WHAT IS CORONARY ARTERY DISEASE?

Coronary artery disease is a condition in which fatty deposits accumulate in the cells lining the wall of a coronary artery and obstruct blood flow.

Try these tips to GET STARTED

MidMichigan cardiologist Rodney Diehl, D.O., recommends the following in order to achieve good cardiac health:

- Take 81 milligrams of aspirin a day if you are a man older than 40 or a woman older than 50, and if you do not have a condition that prevents you from taking aspirin.
- Eat a diet high in complex carbohydrates and fiber, such as oats and bran, and leafy green vegetables.
- Take vitamins with iron if you are a premenopausal woman. Men should not take vitamins with iron, as it can accelerate atherosclerosis (hardening of the arteries).
- Do not take vitamin E if you have had a cardiac event.
- Take 
B<sub>3</sub> vitamins and folates to help prevent cholesterol difficulties.
- Eat 30 to 40 grams of soy protein a day. Evidence shows that doing so may help reduce the incidence of coronary artery disease.
- Lessen the effects of genetic factors by eating a healthful diet and exercising.
- Find enjoyable ways to remain active and get daily exercise.

“HUMAN BEINGS ARE MEANT TO BE ACTIVE.” THAT’S THE MESSAGE THAT MIDMICHIGAN CARDIOLOGIST RODNEY DIEHL, D.O., DELIVERED RECENTLY TO A GROUP OF CENTRAL MICHIGAN UNIVERSITY EMPLOYEES. DR. DIEHL WAS ON THE MT. PLEASANT CAMPUS TO DISCUSS PREVENTION, DIAGNOSIS AND TREATMENT OF HEART DISEASE.

“According to Dr. Diehl, “Diet and exercise are modifiable risk factors for coronary artery disease. That’s where we can make the most impact—reduce calories and increase exercise.”

It’s a simple message and important to the Michigan CardioVascular Institute cardiologist because heart disease is the No. 1 killer of both men and women in the United States. Every year, about 1.5 million Americans have heart attacks.

NOT JUST A “MAN’S DISEASE”

Although heart disease is often thought of as a “man’s disease,” that is definitely not the case, says Dr. Diehl. On the medical staff at MidMichigan Medical Center–Midland, Dr. Diehl treats both men and women through his practice in Midland and Mt. Pleasant.

“Women are equally affected by heart disease, and heart attacks are more serious for women.” Mortality is actually higher in women for the first cardiac event and mortality increases with each subsequent cardiac event, he says. The reason that women are at higher risk for death following a heart attack is because most women have less heart muscle than men.

TREATMENT FOR ANGINA RANGES FROM BETA-BLOCKER MEDICATIONS THAT REDUCE CALORIES AND INCREASE EXERCISE.

Sometimes the obstructed blood flow caused by fatty deposits and plaque cause the heart to work harder, reduce the amount of oxygen in the heart and cause pain known as angina. Heart attack (myocardial infarction) occurs when blood supply to the heart is severely restricted or cut off, causing heart muscle to die from lack of oxygen.

Treatment for angina ranges from beta-blocker medications that reduce

—Continued on page 2
Heart disease is the No. 1 killer of American men and women. Every year, about 1.5 million Americans have heart attacks. Knowing the symptoms and risk factors for a heart attack could save your life or the life of a friend or loved one.

To help people be more aware of these symptoms and risk factors, MidMichigan will present an education program and screening at locations in Midland, Mt. Pleasant and Gladwin. The program, Preventing Heart and Brain Attacks, will be presented by a MidMichigan physician. It’s an excellent opportunity to hear a health care expert talk about heart attacks.

The heart and brain attack screening follows the program a few weeks later. It’s a great way to learn about your risks for heart attack or stroke and to receive a personal prevention plan.

The screening is free and requires two appointments. The first appointment is for a prescreening cholesterol test. The second appointment is for the actual screening, which includes a blood pressure check, a heart rhythm check, a carotid artery check of the neck, a health history and risk appraisal, and individual counseling with a MidMichigan health care professional.

Program and screening times and locations are:

**MIDLAND**
- **Program:** Thursday, Feb. 5; 6:30 p.m.; Towsley Auditorium, MidMichigan Medical Offices–Midland; presented by MidMichigan cardiologist Rodney Diehl, D.O., and neurologist Meihui Ma, M.D., Ph.D., MidMichigan Physicians Group
- **Screening:** Saturday, March 6; MidMichigan Medical Offices–Campus Ridge

**MT. PLEASANT**
- **Program:** Tuesday, March 16; 6:30 p.m.; MidMichigan Health Park–Mt. Pleasant; presented by MidMichigan cardiologist Rodney Diehl, D.O., and neurologist Meihui Ma, M.D., Ph.D., MidMichigan Physicians Group
- **Screening:** Tuesday, April 13; MidMichigan Health Park–Mt. Pleasant

**GLADWIN**
- **Program:** Monday, April 26; 6:30 p.m.; MidMichigan Medical Offices–Gladwin, Community Room; presented by internal medicine specialist Annabelle Tolentino, M.D., MidMichigan Physicians Group
- **Screening:** Friday, May 14; MidMichigan Medical Offices–Gladwin

Reservations are requested for the education program and appointments are necessary for the screening. For specific times and to make reservations and appointments, call MidMichigan Health Line at 837-9090 in Midland or toll free at 1-800-999-3199.

**CARDIAC HEALTH**

—Continued from page 1

the resting heart rate to nitrates, such as nitroglycerin tablets, that dilate blood vessels.

Diabetes and high blood pressure are also factors in heart disease. Uncontrolled diabetes contributes greatly to heart disease. High blood pressure thickens the heart muscle by causing the heart to work harder. Medicines called ACE inhibitors, beta-blockers and channel calcium blockers are used to treat high blood pressure.

If heart disease develops, it is highly treatable, but it is a chronic condition that won’t go away. “We see the results of a poor diet and lack of exercise as we age, but it has accumulated throughout our lives,” Dr. Diehl says. That’s why he emphasizes the importance of prevention. It should start in one’s 20s, before the development of coronary artery disease, with a healthful diet and an active lifestyle. In fact, the American Academy of Pediatrics recommends that children also follow a low-fat, low-cholesterol diet.
MidMichigan Medical Center–Gladwin is part of MidMichigan Health, a group of affiliated health-related organizations that care for the health and well-being of those who live in the middle of Michigan.

Through its partnership with MidMichigan Health, the Medical Center provides patients with access to a continuum of health care services normally found only in major metropolitan cities. Therefore, the Medical Center provides the advantages of a large urban environment in a small-town atmosphere.

DEPARTMENTS AND SERVICES
- Cardiac testing.
- Emergency department.
- Laboratory services.
- Medical/surgical services.
- Outpatient procedures.
- Same-day surgery.
- Radiology services (bone density, computerized tomography, mammography, magnetic resonance imaging, ultrasound, x-ray).
- Rehabilitation services (physical, occupational and speech therapies).
- Respiratory care.

PHYSICIAN SERVICES
The full-time, active medical staff at our facility is composed of board-certified specialists who have regularly scheduled appointment times at their offices in Gladwin. These specialties include:
- Cardiology.
- Neurology.
- Obstetrics/gynecology.
- Oncology.
- Orthopedics.
- Otolaryngology (ear/nose/throat).
- Ophthalmology.
- Physical medicine and rehabilitation.
- Podiatry.
- Pulmonology.
- Urology.

MEDICAL SPECIALISTS
A wide range of medical services are provided by board-certified specialists who have the flexibility to be complete without a hospital stay plus four to six weeks of therapy.

If a person recovers from an acute illness, he or she may be weakened to the point that full-time nursing and therapy is necessary.

Department of Consumer and Industry Services, which conducted a three-day, on-site, in-depth review of MidMichigan's services, policies and licenses nursing homes, conducted a three-day, on-site, in-depth review of MidMichigan's services, policies and licenses nursing homes.

MidMichigan Gladwin Pines
- Skilled care services at MidMichigan Gladwin Pines are authorized to bill Medicare for skilled care.
- MidMichigan Stratford Village
- Skilled care services at MidMichigan Stratford Village are authorized to bill Medicare for skilled care.

