

# HEALTH

## *Currents*



**In the Blink  
of an Eye**

***Living Well  
with Heart Failure***

**NAVIGATING  
THE ACNE AISLE**

**Heart Healthy  
Turkey Sliders**

# Dinner Shouldn't Feel Like This

The symptoms of gallbladder problems may get worse after a heavy meal and can sometimes feel more like fullness than pain. Don't ignore something that doesn't feel right.

Gallbladder surgery is one of the most common procedures performed in the U.S. Surgeons at Spectrum Health Lakeland are specially trained in da Vinci® robotic surgery which may result in less pain and quicker recovery.

Call **888.704.5540** or visit [lakelandgeneralsurgery.com/gallbladder](http://lakelandgeneralsurgery.com/gallbladder) to find a surgeon near you



## ON THE COVER

### Creating Holiday Traditions

During the holidays, Fernwood Botanical Gardens offers members and guests the opportunity to continue a holiday tradition or start a new one. Gather with family and friends to create natural holiday decorations using fresh greens from the gardens on site.



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.

**CHIEF MARKETING AND COMMUNICATIONS OFFICER**  
MEGAN YORE

**MANAGER, MARKETING**  
LAURA WAGNER

**EDITOR**  
JESSICA SPRINGER

**GRAPHIC DESIGNER**  
STEVE BANTIEN

# Winter 2020

IN THIS ISSUE



2

## HEALTHY HABITS

Tips for Winter Wellness



4

## NEW AND NOTABLE

Lakeland Homecare  
Expands Services



5

## FOUNDATION NEWS

Lakeland Gala Raises Funds,  
Unveils New Pavilion



9

## TO YOUR HEALTH

Navigating the Acne Aisle



10

## OUR PATIENTS SAY IT BEST

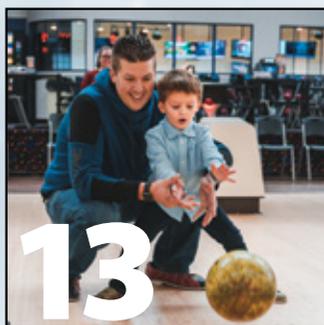
Four Surgeries in Four Years



12

## EATING HEALTHY

Heart Healthy Turkey Sliders



13

## OUR PATIENTS SAY IT BEST

In the Blink of an Eye



14

## OUR PATIENTS SAY IT BEST

The Path to Healing



16

## TO YOUR HEALTH

Living with Heart Failure



**NEVER MISS AN ISSUE OF HEALTHCURRENTS!**

Go to [spectrumhealthlakeland.org/healthcurrents](https://spectrumhealthlakeland.org/healthcurrents) and sign up to have it delivered free to your mailbox.

## Scratch Out Dry Winter Skin



Dry skin, especially in the winter, is a common problem that can affect anyone at any age. If you're an easy target for dry skin, here are eight things you can do to prevent or soothe it:

1. Use lukewarm water for bathing, and soak for 10 minutes maximum.
2. Use a mild soap or nonsoap cleanser. Be wary of bath oils. They only help dry skin a little bit and they can make tubs slippery and dangerous.
3. After bathing, gently pat—rather than rub—your skin dry.
4. Smooth on a moisturizer right after bathing to trap water in your skin. Look for a lotion or cream with urea, lactic acid, or mineral oil. You also can use petroleum jelly on dry skin.
5. Drink plenty of water and other fluids.
6. Keep the temperature cool at home and moisten indoor air with a humidifier.
7. Wash clothes, towels, and sheets with a mild detergent that doesn't contain perfume.
8. Avoid fabric softener, which can irritate dry skin.

## LET IT SNOW! Keep Kids Safe in Winter Weather

With crisp air and cozy days by the fire, winter can be a wonderful time of year. But with those chilly temperatures come safety concerns. Here's how to keep your kids happy and healthy during the colder months.

### Bundle Them Up Right

Think layers—several thin ones will keep them warm and dry, plus it's easier to quickly adjust if the temperature changes. Start with an inner layer that holds heat and not moisture. Then top with an insulating layer like wool or fleece and an outer layer that's resistant to water and wind. When dressing older babies and young children, put on one extra layer of clothing than an adult would be comfortable in.

### Know When It's Too Cold

If you see a child shivering and acting clumsy, call 9-1-1 as it may be a sign of hypothermia. They may also slur their speech and become lethargic. While you're waiting for help to arrive, take the child inside, wrap them in blankets, and swap any cold or wet clothes with warm and dry ones.

You should also be aware of the signs of frostbite on fingers, toes, and noses. The first indicator is redness and tingling. If it does occur, bring children inside immediately and place the frostbitten parts of the body in warm (not hot) water. Do not rub the area and contact your doctor right away.

### Remember the Sun

Sunscreen is probably top of your mind in the summer, but it's still necessary in the winter. The sun's rays reflecting off the snow can cause sunburn. When spending time outside, lather sunscreen on exposed parts of the body such as the face and hands.



