic in Kalamazoo. Over the course of six months Erik had appointments every week to clean out the wound. The care team also prescribed another topical medication to treat what was thought to be pyoderma gangrenosum – a rare condition that causes tissue and cells to die, resulting in deep ulcers.

"Nothing seem to be working – my leg swelled up so much I couldn't even get my shoe on anymore," said Erik. "I knew I needed a second opinion."

That's when one of his friends told him about the Lakeland Wound Center in Niles.

"I walked in and asked if they could heal me," said Erik. "I was in so much pain it was unbelievable. I had developed neuropathy in my lower leg and it was swollen up to my knee."

Erik met with one of the center's wound specialists, who suggested the wound was caused by a bacterial infection. He treated the area with a medicated foam and prescribed a course of antibiotics. After a few weeks the swelling began to decrease drastically.

"Since going to the Lakeland Wound Center I've seen a 100 percent improvement. I am experiencing a lot less pain and no longer have to lay down constantly with my leg in the air," said Erik. "I really valued the attention the doctor gave to my wound – he was very gentle and took his time."

"Nothing seem to be working – my leg swelled up so much I couldn't even get my shoe on anymore"

Erik continues to visit the wound center and is very happy with the way his leg has healed.

"People at work joke that I've got my swagger back now – I no longer walk with a limp," said Erik. "I would recommend the Lakeland Wound Center to anyone."



Coming Soon – New Wound Care Location!

A second Lakeland Wound Center site located at Lakeland Medical Center in St. Joseph, is slated to open in January. The additional office will offer patients access to cutting-edge products and treatments to promote optimum healing for severe wounds. For more information, or to schedule an appointment, visit www.lakelandhealth.org/woundcare



Join us in welcoming wound specialist, **Sharon Rooney-Gandy, DO, FACS**, to the Spectrum Health Lakeland medical staff. Dr. Rooney-Gandy earned a Doctor of Osteopathy degree from Kansas City University College of Osteopathic Medicine. Prior to coming to Lakeland, she worked as a general surgeon and wound care physician at Sturgis Medical Group.



GETTING TO the Bottom of GERD+

The foods we eat, the way we eat them, our body type, or even hernias in our diaphragm can cause a reflux. Gastroesophageal reflux disease or “GERD” – occurs when our bodies cannot prevent acid from washing up into the esophagus like it normally should.

How does reflux feel?

Reflux is often associated with typical “heartburn” symptoms such as pain just under the ribcage, a brackish water taste in the mouth, recurrent sore throats, or rapid airway diseases such as asthma. It’s not just the pain associated with GERD that people have to deal with. Reflux can lead to a number of other serious health concerns.

“Many people will often use acid blocking medications to relieve symptoms,” said general surgeon, **Craig Kline, MD**. “Long term use of these types of medications may lead to side effects such as osteoporosis or mental health issues. At the same time, long-term reflux disease, even if treated symptomatically by acid suppression, carries risk of Barrett’s esophagus, which can lead to esophageal cancer.”

What are my treatment options?

Treatment for GERD varies – it’s important to first look at lifestyle changes and medication which may help alleviate symptoms. If the condition persists, surgery may be necessary.

Common risk factors which can lead to GERD include:

- Obesity
- Pregnancy
- Smoking
- Eating large meals or lying down right after a meal
- Eating large meals right before bed
- Consuming certain food/drinks such as alcohol, caffeine,
- high-fat foods, or spicy foods



One Small Incision Could Prevent a Big Problem

Visit www.lakelandhealth.org/gerd to hear more from specially-trained robotic surgeons on how the da Vinci can provide safe and effective treatment for a number of conditions, including GERD.



Workup of GERD needs to be done thoroughly and carefully; surgery is not the first step in treating GERD. If changing the way you eat is not working, then we can look into surgical treatment options, which can really help patients who suffer from GERD in a big way.

-Craig Kline, MD

How can surgery help me?

A hole in the diaphragm, called a hiatus, allows the esophagus to poke down into the abdominal cavity. Over time, the stomach can start to protrude upward into the chest cavity. Reflux can exist without a hernia, but most of the time people who suffer from GERD have a slight hernia.

During robotic surgery, the surgeon will repair an existing hiatal hernia to its appropriate size and location within the diaphragm. If necessary, the stomach is also wrapped around itself and sewn into place in order to increase resting pressure of the area of the esophagus, in turn preventing a reflux.

While previous surgical methods led to complications, as wrist movements were limited, the new da Vinci® XI™ surgical system uses 3D visualization making it a safer operation which takes place in a shorter amount of time, with less recovery.



Call (888) 704-5540 to connect with a da Vinci surgeon or visit www.lakelandhealth.org/davinci

Symptoms of GERD



Difficulty Swallowing



Nausea/Vomiting



Stomachache



Heart Burn

Pain Takes Flight for Chronic Migraine Sufferer



Imagine waking up each morning in fear of whether or not another headache would strike, one so debilitating it would leave you unable to go to work or function normally. This was a normal part of life for **Mary Scaletta** ever since she was 16 years old. Now 58, her migraines had become more severe, typically beginning with an aura, or visual disturbance, and escalating into nausea, concentrated pain, and sensitivity to light.

"I was experiencing severe migraines 15 or more times each month," said Mary. "Medication wouldn't even begin to touch the pain. Each time I had one I couldn't function properly or even have a conversation. I would wake up with a headache and it would stay with me all day long."

