

HEALTH

Currents



**Beyond the
Blockage**

**TRUST
YOUR GUT**

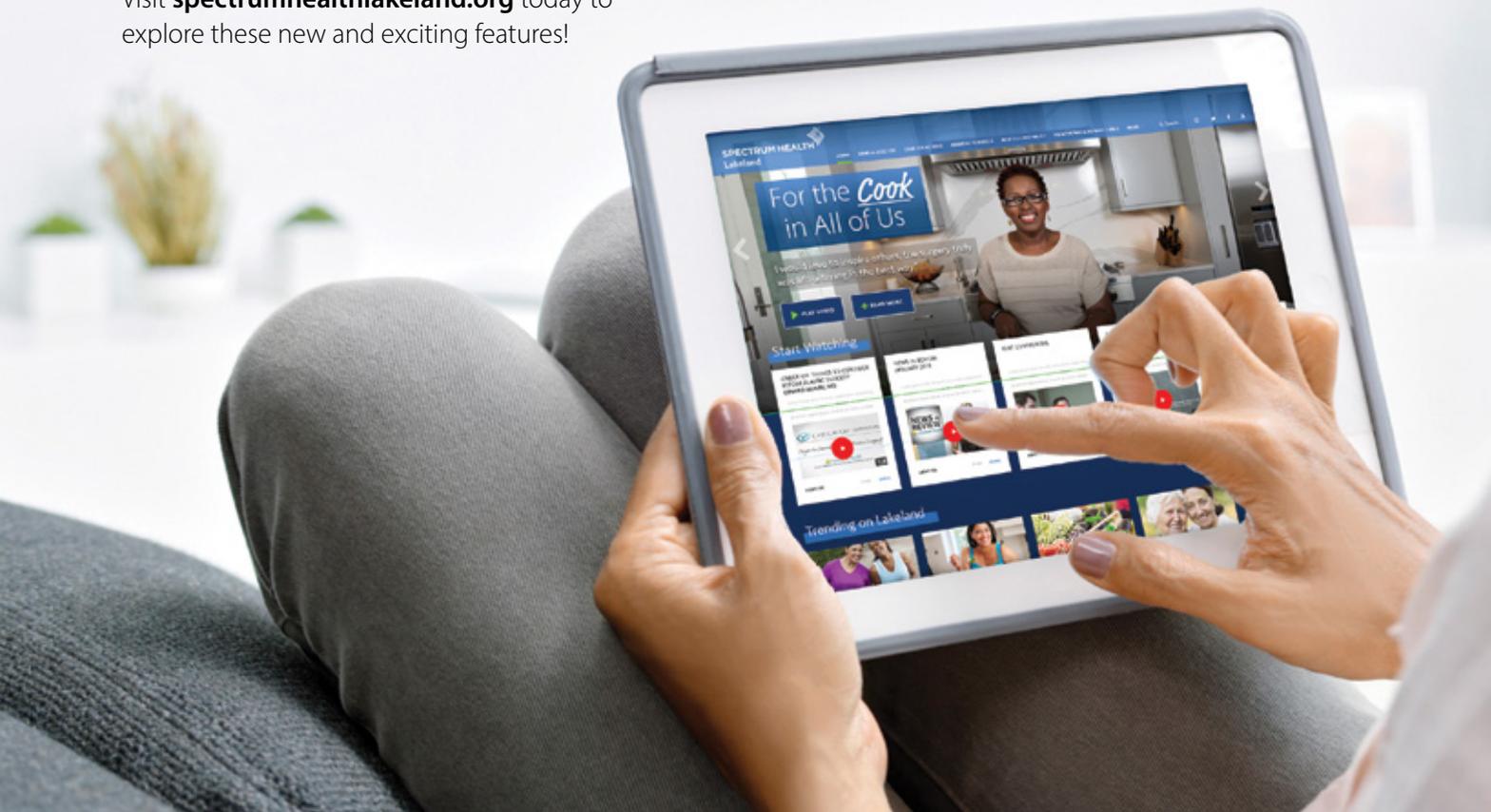
***Asthma in
Older Adults***

**Making the Most
of Meal Time**

New Website Design Provides Personalized Experience

In an effort to provide users with a more personalized healthcare experience, Lakeland recently redesigned our website. The fresh new look and feel is one of the first of its kind for the healthcare industry, with inspiration taken from other popular sites such as Netflix.®

Visit spectrumhealthlakeland.org today to explore these new and exciting features!



ON THE COVER

This summer, miles of water trails await you and your canoe, kayak, or stand-up paddleboard. The trails, sometimes called "blueways," are the aquatic equivalent of a hiking trail. Water trails often feature well-developed launch points, and are near significant historical, environmental, or cultural points of interest.



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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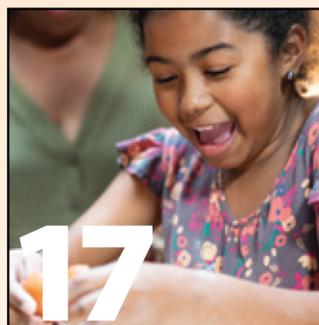
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NEVER MISS AN ISSUE OF HEALTHCURRENTS!

