

The Magazine of Spectrum Health Lakeland

Spring 2019

HEALTH

Currents

Instant Pot®
Mushroom
Risotto

**PREVENT
LONG-TERM
COMPLICATIONS
FROM DIABETES**

**Virtual
Reality**

for Infusion Patients



Life is full of tests

There is one that can help save your life



Take Care of Your Heart

Visit spectrumhealthlakeland.org/heartsafe to complete a free, online questionnaire that will help determine if you are at risk for heart disease



Find a cardiologist at
spectrumhealthlakeland.org/physicians

The Hanson Heart Center at Lakeland Health is here to help you and your family with all of your cardiac 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.



ON THE COVER

Flowers by Anna, located in Buchanan, provides customers with affordable floral design that goes beyond their expectations. Specializing in wedding design, they also provide custom arrangements for every occasion including sympathy and funerals, holidays, birthdays, anniversaries and other special events.



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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For the Love of the Game



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Preventing Long-Term Complications of Diabetes



OUR PATIENTS SAY IT BEST

Taking a Shot at a New Life



Give Your Health a Check-Up

Do you have questions about your health you've put off asking? Or maybe you're not sure where to get trusted health advice.

Through our new online video series, Lakeland providers share information and advice on important health topics and issues that affect you and your family. Visit spectrumhealthlakeland.org/asktheexperts to view all the Check-Up videos or submit a health question of your own.

IS HIP SURGERY FOR YOU?



Nicholas Loafman, DO

Orthopedic Surgery

"A good candidate for hip replacement would be someone who has had chronic pain that's progressed, possibly over a year's time or more. They have failed conservative management, have a physical exam showing limited range of motion, as well as x-rays that show joint damage or bone-on-bone findings."

ROBOTIC SURGERY EXPLAINED

Craig Kline, MD
General Surgery

"The da Vinci® robot is simply a tool in the hands of a surgeon. I use the robot as an extension of my own mind and hands. It's able to perform movements that you couldn't perform with traditional laparoscopic instruments."





HOW TO AVOID A HERNIA



Michael Webb, MD

General Surgery

"The best thing people can do to avoid developing a hernia, and ensure a successful repair, is to stop smoking [or not start], have control over their diabetes, and work to lose weight if necessary."

PROSTATE HEALTH

Donald Wolfram, MD

Family Medicine

"Middle-age men between the ages of 50 and 75 should get a blood test once a year and talk to their provider about a periodic digital rectal exam to effectively screen for prostate cancer. If there is a family history of the disease that makes these tests all that more important."



PREVENTING BONE LOSS



Deanna Rucano, NP

Family Medicine

"It's important to be mindful of risk factors for bone loss. Older women, or those who have had a hysterectomy, are at higher risk. There are a lot of steps your primary care doctor can take to ensure you are staying on top of an early diagnosis of osteoporosis so they can treat accordingly."

WHAT IS OCCUPATIONAL MEDICINE?

Catherine Boomus, MD, MPH

Occupational Medicine

"Occupational medicine is not just injury care and worker's compensation. It's also surveillance and other types of regulatory and specialty exams for various occupations. We understand the workplace and how to get someone back to work quicker."



Virtual Reality Enhances Care Experience for Infusion Patients

The infusion center at the Marie Yeager Cancer Center recently introduced virtual reality (VR) into the clinical setting. While patients receive chemotherapy and other infusion services, they can use virtual reality to take them outside the clinical setting while helping relieve some of the current stresses of their situation.

Through an interactive computer-generated simulation, patients are exposed to a variety of experiences such as exploring the history of the Titanic or the Anne Frank House, meditating on the beach, or watching television in the comfort of an exotic mansion, among others.

"Medical technology continues to change faster than ever before and Lakeland is committed to staying on the forefront of these changes, especially as we work to improve the overall patient experience," said **Barbara Schmidtman, PhD**, Manager, Radiation Oncology and Ambulatory Infusion, Spectrum Health Lakeland. "Most infusion sessions last around three hours. By using VR technology we are able to help patients pass the time while reducing their anxiety and stress levels."

"Infusion patients are bound near the location of their clinical care, but virtual reality is able to take them almost anywhere," said **Brendon Beede**, Project Manager, Information Technology, Spectrum Health Lakeland. "Patients are able to experience stories developed for VR and play mini-games to distract them from their current reality, which in itself is a blessing."



The Marie Yeager Cancer Center makes it possible for patients and their families to go to just one facility for the majority of their cancer care needs. The center includes a highly-qualified team of cancer specialists and state-of-the-art technology for cancer detection and treatment, all in an environment designed to promote health and healing.