As a flight attendant, Mary's employer depended on her in order to meet aviation requirements for flights scheduled that day. Due to her condition, she was forced to call off work last minute on a regular basis.

Mary had been seeing a doctor in Chicago for many years in hopes of finding a lasting solution to her pain. When she decided to look for a local provider, her sister-in-law recommended neurologist, **Peter Spencer, DO**.

"Dr. Spencer really listened to me and took the time to understand how my headaches were impacting my daily life," said Mary. "He knew I would need a treatment option that allowed me to function normally while traveling and being on my feet 12 hours a day. Most drugs commonly prescribed would affect my ability to perform my job. He was committed to finding another answer."

Based on Mary's symptoms and lifestyle, Dr. Spencer suggested Botox® as a possible treatment option. Typically used to treat wrinkles, Botox has also been shown to work for migraine headaches by blocking chemicals called neurotransmitters that carry pain signals from your brain.

"I love everyone at the practice – they are a great team of people and so caring"

"At this point I was open to trying anything," said Mary. "The first time I had the procedure done it was a little painful but I didn't experience any negative side effects."

Since her first Botox treatment over three years ago, the results have been "life changing."

"Botox has worked wonders for me," said Mary. "I went from 15 or more headaches a month, to four or less. Now, if I feel a headache coming on, I won't take pain medications because I know I have a Botox appointment scheduled. I no longer live in fear waking up each day and I don't miss work as much as I used to."

Mary continues to receive Botox shots in her forehead, neck, and shoulders every three months. With regular visits to the office, the staff at Lakeland Neurology have become like a second family to her.

"I love everyone at the practice – they are a great team of people and so caring," said Mary. "I know I can call them any time I have questions and they will get an answer for me."

Think you need to consult a neurologist?

Call (269) 985-0000 for more information or to schedule an appointment

ALL GATES



13% of adults suffer from migraines

91% miss work or can't function during a migraine attack

70% of migraine sufferers are women

63% have one or more migraine attacks monthly

Recognizing the Symptoms:

- Throbbing, severe headache pain with a specific location on one side or another
- Nausea and vomiting or lightheadedness
- Sensitivity to light
- Visual disturbances, even lack of sight, known as an aura
- A change in mood or behavior that may occur hours or days before the headache
- Depression, fatigue or anxiety
- Fatigue, irritability, and trouble concentrating

Flat Feet? Lift Your Sole

Flat feet can cause serious pain and lead to further issues down the line if not properly treated early on. There are many factors that can lead to flat feet. The most common are genetics, trauma, an accessory bone within the tendon, or a coalition, which is an abnormal connection between two bones near the ankle which act as a tether, and the foot can subsequently become flat.

What are the symptoms?

Symptoms for flat feet typically include pain at the inside or outside of the ankle. Increased activity, prolonged standing, and walking on uneven ground can also cause a great deal of pain for a person with flat feet.

Who's at risk?

Women are three times more likely to have flat feet than men. Although flat feet can happen at any age, it is most commonly seen in middle aged adults.

One Hour Could Change Your Life

Hear more from Dr. Maskill about safe and effective treatment options for flat feet by visiting www.lakelandhealth.org/flatfeet

To find a foot and ankle specialist near you, visit www.lakelandhealth.org/physicians





What treatment options are available?

There are four stages of posterior tendon dysfunction (PTTD), also known as adult-acquired flat feet. The stage you are in is a big factor in determining the treatment you need.

Stage 1: During this stage, you have pain and weakness within the tendon, but you have a normal foot and no deformity.

Stage 2: Pain occurs along the tendon, or the outside of the foot and ankle become painful. However, your flat foot is flexible. This means you can still turn your foot from side to side. A person in stage two can usually walk on uneven ground with no issues.

Stage 3: The in and out movement in your foot has become fixed. This means it is now arthritic. This typically happens after years of having flexible flat feet without treatment.

Stage 4: After years of having a fixed deformity, your ankle turns and becomes flat. This causes you to almost walk on your ankle bone.

Conservative treatment options include custom orthotics, bracing, medication, injections, and physical therapy. However, the most important thing you can do is stretch your Achilles tendon. The Achilles tendon is one of the strongest tendons in your body and gives your foot the ability to move up and down. Flat feet causes this tendon to become tight and stretching can help relieve some of that stress.

If there is no progress with conservative treatment, patients may eventually need surgical treatment. The type of surgery needed depends again on the stage of PTTD you are in.

“We try to stop the disease at whatever stage the patient comes in with. The last thing I want is for someone to progress to the next stage because it becomes more difficult and the outcomes may not be as good with conservative or surgical management.”

Three easy steps to stretch your Achilles tendon:

- Put the front half of your feet on the edge of a stair or any stable raised platform.
- Hold on to a railing or another form of support to maintain your balance.
- Slowly lower your heels to the lowest point possible without pain and back up again.

“I’ve seen flat feet in people from age eight to 80. If it’s painful, it’s treatable.”

- James Maskill, DPM



Tired of low energy, endless diets, and daily medications, **Morgan Collison** began her weight loss journey with an appointment at the Lakeland Weight Loss Center. After undergoing surgery and dropping 140 pounds, Morgan is back to an active lifestyle and looking forward to the future.



- **Morgan Collison**
St. Joseph, MI



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