Go to spectrumhealthlakeland.org/healthcurrents and sign up to have it delivered free to your mailbox.

Detecting Cancer Early When It's Easiest to Treat

Early detection of cancer is important because it is usually easier to treat—and possibly cure—when caught sooner rather than later. Do you know what signs to look for in some of the most common types of cancer?

Changes, lumps, or hard masses in the testicles are signs of testicular cancer.

In most cases of testicular cancer, the man has a lump on a testicle or notices that the testicle is swollen. A testicular exam should be included as part of a man's general health checkup. See your healthcare provider if you notice any abnormalities in your testicles.

Prostate cancer often has no symptoms in its early stages.

Signs of advanced prostate cancer include difficulty in urination, back pain, trouble getting an erection, and blood in the urine. Screening for prostate cancer can help determine if you have cancer. Screening tests often include a digital rectal exam (DRE) and a prostate specific antigen (PSA) blood test. Talk with your healthcare provider about the pros and cons of regular screening starting at age 50, or earlier if you are at higher risk.

A change in bowel habits is a common symptom of colon cancer.

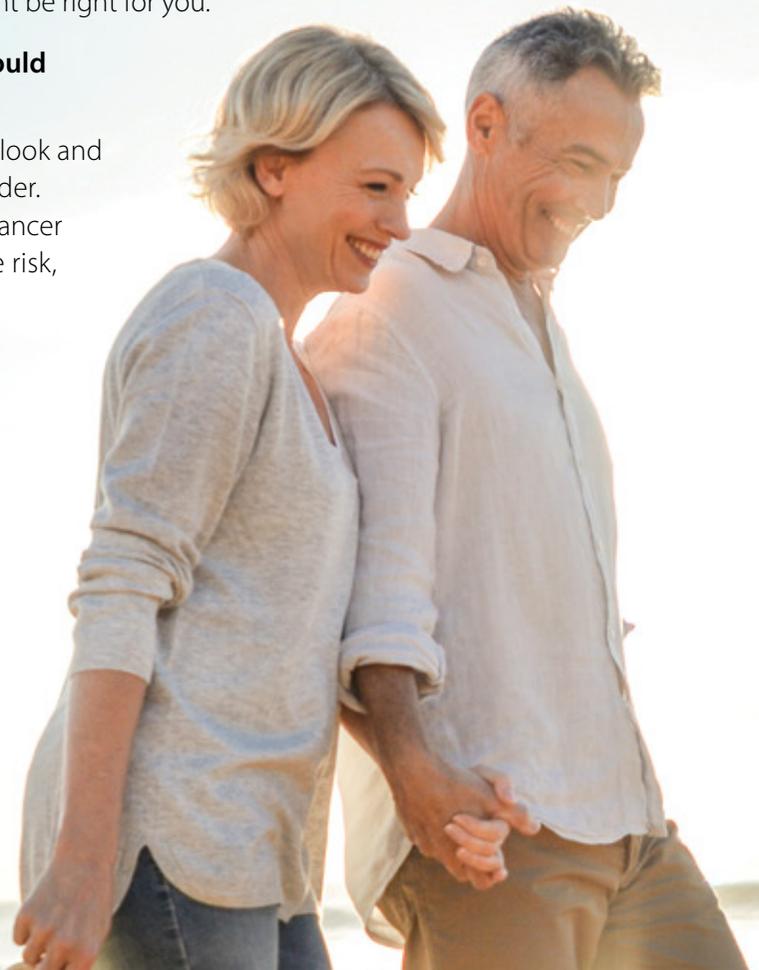
A change in bowel habits such as blood in the stool or chronic constipation is a symptom of colon and rectal cancer. Other symptoms include rectal bleeding, abdominal cramping, and weight loss. The American Cancer Society recommends people at average risk start regular colorectal cancer screenings at age 45. If you're overweight or obese, or have other risk factors for colorectal cancer, talk with your healthcare provider about whether getting screened sooner might be right for you.

Lumps, hard knots, or a thickening in the breast could mean breast cancer.

All women should be familiar with how their breasts look and feel and report any changes to their healthcare provider. Mammography is an important tool for finding breast cancer early on, when it's easiest to treat. For those at average risk, the American Cancer Society recommends a yearly screening for all women ages 45 to 54 and screening every two years for women ages 55 and older.

A nagging cough or hoarseness could be signs of lung cancer.

Other possible signs are a chest ache and increased saliva or blood in the saliva. These symptoms could be caused by something other than cancer, but be sure to have any of these checked out by your healthcare provider.



The ABCDEs of Skin Cancer

Doing monthly skin checkups is the best way to find new marks or skin changes. During your skin checkups, be sure to follow the ABCDEs of skin cancer. Note, too, any new growths, or, if any of your growths bleed, itch, look different, or are painful.

