



IN GOOD HEALTH

Spring 2017

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PORT HURON

Proud to Serve the Blue Water Area

President's Message

From the Desk of Jennifer Montgomery

Mclaren Port Huron is proud of its long-standing service to the Blue Water Area. It is a role we take very seriously, and we've made many strides since joining McLaren Health Care three years ago in the spring of 2014.

The most significant has been the Barbara Ann Karmanos Cancer Institute's opening in July. With it, residents of Sanilac and St. Clair counties now have access to world-class cancer treatment. Instead of traveling outside our community, cancer patients can receive all their diagnoses and treatment at Karmanos, including the most effective radiation therapy available.

We also saw construction begin in 2016 on McLaren Port Huron's patient tower, a four-story, 165,000-square-foot structure at the southern part of the hospital's campus. The hospital's emergency center and an observation unit will occupy the tower's first floor with four operating suites and 18 intensive care unit beds on the second floor. The tower will also offer private patient rooms - 36 cardiac/step-down beds on the third floor and 36 medical surgical beds on the fourth floor. Private rooms not only satisfy patients' preferences, they also strengthen infection prevention. We want to make sure we put our patients in an environment that is safe for them. Tower construction is anticipated to be complete in late 2018.

Aside from our expansion efforts, we earned several quality and patient safety awards in 2016. McLaren Port

Huron became the Blue Water Area's first hospital designated as a Level III trauma facility. The classification, awarded by the Michigan Department of Health and Human Services, means McLaren Port Huron has a team of medical experts available 24 hours a day and specially trained to treat severely injured patients. Additionally, we expect to obtain national trauma center verification from the American College of Surgeons soon. We also earned accreditations in stroke care, maternity care and bariatric surgery.

Enhancing technology was also a key focus in 2016. We introduced new tools and equipment including 3D mammography and low dose lung cancer screening. More surgeons have been trained to use the da Vinci® robot, which means more types of surgeries - including colon resections, gallbladder removal, hernia repair and lung surgeries - can be performed through three tiny incisions. This means less pain, less scarring, less blood loss and quicker recovery for the patient.

We are grateful to be part of the Blue Water Area. Thank you for your continued trust in McLaren Health Care.



Jennifer Montgomery
MSA, RN, FACHE

*President and Chief Executive Officer
McLaren Port Huron*

Make Sure Your Heart Is in Good Shape

Hearth. Few words mean more to us. Heart has a long association with faith, determination and romance. Above all, heart is essential to us. When a heart isn't working properly, it can mean the end of life.

McLaren Port Huron is our community's foremost source for cardiovascular care. It is the only hospital in St. Clair County that offers open heart surgery with outcomes ranked higher than the national average.

These rankings are significant given the challenge posed by heart disease. Heart health has improved since the 1980s, but heart disease remains the number one cause of death in the United States. Heart disease is also the leading cause of death in St. Clair and Sanilac counties.

The Centers for Disease Control and Prevention report that each year, about 610,000 Americans die from heart disease. In the United States, someone has a heart attack every 42 seconds, and each minute, someone dies from a heart disease-related event.

Heart attack symptoms can vary greatly. **Call 911 right away if you experience any combination of these symptoms:**

- Chest pain or discomfort
- Pain in one or both arms
- Shortness of breath
- Pain in neck, stomach, back, jaw
- Nausea/vomiting, lightheadedness
- Breaking out in a cold sweat
- Extreme fatigue
- Indigestion/heartburn

Heart disease risk factors are well known: high blood pressure, high LDL cholesterol and smoking. Nearly half of Americans have one or more of these factors. **These medical conditions also promote heart disease:**

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

These factors are important in detecting heart problems. However, many people who die from heart disease show no symptoms. The importance of heart health makes the strongest possible case for screening and early detection of this deadly disease.

McLaren Port Huron, Cardiology Associates of Port Huron and McLaren Port Huron Center for Cardiovascular and Thoracic Surgery work closely together to provide comprehensive cardiac services. Making an appointment will provide you with the tests that determine whether your heart is in good shape or the necessary treatments and procedures if heart disease is detected.



