



Otsego Health & Wellness

March/April 2017

A HEALTH AND WELLNESS PUBLICATION FROM OTSEGO MEMORIAL HOSPITAL

OMH Offers
Low Dose
***Lung Screening
CT Scan***

***Anterior Hip
Replacement***

Allows Busy Grandmother
to Keep Working

Kick Start
Your Spring
Fitness Routine

HEALTH EVENT

WED 5th
APRIL7:30 - 10:30^{AM}
at Otsego Memorial Hospital Lobby**Wellness
Wednesday**

EDUCATION

WED 5th
APRIL9:00^{AM} - 2:00^{PM}
in the PMB Conference Room**Diabetes Self-
Management Education**

EDUCATION

SAT 8th
APRIL9:00^{AM} - 3:30^{PM}
in the OMH Classroom**Childbirth
Education Class**

HEALTH EVENT

WED 12th
APRIL5:00 - 6:00^{PM}
in the PMB Conference Room**Anterior Approach
Hip Replacement**

HEALTH EVENT

WED 12th
APRIL6:30 - 8:30^{PM}
in the OMH Classroom**Breastfeeding
Class**

SUPPORT GROUP

THU 27th
APRIL3:00 - 4:00^{PM}
in the PMB Conference Room**Cardiac Rehab
Support Group**

HEALTH EVENT

WED 3rd
MAY7:30 - 10:30^{AM}
at Otsego Memorial Hospital Lobby**Wellness
Wednesday**

COMMUNITY EVENT

TUE 9th
MAY4:00 - 6:00^{PM}
at 2147 Professional Dr, Gaylord**OMH Rehab Services
Open House**

EDUCATION

WED 10th
MAY9:00^{AM} - 2:00^{PM}
in the PMB Conference Room**Diabetes Self-
Management Education**

AUXILIARY EVENT

FRI 19th
MAY6:00 - 9:00^{PM}
at Otsego Club**54th Annual
Cherry Pink***

EDUCATION

SAT 20th
MAY9:00^{AM} - 3:30^{PM}
in the OMH Classroom**Childbirth
Education Class**

EDUCATION

WED 24th
MAY6:30 - 8:30^{PM}
in the OMH Classroom**Breastfeeding
Class**

SUPPORT GROUP

THU 25th
MAY3:00 - 4:00^{PM}
in the PMB Conference Room**Cardiac Rehab
Support Group****OTSEGO MEMORIAL HOSPITAL
UPCOMING HEALTH EVENTS
AND IMPORTANT MILESTONES****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.

**Anterior Approach Transforming
The Hip Replacement**

Dr. Shephard will explain how the anterior approach hip replacement with the Hana table allows patients to expect a faster recovery, smaller incision, and less lifelong activity restrictions. OMH is one of only two locations in northern Michigan performing the anterior approach hip replacement with the Hana table. Free admission and light refreshments!

54th Annual Cherry Pink Event

"Shake Your Groove Thing", a shagadelic 70s party, will feature attire, food, decorations, and music from that dyn-o-mite decade. Dig out your boogie shoes and join groovy DJ Larry Reichert who will be spinning classic 70s disco tunes. Additionally, the OMH Foundation's "Dancing With the Stars" Kevin McKinley and Janice Lampert will perform their award winning routine to "Shake Your Groove Thing." Far out!

OMH Rehab Services Open House

Save the Date! Tuesday, May 9th. Join us for an Open House to celebrate the opening of a second Rehab Services location. The event from 4-6pm will give visitors a chance to tour the new space and meet with the OMH Rehab Services team. Light refreshments will be provided.

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

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

*For your safety, if school is closed due to inclement weather
all OMH health events and classes will be cancelled.*



Zucchini *Stir-fry*

Basil, oregano and black pepper add flavor to a stir-fry that's low in sodium.

Yield: 4 servings

Ingredients

- 1 tablespoon vegetable oil
- 1 onion (medium)
- 1 yellow squash
- 1 zucchini (medium)
- 1 red pepper
- ½ teaspoon black pepper
- ¼ teaspoon basil
- ¼ teaspoon oregano

Directions

- 1 Peel the onion. Cut it into thin slices.
- 2 Slice the yellow squash into thin round pieces.
- 3 Slice the zucchini into thin round pieces.
- 4 Chop the red pepper into small pieces.
- 5 Heat the oil in a frying pan or stir-fry pan. Add the onion slices.
- 6 Cook over medium heat, stirring quickly for 1 minute.
- 7 Add the spices and stir a few times.
- 8 Add remaining vegetables and cook for 3 to 5 minutes until vegetables are just tender.

Nutritional information per 1 cup serving: 68 calories; 4 g total fat; 2 g protein; 8 g carbohydrates; 2 g dietary fiber; 0 g saturated fat; 0 mg cholesterol; 7 mg sodium.

