

To Your Health

Heart-healthy news, tips and recipes from MidMichigan Health

Feb. 2016

Seamless Coordination of Cardiovascular Care

When Laurie Nevill was facing a second, serious heart surgery to replace her aortic valve, she found herself working with two major medical facilities - MidMichigan Health and the [University of Michigan Health System](#) - and two cardiology teams.

From beginning to end, Nevill [says she was impressed](#) by the ease with which the health systems navigated her extremely complex situation. "The coordination of care was outstanding," she said. "I received excellent care all the way around."



Meet MidMichigan Health's New Vascular Surgeon

Vascular Surgeon [Enrique Criado, M.D.](#), recently joined MidMichigan Health as the Chief of Vascular Surgery and the newest member of MidMichigan's comprehensive heart and vascular team.



Before coming to MidMichigan, Dr. Criado practiced vascular surgery at the [University of Michigan Cardiovascular Center](#). As an experienced vascular and endovascular surgeon, he has specialized expertise in a variety of areas including angioplasty, stenting, the treatment of thoracic outlet syndrome and other complex vascular conditions.

Dr. Criado is welcoming new vascular patients at his office located at

[MidMichigan Medical Offices - Midland](#). Physician referrals and appointments can be made by calling his office at (989) 794-5240.

[More information](#) about Dr. Criado

Exercise to Keep Your Heart Beating

Getting regular exercise is key to keeping your heart healthy. The American Heart Association recommends that adults get at least 2.5 hours of moderate-intensity physical activity each week, or 30 minutes a day for 5 days a week, will help you lower your risk of:

- Heart disease and heart attack
- High blood pressure
- High total cholesterol, high LDL (bad) cholesterol, and low HDL (good) cholesterol
- Obesity or being overweight
- Diabetes
- Stroke



Image courtesy of University of Michigan Health System

[More heart-healthy tips](#) from University of Michigan Health System

A Focus on Heart-Healthy Eating

The recently released 2015-2020 Dietary Guidelines for Americans focus on following a healthy eating pattern, one of the best ways to reduce chronic diseases such as heart disease.

The Guidelines encouraged Americans to eat more:

- Vegetables
- Fruits
- Whole grains
- Fat-free or low fat dairy
- Protein
- Oils



[Learn more](#) about heart-healthy foods you can incorporate into your diet

Expanding Cardiovascular Care to Better Serve You

In an effort to [expand the scope of cardiovascular services](#) offered locally in our communities, providers from MidMichigan's Health's Heart and Vascular Program are now seeing patients at the following satellite specialty offices:



MidMichigan Medical Offices - Clare: Interventional Cardiologist [Rodney Diehl, D.O.](#), and Electrophysiologist [Opesanmi Esan, M.D.](#) Also seeing patients at this location are Cardiologist [Steven Gellman, M.D.](#), and Interventional Cardiologist [Michael Lauer, M.D.](#)

160 East Warwick Drive in Alma: Electrophysiologist [Nilofar Islam, M.D.](#) Cardiologist [Cathy McGowan, M.D.](#), also sees patients at this location.

MidMichigan Health Park - Houghton Lake: Cardiothoracic Surgeon [Michelle Ellis, M.D.](#) Also seeing patients at this location are Interventional Cardiologists [Michael Lauer, M.D.](#), and [Andrzej Boguszewski, M.D.](#)

MidMichigan Medical Offices - Gladwin: Cardiologist [Jeffrey Martindale, D.O.](#) Interventional Cardiologist [Maged Rizk, M.D.](#), also sees patients at this location.

[MidMichigan Health](#) is a non-profit health system affiliated with the [University of Michigan Health System](#). Headquartered in Midland, Mich., it covers a 15-county region with medical centers in Alma, Clare, Gladwin and Midland, as well as urgent care centers, home care, nursing homes, physicians, and other specialty services. MidMichigan has more than 5,900 employees, physicians and volunteers. In fiscal year 2015, MidMichigan provided \$76 million in charity care and other benefits to improve the health of the communities MidMichigan serves. www.midmichigan.org



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