Asymmetry: the sides of the mole or growth don't match

Border: the edges are ragged, notched, or blurred

Color: the color within the mole or growth varies

Diameter: the mole or growth is larger than 6 mm (size of a pencil eraser)

Evolving: the size, shape, or color of the mole or growth is changing

In addition to the ABCDEs, other warning signs of skin cancer include:

- A spot or mole that looks different from all other marks on your skin
- Changes in how an area feels, such as itching, tenderness, or pain
- Changes in the skin's surface, such as oozing, bleeding, or scaliness
- A sore that does not heal
- New swelling or redness beyond the border of a mole

A skin doctor, or dermatologist, can accurately diagnosis a concern with your skin and provide treatment that could save your life. To find a dermatologist near you, visit spectrumhealthlakeland.org/physicians



What Do You Know About Nutrition and Cancer?

A diet that includes plenty of fruits, vegetables, and whole grains is important for good health. How does diet affect your risk for cancer? Find out by taking this quiz:

1. Eating five or more servings of fruits and vegetables each day may lower your cancer risk. **True or False**
2. Eating red meat won't raise your cancer risk. **True or False**
3. People who eat foods rich in vitamin C, vitamin A, and carotenoids may have a lower cancer risk. **True or False**
4. Limiting how much preserved meat you eat may lower your cancer risk. **True or False**
5. Eating plenty of fiber is good for your heart, but it may not protect you against cancer. **True or False**
6. Eating lots of cabbage, broccoli, or cauliflower may lower your cancer risk. **True or False**
7. Using artificial sweeteners can raise your cancer risk. **True or False**
8. Drinking red wine can lower your cancer risk. **True or False**

Answers: 1.T 2.F 3.T 4.T 5.T 6.T 7.F 8.F



New Eating Disorders Clinic Opens in Stevensville

Southwestern Medical Clinic Counseling recently opened a new satellite location focused primarily on diagnosing and treating women with eating disorders. Southwestern Nutritional Wellness, located within Well of Grace Ministries at 5707 Red Arrow Highway in Stevensville, offers clients individual therapy sessions as well as access to a registered dietitian and healthcare providers, all of whom have advanced training in treating eating disorders. Clients participate in psychoeducational and group therapy, as well as learn about appropriate nutrition, hands-on preparation of meals, and meal planning.

“We are pleased to open a new satellite location focused primarily on treating eating disorders as it serves to meet a critical mental health need in our community,” said **Marcia Wiinamaki, PsyD**, Director of Southwestern Medical Clinic Counseling. “Prior to this, clients had limited local resources or access to a comprehensive outpatient treatment program for eating disorders.”



Mary Andres, MA, LPC



Flori Mejeur, MSW, LMSW



Kara Youngblood, MA, LLPC

Licensed professionals **Mary Andres, MA, LPC**; **Flori Mejeur, MSW, LMSW**; and **Kara Youngblood, MA, LLPC** will see clients at the clinic by appointment only. For more information, or to schedule an appointment, call **(269) 429-7727** or visit **www.swmc.org**

RECOGNIZING THE SIGNS

There are signs you can watch for that may signal a problem. If you notice any of the following, it may be time to seek professional help:

- Constant talk about weight or checking weight
- Constant dieting and trying fad diets
- Gaining or losing weight quickly
- Total avoidance of certain foods or a sudden change in diet
- Preparing food but not eating it, or eating only a very small amount
- Refusing to eat with family or friends
- Going to the bathroom often after meals



A Wedding Day Delivery



Photo credit: Kitty Lee Photography

When **Kristin Ross'** sister got engaged and began to plan her wedding, she didn't realize it wouldn't be the only momentous event the family would celebrate that day. At 38 weeks pregnant, Kristin continuously joked about the possibility of her giving birth at the wedding. Her sister said that as long as it was after the vows it would be okay. Kristin laughingly shared, "my sister didn't know she would later regret her words."

As first-time parents, Kristin and **Matt Ross** weren't sure what to expect throughout the pregnancy. During each prenatal ultrasound, their baby appeared in the breech position, meaning feet-first. Babies are usually in a head-first position for birth. The care team cautioned that a cesarean section would likely be needed. Kristin and Matt scheduled the procedure for a week after Kristin's sister's wedding.

The wedding day arrived, the ceremony was beautiful, and Kristin was happy to be by her sister's side. After the maid of honor speech, the bride and father headed out to the dance floor. As Kristin sat next to the groom, in front of 200 guests, watching the father-daughter dance, something unusual happened.

"There was no doubt in my mind, I knew my water had broke," Kristen shared. "I just sat there in shock for a minute." Kristin leaned over to another bridesmaid and told her to go get her mother-in-law and husband. With Kristin in tow, the small group headed for the door and into her mother-in-law's waiting car.

Kristin recalled the moments when they first arrived at Lakeland Medical Center in St. Joseph. "I felt like we were in a whirlwind when we got there. I was in my bridesmaid dress, Matt was in his suit, and then later, the whole wedding party arrived, including my sister in her wedding gown."