# Four Fresh Forms of Indoor Fitness

When the temperature drops this winter, don't let your motivation for exercise fall along with it.

Cold weather doesn't have to put a chill on your fitness routine, even if the treadmill or stair-stepper seems boring compared with jogging or riding your bike outside. It is important to ask yourself: How can I make exercise different to make it more motivating? Consider these four indoor fitness choices:

**KICKBOXING** is a high-intensity exercise that uses martial arts kicks and punches in an aerobic class setting. If you're a beginner, start slowly and work up to more complicated moves.



**INDOOR CYCLING** tones the lower body, works your heart and lungs, and burns 350 to 600 calories per 45-minute class. During a fitness class the instructor takes you on a virtual ride, changing the speed and resistance along the way.



**THE POOL** can provide a workout at a high intensity with almost no impact on the joints because the effects of gravity decrease in the water. Your workout isn't limited to the endless back-and-forth of lap swimming thanks to water aerobics and other classes that take place in pools.



**RACQUETBALL** uses almost every muscle in your body and your heart rate stays high even when you stop between points.



Discover more local, affordable, and unique exercise activities right here in Southwest Michigan by visiting [getfitinthemitt.com](http://getfitinthemitt.com)

## WHAT'S TRUE ABOUT THE FLU?

See how much you know about the flu by taking this quiz.

1. The flu mainly causes an upset stomach. It is always passed on by being close to someone who has nausea or vomiting.
2. A flu shot is a treatment to get when you have the flu.
3. If you get a flu shot, you don't need to get another shot for three to five years.
4. In some cases, the flu vaccine can give you the flu.
5. Medicines can help fight the seasonal flu.
6. The CDC recommends that only people 50 and older get the flu vaccine each fall or winter.
7. If you don't touch an infected person, you won't get the flu.
8. If you are 65 or older, you are at higher risk for complications from the flu.

True or False

<input type="checkbox"/>	<input type="checkbox"/>

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

## Lakeland Homecare Expands Services to South Haven



Lakeland Homecare recently expanded services to South Haven, Allegan, and the surrounding communities with a new office located at 05055 Blue Star Highway in South Haven.

Lakeland Homecare helps those who are recovering from medical treatment, disabled, or chronically ill and in need of medical, nursing, social, or therapeutic treatment as well as assistance with the necessary activities of daily living. Skilled homecare nurses and home health aides work closely with physicians to ensure patients of all ages receive the care they need in their home.

“By opening an office in South Haven, Lakeland Homecare can better meet the needs of residents in this community who are suffering from an illness or disability and wish to remain in their home, close to family and friends, which we know is one of the best medicines,” said **Joe Effa**, director, Lakeland at Home.

For more information, call 269.637.3825 or visit [spectrumhealthlakeland.org/homecare](https://spectrumhealthlakeland.org/homecare)



### Stevensville Walk-in Clinic Offering Expanded Hours

The walk-in clinic at Southwestern Medical Clinic in Stevensville, located at 5515 Cleveland Avenue, has new expanded hours offering patients fast, convenient care for illnesses that cannot wait until the next business day. Walk-in clinic providers will now see patients from 7 a.m. to 7 p.m., Monday through Saturday, beginning January 6, 2020.

View up-to-date wait times for all walk-in clinic locations at [spectrumhealthlakeland.org/walk-in-clinics](https://spectrumhealthlakeland.org/walk-in-clinics)

# Lakeland Gala Raises Nearly \$123,000, Unveils New Pavilion

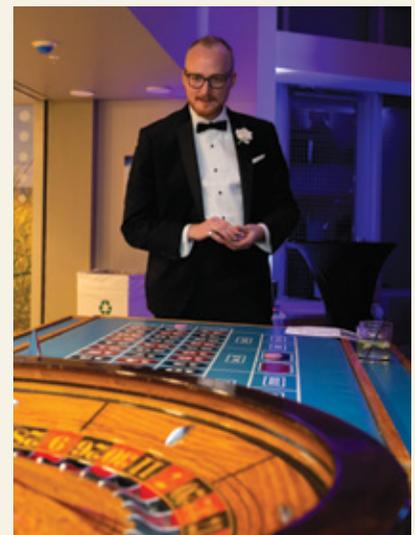
This year, 370 community members attended the Spectrum Health Lakeland Foundation annual gala, held in the newly unveiled Atrium within the Lakeland Medical Center Pavilion. Through sponsorships, ticket sales, a silent auction, and a raffle, the gala raised nearly \$123,000 in support of the 260,000 square foot Pavilion. The remainder of the facility, including clinical and patient care areas, is slated for completion in January 2020.

The theme of the event, “Night at the Pavilion” highlighted the new facility and the community’s support over the last three years which helped make the project a reality. During the evening, guests enjoyed fine dining catered by area restaurants, live entertainment, and an interactive tour of the space.