OUTREACH PROGRAMS
MidMichigan Medical Center–Gladwin offers a number of community outreach programs including educational classes and support groups. Ongoing community programs in diabetes education, smoking cessation and consumer-requested medical topics are provided. In addition, the Medical Center sponsors annual events such as the Tot Tour, which introduces youngsters to a health care experience, as well as health care screenings throughout the community.

MidMichigan Health Line
This is your connection to better health. If you need help finding a physician, a referral to a specialist or to register for a community health program, call toll free 1-800-999-3199 or visit www.midmichigan.org.

Wellness

YOUR HEALTH IS IMPORTANT TO US
MidMichigan Medical Center–Gladwin offers a full range of health care services. This 42-bed, acute-care hospital is dedicated to delivering high-quality, compassionate, individualized health care.

The Medical Center is accredited by the Joint Commission on Accreditation of Healthcare Organizations. MidMichigan Medical Center–Gladwin is part of MidMichigan Health, a group of affiliated health-related organizations that care for the health and well-being of those who live in the middle of Michigan.

When someone falls and breaks a hip, chances are that the recovery process won’t be complete without a hospital stay plus four to six weeks of therapy.

If a person recovers from an acute illness, he or she may be weakened to the point that full-time nursing and therapy is necessary.

Stroke presents a similar situation. Most people who have a stroke need full-time nursing care and a full range of therapy options to recover and regain the strength and mobility required to return home safely.

Medicare pays for these kinds of services. But not every care facility is authorized to bill Medicare, which leaves patients to pay privately for their care.

Now, both MidMichigan Gladwin Pines in Gladwin and MidMichigan Stratford Village Village in Midland are approved to bill Medicare for skilled nursing care.

“We are pleased that we are able to offer the benefit of Medicare reimbursement,” says Joann Willett, president of MidMichigan Stratford Village, which most recently has been granted the authority. “We know that this will be looked upon favorably by residents who previously had to use their private funds to pay for care.”

At MidMichigan Gladwin Pines and MidMichigan Stratford Village, that care includes a full range of therapy services—physical, occupational and speech—offered in conjunction with MidMichigan’s Medical Centers throughout the area.

“Our affiliation with MidMichigan is our strength,” Willett says. “It provides residents with a depth and breadth of care that is hard to match. It results in excellent continuity of care.”

Skilled care services at MidMichigan Gladwin Pines and MidMichigan Stratford Village also include in-house advanced medical practitioners (physician and nurse practitioner) 24-hour nursing care, a registered dietitian and support services for families.

“At MidMichigan, we’re ready to put therapies in place immediately for residents who need them,” Willett says. For more information about skilled nursing care services at MidMichigan, call MidMichigan Gladwin Pines at (989) 426-3430 or MidMichigan Stratford Village at (989) 631-3133.
UNDERSTANDING THE COMMON RSV VIRUS

Everyone has had it, whether they know it or not. Often mistaken for the flu or the common cold, respiratory syncytial virus (RSV) emerges in the winter months, beginning with a fever and a runny nose, then developing into a cough.

“About 90 percent of children develop RSV during the first two years of life and, because the virus constantly undergoes slight mutations, one-time infection does not prevent recurrence,” says family practice physician Jeff Striebel, D.O., of MidMichigan Health Park–Mt. Pleasant. While the virus is often little more than a nuisance among healthy adults, its possible complications warrant attention.

HOW IT SPREADS RSV circulates through direct physical contact. “That’s why frequent hand-washing is so strongly advised,” Dr. Striebel says. The disease is also transmitted through airborne droplets released during coughing or sneezing, and it survives for several hours on household objects.

This highly contagious virus runs rampant in day care centers and schools. Adults living with children or in communal living facilities also face a substantial risk of infection.

HOW IT WORKS RSV targets the cells lining the respiratory tract. As these cells die, they form mucus, leaving the patient with nasal congestion. Meanwhile, the body responds to dying cells with inflammation and fluid production, causing swelling in the airways.

SYMPTOMS Dr. Striebel says that he and other physicians see RSV occurrence peak during winter months. Because it occurs at the same time of year and has similar symptoms, RSV is frequently mistaken for flu. RSV is characterized by nasal congestion and, in later stages of the illness, wheezing. “But not all wheezing means that a patient has RSV,” Dr. Striebel says. “Asthma and other forms of bronchiolitis also cause patients to wheeze.”

A fever generated by the flu is usually more acute than the one caused by RSV.

In most adults, the virus remains in the upper respiratory tract, causing coughing and general cold symptoms. When RSV becomes more severe, however, such as in those with pre-existing lung conditions, it descends into the lower respiratory tract, causing wheezing and difficulty breathing.

Like the flu, RSV can be deadly for those with compromised immune systems.

PREVENTION Although it is virtually impossible to prevent children from acquiring RSV during some stage of development, parents can exercise preventive measures during their baby’s periods of highest risk.

Among healthy full-term babies, delaying RSV infection beyond the first six months of life may significantly reduce the risk of complications. According to researchers from Imperial College London, infants who contracted the virus before six months had higher rates of asthma and a lower IQ. The median value for children who contracted RSV after the first six months was an IQ of 84. Among those who contracted it before that age, the median IQ was 95.

The higher the child’s exposure to secondhand smoke, especially in the home. Breastfeeding may also provide modest protection against RSV infection.

Premature babies and those with lung or heart conditions account for the highest rates of RSV-related hospitalizations. Fortunately, more direct preventive measures are available for these children.

TREATMENT There is currently no vaccine for RSV. Dr. Striebel says that treatments generally focus on supporting the patient while RSV runs its course.

When a child comes down with RSV, Dr. Striebel recommends administering nonaspirin fever reducers and cleaning the child’s nasal passages frequently. If the child is younger than 6 weeks or experiences dehydration, difficulty breathing or a respiratory rate greater than 50 breaths a minute, contact a doctor immediately.

In the hospital, treatments focus primarily on alleviating symptoms. The expensive antiviral ribavirin is used only in extreme cases.

Despite the current lack of effective RSV treatment and prevention, hygiene, proper diagnosis and supportive care remain crucial among high-risk groups.

MAKE AN APPOINTMENT Dr. Striebel practices with MidMichigan Physicians Group at MidMichigan Health Park–Mt. Pleasant, 4851 E. Pickard St. To schedule an appointment with Dr. Striebel or his partners, H. William Beebe, D.O., and Caroline Kramer, M.D., Ph.D., call 775-1610.

NEW NEUROLOGIST TO SEE PATIENTS

Neurologist Meihui Ma, M.D., Ph.D., has joined MidMichigan Physicians Group and the medical staff at MidMichigan Medical Center–Midland.

Dr. Ma’s practice offers a full range of diagnostic testing as well as the full scope of neurological care. He has special interests in emergency neurology and autoimmune diseases such as multiple sclerosis.

He first studied medicine at the Hunan Medical University in China. While receiving a Ph.D. in medical microbiology from the University of Manitoba in Winnipeg, Canada, he did research that included topics such as AIDS and the brain, which first sparked his interest in neuroscience.

After receiving his Ph.D., Dr. Ma completed a fellowship in neurology at the University of Pennsylvania in Philadelphia and a residency in neurology at the University of Kentucky in Lexington.

Dr. Ma’s office is located in Suite 4014 at MidMichigan Medical Office–Midland. He will begin seeing patients at MidMichigan Health Park–Mt. Pleasant in March. Self-referrals are accepted. To make an appointment, call (989) 839-3060 or 1-888-260-6433.

Self-referrals are accepted. To make an appointment, call (989) 839-3060 or 1-888-260-6433.

Meihui Ma, M.D., Ph.D.
HEMORRHOIDAL DISEASE: A COMMON PROBLEM

BY SAMUEL E. CROSS II, M.D.

Hemorrhoidal disease is a common problem that affects many people, both young and old. There are two types, both of which can usually be treated without surgery.