"When we got to Lakeland, everything was a blur, but I do remember how organized and ready the staff were when we arrived and how they helped to calmly talk us through every step," said Matt. "I was able to be in the operating room for Kristin's c-section and the staff in the room joked with us about how Kristin had the best hair and make-up of anyone they'd seen give birth."

Kristin continued, "I remember laying there thinking 'this is really happening, we are going to have a baby in a couple minutes.' Halley Sullivan, the nurse who helped me through labor, was so patient, encouraging, and kind throughout the entire experience."

Benjamin Finley Ross was born at 11:37 p.m. on August 3, 2018.

"I heard Benjamin's first cry and couldn't stop smiling—I looked at Matt and thought, 'this is surreal, it was just the two of us and now we're parents,'" Kristin recalled.

"The first time I saw Benjamin it was a rush of emotions, I instantly thought 'this is awesome, amazing, and nerve wracking all at the same time,'" Kristin remembered. "The cesarean section was not as scary as I thought it would be. The care team talked me through everything that was happening and regardless of how I gave birth, we still got Benjamin."

Watch more of the Ross family story online at spectrumhealthlakeland.org/ross



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

Community Grand Rounds: Healing the Trauma of Racism

Registration:

spectrumhealthlakeland.org/cgr

Bechara Choucair, MD, will discuss how health systems can collaborate with communities to narrow health inequities. Dr. Choucair is senior vice president, Community Health and Benefit, and chief community health officer for Kaiser Permanente, one of America's leading integrated healthcare providers and not-for-profit health plans.

Wednesday, July 17
6:30 p.m.

Andrews University
Howard Performing Arts Center

Community Seminar: Erase Acne for Good

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

Acne isn't just an annoying condition that affects teenagers. People of all races and ages can experience acne—a disorder of the hair follicles and oil glands of the skin. When is it time to see a dermatologist? Join **Dennis Kordish, PA**, as he discusses treatment options and how certain factors such as family history, stress, and diet can play a role in developing acne.

Thursday, August 22
6:00 to 7:00 p.m.

Baymont Inn and Suites,
South Haven

Community Seminar: Is it a Hernia?

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

Although a hernia may appear suddenly, hernias often take years to develop. If not treated, a hernia can get larger and lead to serious health complications—surgery is the only way to permanently fix the problem. Join general surgeons **James Clancy, MD, Michael Webb, MD**, and **Roy Winslow, 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.

Thursday, September 26
6:00 to 7:00 p.m.

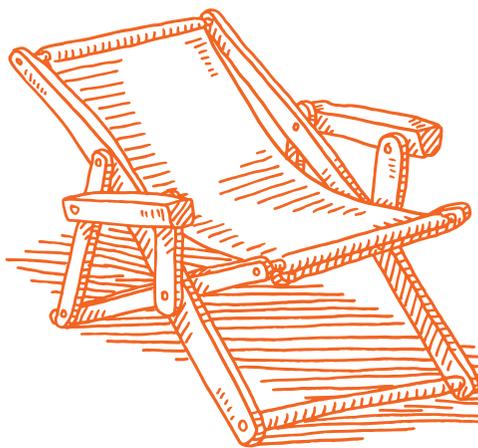
Baymont Inn and Suites,
South Haven

Embracing Hospice at Home

Tickets are \$50 in advance; \$60 at the door
More information: **(269) 983-2707**

Saturday, August 3
6:00 to 9:00 p.m.

South Beach Bluff, Nulty Home



Blood Drives

Wednesday, August 21
12:00 p.m. to 6:00 p.m.

Lakeland Hospital Niles
Large Meeting Room

Wednesday, August 28
12:00 p.m. to 5:30 p.m.

Lakeland Hospital Watervliet
Classroom C

Friday, July 26

Friday, September 20
9:30 a.m. to 3:30 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

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



For a complete listing of event locations and addresses, visit spectrumhealthlakeland.org/events

Nutrition Matters in Cancer Treatment

Registration: (269) 556-7157

During Cancer Treatment

Wednesday, July 24

Wednesday, August 28

Wednesday, September 25

10:00 to 11:00 a.m.

Marie Yeager Cancer Center
Kinney Conference Room

After Cancer Treatment

Monday, August 14

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, July 11

10:00 a.m. to Noon

Lakeland Hospital Niles
Buchanan Health Resource Library

Thursday, August 1

5:00 to 7:00 p.m.

Lakeland Hospital Watervliet
Classroom B

Thursday, September 5

1:00 to 3:00 p.m.

Center for Outpatient Services
Pharmacy Conference Room

FAMILY/PARENTING

Preparing for Childbirth (series)

\$50 fee for this class

Registration: (269) 927-5355

Tuesdays, July 2 to 16

Tuesdays, August 6 to 20

Tuesdays, September 3 to 17

6:00 to 8:00 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

Wednesdays, June 6 to 20

Tuesdays, September 4 to 18

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, August 19

6:00 to 8:00 p.m.