“A ‘Night at the Pavilion’ was a once in a lifetime event for guests who had a chance to preview our beautiful, state-of-the-art facility before we open to patients early next year,” said **Brandi Smith**, president, Spectrum Health Lakeland Foundation and vice president, philanthropy.

“We are so grateful to the community for their philanthropic support and their investment in health care for generations to come. The new Pavilion is truly a gift to our community.”

To date, community members have pledged \$6.8 million to the Pavilion. For ongoing news and updates during final construction, including a virtual tour of phase II renovations, visit [spectrumhealthlakeland.org/pavilion](https://spectrumhealthlakeland.org/pavilion)



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



## SPECIAL EVENTS

### Community Seminar: Cooking for Your Heart

Registration: **269.927.5361**

The food you eat makes a big impact on your heart health. Making healthier choices can help you manage weight, cholesterol, and blood pressure. Join registered dietitian, **Courtney Dixon, RD**, and learn how to prepare simple, healthy, and delicious recipes. You'll learn about basic cooking equipment including knife skills and vegetable chopping, menu planning, snack ideas, and more.

**Thursday, February 13**  
**6 p.m. to 7 p.m.**

Lakeland at Meadowbrook  
Benton Harbor

### Community Seminar: Say Goodbye to GERD

Registration: **269.927.5361**

No more pain. No more pills. No scar. If you, or someone you know, suffers from heartburn or acid reflux more than two times per week, it's time to seek help. Join general surgeons, **Seth Miller, MD**, and **Michael Schuhknecht, DO**, as they discuss the TIF® procedure, an innovative approach which reconstructs the body's natural barrier to reflux without an incision.

**Tuesday, March 10**  
**6 p.m. to 7 p.m.**

Lakeland Medical Suites, Niles  
Community Conference Room

### Good Grief

More information: **269.429.7100**

**Tuesdays, January 7 to February 18**  
**3:30 p.m. to 5 p.m.**

Caring Circle, St. Joseph

**Thursdays, January 9 to February 20**  
**3:30 p.m. to 5 p.m.**

Caring Circle, Buchanan

**Fridays, January 10 to February 21**  
**2:30 p.m. to 4 p.m.**

Caring Circle, South Haven



## 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 p.m. to 6 p.m.**

Marie Yeager Cancer Center  
Upstairs Lobby

### Nutrition Matters in Cancer Treatment

Registration: **269.556.7157**

#### During Cancer Treatment

**Monday, January 13**  
**Monday, February 10**  
**Monday, March 9**  
**10 a.m. to 11 a.m.**

Marie Yeager Cancer Center  
Kinney Conference Room

#### After Cancer Treatment

**Wednesday, March 18**  
**10 a.m. to 11 a.m.**

Marie Yeager Cancer Center  
Kinney Conference Room

### Tai Chi for Health

Registration: **269.556.2808**

**Tuesdays, 1 p.m. to 2 p.m.**

Marie Yeager Cancer Center  
Ward and Kinney Conference Rooms

### Restorative Yin Yoga

Registration: **269.556.2880**

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

Marie Yeager Cancer Center  
Ward Conference Room



## DIABETES CARE

### Pre-Diabetes Class

Registration: 269.556.2868

**Thursday, January 9**  
**1 p.m. to 3 p.m.**

Center for Outpatient Services  
Pharmacy Conference Room

**Thursday, February 6**  
**1 p.m. to 3 p.m.**

Lakeland Hospital Niles  
Buchanan Health Resource Library

**Thursday, March 5**  
**1 p.m. to 3 p.m.**

Lakeland Hospital Watervliet  
Classroom B

### Intuitive Eating Series

Registration: 269.556.2868

**Thursday, January 30**  
**Noon to 1 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, January 14 to 28**  
**Tuesdays, February 4 to 18**  
**6 p.m. to 8 p.m.**

