

A woman with grey hair, wearing a black cowboy hat and a colorful plaid shirt, stands next to a light-colored horse with a white blaze on its face. She is holding the horse's lead rope. The background is a wooden barn interior.

Otsego Health & Wellness

July/August 2017

A HEALTH AND WELLNESS PUBLICATION FROM OTSEGO MEMORIAL HOSPITAL

Guard against
Lyme Disease:

*Enjoy the
Outdoors Safely*

All Fired Up!

Grilling Is a
Heart-healthy Way
to Savor the Season

*Gallbladder
Removed,*

Freedom Regained
for Horse Lover

Photo credit: A&M Photography

HEALTH EVENT

TUE 1st
AUGUST5:30 - 8:30^{PM}
in the PMB Suite 140**Sports Clearances
in Gaylord**

HEALTH EVENT

WED 2nd
AUGUST7:30 - 10:30^{AM}
at Otsego Memorial Hospital Lobby**Wellness
Wednesday**

COMMUNITY EVENT

THU 3rd
AUGUST8:00^{AM}
at the Gaylord Country Club**Tee It Up
FORE Cancer**

EDUCATION

SAT 5th
AUGUST9:00^{AM} - 3:30^{PM}
in the OMH Classroom**Childbirth
Education Class**

HEALTH EVENT

TUE 8th
AUGUST4:00 - 7:00^{PM}
at OMH Medical Group - Lewiston**Sports Clearances
in Lewiston**

EDUCATION

WED 9th
AUGUST6:30 - 8:30^{PM}
in the OMH Classroom**Breastfeeding
Class**

HEALTH EVENT

WED 16th
AUGUST7:30 - 10:30^{AM}
in the downtown Gaylord Pavilion**Wellness Wednesday
at the Farmers Market**

HEALTH EVENT

WED 6th
SEPT.7:30 - 10:30^{AM}
at Otsego Memorial Hospital Lobby**Wellness
Wednesday**

COMMUNITY EVENT

TUE 12th
SEPT.4:30 - 6:30^{PM}
at the Ellison Place**Physician Welcome &
Retirement Reception**

EDUCATION

SAT 16th
SEPT.9:00^{AM} - 3:30^{PM}
in the OMH Classroom**Childbirth
Education Class**

EDUCATION

WED 20th
SEPT.6:30 - 8:30^{PM}
in the OMH Classroom**Breastfeeding
Class**

HEALTH EVENT

WED 4th
OCTOBER7:30 - 10:30^{AM}
at Otsego Memorial Hospital Lobby**Wellness
Wednesday****OTSEGO MEMORIAL HOSPITAL
UPCOMING HEALTH EVENTS****Wellness Wednesday**

Participants will receive a blood pressure log and all test results at the time of the screening. Results take about 15 minutes. Health consultation and educational materials will be tailored to individual results by an OMH Registered Nurse.

\$15 total cost. Patients seen in order of arrival.

**Physician Welcome &
Retirement Reception**

Take part in welcoming the latest physicians to join the OMH Medical Group. Shake hands, ask questions, and get to know our providers over light refreshments at the Ellison Place. Join us in a special farewell for Dr. Robert Halter honoring his 35 years of Orthopedic Surgery. This free reception is open for all to attend.

Tee It Up FORE Cancer

Gaylord Country Club will host it's second annual "all" cancer golf tournament. This team scramble event will feature 3 divisions of 4-person teams; women, men, and co-ed. Visit myOMH.org/events for more information. This event benefits the OMH Oncology & Infusion Center.

High School Sports Clearances

Students cleared from these screenings will be valid for sports in the 2017-2018 school year. Just \$15 (cash or check only, please). This fee is donated back to the students' respective local athletic departments. No appointments are needed, but a parent or legal guardian must be present.

OMH Providers recommend yearly well-health exams for adolescents. These are often free with insurance and are a more comprehensive exam. Annual well-health exams will also clear students for high school sports. Call to schedule an appointment today.