Lakeland Hospital Niles
Meeting Room

Tuesday, July 30

Tuesday, September 24

6:00 to 8:00 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

Welcome Baby Class

Registration: (269) 927-5355

Thursday, July 23

6:00 to 7:30 p.m.

Marie Yeager Cancer Center
Kinney and Ward Conference Rooms

Wednesday, August 14

6:00 to 7:30 p.m.

Lakeland Hospital Niles
Large Meeting Room

GENERAL HEALTH

Bones in Balance

Registration: (269) 556-7150

Tuesdays/Thursdays:

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

July 9 – August 1; August 6 – 29;

September 3 – 26

Center for Outpatient Services,
St. Joseph

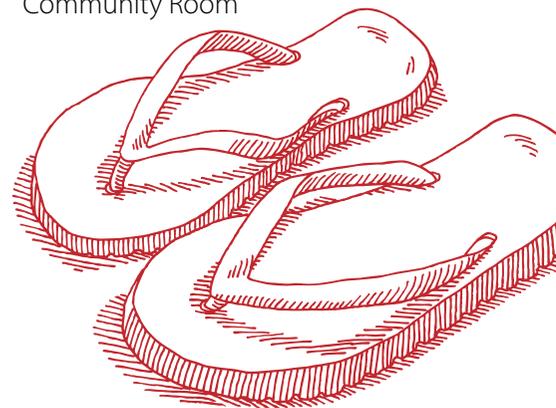
Community CPR

Registration: (269) 556-2808

Tuesday, August 6

5:30 to 9:00 p.m.

Orchards Mall, Benton Harbor
Community Room



Walk-in Health Screenings

More information: (269) 556-2808

Friday, August 2

Friday, September 6

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, July 11

Thursday, August 8

Thursday, September 12

2:00 to 6:00 p.m.

Elite Barbershop

GENERAL HEALTH

Youth Mental Health First Aid

Registration: (269) 556-2808

Thursday, July 25
8:30 a.m. to 5:00 p.m.

The Consortium for Community Development

Adult Mental Health First Aid

Registration: (269) 556-2808

Tuesday, August 13
8:30 a.m. to 5:00 p.m.

The Consortium for Community Development

HEART CARE

Live Well with Heart Failure

Registration: (269) 556-2808

Tuesday, July 9
10:00 to 11:00 a.m.

Lakeland Hospital Niles
 Buchanan Area Health Resource Library

Tuesday, August 6
1:00 to 2:00 p.m.

Lakeland Hospital Watervliet Classroom B

Tuesday, September 3
5:00 to 6:00 p.m.

Center for Outpatient Services

WEIGHT MANAGEMENT

Lose Weight... Find Health

Registration: (269) 927-5361

Wednesday, July 10
Wednesday, August 21

Wednesday, September 4
6:30 to 8:00 p.m.

Caring Circle, St. Joseph Community Room

Wednesday, July 17

Wednesday, August 7

Wednesday, September 18
6:30 to 8:00 p.m.

Lakeland Medical Suites, Niles Community Conference 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

Welcome NEW MEDICAL STAFF



Paul Judge, MD
 Otolaryngology



Sierra Richer, CNM
 Obstetrics & Gynecology



Travis Turrell, PA
 Trauma Services

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 spectrumhealthlakeland.org/physicians, or youtube.com/spectrumhealthlakeland

Understanding Asthma as an Older Adult

Asthma is a long-term (chronic) lung condition. It involves the airways (bronchial tubes). It happens when a trigger causes your airways to swell and become narrow. The muscles around your airways start to tighten. When your airways start to narrow, air can't move in and out of your lungs very well. Mucus also builds up along the airways. This makes it even harder to move air in and out of your lungs.

Symptoms of asthma include:

- Coughing, especially at night
- Wheezing
- Chest tightness
- Shortness of breath
- Breathing faster than normal
- Getting out of breath easily
- Feeling tired or weak



You can get asthma as an older adult even if you've never had it before. It can be hard to tell asthma from other conditions that are more common in older adults. For instance, wheezing can occur in both asthma and heart failure. A long-term cough can occur in asthma and chronic obstructive pulmonary disease (COPD).

One of the most important parts of treatment is staying away from the things that cause your asthma symptoms. Examples of these are:

- Allergens such as pollen, dust mites, dander, or mold. Nonallergic triggers include cold air, weather changes, pollution, and smoke.
- Irritants such as cigarette smoke from smoking or secondhand smoke, and air pollution. Smokers should quit.
- Stress, exercise, and upper respiratory infections (viruses or bacteria). These can make asthma symptoms worse.



Patients at Lakeland Pulmonology have access to a new tool for evaluating asthma—a common lung disease affecting 235 million people worldwide.

The majority of patients with asthma have airway inflammation and higher levels of nitric oxide (NO) in their exhaled breath. The NIOX® FeNO test is a safe, non-invasive device that measures patients' NO levels at the point-of-care and provides results within one minute. This results in a more accurate diagnosis and individualized treatment plan.