Marie Yeager Cancer Center  
Kinney and Ward Conference Rooms

**Mondays, February 3 to 17**  
**6 p.m. to 8 p.m.**

Lakeland Hospital Niles  
Meeting Room

## Breastfeeding Class

*\$30 fee for this class*

Registration: 269.927.5355

**Tuesday, January 7**  
**Tuesday, March 24**  
**6 p.m. to 8 p.m.**

Marie Yeager Cancer Center  
Kinney and Ward Conference Rooms

**Monday, February 24**  
**6 p.m. to 8 p.m.**

Lakeland Hospital Niles  
Meeting Room

## Welcome Baby Class

Registration: 269.927.5355

**Tuesday, February 25**  
**6 p.m. to 7:30 p.m.**

Marie Yeager Cancer Center  
Kinney and Ward Conference Rooms

**Monday, March 23**  
**6 p.m. to 7:30 p.m.**

Lakeland Hospital Niles  
Meeting Room

## GENERAL HEALTH

### Blood Drives

**Friday, January 17**

**Friday, March 13**  
**9:30 a.m. to 3:30 p.m.**

Marie Yeager Cancer Center  
Kinney and Ward Conference Rooms

**Wednesday, February 19**  
**Noon to 6 p.m.**

Lakeland Hospital Niles  
Large Meeting Room

**Monday, February 24**  
**Noon to 5:30 p.m.**

Lakeland Hospital Watervliet  
Classroom C

## Bones in Balance

Registration: 269.556.7150

**Tuesdays/Thursdays:**  
**9 a.m. to 11:30 a.m. or**  
**5 p.m. to 7:30 p.m.**

**January 7 to 30; February 4 to 27;**  
**March 3 to 26**

Center for Outpatient Services,  
St. Joseph

## Neighborhood Centered Health Home

More information: 269.556.2808

**Friday, January 3**  
**Friday, February 7**  
**Friday, March 6**  
**10 a.m. to 12 p.m.**

Gateway Plaza  
Niles

**Thursday, January 9**  
**Thursday, January 23**  
**Thursday, February 13**  
**Thursday, February 27**  
**Thursday, March 12**  
**Thursday, March 26**  
**10 a.m. to 12:30 p.m.**

Catholic Community Center  
Benton Harbor

## Youth Mental Health First Aid

Registration: 269.556.2808

**Thursday, March 12**  
**8:30 a.m. to 5 p.m.**

Lakeland at Meadowbrook



For a complete listing of event locations and addresses, visit [spectrumhealthlakeland.org/events](https://spectrumhealthlakeland.org/events)





**HEART CARE**

**Live Well with Heart Failure**

Registration: **269.556.2808**

**Tuesday, January 7  
1 p.m. to 2 p.m.**

Center for Outpatient Services, St. Joseph  
Pharmacy Conference Room

**Tuesday, February 4  
1 p.m. to 2 p.m.**

Lakeland Hospital Niles  
Buchanan Area Health Resource Library

**Tuesday, March 3  
1 p.m. to 2 p.m.**

Lakeland Hospital Watervliet  
Classroom B

**WEIGHT MANAGEMENT**

**Lose Weight... Find Health**

Registration: **269.927.5361**

**Wednesday, January 15**

**Wednesday, February 5**

**Wednesday, March 18**

**6:30 p.m. to 8 p.m.**

Lakeland Medical Suites, Niles  
Community Conference Room

**Wednesday, February 19**

**Wednesday, March 4**

**6:30 p.m. to 8 p.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 [spectrumhealthlakeland.org/supportgroups](https://spectrumhealthlakeland.org/supportgroups)

*Welcome*  
**New Medical Staff**



**Daniel Douce, MD**  
Hematology - Oncology



**Elizabeth Douce, MD**  
Pediatric Medicine



**Erika Nearpass, DO**  
Internal Medicine



**Mark Roome, MD**  
Pediatric Medicine



**Thomas Wechter, MD**  
Obstetrics & Gynecology



**Julie Yam, DO**  
Gastroenterology

**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](https://spectrumhealthlakeland.org/physicians)  
or [youtube.com/spectrumhealthlakeland](https://youtube.com/spectrumhealthlakeland)

# Navigating the Acne Aisle



Having acne can be very upsetting. You may feel less attractive. And, it may seem as though your skin will never clear up. You stand the best chance of controlling your acne if you follow your treatment plan. Be patient. Acne often takes months to improve, not days or weeks.

When trying to clear up acne, some of the most common issues dermatologists see are patients who are constantly switching products or stopping and starting products. They recommend you try any one product for at least three months to see if it's going to work before switching to something different. However, with hundreds of over-the-counter acne products on the market, it's hard to know where to begin.

Most store-bought acne products range anywhere from two percent to 10% concentration of active ingredients. You'll often see products containing benzoyl peroxide in the 10% range. Products with an active ingredient of salicylic acid, which make up most of the acne aisle, are in the two percent concentration range.

"One of the main complaints we hear from patients is that they've tried multiple different products, and nothing seems to work," said **Dennis Kordish, PA**, Stonegate Dermatology. "However, when you take a closer look, all the products they are trying have the same active ingredient."

