

IN GOOD HEALTH

Winter 2016

Foundation News & Notes:

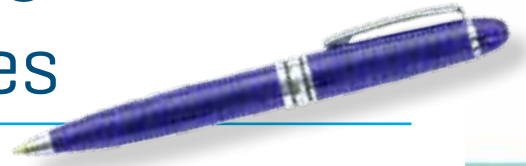
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Good for your Gut

 **McLaren**
PORT HURON



Community-wide Fundraising Effort Raises \$1 Million Toward \$5 Million Goal

When Clay Township resident Jim Rourke heard about new expansion efforts underway to build a Barbara Ann Karmanos Cancer Institute at McLaren Port Huron, he was very supportive. As a former member and chairman of the hospital board of trustees, Jim knows firsthand the advantages a comprehensive cancer facility will bring to the Blue Water Area.

"I believe McLaren Port Huron hospital's association with Karmanos is a positive development for the community and will be a great benefit in bringing more resources to the area," Mr. Rourke said. Last fall, McLaren Port Huron Foundation launched a monumental four-year, \$5 million fundraising campaign. Charitable donations to the campaign, called Rising to New Heights, support the expansion and renovation efforts for the Karmanos Cancer Institute, a new four-story patient tower, and hospital renovations.

To show their overwhelming support for the project, Jim and his wife, Cindy, decided to make a generous gift in the amount of \$500,000 to the campaign to benefit cancer patients undergoing treatment. This gift, along with other individual contributions and a lead corporate gift from SEMCO Energy, brings the total dollars raised in the campaign to nearly one million.

"We have an incredibly important mission and generous group of supporters, like the Rourkes, who truly believe in the future of our region," Jim Larsen, McLaren Port Huron Foundation board chairman, said. "With the support of our community, these efforts will help turn the buildings you are hearing about into true community resources."

How can you help?

There are many opportunities to donate to the Rising to New Heights campaign. "Every donor has an area of passion," said Lynn Griffor, McLaren Port Huron Foundation director. "Many donors have chosen to support this campaign through the Survivorship Fund, which helps patients and their families while they are undergoing treatment. Sometimes it's the small things, like gas cards to help with the cost of transportation or comfortable chairs for caregivers, that can make all the difference."

To support the Rising to New Heights fundraising campaign, contact the McLaren Port Huron Foundation at (810) 989-3776 or foundation@porthuronhospital.org.



2015 Community Benefit Activities

The McLaren Port Huron Foundation Community Health Teams sponsor programs that enhance the health and well-being of people in our community. In 2015, these teams, located in Capac, Lexington, Marysville, and Yale, touched the lives of many people through the following activities:

Back-to-School Backpack Giveaway

- 160 families assisted
- 1,250 pounds of food distributed
- 375 backpacks distributed

Keep Your Motor Runnin' Men's Health Event

- 91 men attended
- 77 men opted in for a cholesterol screening
- 25 men opted in for a colorectal screening

Fall Women's Health Events

- 140 women attended
- 78 women opted in for a cholesterol screening



Beacon Society Annual Fall Trip

Twenty Beacon Society members enjoyed a private tour of the Meadow Brook Estate in Rochester. The group headed to Rochester Mills Beer Company afterward for a wonderful dinner. A great time was had by all, and we look forward to next year.

McLaren Port Huron Foundation DONORS

The following donors have shown support to the McLaren Port Huron Foundation during the 2015 calendar year. To learn about ways to give to the Foundation, visit www.mclaren.org/phfoundation and select *Ways to Give*.

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Water Endodontics
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Precision Care Landscape, LLC
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Health Authority
Stewart, Beauvais & Whipple, PC
The Imprint House
Timbers Tree Service, Inc.

*Deceased.



To learn more about 3D mammography, visit www.mclaren.org/ph3dmammo and watch the video.

Now Available: A New Option for Mammography

Mclaren Port Huron is now offering three-dimensional (3D) mammography as an optional supplement to standard 2D mammograms. Three-dimensional mammography uses a different kind of technology, called tomosynthesis, to take high-definition images of the breast in thin layers from multiple angles. A computer then forms all of these layers into one 3D image.

3D mammography has advantages for some women. If you have dense breasts, if you feel a lump, or if you are at a high risk for breast cancer, 3D mammography may be a better option due to enhanced diagnostic accuracy.

Talk with your doctor about how you may benefit.

Whatever your needs are, you'll receive quality, compassionate care at Women's Wellness Place at McLaren Port Huron. Our state-of-the-art mammography units offer both 2D and 3D technology. We've also updated the mammography area with your comfort in mind.