For more information, call **(269) 982-5864** or visit **www.lakelandpulmonology.com**

A Lesson in Acceptance



As a former elementary school teacher and mother of three young children, 34-year-old, St. Joseph resident, **Carrie Zak**, has spent much of her time educating others. When the birth of her third child, **Evelyn**, turned out differently than expected, Carrie began preparing her family with the necessary tools to educate and advocate for differences of any kind.

Carrie's third pregnancy began very uneventfully. "It was a smooth, easy process," said Carrie. "My third baby was the easiest one!"

The smooth sailing continued even through labor, and one hour after Carrie arrived at the hospital, Evelyn was born. Twelve hours after giving birth, the pediatrician informed the Zak family that Evelyn was showing indications of Down syndrome—a genetic disorder caused by an extra copy of chromosome 21.

"The news was a shock at first, it was something we hadn't prepared for," said Carrie.

Doing what she does best, Carrie began educating herself about the condition and the medical care that would be needed. Two weeks following her birth, Evelyn began physical therapy at **Lakeland Rehabilitation**. During the therapy sessions with physical therapist, **Hannah Brooks, PT**, they focused on improving motor skills and growth delays associated with her diagnosis.

Unrelated to her condition, Evelyn also developed a tight muscle on the right side of her neck, which caused her to lay on the left side of her head more often. The added pressure on her soft skull created irregular shaping of her head, known as plagiocephaly, or a flat spot. If left untreated, a flat spot can lead to jaw alignment issues and has been linked to developmental delays, hearing, and vision issues.

Over the next four months, Evelyn's flat spot continued to grow. Hannah referred Evelyn for a consult with certified orthotist and prosthetist, **Pete Kapelke, CPO**, from **Mary Free Bed Orthotics & Prosthetics**.

At her six-month checkup, Evelyn's condition had become severe enough that cranial helmet therapy was suggested. The helmet would help gently correct the shape of the skull slowly over time to avoid future health issues. Through a partnership with Mary Free Bed Orthotics & Prosthetics, Pete sees patients locally at Lakeland Rehabilitation and Evelyn was fitted for a helmet in the same building as her therapy care. Her helmet was available within two weeks and was placed in time for her next major growth spurt which would decrease the amount of time she would need to wear it.

Pete and the care team from Mary Free Bed evaluated Evelyn's progress over the next several weeks.

"Pete was very personal, explained things in great detail, and even provided us with information for any additional questions," said Carrie.

Evelyn needed to wear the cranial helmet 23 hours a day for four months. Since the helmet would be such a big part of Evelyn's life, Carrie reached out to a friend who is a local artist to have the helmet hand painted with glitter and bright flowers.

"It really draws a lot of attention but that's alright—it gives us a chance to talk about it," said Carrie. "Having your child wear a helmet is really harder on the parents than the kids."

Just five days into her therapy, Evelyn was comfortably wearing her helmet 23 hours a day.

"Our therapy team was great. They provided a schedule to help us adjust, shared information on how to clean it, and how to care for Evelyn while she was wearing it," said Carrie. "Evelyn adjusted so quickly."

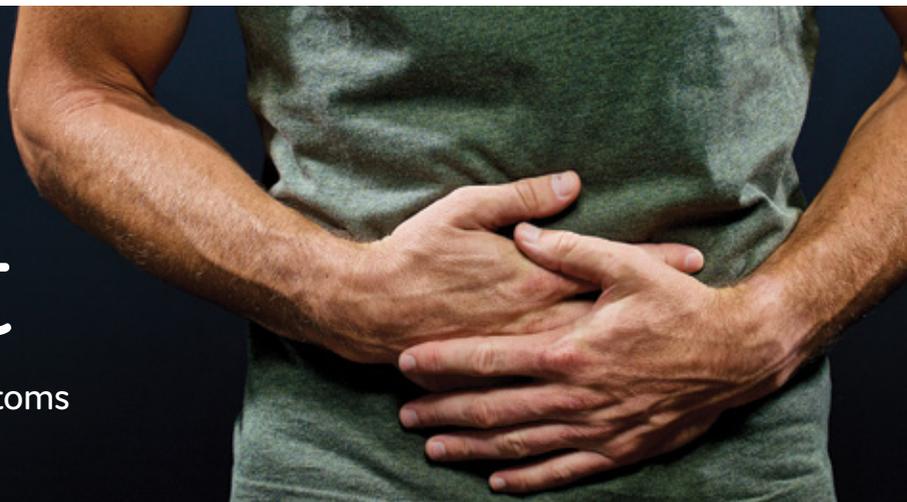
Since beginning cranial therapy, the Zak family has seen drastic improvements in the reshaping of Evelyn's head.

"It's been a good experience. A lot of people ask questions and I love educating people on something that's helping enhance my daughter's life," said Carrie.