## When is it time to see a dermatologist?

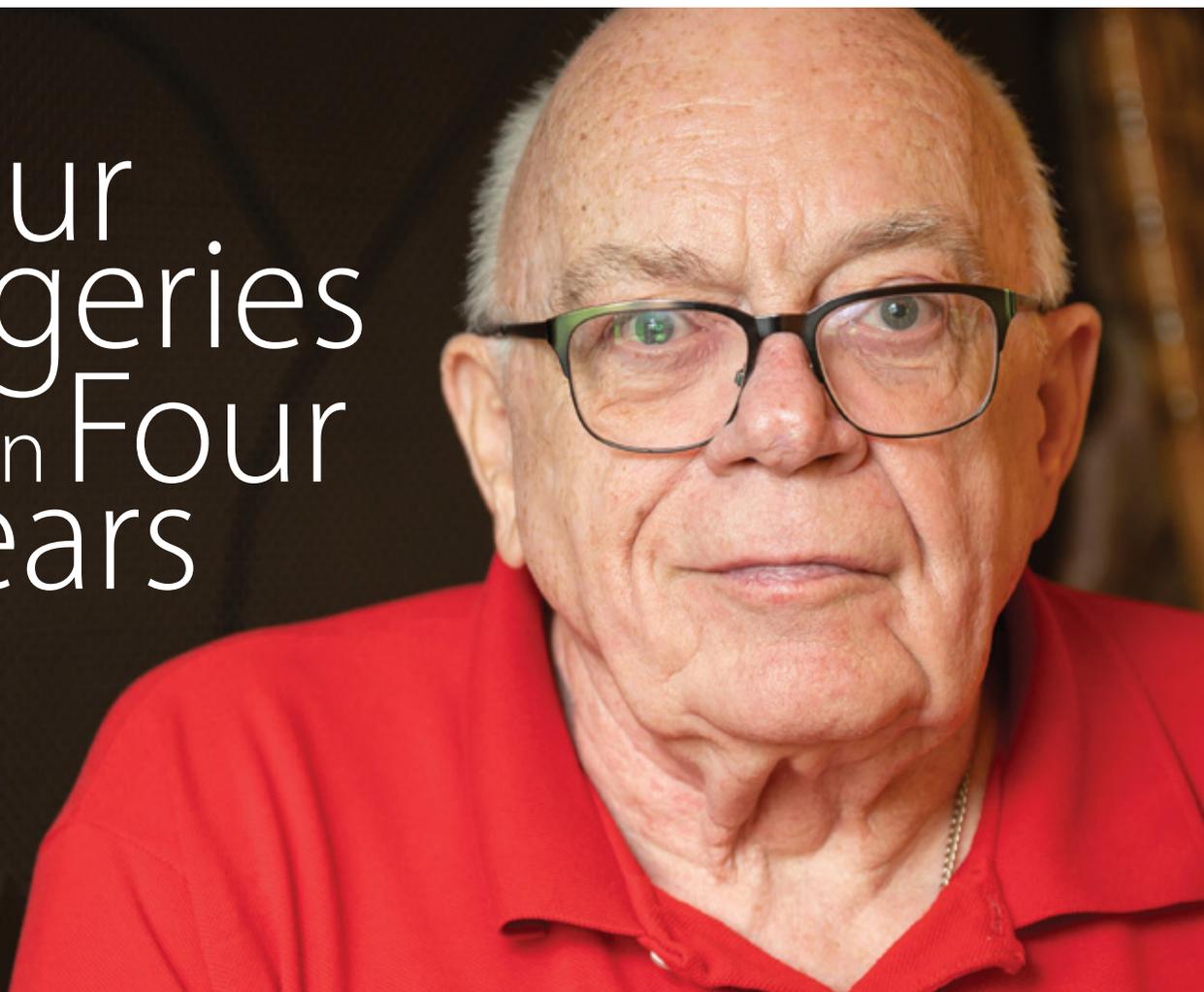
- **Pregnancy and breastfeeding:** Stop all over-the-counter products you are using that contain an active ingredient immediately and talk to a dermatologist about other treatment options.
- **Scarring:** This often results from picking or popping lesions on the face and can be permanent. A dermatologist can help recommend treatments to lessen the appearance of current scars and prevent future scarring.
- **No results:** If you've tried a certain product for three months with no results, or it's getting worse after an extended period, schedule an appointment. Keep in mind you should expect your acne to get worse during the first month of using a new product as your skin adjusts to the change.

## What else should I try?

- **Exercise:** If you tend to experience a flareup every time you have a test at school or before a big meeting at work, exercise can help alleviate some of this stress which often serves as a trigger for acne.
- **Eat healthy foods:** This should be a goal for living an overall healthy lifestyle, but in the case of acne focus specifically on less refined sugar in your diet.
- **Use oil-free products:** Everything that goes on your face including makeup and moisturizers needs to be oil free. Look for common phrases on products such as "doesn't cause acne" or "non-comedogenic."

Stonegate Dermatology offers a customized experience to meet each person's individual needs. Whether you are looking for cosmetic or medical dermatology, advice or treatment, they can help develop a specialized treatment or procedure plan. Call **269.408.4265** to request a consultation.

# Four Surgeries in Four Years



**F**our surgeries in four years—this was the reality for 75-year-old, Benton Harbor resident, **John Hoffman**. After spending countless hours walking across concrete floors in the warehouse where he worked, his knees slowly began to give out.