WHAT ARE HEMORRHOIDS? Everyone has hemorrhoidal tissues, an area of blood vessels that lies beneath the lining of the anal canal. When these blood vessels become abnormally engorged with blood, the subsequent stretching and dilation cause the symptoms commonly referred to as hemorrhoids.

External hemorrhoids can become enlarged over time. The overlying skin can become stretched, developing into large skin tags. External hemorrhoids may cause itching, excessive moisture or a feeling of uncleanness. Sometimes the blood can clot and cause the sudden onset of an anal lump with severe pain. This is called a thrombosed external hemorrhoid. External hemorrhoids can be seen around the anal opening.

Internal hemorrhoids can be seen by placing a small, short scope (called an anoscope) into the anal canal. Internal hemorrhoids most commonly present as painless, bright red bleeding with bowel movements, with blood dripping into the toilet or on toilet paper. Patients may complain of rectal fullness or a mucous discharge. Internal hemorrhoids can also fall out of the anal canal, called a prolapsed hemorrhoid.

Hard stools, prolonged sitting on the toilet with strain, and increased abdominal pressure can all increase the chance of developing and prolonging hemorrhoidal disease.

TREATMENT Hemorrhoidal disease can usually be treated without surgery. Initial therapy includes avoiding sitting on the toilet for long periods of time, limiting the consumption of carbonated beverages and citrus products, and not directly applying soap on the hemorrhoids. In addition, the use of stool softeners and fiber as well as adequate intake of water can help alleviate hemorrhoidal disease. For severe hemorrhoidal disease, the use of anal canal suppositories can alleviate symptoms.

Surgical intervention does play a role in the management of hemorrhoidal disease. For an acutely thrombosed external hemorrhoid, removal of the clot is often needed. For internal hemorrhoids that bleed or prolapse despite a trial of conservative management, rubber banding or surgical excision of the hemorrhoid or hemorrhoids may be necessary.

Other techniques are also currently being employed, such as destruction of hemorrhoidal tissue with a laser or treatment with stapling instruments. All of these procedures can be performed as outpatient surgery.

It is important to be evaluated by a physician that routinely diagnoses and treats hemorrhoidal disease because other causes of the symptoms must be excluded. Not all anal problems can be written off as "just hemorrhoids." A careful history and physical examination must be done to eliminate the possibility of a tumor, polyp, fistula or fissure that may be causing the problem.

TALK TO YOUR DOCTOR If you have symptoms that seem to be related to hemorrhoidal disease, talk to your primary care physician for a referral. Dr. Cross is with MidMichigan Physicians Group and on the medical staff at MidMichigan Medical Center–Clare. His office is located at MidMichigan Medical Office–Clare, Suite 3100. To make an appointment, call (989) 802-8773.
D

Diabetes is an insidious disease, chipping away at the body’s tissues and organs in a constant effort to undermine good health. The cardiovascular system is particularly vulnerable, with both large and small vessels subject to the damage caused by uncontrolled high blood sugar levels.

For people with type 1 or type 2 diabetes, heart disease poses a major threat, making preventive measures and treatment of symptoms an especially high priority.

Diabetes is the fourth most common cause of death in the United States, despite the fact that only about 8 percent of the population is diagnosed with the disease. Coronary heart disease and cardiovascular disease account for three of every four deaths related to type 2 diabetes, by far the most common kind.

Studies show that, when compared to the general popu-

lation, people with type 2 diabetes are about twice as likely to die from coronary heart disease. Women with diabetes face an even higher risk that can be as much as four times that of women without diabetes.

WHY THE HIGHER RISK? People with diabetes are at higher risk for heart disease because they tend to develop it at a younger age, they are more likely to have multiple vessels involved, and they are more likely to develop congestive heart failure.

The increased risk of heart disease often shows up shortly after diagnosis of type 2 diabetes, especially for women. This is one reason why early and aggressive preventive measures are so important.

As well as the corrosive damage caused by high blood sugar, people with diabetes are more likely to have high blood pressure, to be severely obese and to follow a seden-

tary lifestyle—all known risk factors for heart disease.

REDUCE RISK FACTORS People with diabetes need to target known risk factors for heart disease, such as obesity, smoking, inactivity, high blood pressure and high cholesterol levels, and attempt to lower their risk profile with lifestyle changes and medication when necessary. Keeping blood sugar under control is also necessary.

COLORECTAL CANCER SCREENING

A TEST YOU NEED TO TAKE

Colorectal cancer saves lives in two ways: 1. By finding cancer at an early stage, when it can be treated most successfully. 2. By finding precancerous, abnormal growths called polyps, so that they can be removed before they turn into cancer.

Colorectal cancer almost always develops from polyps. In fact, people who have their polyps found and removed may reduce their chances of developing colorectal cancer by 75 percent or more.

SCREENING BASICS If you are 50 or older, you should have a screening test for colorectal cancer. You may need to be tested earlier or more often than the average person if:

- You have inflammatory bowel disease.
- You or a close relative have had colorectal polyps or cancer.

THE FOUR TESTS Your doctor may recommend one of the following four tests or a combination of the tests.

Fecal occult blood test (FOBT). This searches for hidden (“occult”) blood in the stool. A polyp or cancer could be causing the blood, so there would be follow-up testing.

The media attention given to another screening test, colonoscopy, has led the public to mistakenly undervalue FOBT, says Ernest Hawk, M.D., M.P.H., chief of gastrointestinal cancer prevention research at the National Cancer Institute.

In truth, FOBT is noninvasive, the least expensive and the most well-studied screening test for colorectal cancer, he says.

Flexible sigmoidoscopy. A thin, flexible, lighted tube, called a sigmoidoscope, is inserted into the rectum. Using the scope, the doctor examines the rectum and the lower part of the colon.

Colonoscopy. This test is similar to flexible sigmoidoscopy, except that a longer tube, called a colonoscope, is used to examine the entire colon.

During colonoscopy, most polyps and even some cancers can be removed immediately.

Double contrast barium enema. The patient receives an enema with a liquid called barium, followed by an air enema. The barium and air create an outlined image around the entire colon and rectum, which the doctor sees on an x-ray.

Learn more—It could SAVE your life

On Thursday, April 22, surgeon Forrest Robart, D.O., will present a community education program about colorectal health and new technologies.

A member of MidMichigan Physicians Group, Dr. Robart will discuss the causes, risk factors, symptoms, screening tests and treatment methods for colorectal cancers.

The program will be held from 6:30 to 8 p.m. in the new Community Education Center, located in MidMichigan Medical Offices–Gladwin, adjacent to the Medical Center.

Attending this program could save your life. Although colorectal cancer ranks second as a cause of cancer deaths, experts at the National Cancer Institute believe that higher cure rates can be achieved if colorectal tumors are found and treated before symptoms appear. Each participant will receive a free colorectal screening kit.

The program is free. Registration is required, as space is limited. For more information or to register, call MidMichigan Health Line toll free at 1-800-999-3199.
PROVIDING TOP-NOTCH CARE FOR OUR COMMUNITY

Dr. Denlinger is a board-certified family practice physician who enjoys providing care to patients of all ages. With three young children of his own, health care for children holds a special place in his practice. Yet he also finds the complexity of adult medicine fascinating. He is a member of the Medical Scientific Advisory Board for the Alzheimer’s Association of Michigan and the Diabetes Outreach Network.

“Toni is very honest with my patients; I want them to understand their medical condition and the options they have available.”

Sheri Fox is a board-certified physician assistant. She provides care both in the urgent care setting as well as in her office practice. Family practice medicine gives Fox a chance to work with people of all ages as well as time to devote to women’s health, which is her area of special interest.

“My goal is to provide high-quality accessible care, to be an advocate for my patients and to understand their needs.”

Constance Geers is a certified family nurse practitioner who has provided care to families in Roscommon since 1995. Prior to moving to the Roscommon area, Geers worked as an emergency room nurse.

“My goal is to deliver health care, recognizing that people are created with physical, emotional, social, intellectual and spiritual needs.”

Dr. Heliin is a board-certified physician assistant. Heliin especially enjoys providing care for all members of a family, which allows her to work with a full range of ages. Her goal is to be a positive influence in their health care decisions.