Spectrum Health Lakeland and Mary Free Bed Orthotics and Prosthetics have joined together to create a joint venture providing advanced orthotic and prosthetic care. Located at 2500 Niles Road in St. Joseph, the practice offers certified orthotists and prosthetists from Mary Free Bed who help fit patients with adaptive equipment such as cranial reshaping helmets, artificial limbs, and external braces designed to enhance and improve their functional ability after a serious injury, illness or other debilitating condition.

Trust Your Gut

Understanding Diverticulitis Symptoms



One of your body's most important systems is the digestive tract. Often it works fine without a problem but sometimes small pouches can develop in the colon and become inflamed.

The colon (large intestine) is the last part of the digestive tract. It absorbs water from stool and changes it from a liquid to a solid. In certain cases, small pouches called diverticula can form in the colon wall. This condition is called diverticulosis. It's very common as people get older. The pouches can become infected. If this happens, it becomes a more serious problem called diverticulitis. These problems can be painful, but they can be managed.

If You Have Small Pouches (Diverticulosis)

Recommendations include:

- Diet changes are often enough to control symptoms. The main changes are adding fiber (roughage) and drinking more water. Fiber absorbs water as it travels through your colon. This helps your stool stay soft and move smoothly. Water helps this process.
- If needed, you may be told to take over-the-counter stool softeners.
- To help ease pain, medicines to suppress muscle spasms may be prescribed.
- Watch for changes in your bowel movements. Tell your healthcare provider if you notice any.
- Begin an exercise program. Ask your healthcare provider how to get started.
- Get plenty of rest and sleep.

If the Pouches Become Infected (Diverticulitis)

Treatment depends on how bad your symptoms are.

For mild symptoms you may be put on a liquid diet for a short time. Antibiotics are usually prescribed. If these two steps relieve your symptoms, you may then be prescribed a high-fiber diet. If you still have symptoms, your healthcare provider will discuss more treatment choices with you. If your diverticulitis is severe or life-threatening, you may require surgery to treat the problem.



Understanding the Symptoms

Your doctor may recommend surgery if you have:

- Bleeding from your rectum or blood in the stool
- Constipation, diarrhea, or vomiting lasting more than a few days
- Hole in your colon (perforation)
- Inability to pass waste (bowel obstruction) resulting from a colon blockage
- Intense pain in your abdomen lasting more than a few days
- Multiple severe episodes which can't be controlled by medication and lifestyle changes
- Severe infection resulting in sepsis

Help Keep Your Colon Healthy

A diet that is high in fiber aids colon health by helping to keep you regular and prevent constipation. Try to incorporate a healthy balance of the following foods in your diet:



Raspberries



Bananas



Pears



Apples



Oranges



Peas



Cooked Artichoke



Broccoli



Corn



Whole Grains



Minimally invasive surgery, using the da Vinci Xi® robot, may result in less pain and quicker recovery for patients undergoing diverticulitis surgery. Call **(888) 704-5540** to find a da Vinci® surgeon near you.

OUR PATIENTS SAY IT BEST

A construction worker with a beard and glasses, wearing a blue hard hat with a logo that says "CLINICAL PAVILION TEAM" and "BRYAN MINER". He is wearing a blue long-sleeved shirt, a high-visibility yellow safety vest, and white work gloves. He is holding a large metal wrench. The background shows a construction site with large windows and other workers in safety gear.

Beyond the Blockage

A long-time pipefitter, Kalamazoo resident **Brian Miner**, 58, had just begun work on the Lakeland Medical Center Pavilion when the pain in his chest started. At first, he shrugged it off, and it faded in and out, as he continued installing medical gas lines that would soon serve patients.

"I didn't think much of it," said Brian. "But by the next morning, an hour into my shift and the third day on the job, the pain in my chest was too strong to ignore."

Brian set down his tools and walked across the driveway to the emergency department. Once there, he met acute care nurses, Barb and Lori, who evaluated his condition.

"Barb and Lori were sweet women," said Brian. "They were professional, methodical, and kind, which made me feel very comfortable."

Tests showed that Brian was having a heart attack, and he was rushed to the cardiac catheterization lab to have two stents placed in the blocked arteries.

During a heart attack, blood flow to the heart muscle is blocked and one or more areas of the heart don't get enough oxygen, causing serious issues. Cardiologist **Christopher Chiu, MD**, oversaw the procedure to open the blocked arteries.

"I was never really scared even though one artery was blocked 100 percent and the other 95 percent," said Brian. "That had a lot to do with the people taking care of me."

Dr. Chiu and his team explained the surgical procedure, which helped Brian feel confident in his treatment.

"Later, they even showed me pictures of my arteries and what was going on," he said.

Within five hours, Brian was recovering from the heart attack and life-saving procedure, just steps from his job site. He knew it had been a close call, especially because his mother had passed away from a heart attack around the same age.

When Brian's wife Ann traveled from Kalamazoo to be with him, she also met Lakeland team members who were happy to help. Using a walker because of a disability, she received assistance to navigate the halls of the hospital.