**For more information please call
(989) 731-7718**

**Additional details for all events can
be found at www.myOMH.org/events*

Otsego Memorial Hospital Board Explores *Full Integration With Munson Healthcare*

The Otsego Memorial Hospital (OMH) Board of Directors has decided to explore strengthening its relationship with Munson Healthcare.

OMH CEO Tom Lemon said the Board remains fixed on positioning the hospital for a strong and successful future, ensuring the right mix of close-to-home health care services in Gaylord and surrounding communities for years to come.

"The OMH and Munson Healthcare Boards have approved a non-binding agreement to proceed with the development of an integration plan that would permit closer affiliation between the organizations for the Boards' future consideration," he said. "The OMH Board strongly believes that a strategic partnership with Munson Healthcare system could provide the hospital access to the resources needed to realize its future goals."

OMH first affiliated with the Munson Healthcare system in 2006. During the past 11 years, the organizations have worked together to strengthen cardiology and oncology services in Gaylord and throughout OMH's growing service area.

While the future of health care legislation remains unknown and many rural community hospitals across America are struggling to survive, OMH is in a strong position with high quality clinical services and sound financial performance, making this an ideal time to explore closer integration with the Munson Healthcare system. This integration will create an efficient structure for coordination and governance, and maximize capital and operating resources not readily available to independent organizations.

Munson Healthcare President and CEO Ed Ness said exploring a closer integration makes sense at this time for both organizations.

"Otsego Memorial Hospital is a great asset for Gaylord and consists of a fiscally strong and vibrant community hospital and medical group," he said. "Our goal is to continue to provide the Gaylord-area residents the type of care they need close to home."

The non-binding agreement allows leaders from Munson Healthcare and OMH to move into a "due diligence" phase. During this phase, leaders will exchange pertinent information related to planning for full integration.

As OMH and Munson Healthcare leaders have discussed the potential of a fully-integrated relationship, the concept of establishing an Eastern Region of Munson Healthcare has emerged. The Eastern Region would be comprised of residents living in the communities served by both OMH and Munson Healthcare Grayling Hospital.

Coordinating health care providers and service planning through a regional approach will enable OMH and Munson Healthcare leaders to better serve patients in both communities more efficiently and close to home whenever possible.

By combining efforts in the Eastern Region, OMH and Munson Healthcare can explore offering services that otherwise could not be delivered based on the size of each hospital's individual community. Operating as a larger region will also help recruit and retain the best talent and will allow for expanded service offerings.

Lemon said under any agreement the OMH Foundation will continue to fundraise to benefit the hospital and its programs and services.

"All donations will continue to be used as intended by the donor. That has always been the case and will not change," he said. "That is our commitment to the community and to our donors."

***the Board remains fixed on
positioning the hospital for a
strong and successful future***



Back in the Saddle Again

Gallbladder Removed, Freedom Regained for Horse Lover

Ask Juli McDonald how she's feeling today and she'll tell you she feels 20 years younger than her actual 47 years. She'll tell you she considers herself a new woman. She'll tell you she has literally been given a new lease on life. (She could go on and on.) She'll also tell you it's all thanks to the minimally invasive surgery she underwent at Otsego Memorial Hospital (OMH).

Juli is no stranger to a hospital room. The mother of two now grown children has survived Hodgkin's lymphoma, thyroid cancer and a bone marrow transplant, among many other health issues. Yet with every health problem she encountered, there was always an explanation for her symptoms and options for treatment — until five years ago, when she began experiencing stomach pain and bloating, an almost constant need to go to the bathroom and excruciating lower back pain. "For years my stomach would swell and bloat after I ate," she says. "I saw so many different doctors, and none of them could ever give me a proper diagnosis. I even went through physical therapy because one doctor thought my sciatic nerve was causing the pain. No one ever once said 'gallbladder.'"