“My goal is to always provide the same quality of care I would want for my own family.”

Heather Przybylo is a recent addition to the urgent care staff. She is a graduate of Central Michigan University’s physician assistant program. She completed extensive training in a wide variety of specialties from family practice to rheumatology.

“Working in urgent care, I’m in patients’ lives for a mere moment; but in that moment, I give them my all and then some.”

Dr. Rehman is board-certified in both geriatrics and internal medicine. After completing his internal medicine residency, he was selected for a fellowship in geriatric medicine with Sparrow Health System in Lansing. Dr. Rehman believes that it is vital for people to learn all they can about their health, not only to feel better, but also to actually prevent diseases and live a long, healthy life.

“Helping patients learn how to take charge of their health is the key to successful aging.”

Dr. Viguilla brings more than 10 years of experience to his practice in Roscommon. Dr. Viguilla enjoys providing care for all members of a family and always stresses the importance of preventive care for the long-term health of his patients.

“I strongly believe that when people are comfortable with their doctor, they share bits and pieces of their health concerns that help their doctor understand the complete person and all of their medical concerns.”

Dr. Strickler brings more than 10 years of experience to his practice in Roscommon. Dr. Strickler enjoys providing care for children as well as older people enjoying their retirement years.

“I strongly believe that when people are comfortable with their doctor, they share bits and pieces of their health concerns that help their doctor understand the complete person and all of their medical concerns.”

Dr. Schmid-Tyler has been an active member of the medical staff since 1994. In addition to being board-certified as a physician assistant, she is also certified as an athletic trainer.

“I strive to provide quality care in a compassionate manner.”

Dr. Wegner brings more than 10 years of experience to his practice in Flint. Dr. Wegner enjoys providing care both as a paramedic and a physician assistant in the emergency department at both MidMichigan Medical Center-Clare and Hurley Medical Center in Flint.

“I believe in working together hand-in-hand with a patient to achieve better health and well-being.”
MIDMICHIGAN QUALITY NOW IN EVART

People who live in the Evart area can now access MidMichigan health care more conveniently. Last fall, MidMichigan Medical Center–Clare opened a practice in downtown Evart under the name MidMichigan Medical Offices–Evart.

Certified nurse practitioner Julie Mardauss-Kahler joined MidMichigan's team along with collaborating physician Bobby Scales, M.D., who has a strong background in internal medicine and emergency room care.

In addition to Mardauss-Kahler and Dr. Scales, staff members at MidMichigan Medical Offices–Evart include Bonnie Mapes, practice manager; Kim Donahue, medical assistant; and Sheri Gallinger, receptionist.

"We are grateful for the warm welcome our new friends and neighbors have extended to us."

LAWRENCE F. BARCO, PRESIDENT OF MIDMICHIGAN MEDICAL CENTER–CLARE

Mardauss-Kahler provides family medicine, medical care for illness and minor injuries, and immunizations and allergy injections. MidMichigan's radiology and laboratory services are available on-site for the convenience of patients and staff.

Rapid Growth Since the September opening, the panel of patients registered with MidMichigan has grown rapidly. In addition to new patients, many of the ones Mardauss-Kahler had treated in the past chose to remain with her when she moved her practice to MidMichigan. "I am glad that I have been able to continue to provide care to many of the patients I had established a relationship with. I know patients and their medical providers form strong bonds of trust. I am pleased that so many made the choice to remain as my patient in my move to MidMichigan."

IMPROVED ACCESS TO SPECIALISTS Access to MidMichigan specialists has also been improved. MidMichigan Physicians Group has three physicians who hold specialty clinics at MidMichigan Medical Offices–Evart: general surgeon Samuel E. Cross II, M.D., and obstetricians/ gynecologists Youssef Ali, M.D., and Glenn A. Tan, M.D. Each is board-certified in his medical specialty.

MidMichigan Medical Offices–Evart is part of the MidMichigan Health family of care. In addition to the specialists mentioned above, many MidMichigan specialists have offices or clinics at the Medical Center in Clare, which is only 26 miles from Evart.

"MidMichigan is pleased to be part of the Evart community," says Lawrence F. Barco, President of MidMichigan Medical Center–Clare. "We are grateful for the warm welcome our new friends and neighbors have extended to us. We know we have a great team of health professionals in place and I join our Evart staff in thanking the community for the way in which they have embraced MidMichigan."

MidMichigan Medical Offices is located in downtown Evart at 220 N. Main St. Office hours are Monday through Friday from 8 a.m. to 4:30 p.m. For more information or to make an appointment, call (231) 734-3300.

MEDICAL CENTER BOARD SALUTES RETIRING MEMBERS

Two community leaders have recently retired after completing their terms of service on the board of directors of MidMichigan Medical Center–Clare: Arlene Yost and Joe Ashcroft.

Yost originally joined the board in 1994. She has served as vice chairman of the board and a member of the Joint Conference, Executive and Finance Committees. Yost is owner-operator of Jay's Sporting Goods in Clare.

Ashcroft has served as a member of the Joint Conference, Planning, Personnel and Pension, and Harrison Recruitment Committees. He joined the board in 1994. Ashcroft recently retired as superintendent of schools in Harrison and now works for Mann Construction.

Other changes include the retirement of Dennis LaFleur as chairman of the board. LaFleur, who joined the board in 1995, has completed his tenure as board chairman. He will remain on the board as a member.

New officers of the board are Jerry Brandt, chairman; Polly Collom, vice chairwoman; and Carl Schwind, treasurer. The position of secretary was to be held by Al Bransdorfer. Unfortunately, he passed away Jan. 6.

New members of the board are Michael Beadle of Harrison and Daniel Timmins of Clare.

Beadle owned and operated the former IGA in Harrison and returns to the board after a five-year hiatus. He has been associated with the Harrison Chamber of Commerce, the Harrison Area Development Corporation and the Harrison City Council. He and his wife, Darla, have three children. Timmins and his wife, Mary Ann, have three children. He has been a banker for 20 years, most recently with First-MidMichigan.

"We are fortunate to have had the Medical Center guided by such outstanding individuals. Arlene and Joe have given generously of their time and talent, and we appreciate the commitment they have made to our employees, medical staff, volunteers and everyone who chooses us for care. Dennis has been a wonderful board chairman—always supportive and attentive," says Lawrence F. Barco, President. "We have confidence going into the future with the knowledge that our tradition of quality governance continues."
ISABELLA

ifelong Isabella County resident Jim Schafer is very excited about photography. But it wasn’t until almost retirement age that Schafer discovered that his life’s work was created behind a camera.

In 1991, fed up with being indoors and inactive in the winter, Schafer bought a camera and began taking pictures. He also studied the work of famous photographers such as Henri Cartier Bresson and Frank Capra as well as books about photographic technique.

“It was a marriage of winter and cameras,” Schafer says. He has found that “the joy is in the learning,” as he admits that as he was learning, he took one step forward and 12 steps back. “Now I studiously critique every shot.”

Schafer’s scenery shots demonstrate this attention to detail. He visually captures the elements of high and low lights, shadows, angles and geometry in scenes of dunes, fences, downtown Mt. Pleasant architecture and other sights.

After years of shooting nature scenery, Schafer has found that portraiture is a more creative medium for him. He uses outdoor settings and existing lighting to present the subjects of his portraits in positive and flattering light that portrays their personalities. For instance, a young woman is portrayed in soft light to emphasize her innocence. A more sophisticated woman is shown in more direct light.

All of Schafer’s portraits please his subjects. “I like to make people happy,” Schafer says. “Parents and grandparents love to see their children and grandchildren smile.”

Years of photographic experience and a realization that this is his true calling have turned Schafer into a highly disciplined photographer who relies on technique and purpose to create portraits and capture scenic photographs as they appear. “I hope to live to be 90 and doing this,” he says.

Schafer’s photographs are on display now through April at MidMichigan Health Park–Mt. Pleasant. This Healing Arts Gallery exhibit is a cooperative venture with Art Reach of Mid Michigan.