If you fall into any of the following categories, you are at risk for heart disease:

- 45 years of age or older if you are a man and 55 years or older if you are a woman.
- **Family history** – one primary relative (parent or sibling) or two secondary relatives (grandparent, cousin, etc.) with cardiovascular disease or diabetes before the age of 65 in women and before age 55 in men.
- **Personal history** – individuals who present with a history of an abnormal risk factor (blood pressure, cholesterol, blood sugar) or a previous presumed cardiovascular event.
- **Smokers**
- **Abnormal test results** – individuals assigned to the low-risk category are reassigned to high-risk if any of their initial screening tests are determined to be abnormal.

Heart health is much too important to leave to chance. Make sure your heart is in good shape.
Visit www.mclaren.org/phheart to learn more.



Festival of Trees Made Lasting Memories for Children and Their Families

The 28th Annual Festival of Trees was one to remember. We celebrated this year in a new location, the Blue Water Convention Center. The new venue brought a fresh feel to our holiday tradition and allowed us to expand our children's area. A crowd favorite was by far the indoor snowball fight. Children were also able to bring their favorite teddy bear for a check-up at the Teddy Bear Hospital, as well as listen to a Christmas story and sign up for a library card in the Storytime Reading Nook. Another great addition was the Saturday night Family Pajama Party. Families enjoyed all that Festival of Trees had to offer in their pajamas and participated in fun activities including a scavenger hunt, dance party, movie and popcorn.

The 2017 Festival of Trees will take place December 2-3, and planning is underway. For the latest Festival updates, follow us on Facebook at www.facebook.com/mclarenfestival.



Mark Your Calendars for These Fun Events!

The McLaren Port Huron Foundation plans several events throughout the year. These events benefit our community by enhancing services and programs at the hospital. Consider participating in one or more of the events listed below. You'll have a great time!

38TH ANNUAL CHARITY GOLF CLASSIC

Tuesday, July 11 at Port Huron Golf Club

This year's event will have a Vegas theme, and you can bet it will be a good time!

Registration and sponsorship information is available at www.mclaren.org/phgolf.

SIGNATURE COCKTAIL CONTEST

Thursday, May 11 at Black River Country Club

Information available at www.mclaren.org/phcocktail

29TH ANNUAL FESTIVAL OF TREES

Information available at www.mclaren.org/phfestival

- Preview Party - Friday, December 1
- General Admission - Saturday & Sunday, December 2 - 3
- Breakfast with Santa and Family Pajama Party - Saturday, December 2



Teaches Message of Safety

Wearing a helmet is the single most effective way to prevent head injury resulting from a bicycle crash. Statistics provided by the McLaren Port Huron trauma program show the number of school-age children in St. Clair County wearing helmets while bicycling is very low. In 2016, only 17 percent of elementary and middle school age children seen in the emergency room for bicycle-related injuries were wearing a helmet at the time of their accident.

The McLaren Port Huron Foundation Helmet Safety Committee works to help children be safe when riding bicycles through its Helmet Safety Program. Every May, Helmet Safety Committee volunteers visit schools throughout St. Clair and southern Sanilac counties to bring their message of helmet safety to thousands of local school children. The program provides education and hands-on activities that encourage helmet safety, including bike rodeos, videos, helmet fitting demonstrations and assemblies.

McLaren Port Huron Foundation Community Health Team Representative Heather Hayes says, "The Helmet Safety Committee is teaching kids the importance of wearing a helmet not just while riding bikes but on scooters and skateboards as well and showing them how the helmet protects them. It's amazing to see the kids get excited about being responsible for staying safe. The kids have fun showing their parents what they have learned and making sure mom, dad and siblings wear helmets too."

The Helmet Safety Committee also attends events throughout the community teaching the message of helmet safety. If you would like to invite the committee to your event, contact the McLaren Port Huron Foundation at **(810) 989-3776**.



Need a Helmet?

Snell® certified helmets are available for purchase at the McLaren Port Huron Foundation office. Staff members fit the helmet and explain how it should be worn.

SIZES: Toddler – Adult

COST: \$5 each

ADDRESS: 1201 Stone Street,
Suite 11, Port Huron

HOURS: Monday – Friday,
8 a.m. – 4:30 p.m.