Recipe courtesy of the U.S. Department of Agriculture, recipefinder.nal.usda.gov.

Anterior Hip Replacement

Allows Busy Grandmother to Keep Working

Gail Lewandowski likes to be active. And it's a good thing, too, considering her work. As the owner of Sunrise Construction with her husband, Ron, it's part of the job to be on her feet. For the past eight years, the 60-year-old has done most of the painting for the business — a task that requires her not only to stand for several hours at a time, but to climb up and down a tall ladder countless times a day. For many years, Lewandowski was able to accomplish her work without significant pain, but that changed two years ago.

"It started with an ache in my hips," she says. "At first, it wasn't anything that couldn't be taken care of with a couple of Tylenol, but the more I climbed up and down, the worse the pain became. I'm not one to take pills too often. When it got to the point where I had to stop and rest during jobs, I knew it was time to do something."

Conservative Treatment

Lewandowski went to see her primary care physician, who referred her to OMH N'Orthopedics, where she met with Orthopedic Surgeon Dr. Ryan Shephard. Lewandowski was no stranger to Otsego Memorial Hospital (OMH) — she worked as a medical assistant at OMH for more than 30 years — but she never had any health problems and never imagined she'd be a patient at the hospital. "I've always been healthy, so it was hard to be in pain, but I knew that I was in good hands at OMH," she says.

Lewandowski's treatment began conservatively, with X-ray-guided steroid injections administered into her hip joints to help relieve the pain and inflammation. "The injection worked great on my left hip, but my right hip was still in pain," she says. An MRI revealed why. Lewandowski had suffered significant cartilage deterioration on her right hip. Dr. Shephard recommended an anterior hip replacement, a minimally invasive approach, in which a surgeon enters through the front (anterior) of the hip, without the need to cut through



Benefits of Anterior Hip Replacement

New technology and the Hana® table, an advanced orthopedic table that positions a patient in a way that enables the surgeon to replace the hip through a single incision, allow hip replacement surgery to be performed with outstanding precision and results. OMH is one of only two locations in northern Michigan performing anterior approach hip replacements with the Hana table. The potential benefits of anterior hip replacement include:

- Faster recovery time and fewer activity restrictions
- Shorter hospital stay
- Increased stability with a lower dislocation rate
- Better range of movement
- Less postoperative pain

any muscle. "My first thought was, 'I'm too young to have surgery!'" she says. "But Dr. Shephard explained to me exactly what he was going to do. He even used a model of a hip to show me, and told me I'd be in and out of the hospital in a day."

Lewandowski describes her experience with Dr. Shephard as "amazing," and says she appreciated the fact that he took the time to get to know her and encouraged questions. "He was very professional, but also down-to-earth," she says. "He was never in a hurry. I never felt rushed. And he explains things in a way that you can understand, without any medical jargon."

Taking Recovery One Step at a Time

Lewandowski checked into the hospital at 6:30 a.m. on Dec. 20, and was home resting in her own bed by 6:30 p.m.

"It was a truly amazing experience," she says. "Everyone was very gracious and polite. They checked me in right away and gave me a warm blanket so I wouldn't be cold. I saw a lot of familiar faces, and everyone — from the nurses to the anesthesiologist — had a great bedside manner."

"Gail was an exceptionally driven patient with clear goals for her surgery and recovery," Dr. Shephard shared. "She was willing to work hard which shows in her rapid return to work and life as she had hoped for. I was glad to be able to offer her a procedure that met all of her work and personal needs."

Soon after the surgery, Lewandowski began physical therapy at OMH, which consisted of manual therapy, as well as exercises to increase circulation, strengthen muscles and restore normal hip motion. "My friends were amazed that I only used a cane for a couple of weeks."

Lewandowski says she's even started painting again, although only on a two-step ladder, and only for short periods of time. "My husband watches me like a hawk to make sure I don't overdo it, but I have to stay active. We are big campers and boaters. And I have a 4-year-old grandson who's expecting me to take him camping this summer!"



Is Anterior Hip Replacement Right for You?

To find out more about the anterior approach or to schedule an appointment with Dr. Shephard, please call **(989) 732-1753** or **(800) 524-5181**, or visit **www.myomh.org**.

To learn more about the anterior approach hip replacement with the Hana table and the many benefits of anterior approach hip replacement surgery, plan to attend Dr. Shephard's speaking event on April 12th from 5-6pm in the Professional Medical Building Conference Room at OMH. This event is free and open to the public.