A Surprising Diagnosis

An avid horseback rider who also raises horses — she currently has six — Juli went from riding nearly every day to just a few times a year. Living with almost constant pain and bloating was taking its toll, and severely diminishing her quality of life.

Then one evening last April, Juli suffered an attack so severe she could barely stand up. "I had just eaten dinner and felt bloated as usual, but then my stomach started seizing in pain, and I began shaking and vomiting. The pain was worse than labor." Juli was alone at the time, and asked her 76-year-old father, who lived across the street, to drive her to the hospital. The hospital that Juli visited ran a battery of tests, including an abdominal ultrasound and MRI, and determined that Juli's gallbladder was the

cause of her pain. "The ER doctor told me I had gallstones and severe inflammation in my gallbladder," she says. "I couldn't believe it."

When the ER doctor recommended she have her gallbladder removed, Juli knew exactly where she would go to have the surgery. "The first thought that came into my mind was Otsego Memorial Hospital," she says. "Dr. Shurlow performed my thyroid surgery two years ago. He was wonderful then and I knew he'd be wonderful again."

Last year I rode maybe three or four times. Now, I feel like I can ride every day. In fact, I rode just a few days after my surgery. I feel like a new woman."

A Newer Approach to Minimally Invasive Surgery

One of Juli's main concerns, in addition to getting her pain and bloating under control, was being able to get back on her feet quickly after the surgery. "I had been out of work for a while, and at the time this was happening I had just begun applying for jobs again. There was this one job that I was really hoping I'd get, but I knew they'd want me to start soon, so a short hospital stay was really important." James Shurlow, DO, General Surgeon at OMH, had the perfect solution: minimally invasive robotic surgery, a less invasive surgical technique that offered a faster recovery time, shorter hospital stay, less scarring and less pain than traditional "open" surgery. "Dr. Shurlow explained all the benefits of this new robotic surgery, and it sounded great," she says.

The da Vinci® Surgical System is the latest minimally invasive surgical technology offered at OMH. While the hospital has been performing minimally invasive

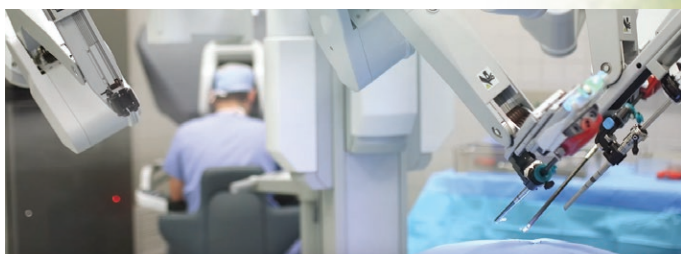
laparoscopic surgery for many years, the da Vinci system features a 3-D, high-definition vision system with tiny instruments that bend and rotate in sync with a surgeon's movements, offering surgeons greater precision, enhanced vision and more control. OMH is only the second hospital in northern lower-Michigan to offer the da Vinci system.

Back in the Saddle Again

On May 17, Dr. Shurlow removed Juli's gallbladder using the da Vinci system. The procedure took less than an hour, and the results, Juli says, were almost immediate. "This was by far the fastest recovery I've ever had from a surgery. The first thing I noticed almost right after I woke up was that my pain and bloating were gone."

By two days after the surgery, Juli had made a full recovery. And just over a week after the surgery, Juli began her new job. She's also back to doing what she loves most — horseback riding. "Last year I rode maybe three or four times," she says. "Now, I feel like I can ride every day. In fact, I rode just a few days after my surgery. I feel like a new woman."

Juli says she can even tolerate spicy foods again, something she hadn't been able to enjoy in years because of her stomach issues. "My stomach pain, back pain and bloating are completely gone," she says. "I'm back to working and I've never been happier. This surgery was truly the best decision I've ever made in my life."



Is Minimally Invasive Surgery Right for You?