Learn more about the services offered by visiting the NEW microsite at
www.marieyeagercancercenter.com



Instant Pot® Mushroom Risotto

(from Epicurious.com)

Instant Pots are the newest appliance taking kitchens by storm. They require minimal effort—you put the ingredients into the pot, set the cooking time, and the pressure cooker does the rest. Not only do pressure cookers help you make food at home more quickly, they also retain more of the nutrients in certain foods, too.



Ingredients (Makes 5 1/2 cups)

2 Tbsp extra-virgin olive oil
1 lb white/button or baby bella mushrooms, sliced
Freshly ground pepper, to taste
1 medium onion, chopped
2 cups dry arborio rice

1/2 cup dry white wine (optional, use 1/2 cup broth as a substitute)
4 1/2 cups low-sodium vegetable or chicken stock
1/4 cup chopped parsley (for serving)
1 oz (~1/3 cup) finely grated Parmesan (for serving)

Instructions

1. Set Instant Pot on medium heat or "sauté" and pour oil into cooker insert.
2. Add mushrooms and cook until any moisture they've released is evaporated and they start to brown, about 10 minutes; season with pepper.
3. Add onion, stir to combine, and cook until translucent, about 8 minutes.
4. Add rice and stir until chalky white, about 3 minutes.
5. Add wine (or broth) and cook until mostly evaporated, about 3 minutes. Stir in stock.
6. Lock on lid, making sure steam-release valve is in the proper sealed position. Select "manual" and program for 5 minutes at high pressure (it will take about 10 minutes for the pressure to build before cooking automatically begins).
7. As soon as the time has elapsed, turn off cooker, "quick release" the steam, and unlock lid. Stir with a wooden spoon; season with salt and pepper.
8. Divide risotto among bowls. Top with parsley and parmesan and serve.



Nutritional information (serves 5; heaping 1 cup each): 393 calories; 7.2 g fat; 5 mg cholesterol; 581 mg sodium; 66.2 g carbohydrate; 2.2 g fiber; 5.5 g sugar; 11.6 g protein



ENTER TO WIN!

Make more of your meals at home with your very own Instant Pot®—visit spectrumhealthlakeland.org/pressurecooker and complete the form for a chance to win.
All entries must be received by Monday, April 29, 2019. Valid email required to enter.

CALENDAR OF EVENTS

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

SPECIAL EVENTS

Get the Restful Night's Sleep You've Been Missing

Registration: **(269) 927-5361**

Do you find yourself waking in the morning feeling fatigued? Or going throughout your day restless and irritable? You may be suffering from sleep apnea—a breathing disorder characterized by brief interruptions of breathing during sleep. This is a serious, potentially life-threatening condition that if left untreated can result in other health complications such as high blood pressure, heart attack, and stroke.

Join board-certified sleep specialist, **Dennis Thompson, MD**, as he discusses new approaches to treating obstructive sleep apnea, including a new breakthrough technology called upper airway stimulation.

Thursday, April 18

6:00 to 7:00 p.m.

Baymont Inn and Suites,
South Haven

SPECIAL EVENTS

Live Life... Keep Moving

Registration: **(269) 927-5361**

You know something isn't right. You've had that stiff shoulder, bad knee, or painful hip for months now; or has it been longer? When was the last time you felt good and moved freely? People who experience joint pain often tolerate it far too long. Join orthopedic surgeons as they discuss how new, less-invasive surgical techniques are providing higher quality outcomes for treating worn out joints.

Tuesday, April 23

6:00 to 7:00 p.m.

Lakeland at Meadowbrook
Conference Center

Thursday, April 25

6:00 to 7:00 p.m.

The Supper Club, Niles

Thursday, May 23

6:00 to 7:00 p.m.

*Focus on shoulder pain
Lakeland Hospital Watervliet
Classrooms A & B

Thursday, May 30

6:00 to 7:00 p.m.

Southwestern Michigan College,
Dowagiac
Fred L. Matthews Library
Conference Center

Thursday, June 20

6:00 to 7:00 p.m.

Baymont Inn and Suites,
South Haven

Trust Your Gut

Registration: **(269) 927-5361**

Diverticulitis occurs when small pouches called diverticula form in the colon wall. When these pouches become inflamed or infected they can become painful and cause symptoms ranging from abdominal pain to fever.