The public is welcome Mondays through Fridays, 8 a.m. to 5 p.m. MidMichigan Health Park–Mt. Pleasant is located at 4851 E. Pickard St., one block west of Isabella Road. For more information, call 775-1600.
FAMILY PHYSICIANS PROVIDE LIFETIME CARE

Today’s family practice physicians are the 21st century version of the general practice physician. As medical care became more and more specialized in the 1950s and 1960s, a group of general practice physicians recognized the need for training physicians who were experts in providing medical care to people for their entire life, not just care for a specific illness or disease.

In 1969 family practice was recognized as a medical specialty by the American Medical Association and the American Board of Medical Specialties. Today more than 80,000 family practice physicians, family practice residents and medical students provide care for the entire family from birth (prenatal) to end-of-life decisions.

WHAT IS A FAMILY PHYSICIAN? Family physicians are trained to provide quality medical care in many areas of medicine, including pediatrics, geriatrics, internal medicine, psychiatry, surgery, obstetrics, gynecology and community medicine. It is estimated that a well-trained family physician can provide 85 percent to 90 percent of a patient’s medical needs, referring to specialists when the need arises.

Family physicians, like other medical specialists, complete additional training after the completion of medical school.

The three-year residency program is designed to prepare family physicians to diagnose and treat a broad spectrum of illnesses and to provide continuing, comprehensive medical care to the entire family regardless of sex or age. The same doctor can care for every member of the family from newborn to elderly.

A DOCTOR FOR THE ENTIRE FAMILY Busy families may recognize an additional benefit by choosing a family practice physician; all the family’s appointments can be scheduled in one place. A family practice physician can provide prenatal and infant care, immunizations, well-child care and treatments for such common ailments as ear infections and upper respiratory and stomach problems. If your child needs a physical before heading off for summer camp, a family practice physician is there to help; they perform all kinds of physicals—for camp, school and sports, as well as work physicals and routine annual exams for adults.

In addition, they provide the full range of adult care, treating everyday problems, such as the flu, as well as managing chronic conditions, such as hypertension, diabetes and thyroid disorders.

MEDICARE RECIPIENTS CAN SAVE MONEY

For the MidMichigan Medicare recipients can save money on copayments for office visits. For Medicare, that deductible must be paid out-of-pocket first before the 80/20 co-pay kicks in. However, for an office visit with any of our providers, whether for primary care or urgent care, the deductibles are completely waived for the office visit itself, and the 80/20 co-pay kicks in immediately, although some limitations apply*.

In addition, your annual physical is also considered to be an office visit. So the 80/20 co-pay kicks in immediately, and the deductible is completely waived, again with some limitations*. In general, people who receive Medicare can experience direct savings for office visits at FQHCs such as ours.

THE NEXT STEP These services may be provided by any of the primary care providers at either MidMichigan Health Park–Houghton Lake or MidMichigan Medical Offices–Roscommon. For more information or to schedule an appointment, call (989) 275-8931 in Roscommon.

* Does not apply to a-regs or ERx as and may not apply to breast/pelvic exams and Pap tests.
RAISING HEALTHY CHILDREN

MIDMICHIGAN PEDIATRICIANS DISCUSS IMMUNIZATIONS, OBESITY AND RESPIRATORY ILLNESSES

It’s something every good parent or grandparent strives for—healthy kids. Free from disease. Full of energy. Off to a flying start in life.

Pediatricians are important partners in the process. Here, MidMichigan doctors discuss the importance of prevention and shed light on common illnesses.

IMMUNIZATIONS

It’s never fun watching an infant or young child get a shot. But on the flip side, immunizations have helped curb the spread of childhood diseases such as whooping cough, measles, chickenpox, meningitis, Haemophilus influenzae type b (Hib) diseases such as meningitis were a major problem just a few years ago until a vaccine was developed for in- Haemophilus influenzae type b (Hib) diseases such as meningitis were a major problem just a few years ago until a vaccine was developed for in- Haemophilus influenzae type b (Hib) diseases such as meningitis were a major problem just a few years ago until a vaccine was developed for in-

“Unfortunately, there are sites out there that scare parents about vaccines. The scientific data does not support the information contained in these sites.”

The reasons not to immunize vary. For some, it’s a religious choice. For others, it’s the belief that vaccines are no longer necessary or a fear that vaccines can harm children.

“Dr. Mauch encourages parents and children to adopt a lifestyle that includes walking, bicycling, skating and other activities rather than sedentary activities such as watching television or playing video games.”

OBESITY

Family lifestyles, eating fast food and inactivity are all major culprits in the rise of childhood obesity in the last several decades. Not only does it affect a child’s self-esteem, but obesity also sets the stage for a future of diabetes, high blood pressure, and back and hip problems.

“The Internet is a wonderful thing,” says pediatrician Brian Mauch, M.D., of MidMichigan Physicians Group. “Unfortunately, there are sites out there that scare parents about vaccines. The scientific data does not support the information contained in these sites.”

Dr. Mauch says that timely immunization is highly recommended. “These diseases have all decreased, but they still occur—especially in other countries. Immunization is still needed to protect children.”

According to the AAP, Haemophilus influenzae type b (Hib) diseases such as meningitis were a major problem just a few years ago until a vaccine was developed for infants. Use of the vaccine has reduced the number of Hib cases from 20,000 to less than a few hundred.

“Parents need to put risk into perspective,” says pediatrician Mamoon Mohiddin, M.D., also of MidMichigan Physicians Group. Known as Dr. Mo by his patients, he encourages parents to consider that the risk associated with any vaccine is far smaller than the risk of contracting the disease.

RESPIRATORY ILLNESSES

Nothing strikes fear in a parent more than a child with breathing difficulties. Is it a common cold? The flu? Bronchitis? Asthma?

RSV

Respiratory syncytial virus (RSV) is a virus that sweeps the country every winter. It is so contagious that nearly every child gets it by their first or second year of life. “In some kids, it’s so mild that parents hardly realize it.”

In other cases, RSV can be severe. Typical symptoms include runny nose, wheezing, rapid breathing and a brief fever. Especially in premature babies or children younger than 6 months of age, medical attention is important.

Treatment may include a trial of asthma medications, but for most cases prescription medications aren’t necessary, Dr. Mauch says. “It definitely looks scary, but it’s largely benign. The number of children with a bad outcome is really pretty low.”

About one-third of patients with RSV wind up with asthma, Dr. Mohiddin says. “RSV doesn’t really cause asthma, but rather accelerates or unmask it.” Typically, asthma patients have a strong family history of the disease. And in many cases, children outgrow it.

Dr. Mohiddin tells parents of his patients that RSV, bronchitis and other common respiratory illnesses subside within one to three weeks. Asthma symptoms linger longer. And if a child has recurring symptoms, he recommends checking for allergies.

SCHEDULE AN APPOINTMENT

Dr. Mauch and Dr. Mohiddin are located at MidMichigan Medical Offices—Campus Ridge on the campus of MidMichigan Medical Center—Midland. For an appointment, call (989) 837-9250.

Recommended childhood and adolescent immunization schedule

This schedule indicates the recommended ages for routine administration of currently licensed childhood vaccines, as of Dec. 1, 2002, for children through age 18 years. Any dose not given at the recommended age should be given at any subsequent visit when indicated and feasible.

Indicates age groups that warrant special effort to administer those vaccines not previously given.

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<tr>
<th>Vaccine</th>
<th>Birth</th>
<th>2 mos</th>
<th>4 mos</th>
<th>6 mos</th>
<th>12 mos</th>
<th>15 mos</th>
<th>18 mos</th>
<th>24 mos</th>
<th>46 yrs</th>
<th>11-12 yrs</th>
<th>13-18 yrs</th>
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**Health Park–Houghton Lake, Lower Level Conference Room**

- **Thursday, May 6:** 2 to 3 p.m.; MidMichigan Medical Offices–Clare, Lower Level Conference Room
- **Thursday, May 13:** 3 p.m.; MidMichigan Health Park–Houghton Lake, Lower Level Conference Room
- **Thursday, May 20:** 6 p.m.; MidMichigan Medical Offices–Gladwin, Community Room

**Answers to Your Hip and Knee Pain Questions**

Learn about the causes of hip and knee pain as well as advanced treatments, including information about medications, nutrition, and exercise.