"Once she got to the front door of Lakeland, everybody was very helpful getting her to my room," said Brian.

After an overnight stay, Brian was cleared to go home. But only a few months later, he experienced more chest pains on the job site and returned to the emergency department.

"I was being cautious, and it ended up being a muscular issue," said Brian. "Both Barb and Lori were there again and had me under observation. Even though everything was okay, they assured me that I did the right thing."

They also reviewed the difference in heart attack and sore muscle symptoms, as heart attack pain often comes and goes while a steady ache is more likely a muscular issue.

After his heart attack, Brian has made a number of lifestyle changes, including switching out soda for water and losing 20 pounds. He's also learned to be more aware of the signals his body sends rather than brushing them off. But one thing hasn't changed.

"I haven't really slowed down at work," said Brian. "I'm still a fast walker!"

Back on the job site, Brian is busy pipefitting in the new Lakeland facility where others will soon benefit from the same compassionate care he received.

Recognizing the Signs of a Heart Attack

- Chest discomfort—uncomfortable pressure, squeezing, fullness, or pain
- Discomfort in other areas of the upper body such as one or both arms, the back, neck, jaw, or stomach
- Shortness of breath
- Breaking out in a cold sweat, nausea, or lightheadedness

If you have symptoms that you can't explain, call 9-1-1 right away. Don't drive yourself to the emergency room.



Hear more from Brian by watching his video interview available at spectrumhealthlakeland.org/miner



Staying safe on the job means lowering your risks of injury and illness. There are simple things you can do—both at work and at home—to lower your chances of getting hurt.

The U.S. Department of Health and Human Services recommends the following tips to stay safe on the job:

Lift things using your legs instead of your back

Improper lifting technique is often a primary cause of back strain and injury. Keep objects close to your body and support your back by tightening and holding in your belly muscles.

Set up your work area to fit your body

Is your workstation arranged so you can work efficiently? That means having your monitor, keyboard, mouse, and workstation tools—such as your telephone and document holder—well placed. When they are, you'll feel better and most likely get more done.

Take short breaks and stretch

If you're tired or burned out on the job you're not aware of your surroundings which means you're more likely to make a mistake or cause an injury. Taking regular breaks or stepping away from your normal workspace helps you stay alert on the job.

Always wear protective equipment when needed

Depending on the nature of your job, protective equipment such as gloves, safety goggles, or hard hats should be worn properly at all times when on the worksite. This can greatly reduce the risk for injury.

Make lifestyle changes outside of work

Your lifestyle outside of work hours can also have a significant impact on your ability to perform your job well. Focus on developing these healthy habits on a regular basis:

- Get enough sleep
- Eat a healthy diet
- Get enough exercise
- Keep a healthy weight
- Do what you can to manage stress

Dedicated to Worksite Well-Being

Southwest Michigan employers can take the guesswork out of workplace health and safety. Lakeland Occupational Health gives area businesses a choice for local services in one convenient location. From work-related injury care to pre-placement physicals, regulatory testing, and physician referral coordination—we offer everything you need to make sure your workforce is healthy, so you don't have to deal with increased costs and lost productivity.

For more information, or to schedule an appointment, call **(269) 408-4171** or visit **lakelandoccupationalmedicine.com**

Making the Most of Meal Time



Cooking and eating together is the best way to teach kids healthy eating habits. Even though school is out, during the summer months kids still need consistent meal routines, just like they need bedtime routines. So, make mealtime family time. Let your child help prepare meals. Eat sitting together at the table. And, turn off the TV and talk as a family.

Kids may be more likely to try new foods if they get to help make them. Even young kids can perform small tasks to help prepare meals and snacks. Here are some of the things that your child can do:

- Set the table
- Place things in trash
- Wipe tables
- Measure ingredients
- Mix ingredients
- Pour cool liquids
- Wrap potatoes in foil
- Tear lettuce
- Peel oranges or hard-boiled eggs
- Mash bananas using a fork
- Snap green beans
- Crack eggs

Pita Pizzas Try this simple and quick meal idea you can create together.

Ingredients:

- | | |
|---|---|
| 1 cup tomato sauce | 2 tbsp. grated Parmesan cheese |
| 1 cup grilled skinless chicken breast, cut into cubes | 1 tbsp. fresh basil, rinsed, dried, and chopped (or 1 tsp. dried) |
| 1 cup broccoli, rinsed, chopped, and cooked | 4 (6 1/2-inch) whole wheat pitas |



Directions:

Preheat oven or toaster oven to 450 degrees. For each pizza, spread 1/4 cup tomato sauce on a pita and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese, and 1/4 tablespoon chopped basil. On a nonstick baking sheet, bake pizzas for about five to eight minutes until golden brown and chicken is heated through. Serves four.

Nutrition information (per serving):

275 calories; 5 g fat, 32 mg cholesterol, 486 mg sodium, 41 g sodium, 7 g fiber, 20 g protein



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