

The background image shows a physical therapist, a man in a striped polo shirt with a name tag, smiling as he assists an elderly man, a retired police officer, on a SciFit exercise machine. The man is wearing a dark green polo shirt and grey pants, and is smiling while using the machine. The machine is grey and black with a red and white 'SciFIT' logo. In the background, there are large yellow and red exercise balls on a shelf.

Otsego Health & Wellness

May/June 2017

A HEALTH AND WELLNESS PUBLICATION FROM OTSEGO MEMORIAL HOSPITAL

Protect Yourself
Against Skin Cancer

Your Guide to
Farmers Markets

Physical Therapy Gets
Retired Police Officer

***Back on His
Feet Again***

HEALTH EVENT

WED 7th
JUNE7:30 - 10:30AM
at Otsego Memorial Hospital Lobby**Wellness
Wednesday**

EDUCATION

WED 7th
JUNE9:00AM - 2:00PM
in the PMB Conference Room**Diabetes Self-
Management Education**

HEALTH EVENT

WED 7th
JUNE5:30 - 8:30PM
in the PMB Suite 140**Sports Clearances
in Gaylord**

FUNDRAISING EVENT

THU 8th
JUNE7:00AM - 4:00PM
at Treetops Resort**20th Annual OMHF
Golf Outing**

HEALTH EVENT

TUE 13th
JUNE4:00 - 7:00PM
at OMH Medical Group - Lewiston**Sports Clearances
in Lewiston**

EDUCATION

SAT 24th
JUNE9:00AM - 3:30PM
in the OMH Classroom**Childbirth
Education Class**

EDUCATION

WED 28th
JUNE6:30 - 8:30PM
in the OMH Classroom**Breastfeeding
Class**

HEALTH EVENT

WED 5th
JULY7:30 - 10:30AM
at Otsego Memorial Hospital Lobby**Wellness
Wednesday**

HEALTH EVENT

WED 19th
JULY2:00 - 6:00PM
OMH Medical Group - Indian River**Sports Clearances
in Indian River**

HEALTH EVENT

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

**Diabetes Self-Management
Education**

Diabetes education is an important part of successfully managing diabetes. At OMH we are pleased to provide a certified and recognized Diabetes Self-Management Education program taught by a certified diabetes educator and registered dietitian. Topics covered include: diet, exercise and activity, glucose monitoring and medications, as well as an overview of what diabetes is and other self-care recommendations.

20th Annual OMHF Golf Outing

All funds raised by the 2017 OMH Foundation golf outing will be dedicated to advancing services and supporting the patients of Otsego Memorial Hospital.

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*



Please join us in welcoming

Mariana Perinot, MD

FAMILY PRACTICE PHYSICIAN



Otsego Memorial Hospital is excited to announce the arrival of Mariana Perinot, MD

a Family Medicine, Board Certified physician joining the OMH Medical Group - Family Practice team in Gaylord, Michigan

What made you choose medicine as a career path?

I think I always knew that I would go into the field of medicine, and I've always enjoyed working with people. I like working to solve a problem and getting to the bottom of issues, which in turn will positively impact patient's lives.

How did you choose the specialty of Family Practice?

I enjoy the variety of family practice, but also the ability to see and care for an entire family and their comprehensive needs. I like knowing that I can make a long term impact on families, and follow them on their healthcare journey. I also enjoy the ability to follow patients as needed into the hospital setting.

How would your patients describe you?

I would hope that my patients would describe me as personable and warm, but also honest as to their care plan. I work everyday to empower my patients to improve and control their health.

What are your hobbies?

I enjoy cross country skiing, swimming, reading, and enjoying the Sportsplex.

Name one thing people might not know about you?

I like to sing karaoke.

Background

Undergraduate Education
Wayne State University

Medical Education
*American University of
Antigua School of Medicine*

Residency
*Marquette General -
Marquette, Michigan*

**Accepting new patients
Schedule your appointment today
(989) 731-7860**

From Using a Wheelchair to Walking Pain-free Physical Therapy Gets Retired Police Officer *Back on His Feet Again*

Retired police officer Andy Mowrey likes to stay busy. During the winter, the 72-year-old plows snow. During golf season, he maintains the greens and fairways of a local golf club. With the exception of minor arthritis and a fall a decade ago that required elbow surgery, he's always been in good health. So when he began experiencing pain and swelling in his left knee, he attributed the discomfort to arthritis and decided to take some Advil and go on with his day. Yet when he awoke the next morning, he found that the pain in his knee had gone from a dull ache to unbearable, and he was unable to walk.