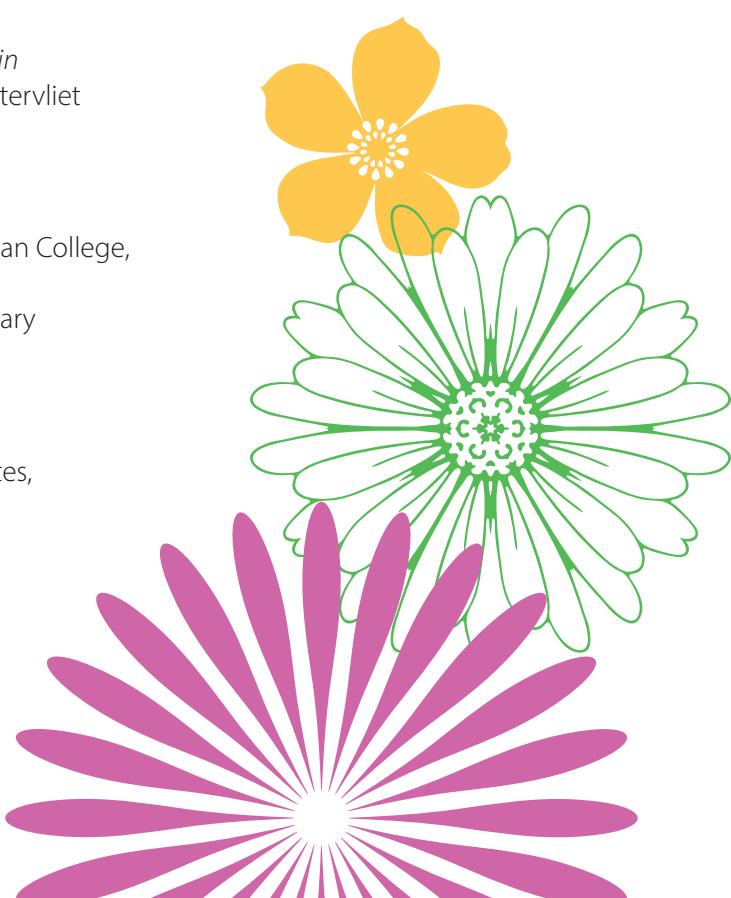
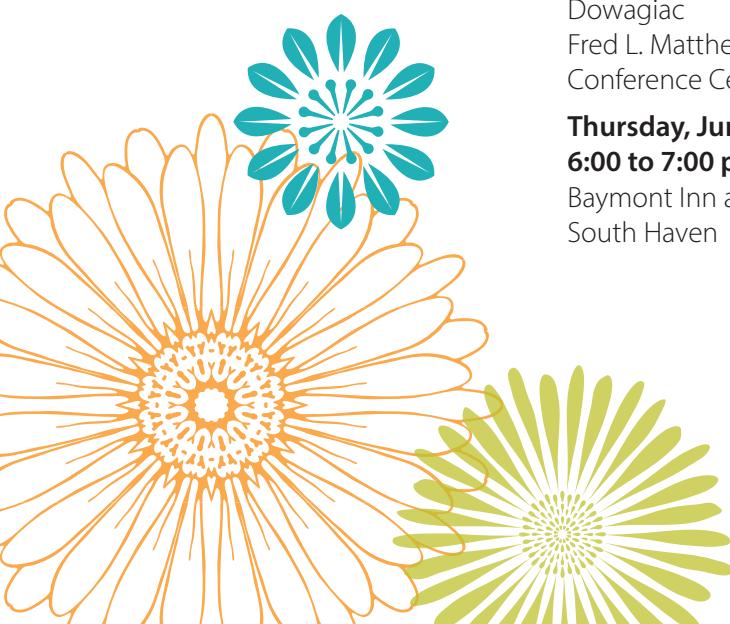
Join general surgeons

Elizabeth Jeffers, MD, and
Craig Kline, MD, as they discuss the causes, complications, and treatment options for diverticulitis. Guests will learn how minimally invasive surgery, using the da Vinci Xi® robot, can result in less pain and quicker recovery for patients.

Thursday, May 9

6:00 to 7:00 p.m.

Lakeland at Meadowbrook
Conference Center



CANCER CARE

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, April 8

Monday, May 13

Monday, June 10

10:00 to 11:00 a.m.

Marie Yeager Cancer Center
Kinney Conference Room

After Cancer Treatment

Wednesday, April 24

Wednesday, May 29

Wednesday, June 26

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, April 4

5:00 to 7:00 p.m.

Center for Outpatient Services
Pharmacy Conference Room

Thursday, May 2

5:00 to 7:00 p.m.

Lakeland Hospital Niles
Buchanan Health Resource Library

Thursday, June 6

5:00 to 7:00 p.m.

Center for Outpatient Services
Pharmacy Conference Room

Welcome Baby Class

Registration: (269) 927-5355

Wednesday, May 1

6:00 to 7:30 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

GENERAL HEALTH

Lory's Place Run, Walk, Rock 5k

Registration: (269) 983-2707

Saturday, May 18

Registration from 7:00 to 8:15 a.m.

5K run/walk starts at 8:30 a.m.