“I was in pain for a long time and tried to live with it as long as I could,” said John. “Eventually it became unbearable and I knew I had to do something to fix the problem.”

John had heard good things from his friends and family about orthopedic surgeon, **Daniel Sohn, MD**, and turned to him to help take away the pain. After evaluating John’s condition, Dr. Sohn performed an arthroscopy on his left knee, which was in worse condition at the time. The surgical technique uses a tiny camera—called an arthroscope—inserted into the knee which allows the surgeon to view the joint and correct the issue using small instruments.

The procedure provided a temporary fix, but eventually the intense pain returned. This time around John underwent a total knee replacement to resurface the damaged knee and create an artificial joint.

"The surgery on my left knee was very successful. After undergoing rehabilitation I felt great and had gained back most of my mobility," said John.

However, a year later, the familiar nagging pain was back in his right knee. Once again, John turned to Dr. Sohn.

"I knew I would need to have surgery again," said John. "Dr. Sohn was very open about what was happening during each step of the process and had excellent bedside manner."

The second surgery went just as well and John was relieved to have two new knees. It wasn't until a couple years later that the pain returned—this time in his shoulders.

"The pain got so bad I couldn't raise my arms above my shoulders," said John. "I didn't have much use of my hands any longer and had to stop doing many of the activities I loved such as woodworking and cooking for my family."

The first course of treatment recommended for John's shoulders was Cortisone shots which are injected into the joint to help relieve pain and inflammation. The shots aren't a permanent fix, and as the pain continued to worsen, John ultimately knew surgery was his best option.

***"The pain got so bad I couldn't raise my arms above my shoulders."***

"Dr. Sohn tried his best to avoid another surgery, but the pain was just too intense and was stopping me from living my life," said John. "He discussed all of my options and, in the end, I trusted his decision."

Two years and two total shoulder replacements later, John is back to living life pain free. Following each surgery John worked with Lakeland Rehabilitation to gain back his strength and mobility and transition into life at home. He's picked up woodworking again and looks forward to cooking Sunday brunch for his family after church each weekend.

"I'm finally able to use my arms again," said John. "I would recommend Dr. Sohn to anyone."

## Understanding the Procedure: Shoulder Replacement



During shoulder replacement surgery, all or part of your problem shoulder is replaced with an artificial joint, called a prosthesis. The prosthesis replaces the rough, worn parts of your shoulder with smooth metal and plastic parts. Common causes leading to a shoulder replacement include osteoarthritis, rheumatoid arthritis, and various traumas.



## Exercising After Joint Replacement Surgery

Most people can return to normal activities within eight to 12 weeks after surgery. It's important to always check with your surgeon before you begin incorporating exercise back into your daily routine.

When you begin exercising again, you may no longer be able to participate in some of the activities you could before surgery such as running or jumping. Instead, focus on low impact exercises which keep one foot on the ground and help alleviate stress or pressure on your joints. Examples include:

- Cycling
- Golfing
- Swimming
- Walking
- Yoga

# Heart Healthy Turkey Sliders

(four servings)

Source: American Heart Association

Maintaining a healthy diet is one of the best weapons for fighting cardiovascular disease and other heart conditions. A major reason heart disease remains the number one killer among adults is that most Americans eat too many high-fat, high-calorie foods. Start your new year off on the right foot with a heart-healthy appetizer that is sure to be a crowd pleaser. These mini turkey burgers are great for snacking at holiday gatherings, while still providing a source of protein.

## Ingredients:

- 8 whole-grain slider buns (lowest sodium available)
- 1 1/4 lbs ground, skinless turkey breast
- 1/4 tsp salt
- 1 cup sliced brown mushrooms
- 2 slices low-fat Swiss cheese
- 2 small avocados (mashed with a fork)
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

## Directions:

- Preheat the oven to 450°F.
- Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
- Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook). Sprinkle salt over each patty.
- Heat a large nonstick skillet or griddle pan over medium-high heat.
- Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
- Transfer the patties to the bottoms of the buns.
- In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
- Spoon the mushrooms onto each patty. Top with the Swiss cheese
- Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
- Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
- Using short skewers, pierce each slider. Serve immediately.



## Nutrition Information (two sliders):

470 calories; 15.2 g fat; 101 mg cholesterol; 503 mg sodium; 38 g carbohydrate; 8 g fiber; 6 g sugar; 45 g protein



Life can change in the blink of an eye. Few people understand the significance of this statement better than 35-year-old St. Joseph resident, **Allen Porter**. While driving his car to work one morning, Allen fell asleep at the wheel causing a head-on collision with a pickup truck at 45 miles per hour. Although both drivers walked away without a scratch, it was the wake-up call Allen desperately needed.

At nearly 400 pounds at the time of the crash, a sleep study confirmed Allen had a severe case of sleep apnea—a condition which occurs when structures in the throat block the air passage causing you to wake numerous times throughout the night to regain breathing. Knowing he needed to make a change, Allen's primary care provider referred him to the Lakeland Weight Loss Center in Niles.