- **With physical therapists Becky Bailey and Ann Dull**
  - **2 to 3 p.m.**
  - **Tuesday, March 13:** MidMichigan Medical Offices–Clare, Lower Level Conference Room
  - **Tuesday, March 20:** MidMichigan Medical Offices–Midland, Towsley Conference Room
  - **Wednesday, March 21:** MidMichigan Health Park–Houghton Lake, Lower Level Conference Room
  - **Tuesday, March 28:** MidMichigan Medical Offices–Gladwin, Community Room
  - **Tuesday, March 28:** MidMichigan Health Park–Mt. Pleasant, Pleasant, Community Room

**Answers to Your Shoulder Pain Questions**

Learn about the causes of shoulder pain as well as advanced treatments, including information about medications, nutrition, and exercise.

- **With physical therapists Becky Bailey and Ann Dull**
  - **2 to 3 p.m.**
  - **Tuesday, March 9:** Knights of Columbus Hall, 4760 S. Garfield Road, Auburn
  - **Thursday, March 11:** MidMichigan Medical Offices–Clare, Lower Level Conference Room
  - **Tuesday, March 16:** MidMichigan Medical Offices–Midland, Towsley Conference Room
  - **Thursday, March 18:** MidMichigan Health Park–Houghton Lake, Lower Level Conference Room
  - **Tuesday, March 23:** MidMichigan Medical Offices–Gladwin, Community Room
  - **Tuesday, March 30:** MidMichigan Health Park–Mt. Pleasant, Pleasant, Community Room

**Help for Those Aching Bones**

Therapy is used to help people with arthritis and orthopedic problems enhance their mobility. Learn about treatment of common upper and lower extremity problems, plus lower back pain.

- **With orthopedic specialist John Murphy, D.O.**
  - **Thursday, May 13:** 6:30 to 8:30 p.m.; MidMichigan Medical Center–Midland, Towsley Auditorium

**Preventing Heart and Brain Attacks**

See page 2 for details.

**When East Meets West in Health Care: Bioethical Challenges**

Learn about religious practices and cultures related to health care. For health care providers, clergy and community members. Presented by: Najah Bazzy, R.N., transcultural nurse specialist, has been a primary force in bringing changes to hospital policy, advancements in patient satisfaction, culturally competent care and dignity for patients facing end-of-life issues throughout her 22 years of specializing in the area of Arab and Muslim health care, beliefs and practices. She is nationally recognized for her lectures on transcultural issues and care of Muslim patients.

- **Richard M. Lellaert, O.S.C., Ph.D.**, is currently manager of spiritual support services at Oakwood Hospital and Medical Center in Dearborn, Michigan. He has served on the board of the Ethics Resource Network of Michigan. He also chairs the Organizational Ethics and Business Practices Committee of the Oakwood Healthcare System and sits on their Clinical Ethics Committee. Sponsored by MidMichigan Medical Center–Midland’s Spiritual Care Program.
  - **Thursday, Feb. 12:** 1 to 4 p.m.; MidMichigan Medical Offices–Midland, Towsley Auditorium

**Community CPR (Heartsaver)**

American Heart Association CPR classes cover adults, infants and children. You will receive a participation card. Registration is required.

- **$30 per person**
  - **Wednesday, March 17, April 21, and May 5:** 6 to 10 p.m.; MidMichigan Medical Offices–Gladwin, Community Room

**Massage Techniques and Aromatherapy**

Learn about massage techniques to relieve tension and physical fatigue. The benefits of aromatherapy will also be discussed.

- **With Sarah Boflace, B.S., C.M.T.**
  - **Thursday, April 22:** 6:30 to 8:30 p.m.; MidMichigan Medical Offices–Midland, Towsley Conference Room

**Living With Grief: Alzheimer’s Disease and Dementia**

Unraveling the Mystery Behind Alzheimer’s Disease and Dementia

Alzheimer’s affects about 4 million Americans. Initial symptoms are usually the inability to remember recent events or activities or the names of familiar faces and things. Learn the warning signs and symptoms, how a diagnosis is made and how the disease is treated.

- **With MidMichigan physician Kevin Denlinger, D.O.**
  - **Wednesday, March 24:** 6:30 p.m.; Quality Inn, Houghton Lake

**Colorectal Health: Let’s Meet the Challenge**

Learn about risk factors, signs and symptoms, screening tests, treatments, and the role of diet in colorectal health. Free screening kits will be available.

- **With MidMichigan Physicians Group specialists**
  - **6:30 p.m.**
  - **Wednesday, March 23:** MidMichigan Health Park–Mt. Pleasant

**Diabetes Alert Day**

In recognition of the American Diabetes Association “Diabetes Alert Day,” MidMichigan Health Park–Houghton Lake is offering free blood sugar screenings. No appointment or preparation is necessary. The screening is designed for people who have not been diagnosed with diabetes.

- **Tuesday, March 23:** 9 a.m. to 2 p.m.; MidMichigan Health Park–Houghton Lake

**Advance Care Planning**

Learn the legal, ethical and family communication processes involved in discussing and completing written advance care directives. Professional social workers will be available to assist you in completing your advance medical directive.

- **With MidMichigan Medical Center–Midland social work manager Andrea Maladore, MidMichigan Physicians Group geriatric specialist Christopher Hough, M.D., and pastoral care director Rev. Roger Stauffer**
  - **Thursday, March 18:** 6:30 to 8:30 p.m.; MidMichigan Medical Offices–Midland, Towsley Auditorium

**Steps to Healthy Living**

Diabetes affects 18 million Americans. This four-session weight management and exercise series is for people at an increased risk for developing type 2 diabetes. Participants will use a pedometer to monitor their exercise progress. The last session includes a grocery store tour.

- **$25 per person or $50 per couple**
  - **With a certified diabetes educator**
  - **Thursdays, Feb. 5, 12, 19 and 26:** 7 p.m.; MidMichigan Medical Center–Midland, Plane Tree Café Private Dining Room
Diabetic Neuropathy: Diagnosis and Treatment
Learn about the causes and symptoms of diabetic neuropathy as well as new diagnostic techniques and treatment options. Also learn about a new surgical procedure that can be done in selected cases to dramatically decrease pain and restore sensation. With orthopedic specialist Kent R. Biddinger, M.D. Wednesday, March 24; 4 to 6:30 p.m.; MidMichigan Medical Offices–Midland, Towsley Auditorium

Diabetes Classes (Clare)
Foot Clinic
Individual Consultation for People With Diabetes
Living Well With Diabetes (Midland)
Water Exercise for People With Diabetes (Clare, Midland and Mt. Pleasant)
Your Invitation to a Healthier Lifestyle (Gladwin and Midland)

For more information, call the Diabetes Center at 1-800-727-3123.

FITNESS
Body Shapers
For people who are 100 pounds or more overweight and are or have been candidates for weight reduction bariatric surgery. The program consists of aquatic and home exercise, instruction in proper use of equipment and nutritional education. The staff includes a registered dietitian, exercise physiologist, athletic trainer and recreational therapist trained in aquatics.