All events start and finish at

Lory's Place, St. Joseph

Good Grief

More information: (269) 429-7100

Tuesdays, May 7 to June 18

3:30 to 5:00 p.m.

Caring Circle, St. Joseph

Thursdays, May 2 to June 13

3:30 to 5:00 p.m.

Caring Circle, Buchanan

Fridays, May 3 to June 14

2:30 to 4:00 p.m.

Caring Circle, South Haven

FAMILY/PARENTING

Preparing for Childbirth (series)

\$50 fee for this class

Registration: (269) 927-5355

Tuesdays, April 2 to 16

Tuesdays, May 7 to 21

6:00 to 8:00 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

Wednesdays, April 3 to 17

Wednesdays, June 5 to 19

6:00 to 8:00 p.m.

Lakeland Hospital Niles
Meeting Room

Thinking About Breastfeeding?

\$30 fee for this class

Registration: (269) 927-5355

Tuesday, April 23

Tuesday, June 25

6:00 to 8:00 p.m.

Lakeland Hospital Niles
Meeting Room

Tuesday, May 28

6:00 to 8:00 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms



CALENDAR OF EVENTS

Blood Drives

Wednesday, April 17

Wednesday, June 19

Noon to 6:00 p.m.

Lakeland Hospital Niles
Large Meeting Room

Thursday, April 18

Thursday, June 20

Noon to 5:30 p.m.

Lakeland Hospital Watervliet
Classroom C

Friday, May 31

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

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

Neighborhood Centered Health Home

More information: **(269) 556-2808**

Thursday, April 11

Thursday, May 9

Thursday, June 13

2:00 to 6:00 p.m.

Elite Barbershop

Babysitting with Confidence

Registration: **(269) 927-5355**

Saturday, May 18

8:30 a.m. to 12:30 p.m.

Lakeland Hospital Watervliet
Classroom A & B

Wednesday, June 12

8:30 a.m. to 1:00 p.m.

Boys & Girls Club Benton Harbor
Fettig Youth Campus

CPR for Babysitters

Registration: **(269) 927-5355**

Tuesday, May 21

6:00 to 8:30 p.m.

Lakeland Hospital Niles
Meeting Room

Tuesday, June 25

6:00 to 8:30 p.m.

Lakeland at Meadowbrook
Conference Center

Community CPR

Registration: **(269) 556-2808**

Tuesday, April 9

5:30 to 9:30 p.m.

Orchards Mall, Benton Harbor
Community Room

Tuesday, June 11

5:30 to 9:30 p.m.

Orchards Mall, Benton Harbor
Community Room

Walk-in Health Screenings

More information: **(269) 556-2808**

Friday, April 5

Friday, May 3

Friday, June 7

8:00 to 10:00 a.m.

Lakeland Rehabilitation, Niles
Inside the Niles-Buchanan YMCA

Bones in Balance

Registration: **(269) 556-7150**

Tuesdays/Thursdays

9:00 to 11:30 a.m. or 5:00 to 7:30 p.m.

April 2–25; May 7–30; June 4–27

Center for Outpatient Services

HEART CARE

Live Well with Heart Failure

Registration: **(269) 556-2808**

Tuesday, April 2

5:00 to 6:00 p.m.

Center for Outpatient Services
Pharmacy Conference Room

Tuesday, May 7

5:00 to 6:00 p.m.

Lakeland Hospital Niles
Buchanan Area Health
Resource Library

Tuesday, June 4

1:00 to 2:00 p.m.

Center for Outpatient Services
Pharmacy Conference Room

WEIGHT MANAGEMENT

Lose Weight... Find Health

Registration: **(269) 927-5361**

Wednesday, April 3

Wednesday, May 15

Wednesday, June 5

6:30 to 8:00 p.m.

Lakeland Medical Suites, Niles
Community Conference Room

Wednesday, April 17

Wednesday, May 1

Wednesday, June 19

6:30 to 8:00 p.m.

Caring Circle, St. Joseph
Community Room

Saturday, May 25

10:00 to 11:30 a.m.

Caring Circle, St. Joseph
Community Room

Online Support Groups

Managing your health is easier when you have a team of people supporting you. Spectrum Health Lakeland, 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.spectrumhealthlakeland.org/supportgroups



Local Organizations Donate Funds to Benefit Cancer Care

Students Against Destructive Decisions, a Niles High School student organization focused on encouraging others to make positive choices, recently donated \$1,500 to support Hope Grows. The annual fundraiser, held in partnership with the YMCA of Southwest Michigan, supports the LIVESTRONG® program and the Marie Yeager Cancer Center offering a continuum of care to thousands of patients and families recovering from cancer, those fighting cancer, and those at risk—regardless of ability to pay. Funds were raised through multiple activities held during “Pink Week” including t-shirt sales, an annual Pink Week Walk, a basket raffle featuring local businesses, and donation collections.