"I attended a Lose Weight...Find Health seminar and after talking with a bariatric surgeon, I knew I wanted to pursue this course of treatment for my life," said Allen. "I was attracted to how much commitment the program requires and was ready to take it seriously."

After an initial consultation with bariatric surgeon, **Seth Miller, MD**, Allen was enrolled in shared medical appointments for the next six months which would help prepare him for a successful surgery.

"I immediately stopped drinking pop and energy drinks and started making other small changes to my lifestyle," said Allen. "I treated the patient guidebook like a bible and followed all of the registered dietitian's recommendations. Before I even had my first weigh in, I was down 12 pounds."

In the months that followed, Allen continued to notice the weight coming off and prior to surgery he had lost 110 pounds. He wasn't ready to stop there and was now both mentally and physically prepared to undergo vertical sleeve gastrectomy surgery. This procedure makes your stomach smaller, so that you feel full a lot quicker. Allen knew this was the best option for him as overindulging was one of the main factors which led to his condition.

"I grew up in a family where if food was put in front of you, you ate it," said Allen. "Back then it was just about not being wasteful, but that habit stuck with me throughout the rest of my life and I was constantly eating more than I needed to."

Going into surgery, Allen felt confident in both Dr. Miller and his care team.

"Dr. Miller was tremendous throughout the entire process," he said. "He was honest and straight forward about the surgery and made me feel extremely comfortable. Having his support made a huge difference."

Allen recalls feeling instant relief after surgery. He lost another 35 pounds bringing his total weight loss to 145 pounds. His sleep apnea is virtually non-existent. He no longer tosses and turns at night and instead wakes with a new energy he hasn't felt in years. Allen is also working with his primary care provider to get off his high blood pressure medication as he no longer suffers from the condition.

"I no longer struggle to simply get up and go to work," said Allen. "Prior to surgery everything hurt and now all that is gone. This has truly been a life-changing experience."



Lakeland Hospital Niles meets the highest standards for patient safety and quality of care and was recently accredited under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.® Find out more at [lakelandweightlosscenter.com/quality](https://lakelandweightlosscenter.com/quality)

A photograph of a grocery store counter. In the foreground, several jars of mustard are lined up. In the background, there are signs for various products like 'THANKU', 'FOLKS', 'PLEEZE', 'CUMBAK', 'SOON', and 'PERIOD'. A sign for 'THE SATURDAY EVENING POST' is also visible. The text 'The Path to Healing' is overlaid on the image in a large, light blue font.

# The Path to Healing

A fall in the parking lot of the grocery store resulted in a small lesion on 74-year-old **Carolyn Drier's** right knee. Medication she was currently taking caused her skin to break easily. As a result, she didn't seek professional care immediately and treated it with over the counter remedies.

"I kept thinking it was going to heal itself," said Carolyn. "After a week had passed and it was still bothering me I knew I needed to see a doctor."

Carolyn's daughter suggested the Lakeland Wound Center in Niles and she wasted no time scheduling an appointment with nurse practitioner, **Krista Schulte, NP**.

"By the time I went to the wound center the spot on my knee had only gotten worse," she said. "I hadn't shown it to anyone except my husband. I didn't know if it would require surgery or a skin graft. It was a very stressful situation."

During her initial appointment, Carolyn met with Krista who evaluated the wound to determine the best course of treatment.

"Krista and all my nurses made me feel comfortable which is important because in that moment I definitely wasn't," said Carolyn. "You could tell they all worked so well together as a team."

In order to effectively heal Carolyn's wound Krista recommended using a medical grade honey combined with a foam dressing which would harness the body's natural ability to remove dead skin and help absorb drainage. After four weeks, Krista started the use of a cellular tissue product known as Theraskin which is human cadaver skin. This product was applied biweekly for two applications at which point the wound was nearly healed.



"I was in pain for three weeks before coming to the wound center and within a week of getting the new dressing I wasn't in any pain at all," said Carolyn. "Once it started healing I didn't even realize I had a wound anymore. Thankfully it didn't keep me from any of my normal activities including my role as owner of Drier's Meat Market."

Eight weeks after her initial appointment Carolyn received official sign off from her care team just in time for her to head to Arizona for the winter.

"My wound healed so well—I couldn't believe it and neither could they," she said. "If you're suffering from a slow healing wound—don't wait. Go and get it checked out as soon as possible. I can't emphasize enough what a good wound care team Lakeland has."

## Specialized Care to Help Heal Your Wounds

The **Lakeland Wound Center** recently welcomed several new providers to the practice. **Gary Witucki, DO**, **Tracy Ford, NP**, and **Miriam Morgan-Skinner, NP** are now seeing wound care patients in both Niles and St. Joseph. Together they care for patients suffering from severe wounds and help speed up the healing process through a variety of treatments including hyperbaric oxygen chambers.