OMH Offering Low-Dose *Lung Screening CT Scan*

Otsego Memorial Hospital (OMH) is now offering a low-dose lung screening CT scan for early detection of lung cancer. The screening is for those at risk of developing lung cancer, the second most common cancer in both men and women. Until recently, there were no methods for early detection. With the help of the low-dose lung screening CT scan, patients identified as high-risk have a better chance of early diagnosis, which often results in better outcomes.

“By using low-dose computed tomography (CT) for patients who are considered the highest risk for developing lung cancer, we can potentially give these patients a head start on getting appropriate treatment that may save their life,” says Jim Flickema, Vice President of Market Development at OMH.

Are You a Candidate?

Determining eligibility for the low-dose lung screening CT scan depends on a number of factors. Those between the ages of 55 and 77 years old; current or former smokers (former smokers who have quit within the last 15 years); those with a smoking history of 30 pack years (pack years equal the maximum number of packs smoked per day multiplied by the total number of years smoked); or those with a

smoking history of 20 pack years and a family history of lung cancer would all be candidates for the low-dose lung screening CT scan.

“There are specific criteria that help identify high-risk patients for lung cancer due to smoking habits. The low-dose lung screening CT scan protocol helps test these patients with a lower dose of radiation during the CT to help spot the initial beginnings of the disease in these patients,” says Flickema.

To learn more or for a referral into the low-dose lung screening CT scan program, ask your OMH healthcare provider, or set up an appointment with an OMH provider by calling **(989) 731-2300**.

Medicare and most private insurers cover lung cancer screening for high-risk individuals. If your insurance does not currently cover this service, you can contact our Patient Financial Services Department at **(989) 731-2198** to discuss your options. To learn more or for a referral into the low-dose lung screening CT scan program, ask your OMH healthcare provider, or set up an appointment with an OMH provider by calling **(989) 731-2300**.

Kick Start Your *Spring Fitness Routine*

Long winter days are fading into warmer weather, which may mean there's an end in sight for your spring fever. Perhaps you're ready to get outside and stretch your legs, hoping to lose some of your winter weight. Before you dust off your running shoes, read some of these helpful hints to ease back into a fitness routine.

1 Slow and steady wins the race. If you've had a sedentary winter, try walking a few times a week before gradually adding more activity. By slowly adding intensity to your workouts, you'll help to avoid injuries.

2 Two is better than one. Find a partner you can work out with each day. Whether it's your best friend, next-door neighbor or your dog, having someone to exercise with holds you accountable to yourself and to your partner.

3 Keep a journal. Start writing down your workout activities. You might include the day of the week you worked out, amount of time you exercised, the activity you took part in and how you were feeling that day. This allows you to go back to see what activities worked best for you and also helps you track your progress. There are also a lot of free apps for your phone that track workouts.

4 Have fun! Be sure to integrate activities you enjoy such as biking, hiking or swimming. This will help ensure you keep on the workout track without getting bored with your routine.

Be sure to see your physician before starting any new workout routine. Call our Physician Referral Line at **(989) 731-2300** to make an appointment.

Choosing the Right Shoe

If you're getting ready to embark on a new fitness routine, choosing the right shoe is important for your success. There are a few things to keep in mind when purchasing a new pair of kicks.

- **Activity level.** Different activities call for specialized shoes, and the right shoe can improve your comfort and performance.
- **Shape and width of your foot.** If you have a wider foot, be sure to find a shoe that is wide enough and gives your foot ample room and support. If you have a narrower foot, look for a shoe that adequately tightens to a comfortable fit.
- **The height of your foot's arch.** If you're not sure what kind of arch you have, an easy test is to get your bare foot wet and step on a piece of cardboard. If most of your footprint is visible, you have low arches; if you can't see much of your footprint, you have high arches.* Orthotic inserts designed for high, medium and low arches are available in shoe stores. If you need support customized to your exact foot shape, ask your doctor about custom-fit orthotics.

* Source: www.mayoclinic.com.





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Rendering of the renovated Emergency Department which will be named in memory of Dale E. Johnson. Johnson Oil Co. and the Johnson Family gave the single largest gift in the history of the OMH Foundation as a tribute to the late Dale Johnson.

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Rendering of first floor Emergency Department waiting area.

THANK YOU FOR YOUR SUPPORT!

As of February 2017, **the OMH Foundation has raised \$3.4 million toward our \$4 million goal** for the capital campaign! The renovation and expansion project includes a total of 15,000 sq. ft. of new construction and 17,000 sq. ft. of heavy renovation. The Emergency Department will go from 12 to 18 beds, including 2 trauma rooms. In the Ambulatory Care Department, all pre and post-operative rooms will become private, enhancing patient privacy and security. Finally, OMH will build a new operating room more than double the size of the existing operating rooms in order to expand surgical services, like adding robotic minimally invasive surgical technology.

Rendering of second floor nurse station in Ambulatory Care.



Rendering of first floor Emergency Department registration.





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