“I loved going around and talking to people about buying t-shirts,” said Niles student, **Julie Nyugen**. “It was so fun to support a cause I care about and to know we made a difference not only in our school, but our community.”

Employees from Chassix also raised \$6,180, including a \$1,000 donation from the organization, through t-shirt sales and a breast cancer walk with raffles and door prizes. Funds were donated to the Marie Yeager Cancer Center to help cover the cost of mammograms for patients who can’t afford it.

“Breast cancer has touched so many lives throughout our organization, whether it be the employee themselves, a friend, or a loved one—we couldn’t think of a better organization to support,” said Chassix employee, **Sharon Stirling**. “Early detection can make all the difference and we hope our funds can help provide this valuable service to those in need.”

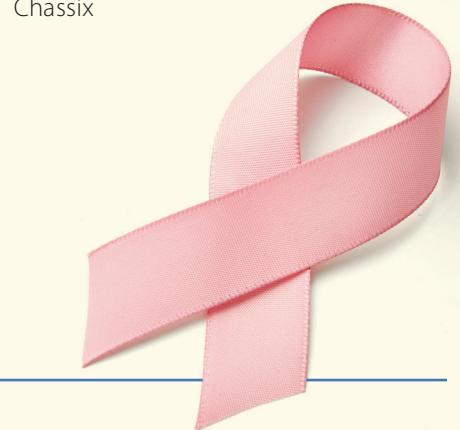
“We hope these two generous donations from the community inspire others as much as they’ve inspired us,” said **Brandi Smith**, Vice President of Philanthropy. “We are so grateful to the compassionate efforts of both the Niles High School students and employees at Chassix who care enough to raise funds to support people battling cancer in our community.”



Niles High School



Chassix



Save the Date

Mark your calendar for fun events that make a difference. For more information, visit www.lakelandhealthfoundations.org/events, or call (269) 927-5143

Thursday, May 2

Hope Grows

Proceeds benefit free cancer services

Friday, June 21

Gordon Knutson Memorial Golf Tournament

Proceeds support Lakeland Hospital Watervliet

Saturday, August 3

Embracing Hospice at Home

Proceeds benefit Hospice at Home

Friday, August 23

Reflections Dinner and Auction

Proceeds support Lory’s Place

A Sound Night's SLEEP



Keith Henagan, 43, couldn't remember the last time he got a sound night's sleep. He was constantly waking throughout the night—sometimes 10 or 20 times—gasping for breath. When he was asleep, he would snore, which made it difficult for his wife to sleep soundly.

The cause of Keith's restless nights was obstructive sleep apnea which occurs when structures in the throat block the air passage. Since the lungs aren't getting fresh air, the brain tells the body to wake up

just enough to tighten the muscles and unblock the air passage. With a loud gasp, breathing begins again. This process may be repeated over and over again throughout the night, making your sleep fragmented with a lighter stage of sleep.

"I suffered from obstructive sleep apnea since I was a child and was officially diagnosed 18 years ago," said Keith. "It really took a toll on my life—I was grumpy and tired all the time. I never had any energy when I got home from work."

Throughout the years Keith had worked with sleep specialist, **Inga Sriubiene, MD**, and ear, nose and throat specialist, **Dennis Thompson, MD**, in hopes of improving his sleeping patterns. In 2004, he underwent surgery with Dr. Thompson to reshape his uvula, remove his tonsils, and correct a deviated septum. The procedures helped for some time but eventually his symptoms would return. After undergoing a sleep study, Dr. Sriubiene suggested Keith try a continuous positive airway pressure (CPAP) which uses a hose and mask to deliver constant and steady air pressure during sleep.

"I tried to use the CPAP as much as possible, but it really didn't work for me," said Keith. "I was still waking up multiple times each night. Plus I'm claustrophobic, so the whole thing really was uncomfortable."

Determined to get the sleep he needed, Keith began researching other treatment options. He discovered upper airway stimulation which was being performed in Europe and proving to have great clinical results. After learning Dr. Thompson had recently became certified to perform the procedure, Keith knew it could be life changing.

A few months later, he became the first patient at Spectrum Health Lakeland to undergo upper airway stimulation surgery. During the outpatient procedure, a small, implantable device is placed under the skin. The device is controlled using a handheld remote and when turned on, monitors patients' breathing patterns to deliver mild stimulation to the hypoglossal nerve, which controls the movement of the tongue and other key airway muscles. Patients can turn on the system before bed and off when they wake up, increase and decrease stimulation strength, and pause during the night if needed.