If you are interested in learning more or to schedule an appointment with Dr. Shurlow or his partners in practice, Dr. Wendy Frye and Dr. John Moffat, please call **(989) 731-7989**. You can also call the Physician Referral Line at **(989) 731-2300** to learn more about other minimally invasive surgery options at OMH.



Guard against Lyme Disease: *Enjoy the Outdoors Safely*

The number of confirmed cases of Lyme disease has nearly doubled in the past decade.* Fortunately, the disease is easy to treat with antibiotics when caught early, and there are steps you can take to prevent exposure to tick bites when hiking or spending time outdoors.

From the Woods to Your Backyard

Tick season starts in spring (as early as April) and lasts until the first freeze in many areas. Ticks commonly thrive in tall grass and heavily wooded areas, especially where leaf debris covers the ground. Although ticks love the deep woods, it's possible to find them in your backyard or nearby parks, particularly in places surrounded by woods.

A bite from an infected deer tick or western blacklegged tick can cause someone to develop Lyme disease, a bacterial infection that may start with a bull's-eye skin rash. If left untreated for months or years, Lyme disease can lead to severe joint pain, chronic neurological symptoms and other problems.

Detection and Treatment

Not all ticks carry Lyme disease, and the risk of getting the disease is low if the tick is removed promptly. The bacteria gets into your bloodstream only if the tick stays attached to the skin for 24 to 48 hours or longer.

Some deer ticks are so small they may go unnoticed. That's why it's important to watch for acute signs of Lyme disease, including:

- Bull's-eye rash.
- Flu-like symptoms such as fever, chills and body aches.
- Headache and fatigue.
- Swollen lymph nodes.

Some people don't get a telltale rash, so it's important to see your doctor if you're feeling sick or believe you have been bitten. A simple course of antibiotics is all it takes to treat Lyme disease in the early stages.

* Source: Centers for Disease Control and Prevention, www.cdc.gov.



Types of Ticks That May Carry Lyme Disease

- **Deer ticks**, also called blacklegged ticks, are found in the Northeast and Midwest. This tiny tick is about the size of a poppy seed.
- **Western blacklegged ticks** are similar in size to the deer tick. They are found mostly in Northern California and Oregon.

6 *Ways to Stop Ticks in Their Tracks*

If you live in an area with a high tick population — or plan to travel where ticks may be abundant — you can decrease your risk of getting Lyme disease with some simple precautions:

- 1 Wear long pants** tucked into your socks, a long-sleeve shirt and a hat. Light-colored clothing is best.
- 2 Apply an insect repellent** with DEET to your skin and clothing. Oil of lemon eucalyptus, a more natural product, also offers protection. Always read product directions before applying on children.
- 3 Stay on the trails.** Avoid walking through thick woods and long grass.
- 4 Keep your dog on a leash.** Check pets for ticks when they come indoors.
- 5 Check for ticks** after being outdoors. Ticks can be very small (about the size of a poppy seed) so it's important to search carefully. Showering after being outdoors can help, because unattached ticks may wash off with a washcloth.
- 6 If you find a tick, remove it with tweezers.** Gently grasp the tick near its head or mouth and pull steadily. Dispose of the tick and use antiseptic on the bite area.

All Fired Up! Grilling Is a Heart-healthy Way to Savor the Season

Nothing says summer like the sight, smell and sound of dinner sizzling on the barbeque. Not only is the distinctive taste of grilled food delicious, but grilling can be a great way to enjoy healthy fare that's low in fat and calories. Choose leaner meats such as skinless chicken breasts and beef round, sirloin and loin cuts. Enjoy grilled fish steaks like tuna and salmon. Grill vegetables, too. You don't need to add oil. Plus when you grill, fat drips away, leaving fresh, flavorful food. Marinate foods in salsa, fat-free salad dressing, wine and fruit juices. Lightly spray the cooking rack with a nonstick cooking spray and you're good to grill.