You can join this ongoing program at any time. $175
MidMichigan Medical Offices–Campus Ridge

Pilates
Pilates movements stretch and strengthen the body. Benefits include reduced or eliminated abdominals; longer, leaner muscles; improved posture; muscular control; and increased circulatory and respiratory relief. Taught by a physical therapy assistant certified in Pilates instruction
$50 for a six-week series
■ Mondays and Wednesdays, Feb. 23 through March 31 or April 12 through May 19; 4:30 to 5:30 p.m.; Rehabilitation Services at National City Bank Building, 233 S. First St., Hammond
■ Tuesdays and Thursdays, Feb. 24 through April 1 or April 13 through May 20; noon to 1 p.m.; Rehabilitation Services at National City Bank Building, 233 S. First St., Hammond

Flexibility, Relaxation and Breathing
Learn proper techniques for improving flexibility along with breathing and relaxation skills for enhanced quality of life.
With MidMichigan Rehabilitation Services staff
$30 per person for a series of five classes
3:30 p.m.; Doherty Hotel, 604 N. McEwan, Clare
■ Mondays, Feb. 23 through March 22
■ Mondays, April 5 through May 3

Exercise 2004: ‘A Powerful Medicine’
Exercise is a key component of a healthy lifestyle and can also be important in the treatment of common medical conditions. The therapeutic benefits of exercise with conditions such as heart disease, cholesterol, hypertension, diabetes, depression and obesity will be explored. Learn about the current American College of Sports Medicine guidelines for pre-exercise medical evaluation prior to beginning an exercise program. Also learn the key components of the exercise “prescription” and various safety tips regarding exercise-related injury management and prevention.
With MidMichigan certified sports medicine physicians William Dery, M.D., and J.T. Penney, M.D.
Tuesday, April 13; 6:30 to 8:30 p.m.; MidMichigan Medical Offices–Midland, Towsley Auditorium

Gear Up for Golf
Golf season will soon be upon us, so it’s time for a pre-season tune-up! Whether you are an experienced golfer or a first-time player, you can learn to be consistent with your swing, avoid injuries and have fun.
With a MidMichigan Rehabilitation Services physical therapist
6:30 p.m.
■ Wednesday, April 14; Gladwin Heights Golf Course, 3551 W M-61, Gladwin
■ Thursday, April 29; MidMichigan Medical Offices–Midland, Towsley Auditorium
■ Thursday, May 6; MidMichigan Health Park–Houghton Lake, Lower Level Conference Room
■ Thursday, May 13; Doherty Hotel, 604 N. McEwan, Clare

Water Exercise for Parkinson’s Patients
Water exercise can improve motor control and functional mobility for patients with Parkinson’s disease. Research supports improvements in strength and endurance, flexibility, decreased muscle stiffness, balance and mobility, gain breathing capacity, and less fatigue. Approval from your physician is required. Classes are available in Midland and Mt. Pleasant. Call for dates and times.
With MidMichigan Rehabilitation Services staff certified in aquatic therapy

FAMILY HEALTH EDUCATION

Just the Facts for Mothers and Daughters
This program is for girls 9 to 13 years old and their mothers or another adult female. Learn about the physical, emotional and social maturation of the adolescent female. A light meal will be served.
With MidMichigan primary care providers
6 to 8 p.m.
■ Thursday, Feb. 19; MidMichigan Medical Offices–Midland, Towsley Auditorium
■ Tuesday, Feb. 24; MidMichigan Health Park–Mt. Pleasant
■ Thursday, Feb. 26; Doherty Hotel, 604 N. McEwan, Clare
■ Thursday, Feb. 26; MidMichigan Medical Offices–Gladwin, Community Room
■ Thursday, March 4; Quality Inn, Houghton Lake

Just the Facts for Fathers and Sons
This program is for boys 10 to 14 years old and their fathers or another adult male. Learn about the physical, emotional and social changes of the adolescent male. A light meal will be served.
With MidMichigan primary care providers
■ Wednesday, March 3; 6 to 8 p.m.; MidMichigan Medical Offices–Gladwin, Community Room
■ Thursday, March 18; 6 to 8 p.m.; MidMichigan Health Park–Mt. Pleasant, Community Room
■ Saturday, March 20; 9 to 11 a.m.; MidMichigan Medical Offices–Midland, Towsley Auditorium
■ Thursday, March 26; 6 to 8 p.m.; Doherty Hotel, 604 N. McEwan, Clare

Prenatal Massage Series
Prenatal massage has many benefits, such as relief from headaches, backaches and morning sickness, and the reduction of swelling and edema. Learn techniques in this two-week series.
With a certified massage therapist
$30 per couple
6:30 p.m.
■ Wednesday, March 3 and 10; MidMichigan Medical Offices–Campus Ridge, Suite B2200 (Midland)
■ Tuesdays, April 13 and 20; MidMichigan Health Park–Mt. Pleasant, Community Room

Massage for Your Infant
Learn to enhance relaxation, stress relief and loving communication between you and your baby through infant massage techniques.
With certified massage therapists from MidMichigan’s Massage Therapy program
$15 per adult
■ Wednesdays, March 24 and 31; 6:30 p.m.; MidMichigan Medical Offices–Campus Ridge, Suite B2200 (Midland)
■ Wednesdays, May 5 and 12; 11:30 a.m. to 1:30 p.m.; MidMichigan Medical Offices–Campsus Ridge, Suite B2200 (Midland)
■ Tuesdays, May 11 and 18; 6:30 p.m.; MidMichigan Health Park–Mt. Pleasant, Community Room

Baby’s First 12 Months
Learn about parenting toddlers, developmental milestones and practical advice about toilet training, nutrition, discipline, the importance of play and child safety.
With family and childbirth educator Katie Soules, R.N., B.S.N.
Tuesday, April 6; 6:30 p.m.; MidMichigan Medical Offices–Midland, Towsley Auditorium

The Power of Play for Newborns Through Toddlers
Babies and toddlers develop many social and physical skills while they play and interact with the people in their world. Normal growth and development will be reviewed, and interactions and play for age-appropriate movement, coordination and speech will be demonstrated. Learn which toys are safe, affordable and developmentally appropriate.
Babies are welcome to attend.
With MidMichigan physicians and rehabilitation services staff
6:30 p.m.
■ Baby’s First 12 Months: Wednesday, Feb. 4; MidMichigan Medical Offices–Gladwin, Community Room
■ Baby’s Second Six Months: Thursday, Feb. 19; MidMichigan Health Park–Houghton Lake

Breastfeeding: Healthy Beginnings
Older Brother/Older Sister
Preparation for Childbirth
Refresher Childbirth Education

SCREENINGS AND CLINICS

Blood Pressure Exams
Walk-in blood pressure examinations
Friday: 9 a.m. to noon; MidMichigan Health Park–Mt. Pleasant, 4851 E. Pickard St. (next to Applebee’s), Mt. Pleasant

Ostomy Consultations and Clinics
Educational and supportive consultation for people with colostomies, ileostomies or urostomies. Caregivers are welcome. Nurses will offer helpful suggestions and information about new products. Consultation is free. Call 1-800-852-9350 for available locations.

SUPPORT GROUPS

Grief Recovery Group
Six-week series covers bereavement topics, including the value of support during grief, why each person’s grief is unique, myths and stages of grief, creating a memory relationship, taking care of yourself and getting through anniversaries and holidays.
■ Wednesdays, March 3 through April 7; 6 to 7:30 p.m.; MidMichigan Visiting Nurse Association, 1438 N. McEwan, Clare
■ Wednesdays, April 14 through May 19; 6 to 7:30 p.m.; MidMichigan Visiting Nurse Association, 3007 N. Saginaw, Midland

For information about other support groups, call MidMichigan Health Line.
MidMichigan Gladwin Pines and MidMichigan Stratford Village are authorized to bill Medicare for Skilled Care

When someone falls and breaks a hip, chances are that the recovery process won’t be complete without a hospital stay plus four to six weeks of therapy.

If a person recovers from an acute illness, he or she may be weakened to the point that full-time nursing and therapy is necessary.

Stroke presents a similar situation. Most people who have a stroke need full-time nursing care and a full range of therapy options to recover and regain the strength and mobility required to return home safely.

Medicare pays for these kinds of services. But not every care facility is authorized to bill Medicare, which leaves patients to pay privately for their care.

Now, both MidMichigan Gladwin Pines in Gladwin and MidMichigan Stratford Village in Midland are approved to bill Medicare for skilled nursing services. The authorization requires a lengthy application procedure and extensive reviews by State of Michigan officials. The Michigan Department of Consumer and Industry Services, which licenses nursing homes, conducted a three-day, on-site, in-depth review of MidMichigan’s services, policies and procedures.

“We are pleased that we are able to offer the benefit of Medicare reimbursement,” says JoAnna Willett, president of MidMichigan Stratford Village, which most recently has been granted the authority. “We know that this will be looked upon favorably by residents who previously had to use their private funds to pay for care.”