"The procedure has been life changing for me," said Keith. "Now I turn on the device when I go to bed and sleep through the night—it really works. My wife had to get used to me not snoring anymore."

Since the surgery, Keith is feeling more alert in his role as a Senior Model Maker at Whirlpool and has more energy when he gets home at night.

"You don't realize how bad it really is until you fix the problem," said Keith. "If someone isn't benefitting from using a CPAP I would 100 percent recommend they look into upper airway stimulation. We are truly blessed to have this technology here at Lakeland."



Learn more at a free seminar on April 18 (see page 6)

YOU MAY BE A CANDIDATE

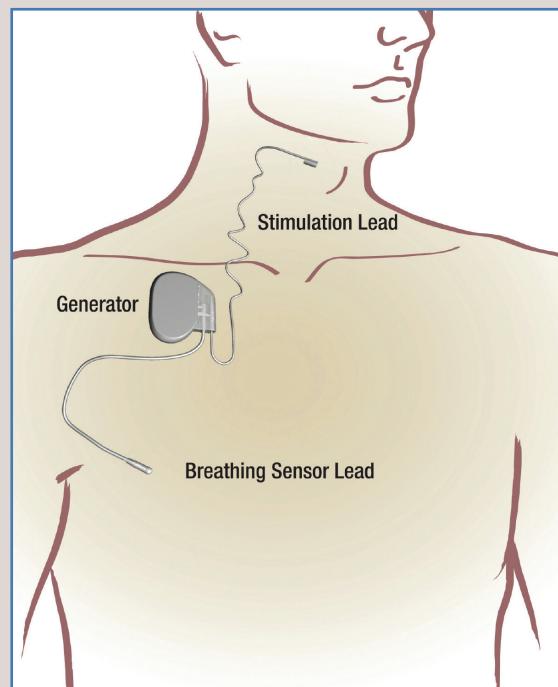
for upper airway stimulation if you:

- Have moderate to severe obstructive sleep apnea
- Are unable to tolerate or benefit from CPAP
- Are not significantly overweight
- Are over the age of 22

HOW IT WORKS



Watch a video and see if you qualify by visiting www.lakelandent.com/uas



Courtesy: Inspire

LONG TERM CLINICAL DATA demonstrates upper airway stimulation patients experienced:

- A 78% reduction in sleep apnea events
- Reduced snoring, with 85% of bed partners reporting no or soft snoring
- Improved quality of life and daytime sleepiness

UNDERSTANDING THE FACTS ABOUT LOSING WEIGHT

Knowing the truth about losing weight can help you separate what works from what doesn't. Don't get caught up with expensive weight-loss fads that promise unbelievable results. There's no magic way to lose weight. Below are some of the most common misconceptions people have about losing weight and keeping it off.

"The faster I lose weight, the better."

Fact: Rapid weight loss is usually due to loss of water or muscle mass. What you're trying to get rid of is extra fat. Aim to lose a half pound to two pounds a week. Then you're more likely to lose fat rather than water or muscle.

"Skipping meals will help me lose weight."

Fact: When you skip meals, you don't give your body the energy it needs to work. Hunger makes you more likely to overeat later on. It's best to spread your meals throughout the day. Eat five to six small meals a day or three meals and two snacks.

"Once I lose weight, I can go back to living the way I did before."

Fact: Going back to your old eating habits and giving up exercise is a sure way to regain any weight you've lost. The lifestyle changes that help you lose extra weight can also help keep it off. This is why you need to make realistic changes you can stick with.

"I can't start exercising until I lose weight."

Fact: The sooner you start exercising the better. Exercise helps burn more calories, tone your muscles, and keep your appetite in check. People who continue to exercise after they lose weight are more likely to keep the weight off.





"The fewer calories I eat, the better."

"Low-fat and fat-free mean low calorie."

Fact: This seems like it should be true, but it's not. When you eat too few calories, your body acts as if it's on a desert island. It thinks food is scarce, so it slows down your metabolism (how fast you burn calories) to save energy. By eating too few calories, you make it harder to lose weight.

Fact: All foods, even fat-free ones, have calories. Eat too many calories and you'll gain weight. A dietitian will help you figure this out, and will likely recommend that you eat three meals a day, with protein for each meal. Learn to read nutrition labels to see what you are really eating.

Join us in welcoming board-certified general and bariatric surgeon, **Seth Miller, MD, FACS**, to the medical staff. Prior to coming to Lakeland, Dr. Miller served as Chief of Bariatrics at Landstuhl Hospital in Germany and most recently as Chief of General Surgery at William Beaumont Army Medical Center in El Paso, Texas.