## New Website Now Available



Find out more about services at the Lakeland Wound Center, and hear from other wound care patients, by visiting the new website available at [lakelandwoundcenter.com](http://lakelandwoundcenter.com)

# 5 Guidelines for Living Well with Heart Failure

When you have heart failure, the heart can't pump as well as it should. Fluid may back up into the lungs and legs, and some parts of the body don't get enough oxygen-rich blood to work normally. These problems lead to the symptoms you feel such as shortness of breath, leg swelling, dry hacky cough, dizziness, or the need to sleep sitting up.

Living with heart failure means you need to pay close attention to your body and how you feel, every day. That way, if a problem occurs, you can get help before it becomes too severe. You'll need to watch for changes in your symptoms. If symptoms stay about the same from one day to the next, your heart failure is stable. But if symptoms start to get worse, it's time to take action.

## Follow these five guidelines for managing heart failure effectively:

**1 Take your medications as directed.** Patients with heart failure may need multiple medications as prescribed by your doctor. Each medication treats a different symptom and has its own instructions and rules. It's important to always take medications as prescribed and don't stop taking them even if you start to feel better.

**2 Get some exercise every day.** Being active, even for just 30 minutes a day, can help you feel better, and may decrease your symptoms and improve your heart's function. You may also benefit from a cardiac rehabilitation program which helps you exercise safely with frequent monitoring from professionals.

**3 Watch how much you drink.** Limit your fluid intake to 2000 mL, or eight cups, per day to keep your body from retaining too much water. Keep in mind, some foods are considered fluids such as pudding, gelatin (Jell-O), soup, Popsicles, and ice cream.

**4 Limit sodium intake.** Most of the sodium you eat is added to your food when it's made in a factory or restaurant so it's easy to get more than you need. To keep your heart in a healthy range, make sure not to exceed 2,000 mg of sodium per day. You'll need to read food labels to know the amount of sodium per serving. You can also look for foods marked low sodium, no salt added, and unsalted.

**5 Weigh in daily.** By weighing yourself every day at the same time, you will be able to determine what your normal weight should be. Use the same scale each time and try to wear similar clothing. If you notice significant changes in weight gain (two or more pounds in a day or five or more pounds in a week), you could be retaining too much fluid and should contact your doctor.





## Better Dining with Congestive Heart Failure

When you have congestive heart failure, it may seem like your options for dining out are limited. But if you take the steps to be an informed diner and make simple substitutions to your food, you'll be able to enjoy a wide selection of tasty meal options.

Follow these tips when eating out:

- Ask the waiter/waitress about food preparation and ingredients used to prepare the food.
- Avoid selecting foods prepared with gravy, soy sauce, or MSG (monosodium glutamate), or those that are cured or smoked.
- Do not touch the saltshaker on the table.
- Choose fresh fruit, juice, or salad with olive oil and vinegar to start the meal.
- Choose an entrée that is grilled, baked, or broiled.
- Order salad dressing on the side. Use it sparingly. Better yet, order olive oil and vinegar for your salad.
- Avoid olives, pickles, croutons, bacon bits, cheese, mayonnaise, and cream-based or marinated salads.
- Select "plain" foods such as whole grain breads (instead of muffins or croissants), baked or broiled potatoes, plain rice, or pasta.
- Want dessert? How about fresh fruit or fruit salad, gelatin, or angel food cake.



Attend a Live Well with Heart Failure class. Bring a friend or family member along with you. Turn to page 8 for a list of dates and times.

## Fast Food Sodium Watch

Be on the lookout for menu items that are high in sodium and swap them out for a healthier alternative.

*Tip: Stay below 2,000 mg of sodium every day!*

Restaurant	Food Item	Sodium (mg)
Burger King®	Hamburger	380
	Whopper with Cheese	1340
Chinese Take-Out	Steamed Vegetables/Brown Rice	310
	Kung Pao Chicken	1430
McDonald's®	McChicken	590
	Quarter Pounder with Cheese	1120
Pizza Hut®	Slice Veggie Lovers	530
	Slice Pepperoni Lovers	1070
Popeyes®	Naked Chicken Wrap	580
	Chicken Breast	1330
Wendy's®	Crispy Chicken Sandwich	620
	Quarter Pounder Single Hamburger	1240





NONPROFIT ORG  
U.S. POSTAGE  
PAID  
RAVENNA, MI  
PERMIT NO. 320

1234 Napier Avenue  
St. Joseph, Michigan 49085

# I Quit Smoking. *Now What?*

If you've smoked, visit [spectrumhealthlakeland.org/lunghealth](https://spectrumhealthlakeland.org/lunghealth) to take a free test and learn if you're eligible for a new lung cancer screening.

After answering four simple questions from the comfort and privacy of your home, you'll immediately receive a risk score and information to help determine your next steps.