20 17 SPRING

Locations

McLaren Port Huron (MPH)
1221 Pine Grove Ave.,
Port Huron

McLaren Port Huron (MPH) Jefferson Building
1320 Washington Ave.,
Port Huron

Registration is required for all programs, unless stated otherwise. Register online at www.mclaren.org/phevents, or call HealthAccess at (810) 989-3199 or (800) 228-1484 with credit card information. Refunds cannot be given unless there is 48-hour notice or McLaren Port Huron cancels the program.

Programs — Registration required.

Bariatric Informational Seminars

Learn about the various procedures offered at the Bariatric Center of Michigan. Find upcoming seminar dates and information on surgery options and the surgeons at www.mclaren.org/phbariatric.

MPH Duffy Classrooms

Cost: Free

Building a Healthy Future with Diabetes Workshops

Learn to manage diabetes in this one-day, four-hour workshop. Registration and a physician order are required. Call (810) 989-3362 for dates and times.

MPH Diabetes Education Classroom

Cost: Varies

Fall Risk Assessment

Participate in a free fall risk assessment and learn how to prevent falls and be prepared if you do fall.

April 18, 2 - 4 p.m.

MPH Jefferson Building

Cost: Free

"No Butts About It" Smoking Cessation for Adults

Is it time to quit smoking? Join us to learn strategies and tips to help you quit for good!

April 13; 10 - 11 a.m.

June 8; 2 - 3 p.m.

MPH Jefferson Building

Cost: Free

Savvy Seniors Series

Your Health Matters, Wherever You Are

➤ Staying Healthy in Your Home

April 13; 1 - 2:30 p.m.

MPH Jefferson Building

Cost: Free

➤ Spring Clean Your Pantry

May 9; 11:30 a.m. - 1 p.m.

Marwood Nursing & Rehab
1300 Beard St., Port Huron

Cost: Free

➤ Staying Healthy in Your Community

June 13; 1 - 2:30 p.m.

MPH Jefferson Building

Cost: Free

Medicare Updates

Learn about Medicare eligibility and coverage, enrollment, fraud prevention and insurance updates.

April 26; 10 - 11:30 a.m.

MPH Jefferson Building

Cost: Free

Look Good, Feel Better

This program teaches techniques to help individuals undergoing cancer treatment combat the appearance-related side effects. Call the American Cancer Society at (800) 227-2345 to register.

April 27, May 25, June 22; 1 - 3 p.m.

MPH Jefferson Building

Cost: Free

A Matter of Balance

An eight-session class where older adults can learn strategies to reduce the risk of falling and increase activity levels.

Participants must attend all eight sessions. Registration required.

Tuesdays & Thursdays, May 2 - 25;
10 a.m. - noon

Marwood Nursing & Rehab
1300 Beard St., Port Huron

Cost: Free

Lumbar Spinal Stenosis Seminar

Join orthopedic surgeon Dr. Neil Pasia to learn about the causes of lumbar spinal stenosis, innovative treatment options and the latest technology.

May 2; 5:30 - 6:30 p.m.

MPH Duffy Classrooms

Cost: Free

AARP Smart Driver Course

Refresh your driving skills to stay safe behind the wheel. Participants are welcome to bring a sack lunch. Pay at the door with a check made out to AARP.

May 11; 10 a.m. - 2 p.m.

MPH Jefferson Building

Cost: \$20; \$15 AARP members (must show AARP card for discount)

Joint Connections

Learn about hip and knee pain and the various treatment options available with orthopedic surgeon Dr. Leonard Karadimas and physical therapist Kurt Brinker.

May 15; 5:30 - 6:30 p.m.

MPH Duffy Classrooms

Cost: Free

Creating a Will That Works for You

Join Chuck Kelly of the Kelly Law Firm to learn the basic steps for creating a will that works for you. Sponsored by McLaren Port Huron Foundation.

May 23; 10 – 11 a.m.

MPH Jefferson Building

Cost: Free

Lunch & Learn: Music – Your Body and Mind

Join Marwood Nursing & Rehab's music therapist and music therapy intern to learn about the scientific benefits and positive effects music has on our body and mind. Lunch is provided.

May 24; 11 a.m. – 12:30 p.m.