He earned a doctorate of medicine degree from Rosalind Franklin University of Medicine and Science in Chicago and completed his residency in general surgeon at Madigan Army Medical Center in Tacoma, Washington. Dr. Miller is specially trained in da Vinci® robotic surgery and joins a team of 15 other robotic surgeons at Lakeland.



READY TO TAKE THE FIRST STEP?



Attend an upcoming weight loss seminar. Visit www.lakelandweightlosscenter.com/events

For the Love of the Game



As a three-sport athlete, much of sixteen-year-old **Wil Korbels** life was spent on a field or court. He actively played football, baseball, and basketball for his local high school and participated in travel leagues during the summer months. It was in the height of football season, that his athletic career took a drastic turn.

"I went to block a tackle during a kick return and a player on the other team fell on my leg," said Wil. "I heard a pop and felt pain right away and immediately knew something was wrong."

Wil was taken out of the game and assessed by an athletic trainer on site. It was clear from the pain in his knee something wasn't right, but it would require further tests to determine how much damage was done as a result of the hit. Since the game was on a Friday night, Wil spent the weekend resting and icing his leg. When the pain didn't dissipate he visited his primary care provider, **Mukund Shah, MD**. Dr. Shah evaluated Wil's knee and suggested he get an MRI.

After reviewing the test results, orthopedic surgeon, **Joseph Farber, MD**, was consulted and revealed to Wil that, as suspected, he had torn three major ligaments in his knee —the medial collateral ligament (MCL), the posterior cruciate ligament (PCL), and the anterior cruciate ligament (ACL).

Together, these ligaments surround the knee and prevent the tibia from sliding in front of the femur as well as offer rotational stability to the joint. ACL injuries are one of the most common among athletes with nearly 200,000 cases seen each year.

Most injuries of this type require surgery in order to reconstruct the ligaments, and Wil's case was no different. A few weeks after the original diagnosis Dr. Farber performed surgery to repair the PCL and MCL. Two months later Wil underwent a second surgery to repair the ACL.

"As a former athlete himself, Dr. Farber understood how badly I wanted to get back in the game, but was also very careful to ensure the surgery was performed correctly and that I made a full recovery, which I really valued," said Wil.



***“I heard a pop
and felt pain
right away.”***

Both surgeries were successful. However, Wil still needed to undergo six months of physical therapy with **Lakeland Rehabilitation** to ensure the ligaments healed correctly. Therapists helped him gain his full strength back under professional supervision.

Exactly eight months after the football game Wil is likely to never forget, he received the news that he was fully cleared and could return to playing the sports he loved. While he has no limitations, Wil won't return to playing football. He has instead decided to focus primarily on baseball and basketball.

“Overall my recovery has been great,” said Wil. “I have to wear a brace while I play sports but I don't experience any pain or discomfort. I would 100 percent recommend Dr. Farber to any athlete in my situation.”

To find an orthopedic surgeon near you, call **(269) 927-5361** or visit **spectrumhealthlakeland.org/ortho**



The certified athletic trainers at Lakeland work with athletes at high schools throughout Berrien County and at Lake Michigan College. As part of the sports medicine team, athletic trainers cover the teams' practices and games, providing triage for common injuries, such as sprains, strains, and bruises. They also assess concussions, monitor weather conditions to prevent heat illness, and work to prevent injuries by taping, bracing and conditioning.

Meet your school's athletic trainer by visiting **spectrumhealthlakeland.org/athletic-training**

PREVENT LONG-TERM COMPLICATIONS FROM DIABETES

When you have diabetes, it's important to be active in your care by managing your blood glucose, blood pressure, and cholesterol levels. If left uncontrolled, diabetes can cause health complications over time.

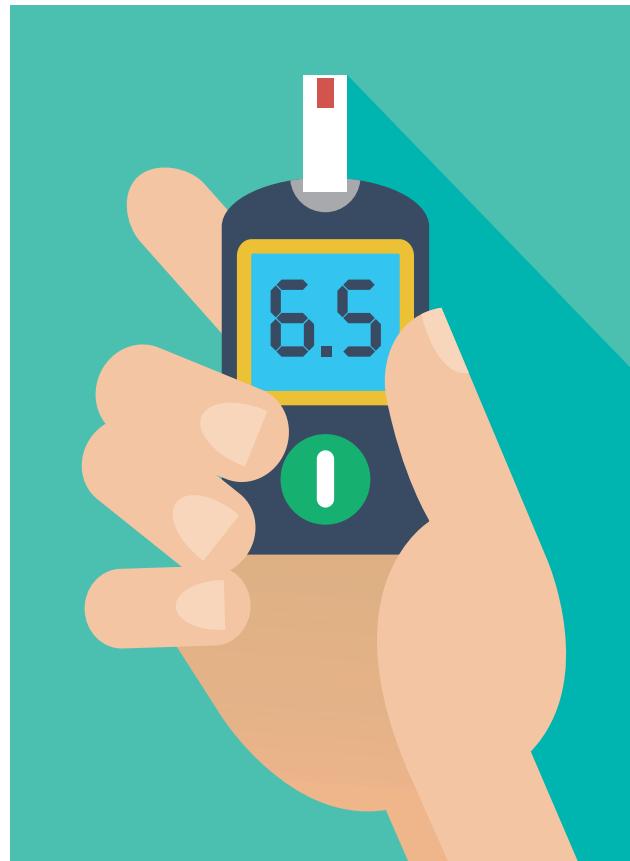
Possible complications of diabetes include:

- Eye problems, including damage to the blood vessels in the eyes (retinopathy), pressure in the eye (glaucoma), and clouding of the eye's lens (a cataract). Eye problems can eventually lead to irreversible blindness.
- Tooth and gum problems (periodontal disease), causing loss of teeth and bone
- Blood vessel (vascular) disease leading to circulation problems, heart attack or stroke, or a need for amputation of a limb
- Problems with sexual function leading to erectile dysfunction in men and sexual discomfort in women
- Kidney disease (nephropathy) can eventually lead to kidney failure, which may require dialysis or kidney transplant
- Nerve problems (neuropathy), causing pain or loss of feeling in your feet and other parts of your body, potentially leading to an amputation of a limb
- High blood pressure (hypertension), putting strain on your heart and blood vessels
- Serious infections, possibly leading to loss of toes, feet, or limbs

"Even after getting the disease under control some of these conditions may not get better," said endocrinologist, **Amanda Morris, DO**. "That's why it's important to lower your sugar levels as soon as possible to prevent these complications from happening in the first place. Once you have complications, you can't go back."

"Don't get frustrated with yourself if you do something wrong one day or your A1C levels are off," said Dr. Morris. "The more negative you feel about the disease the less you'll want to take care of yourself."

Glucose monitoring is the best way to help your care team identify problem areas and develop a treatment plan that is right for you. Providers at Lakeland Diabetes and Endocrinology can sit down with you and look at what your meals include, potential changes to your exercise routine, and possible medication changes to help tailor your treatment plan. For more information, or to schedule an appointment, visit www.lakelanddiabetes.com



Taking
a Shot at

A New Life



Emma Goodloe, 66, is used to being busy: a fifth grade teacher in Benton Harbor for 35 years, she raised two sons, and now is raising her grandson. So in April when she started to feel poorly, and was forced to slow down, her husband urged her to go to the doctor.

"I had never felt so awful," said Emma. "I was dehydrated but still going to the bathroom every ten minutes."

Emma had an appointment set for the following week, but her husband urged her to go in that very day. After arriving and having some tests done, Emma was told her A1C levels were at 14.9 percent and her glucose levels were over 400 mg/dl. A normal A1C level is below 5.7 percent and a normal blood glucose level ranges from 70 to 130 mg/dl. Emma's levels suggested she was indeed diabetic and she was sent straight to the emergency department at Lakeland Medical Center in St. Joseph where she spent three days in the hospital.

No stranger to the risks of diabetes, Emma's family has a long history of diabetic complications. Her older brother has lived with diabetes for 15 years. Another brother passed away 30 years ago after slipping into a diabetic coma.

"I'm so thankful my husband insisted I go in," said Emma. "I was told upon arriving that my condition was life threatening."

Emma was referred to Lakeland Diabetes and Nutrition and began meeting with diabetes educator, **Nicole Morrissey, RD**. With her help and guidance Emma improved her diet and exercise routine, with hopes of possibly reversing the diagnosis by losing weight.

"Nicole gave me the tools to become healthier and happier," said Emma.

Emma started walking every morning with her husband and neighbor and over time began to see the weight come off. But exercise was only part of the puzzle.

"I started reading articles on healthy cooking and talked with Nicole about what I should and shouldn't be eating," said Emma. "It helped that my family was willing to go on this journey with me."

Emma's grandson and husband were her biggest supporters. Over a few months' time she was able to lose 32 pounds. Her husband also lost 20 pounds.

"Diabetes is a family thing," said Emma. "If Herman had not supported me, I wouldn't have made it."

Through making these life changes, Emma's A1C and blood sugar levels are now the lowest they have ever been. She no longer has to administer shots and is only taking one oral medication daily.

Lakeland Diabetes and Nutrition offers a dedicated team of both registered dietitians (RD) and registered nurses (RN). Our certified diabetes educators (CDE) specialize in the care of patients with diabetes with locations in Niles, St. Joseph, and Watervliet. For more information, visit www.spectrumhealthlakeland.org/diabetes

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