"In a matter of 24 hours, I went from feeling fine to not being able to move," Mowrey says. "My wife couldn't

get me downstairs and into the car so she called an ambulance. The next thing I know, I'm at the hospital." Mowrey was rushed to Otsego Memorial Hospital (OMH).

There, he was diagnosed with a severe staph infection, a potentially life-threatening condition caused by staphylococcus bacteria. The infection in his left knee required three surgeries to drain fluid that had accumulated. Although the infection had likely been cleared, Mowrey says he knew that a total knee replacement was in his future. Thus began what Mowrey describes as a yearlong quarantine to be sure the infection was gone and prepare his body for surgery. How did he prepare? Physical therapy.

**Andy Mowrey with
Bernard Tonsor, DPT.**

Regaining His Strength Through Therapy

"I was eager to have the knee replaced, but they wanted to be sure I was completely infection-free first and that meant I had to wait almost a year before I could have surgery," Mowrey says. "It was a hard process, but I'd do it again in a heartbeat."

An orthopedic surgeon at OMH managed Mowrey's care and recommended physical therapy, which Mowrey participated in before and after his total knee replacement. "Physical therapy really helped me build up my strength to prepare for surgery and then sped my recovery after surgery," he says. "I did a lot of stretching exercises and walking on the treadmill in the pool. The warm water felt great and made it easier for me to take longer strides. It boosted my confidence too."

Mowrey began post-surgery physical therapy while he was still in the hospital, and he was surprised at how quickly he regained the ability to walk. "I think everyone was amazed at how fast I progressed," he says. "I went from a wheelchair to a walker to a cane to walking on my own in a matter of just two or three months."

Learn More

Discover the wide variety of rehabilitation services offered at OMH. Visit myomh.org/rehab-services or call (989) 731-2341 today.



Christopher Hope, Occupational Therapist and Director of Rehabilitation Services at OMH, says he's not surprised by how quickly Mowrey recovered. "Physical therapy is great for everything, from reducing arthritis pain to easing stiff joints and retraining muscles after joint replacement surgery," he says. "With knee replacement recovery, early mobilization is key. In the pool, the warm water, combined with the gravity-reduced environment, promotes movement. It's easier for patients to stretch, flex and bear weight on the joint with less pain. There's also a psychological aspect with hydrotherapy — patients feel more confident in the water because it's a safe, controlled environment."

Hydrotherapy is just one of the services offered at OMH's Rehab Services. Additional therapeutic services include inpatient and outpatient physical and occupational therapy, speech language pathology for children and adults, certified wound care and cardiac/pulmonary rehabilitation. All services are provided by a specially trained staff with more than 75 years of combined experience.

Thanks to a successful total knee replacement and physical therapy, Mowrey is now back to doing the activities he enjoys, which include keeping up with five grandchildren and three great-grandchildren. "When I set my mind to something, I do it, but I had a lot of help along the way. I don't feel like I'm 20 years old, but I feel pretty great."

New Location Improves Access

Patients like Andy Mowrey now have even greater access to life-changing rehabilitation services with the addition of a second Gaylord location at 2147 Professional Drive. The new 3,610-square-foot space offers the same great rehabilitation services as the hospital location in a spacious setting with six private rooms and a comfortable waiting area for patients and their families.

Christopher Hope, Director of Rehabilitation Services, estimates the new location will accommodate approximately 1,800 visits per year. As the demand for rehab services has grown in the community, so has the need for a larger space.

"The hospital as a whole has been growing for a long time," Hope says. "Patients are No. 1 here, and one of our biggest concerns has always been to reduce wait times for patients seeking our services. This new facility will shorten wait times and improve access for many people."

Hope says he is grateful for the opportunity to expand rehab services in the community. "This is a real need we're fulfilling here," he says. "Our goal is for patients to come here and feel like this is their facility."

Protect Yourself Against Skin Cancer

What's Your Risk?

Can't wait to hit the beach this summer? Well, keep your shirt on — and your hat, sunglasses and sunscreen — because ultraviolet (UV) rays are responsible for more than 90% of all skin cancers.

The most common type by far, basal cell carcinoma, accounts for 80% of all skin cancers and most often occurs on parts of the body exposed to the sun. It can appear as a sore that doesn't heal; a red, irritated patch that crusts or itches; a smooth growth with a rolled border; a shiny bump that's either pink, brown, red, white or pearly; or a waxy, scarlike area. Luckily, basal cell carcinoma is slow growing, and the cure rate is greater than 95% when caught early.