Marwood Nursing & Rehab

1300 Beard St., Port Huron

Cost: Free

Childbirth Education

Several courses are offered for Childbirth Education. For more information or to register for the following classes, call HealthAccess at (800) 228-1484.

Saturday Express

April 1, May 6, June 3;

8:30 a.m. – 4 p.m.

Comfort and Relaxation During the Birthing Process

May 1, June 5; 6:30 – 8:30 p.m.

Breastfeeding

June 10; 10 a.m. – noon

Online Childbirth Education

Call HealthAccess for more information.

Screenings Offered by 55 Plus

Blood Pressure Screenings

April 12, May 3, June 7; 8:30 – 10 a.m.

MPH Jefferson Building

Cost: Free

Hearing Screenings*

May 10; 12:30 – 3 p.m.

MPH Jefferson Building

Cost: Free

Foot Screenings*

April 21, June 9; 9 a.m. – noon

MPH Jefferson Building

Cost: Free



*Appointment required.

Support Groups

Alzheimer's Support Group

April 25, May 23, June 27;

1 – 2:30 p.m.

MPH Jefferson Building

Diabetes Support Group

April 18, May 16, June 20; 2 – 3 p.m.

MPH Diabetes Education Classroom

Bariatric Surgery Support Group

April 18, May 16, June 20;

6:30 – 8 p.m.

MPH Duffy Classrooms

Heart to Heart Support Group

April 19, May 17, June 21; 5:30 – 7 p.m.

MPH Duffy Classrooms

Cancer Support Group for Women

April 11, May 9, June 13; 6 – 7:30 p.m.

MPH Jefferson Building

Multiple Sclerosis Support Group

April 8, May 13, June 10;

10 a.m. – noon

MPH North Classroom

Care Partner Support Group

April 11, May 9, June 13; 6 – 7:30 p.m.

MPH Jefferson Building

Parkinson's Support Group

April 12, May 3, June 7; 2 – 3:30 p.m.

MPH Jefferson Building

Depression and Bipolar Support Alliance

April 13 & 27, May 11 & 25,

June 8 & 22; 6:30 – 8 p.m.

MPH North Classroom

Stroke Survivors' Support Group

April 5 & 19, May 3 & 17, June 7 & 21;

10 – 11 a.m.

MPH Gathering Place



SURGEONS TRAINED IN DA VINCI-ASSISTED SURGERY:

Ahmad Ahad, MD
Gallbladder, Hernia Repair
(810) 982-1111

Glen Betrus, MD
Prostatectomy
(810) 984-4194

Zubin Bhesania, MD
Gallbladder, Hernia Repair
(810) 987-3556

Anthony Boutt, MD
Hernia Repair
(810) 987-3556

Kathleen Fabian, DO
Hysterectomy, Myomectomy
(810) 984-3181

Amanda Hurtubise, MD
Hysterectomy, Myomectomy
(810) 984-3100

Erina Kansakar, MD
Gallbladder, Hernia Repair, Colon Resection
(810) 982-1111

Alan Kuester, DO
Hysterectomy, Myomectomy
(810) 984-3181

Jon Lensmeyer, MD
Hysterectomy, Myomectomy
(810) 984-3100

James Martin, MD
Thoracic Surgery
(810) 342-2590

Karen McFarlane, MD
Hernia Repair
(810) 982-1111

Karen Niver, MD
Hysterectomy, Myomectomy
(810) 984-3100





Surgical Precision. Tiny Incision.

More Surgeries Now Available with da Vinci Robot

Mclaren Port Huron is committed to providing you with the best care – and that means the most state-of-the-art treatment options available. To uphold this promise, we’ve trained more surgeons on the da Vinci Surgical System, giving you access to more technologically advanced surgical procedures.