At MidMichigan Gladwin Pines and MidMichigan Stratford Village, that care includes a full range of therapy services—physical, occupational and speech—offered in conjunction with MidMichigan’s Medical Centers throughout the area.

“Our affiliation with MidMichigan is our strength,” Willett says. “It provides residents with a depth and breadth of care that is hard to match. It results in excellent continuity of care.”

Skilled care services at MidMichigan Gladwin Pines and MidMichigan Stratford Village also include in-house advanced medical practitioners (physician and nurse practitioner), 24-hour nursing care, a registered dietician and support services for families.

“At MidMichigan, we’re ready to put therapies in place immediately for residents who need them,” Willett says.

For more information about skilled nursing care services at MidMichigan, call MidMichigan Gladwin Pines at (989) 426-3430 or MidMichigan Stratford Village at (989) 631-3133.
**ARTS PROVIDE A HEALING ENVIRONMENT**

“Little as we know about the way in which we are affected by form, color and light, we do know this: They have an actual physical effect.”

—Florence Nightingale, 1858

Beatrice Throop spent a lot of time at MidMichigan Medical Center—Midland during the last years of her life. While there, she and her daughter, Jan Lubs, often visited the Healing Arts Gallery on the lower level of MidMichigan Medical Offices—Midland.

The gallery was constructed with donated funds from Vada B. Dow to offer another form of support to patients and their families, allowing them to escape—if only for a few moments—from the trauma of examinations, tests and treatments.

“I was never sure how much she was seeing, since her eyesight had dimmed,” Lubs says. “But she seemed to enjoy me enjoying the artwork.”

The gallery showcases the work of different Michigan artists throughout the year, including some whose work has served as a form of therapy when coping with illness or as a tribute to a loved one connected with the Medical Center.

Previous exhibits have ranged from limited edition wildlife prints (by Houghton Lake residents Brian and Robin Mester) to art work depicting the elegance found in calligraphy (by Medical Center volunteer Donna Austin, who studied under the calligrapher to the Queen of England).

Lubs’ own artwork has also been shown in the gallery—delicate floral paintings done in watercolors and oils. She says the inspiration for much of her work comes from childhood memories of her mother’s large and varied flower garden.

“If my mother were still here today, I believe she would have enjoyed my exhibit,” Lubs says.

But it is no longer just the gallery where patients and visitors can find comfort and enjoyment through art. Wildflowers found throughout the Medical Center’s grounds have now taken root on the walls leading to MidMichigan Medical Offices—Campus Ridge. A soft blue ceiling mural lined with apple blossoms greets visitors and patients who enter the Orchard Building entrance. Murals of nature scenes have also been installed throughout patient care areas in the Medical Center’s radiation oncology department. These murals were made possible through gifts made in memory of Mrs. Robert B. Bennett by her family and friends in recognition of the great joy and comfort that she found in nature. Most recently, numerous pieces of artwork donated by Dr. and Mrs. Eugene E. Kenaga have been acquired to be displayed. The new Riecker Surgery Center as well as other MidMichigan Health locations will be the home for some of these pieces.

**FROM LIVING GARDENS TO ARTIST CREATIONS**

It is not just the Medical Center in Midland that has adopted the idea of using nature and the arts to help provide a healing environment. It has also spread throughout the campuses of MidMichigan Health.

The Living Garden at the Medical Center in Gladwin offers a spot of serenity for patients, visitors and staff. Visitors can stroll through the area and enjoy the soothing sounds of a waterfall. A beautifully decorated sidewalk and patio area allows patients in wheelchairs, including the residents from Gladwin Pines Nursing Home, to rest and enjoy the peacefulness of nature. Gladwin’s volunteer Auxiliary and the Love Light Tree project have provided funds for this garden.

Two master gardeners have helped enhance the grounds of MidMichigan Stratford Village. Volunteers Jean Ott and Britt Lundberg have developed three beautiful beds at the front of the nursing home. According to JoAnn Willett, Stratford Village administrator, they have used their expertise in selecting plants that provide a variety of color, as well as determining the time and duration of the blooms.

“They are also responsible for the annuals we put out in the spring,” Willett says. “They do the planting [layout and selection] and our groundsperson here, Gary Turrnell, assists in the digging, planting, weeding and general upkeep. We are very fortunate to have these two dedicated ladies as volunteers. The beautiful grounds are enjoyed by residents and family members throughout the summer.”

The MidMichigan Medical Center–Clare campus has been transformed with a major construction project that was completed in the spring of 2003. Included was a skywalk—a first for the entire community. This connecting corridor serves as an attractive pedestrian bridge between the Medical Center and the Medical Offices, providing a safe way to cross the new boulevard entrance to the MidMichigan campus.

The photography of Bob Giuliani has also been incorporated in its new addition that significantly enlarges MidMichigan Medical Offices–Clare. Three Rivers Construction donated these nature scenes. They also contributed funds toward the art of local artist Lynn Morgan, found in the Medical Center–Gladwin’s new Rehabilitation Services and Community Room. In addition, Three Rivers Construction extended their support to MidMichigan Medical Center–Midland. A landscape painting depicting light shining through trees done by Michelle Courier is a striking focal point in the Board Room thanks to support from Three Rivers Construction.

The work of area artists has also found another MidMichigan site. The Healing Arts Gallery at MidMichigan Health Park–Mt. Pleasant, features the work of area artists for the enjoyment of Health Park patients, visitors and the public. The Healing Arts Gallery is a cooperative venture with Art Reach of Mid Michigan, which selects the artists and hangs each show. Artwork changes four times a year to feature the work of a new artist, and includes many different two- and three-dimensional media.
Although a piece of a quilt may not provide warmth alone, as it is sewn together into a blanket, it wraps its owner in comfort. And like a quilt, each piece of the Hospice team, working together, provides individualized comfort for patients and their families. The MidMichigan Hospice team of nurses, doctors, therapists, social workers, nurse aides and volunteers works to surround patients and families with essential care during terminal illness.

MidMichigan Hospice’s third annual Quilts of Comfort show is Saturday, April 24, through Saturday, May 1 (closed Sunday, April 25). The show will be open from 10 a.m. to 6 p.m. at the Midland County Historical Museum, 3417 W. Main St., Midland.

The 2004 Quilts of Comfort show is expected to draw more than 75 quilts in a variety of categories, from antique to original design, and pieced to appliquéd. Ribbons will be awarded in each category, and a viewer’s choice will be selected. Entries are welcome by calling MidMichigan Hospice at (989) 633-1400.

Midland Quilters, led by Deb Ballard, a Midland quilt teacher and designer, spent months of hard work creating a vibrant pieced quilt called “Rays of Hope.” The unique quilt was a gift from the quilters to MidMichigan Hospice. It will be raffled to benefit terminally ill patients at the conclusion of Quilts of Comfort, May 1 at 6 p.m.

Purchase tickets for $1 each (six for $5) by stopping at MidMichigan Hospice, 3007 N. Saginaw Road, Midland. For more information, call (989) 633-1400.

Midland quilt teacher and designer Deb Ballard (left), and MidMichigan Hospice director Jill Roby, R.N., hold the “Rays of Hope” quilt.

PEG MIER RETIRES AS CORPORATE BOARD CHAIR

Peg Mier has completed her two-year term as chair of the board of directors of MidMichigan Health. Under Mier’s leadership, patient services were enhanced throughout the region not only through the acquisition of advanced technology such as the gamma knife, but also through building additions and renovations in every geographic area served by MidMichigan Health.

According to Terence F. Moore, President of MidMichigan Health, “Peg Mier has been a model leader. She possesses the leadership qualities that inspire people to do their best, be their best and influence others to do likewise. She is a unique combination of great humility and strong will. We have been blessed to have her as our board chair and look forward to her continued participation as a board member.”

Following Mier as chair of the board is Joan David, who recently completed her term as vice chair. A resident of Gladwin, David is also chair of the MidMichigan Medical Center–Gladwin board. Robert Stafford of Midland will serve as vice chair.