Asian-Grilled Chicken

Marinade

- ¼ cup honey
- 3 Tbsp red wine vinegar
- ¼ cup low-salt soy sauce
- 1 medium garlic clove, minced
- 2 Tbsp finely snipped fresh parsley
- 2 tsp grated peeled gingerroot or 1 tsp ground ginger
- ½ tsp pepper
- 6 skinless chicken breast halves with bone (about 6 ounces each), all visible fat discarded

Vegetable oil spray

In a large bowl, stir together the marinade ingredients to mix well. Add the chicken to the marinade, turning to coat thoroughly. Cover and refrigerate for at least 2 hours, turning occasionally.

Prepare the grill on high. Lightly spray the grill rack with vegetable oil spray. Grill the chicken for 30 to 45 minutes, or until no longer pink in the center, brushing the pieces with marinade and turning them frequently.

Serves 6. Per serving: 120 calories, 1.5 g total fat (0.5 g saturated, 0.5 g polyunsaturated, 0.5 g monounsaturated), 63 mg cholesterol, 331 mg sodium, 0 g carbohydrates, 0 g fiber, 25 g protein

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Sirloin and Vegetable Skewers

- ⅓ cup strong tea
- 2 Tbsp brown sugar
- 2 Tbsp fresh lemon juice
- ¼ tsp salt
- ¼ tsp red hot-pepper sauce
- 16 small cremini (brown) mushrooms, stems discarded
- 1lb sirloin steak, all visible fat discarded, cut into 1-inch cubes
- 1 large red bell pepper, cut into 1-inch squares
- 16 medium Brussels sprouts, trimmed
- 2 medium ears of fresh corn, husks and silk discarded, cut in half crosswise
- Vegetable oil spray (if using metal skewers)

In a large bowl, stir together the tea, brown sugar, lemon juice, salt and hot-pepper sauce. Stir in remaining ingredients except the vegetable oil spray. Cover and let marinate for 1 to 3 hours in the refrigerator. If using bamboo skewers, soak six skewers in cold water for 10 minutes to keep them from charring. For metal skewers, lightly spray with vegetable oil spray. (Food will cook a little faster with metal skewers.)

Heat a grill pan over medium-high heat, or preheat the grill on medium-high. Alternating ingredients, thread the mushrooms, steak and bell pepper on four skewers. Thread the Brussels sprouts on two skewers, leaving about ½ inch between the sprouts. Put the corn and the skewers in the pan or on the grill. Cook the corn and the Brussels sprouts for about 3 minutes on each side, or until a few kernels of corn on each side turn golden and the sprouts give when squeezed and have some grill marks, turning occasionally. Cook the steak skewers for about 2 minutes on each side, turning after each side browns, for between medium-rare and medium. For medium, add an extra minute on each side, and an extra 1 ½ minutes on each side for medium-well.

To serve, slide all the ingredients from one mixed skewer and half the Brussels sprouts from a sprouts skewer onto each plate.

Serves 4. Per serving: 234 calories, 6 g total fat (2 g saturated, 0.5 g polyunsaturated, 2.5 g monounsaturated), 64 mg cholesterol, 224 mg sodium, 20 g carbohydrates, 5 g fiber, 6 g sugar, 28 g protein





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MyOMH.org

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EXTENDING THE PRECISION OF THE HUMAN HAND



OTSEGO MEMORIAL HOSPITAL IS PROUD TO ANNOUNCE **THE ARRIVAL OF MINIMALLY INVASIVE ROBOTICS**

The *da Vinci*® Surgical System is here. Compared to traditional surgery with larger incisions, robotic and minimally invasive surgery results in smaller incisions, less pain and scarring, shorter hospitalization, and quicker recovery. Otsego Memorial Hospital is one of two hospitals in northern lower Michigan providing robotic surgery to patients. Ask your OMH provider about the benefits of robotic surgery.

LEARN MORE AT MYOMH.ORG/DA-VINCI