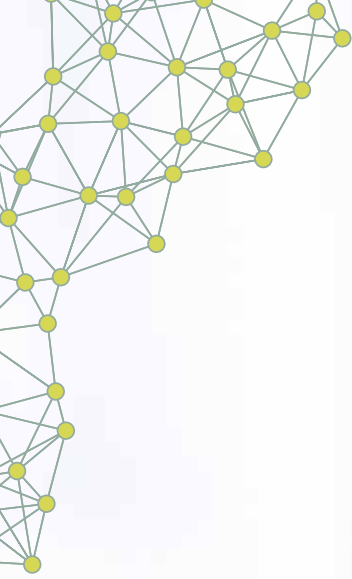
The da Vinci Surgical System offers the most effective, least invasive laparoscopic surgical procedures. Surgeons use controls to guide longer, wristed instrumentation with a 3D image of the surgical field that can perform very delicate movements; some procedures can be completed with as little as three tiny incisions. With the da Vinci robot, patients may benefit from:

- Less pain
- Less blood loss
- Less scarring
- Shorter recovery time
- A faster return to normal daily activities
- Better clinical outcomes

We are proud to be the only hospital in the region that uses the da Vinci Surgical System for a variety of procedures. Now that more of our surgeons are trained on the system, McLaren Port Huron offers robotic-assisted surgery for:

- Hernia repair
- Gallbladder removal
- Prostate gland/tissue removal
- Hysterectomy
- Thoracic (lung and lung cancer) procedures
- Colon resections

Talk with your doctor about whether you are a candidate for robotic-assisted surgery.
To learn more, go to www.mclaren.org/phdavinci.



Stay Hydrated

AFTER BARIATRIC SURGERY

Bariatric surgery causes many changes to your body. After surgery, it's important to follow the recommendations of your doctor and dietitian to ensure you stay healthy and keep the weight off. One of the most common mistakes people make after surgery is not drinking enough water.

With any type of bariatric surgery, your stomach is made smaller so you eat less and feel full on smaller portions. Your stomach also isn't able to hold as much fluid at once as it used to. While surgery helps you consume fewer, unneeded calories, your other organs still need the same amount of water and other nutrients to function properly.

The amount of fluids your body needs doesn't change after surgery, but the way you drink does. Follow these tips to stay hydrated:

- Drink fluids in small sips. Large gulps will fill up your stomach too fast, causing you to drink less over time.
- Avoid fluids 30 minutes before and after eating. That way, your stomach will have room for the food you need to meet your nutrient goals.
- Get most of your fluids from plain water. Sugary, caffeinated and carbonated drinks are strongly discouraged and often provide less hydration than plain water.

- Carry a bottle of water with you. Take small sips throughout the day to reach your hydration goals. Having your water bottle with you will act as a reminder to drink even when you don't feel thirsty.
- Drink at least 64 ounces (6 to 8 cups) of water each day. This is the recommended amount to avoid dehydration and related complications, such as constipation and kidney stones.

Dehydration is the leading cause of readmission to the hospital after bariatric surgery. Talk to your doctor or registered dietitian about ways to increase fluid intake if you are having difficulties staying hydrated.

Symptoms of Dehydration

Increase your fluid intake and talk with your doctor if you experience dehydration symptoms including:

- Headache
- Dizziness
- Blackouts
- Hard stools or constipation
- Low energy and fatigue