It's also one of the most preventable forms of cancer. To reduce your risk, follow these strategies:

- ☀ Cover up with a wide-brimmed hat, a scarf for your neck, long-sleeved shirts, pants and sunglasses — even at the beach!
- ☀ Apply sunscreen in the morning as part of your normal routine. Choose a water-resistant sunscreen with a sun-protection factor (SPF) of 15 or higher that filters UV light and apply it to all exposed areas of your body 15 to 30 minutes before going into the sun.
- ☀ Avoid going outdoors between 10 a.m. and 3 p.m., when the sun's rays are strongest.
- ☀ At the beach, reapply sunscreen at least every two hours, as well as after swimming and perspiring.
- ☀ Don't use a sun lamp or frequent a tanning salon.

Dr. Jennifer Lawhorn,
OMH Oncologist and
Hematologist

Although anyone can get skin cancer, certain people are more likely to develop it than others. The risk is greatest for individuals with light hair, blue eyes and fair skin that burns easily and for those constantly exposed to the sun, such as construction workers and landscapers. Anyone with a previous skin cancer or a family history of skin cancer faces extra risk. A history of painful or blistering sunburns in childhood also increases an adult's risk of developing the disease.

- ☀ Give yourself a head-to-toe skin examination at least once every six months. Familiarity with your own skin — its bumps, blotches, birthmarks and so on — enables you to detect even slight changes. If you notice any, see your doctor.
- ☀ Have a professional skin examination once a year.

"Skin cancer is by far the most common of all cancers diagnosed in the U.S. While melanoma accounts for only 1% of skin cancer diagnoses, it causes the majority of skin cancer deaths. The rates of melanoma have been rising for the past 30 years. You can lower your risk for skin cancer by protecting your skin from harmful UV rays," says Dr. Jennifer Lawhorn, Oncologist and Hematologist at Otsego Memorial Hospital.

These tips apply to everyone — from blondes with blue eyes to brunettes with brown eyes — so make a commitment to play it safe this summer ... and all year long.



Farmers Markets

You've heard, "Eat your fruits and vegetables," since childhood. The Centers for Disease Control and Prevention says it's good advice. Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. "About 1/3 of colon cancers can be prevented with a diet high in fiber and low in fats," says Dr. Wendy Frye, OMH General Surgeon. With more farmers markets taking root across the U.S., buying fresh is easier than ever.

LOCALLY GROWN TRENDS

Nearly
1 in 3
of those surveyed
said they:



Go to a farmers
market once a week



Spend less
than \$10



Shop for freshness
and taste

Look at what's in season for summer!



SUMMER FRUITS

Blackberries
Blueberries
Cantaloupe
Cherries
Honeydew
Peaches
Plums
Raspberries
Strawberries
Watermelon



SUMMER VEGGIES

Beets
Bell peppers
Corn
Cucumbers
Green beans
Peas
Radishes
Summer squash
Tomatoes
Zucchini

YEAR ROUND: Cabbage, Carrots, Garlic,
Mushrooms, Onions

Did You Know?

Over the last 6 years, the number of farmers markets in the U.S. has jumped from 4,685 to 8,268 says the USDA. That's a 76% hike!



THEN
4,685



NOW
8,268

Shopping tips for your farmers market trip

Bring your own bags
for easier shopping and
environmental friendliness.

Don't just take advantage
of the produce. Explore the
baked goods, crafts and more.



Looking for a farmers market near you?

OMH is proud to support the Gaylord Farmers Market, located under the Pavilion on Court Street. Opening day is Saturday, May 13th, and OMH will be having Wellness Wednesdays (\$15 health screenings) at the Farmers Market on both Wednesday, July 12th and Wednesday, August 16th. For more information on Wellness Wednesdays at the Farmers Market or at OMH, call (989) 731-7718. For a full list of Farmers Market dates and events, visit Michigan Farmers Market Association at www.mifma.org or Taste the Local Difference at www.localdifference.org.



825 N. Center Avenue
Gaylord, MI 49735
MyOMH.org

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional. Websites not belonging to this organization are provided for information only. No endorsement is implied. Images may be from ©iStock and/or ©Fotolia. ©2017 Otsego Memorial Hospital.



On average,
OMH participants
**lost 15lbs after
16 hours of
class time.**



Healthy Lifestyles

A diabetes prevention program that works by promoting good health

This group-based, year long program takes place over 16 weekly, 1 hour sessions followed by 6 monthly, 1 hour sessions. The cost is \$60 for the entire program (scholarships are available). All class materials are provided to the participants.

Our next year-long class begins

***Thursday,
September 7th, 2017***

11:00am - 12:00pm

and will meet each Thursday
from 11:00am - 12:00pm

Call today to get started
(989) 731-7718