Celebrating National Hospital Week

May 7–13, 2017

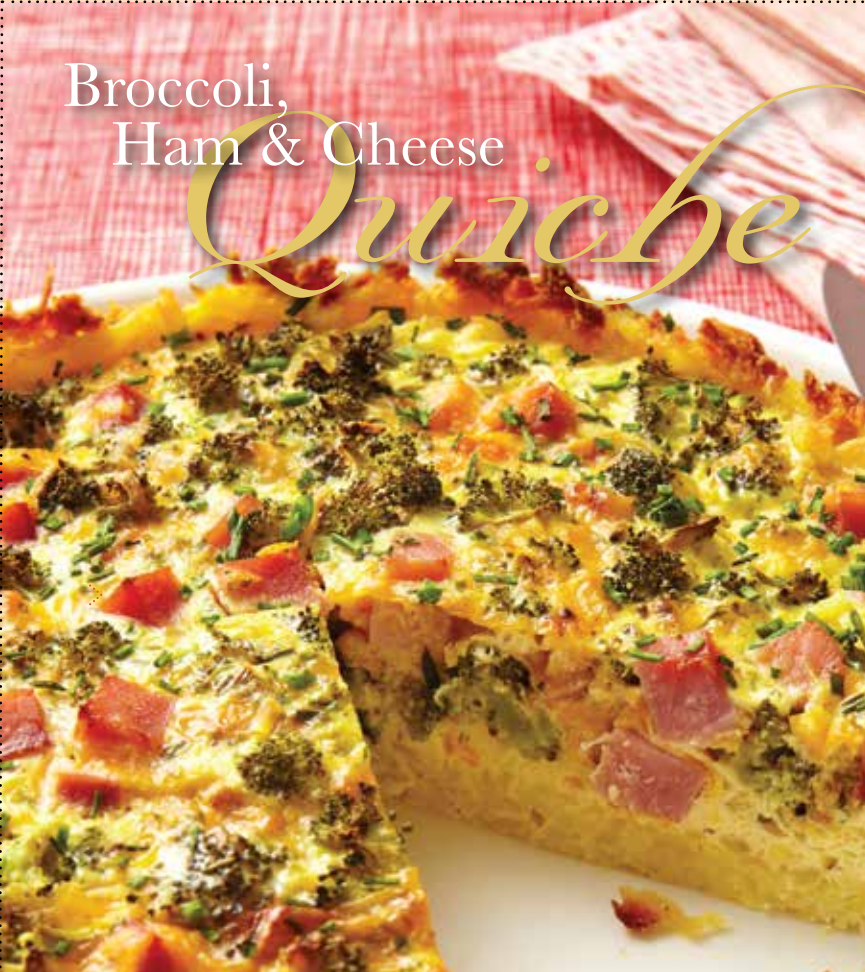
A hospital is more than a place where people go to heal. It's a part of the community that fosters health and represents hope. From providing treatment and comfort to those who are ill to welcoming a new life into the world, hospitals are central to a healthy and optimistic community.

National Hospital Week is a celebration of people. We would like to recognize our employees, volunteers, medical staff and board members for the important role they play in extending a sense of trust to our patients and our community. Together, they make McLaren Port Huron an outstanding hospital.



You can send a note of thanks to a McLaren Port Huron employee, volunteer or medical staff member who made a difference in the care you received at the hospital. Visit www.mclaren.org/phthankyou to submit your note of thanks. All notes of thanks will be shared with the honoree.

Broccoli, Ham & Cheese Quiche



- 16 oz precooked shredded potatoes, or frozen hash browns (thawed)
- 1¾ c liquid egg substitute, such as Egg Beaters, divided
- 2 T all-purpose flour
- 1 T canola oil, or extra-virgin olive oil
- ¼ t salt
- 2 c finely chopped broccoli florets
- 1 c shredded extra-sharp Cheddar cheese
- ¾ c finely diced smoked ham
- ¾ c reduced-fat sour cream
- ¼ c minced fresh chives
- ½ t freshly ground pepper

- 1 Preheat oven to 375°F. Generously coat a 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.
- 2 If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with ¼ cup egg substitute, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.
- 3 Fill the crust with broccoli, cheese and ham. Whisk the remaining 1½ cups egg substitute, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.
- 4 Bake the quiche until the center is just set, 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

Makes 6 servings. Per serving: 296 calories; 16 g fat (7 g saturated fat, 5 g mono unsaturated fat); 42 mg cholesterol; 17 g carbohydrates; 22 g protein; 2 g fiber; 603 mg sodium; 440 mg potassium. Nutrition Bonus: Vitamin C (52% daily value), Vitamin A (28% dv), Calcium (22% dv), Iron (16% dv), Zinc (15% dv).



PORT HURON

1221 Pine Grove Avenue
Port Huron, MI 48060

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"In Good Health"

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- > Facebook: McLarenPortHuron
- > Twitter: @McLarenPH
- > YouTube: PHHTodaysHealth channel



The Area's Only Designated Trauma Center



PORT HURON

ANOTHER FIRST FROM McLAREN PORT HURON

Most of the time, surgeries are planned and scheduled. You know when it will happen. You have time to prepare.

But when a surgery is needed immediately, the trauma team at McLaren Port Huron is prepared and stands ready. Around the clock. Day or night.

Learn more at www.mclaren.org/phtrauma

McLaren is the area's only designated trauma center

McLaren Port Huron has earned Level III Trauma Center Designation from the State of Michigan. This means we are able to care for the most serious trauma emergencies. Our staff and surgeons have gone through special training, and we have developed protocols and quality controls so we can provide the right care, right away.