Women's Wellness Place has been recognized as a Breast Imaging Center of Excellence since 2009 by the American College of Radiology. To schedule a mammogram, call (810) 985-2663.

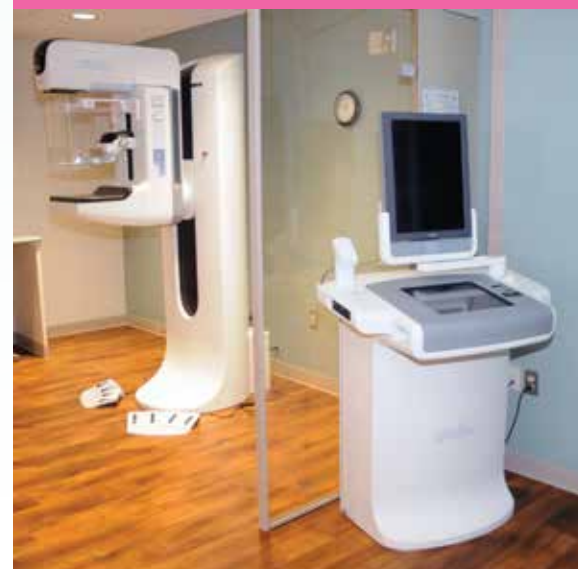
Advantages and Disadvantages of 3D Mammography

ADVANTAGES

- Provides a more comprehensive image, which can detect cancer at an earlier stage, particularly in women with dense breast tissue.
- Reduces false positives, sparing you the worry and expense of coming back for follow-up tests.

DISADVANTAGES

- Not yet accepted by all insurance plans. You may need to pay an out-of-pocket fee for the exam. We encourage you to contact your insurance to determine coverage.





2016 WINTER

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

Bariatric Informational Seminars

Learn about gastric banding, gastric sleeve, and gastric bypass procedures offered at the Bariatric Center of Michigan. Upcoming seminar dates and information on surgery options and the surgeons are listed at www.mclaren.org/phbariatric.
McLaren Port Huron Duffy Classrooms
Cost: Free

Building a Healthy Future with Diabetes Workshops

Learn to manage diabetes by managing nutritional needs, exercise, and medications in this one-day, four-hour workshop. Registration and a physician order are required.
Call (810) 989-3362 to register.
January 6, March 2; 8 a.m. – noon
February 3; noon – 4 p.m.
McLaren Port Huron Diabetes Education Classroom, Wismer 3rd Floor
Cost: Varies

“No Butts About It” Smoking Cessation for Adults

Do you plan on quitting smoking in 2016? Join us to learn strategies and tips to help you quit for good!
January 12; 4 – 5 p.m.
McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron
Cost: Free

Parenting Today’s Teens

Join our panel of experts to explore challenges of parenting today’s teens, such as social media safety and awareness, bullying, and health topics such as sleep, nutrition, and stress.
January 18; 5:30 – 6:30 p.m.
McLaren Port Huron Duffy Classrooms
Cost: Free

Foot and Ankle Pain and Treatment

Join Dr. William Braaksma of Orthopedic Associates to learn about common orthopedic injuries and conditions affecting the foot and ankle.
January 27; 5:30 – 6:30 p.m.
McLaren Port Huron Duffy Classrooms
Cost: Free

Women & Heart: Wine, Cheese, and Chocolate

Join us for *A Heart-felt Debate* featuring Dr. Ajay Krishen and Lillian Mess, DNP, to learn more about the risk of heart disease for women. Savor delicious wine, cheese, and chocolate while perusing the many vendors on hand. Registration required. Sponsored by McLaren Port Huron Women’s Wellness Place.
February 4; 6 – 8 p.m. (Doors open at 5:45 p.m.)
Black River Country Club
3300 Country Club Drive, Port Huron
Cost: \$17; \$15 members of Women’s Wellness Place

CPR for Seniors, Family, and Friends

This class includes basic adult, child, and infant CPR and airway techniques. This class does not certify participants in CPR, but a certificate is awarded upon course completion. Sponsored by McLaren Port Huron 55 Plus.
February 24; 9 a.m. – noon
McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron
Cost: \$7; \$5 members of 55 Plus

Betty Kearns Little Black Dress Event

Celebrate the 10th anniversary of this popular fundraising event. Proceeds benefit breast cancer funds at McLaren Port Huron and Lake Huron Medical Center. Tickets go on sale January 11. To purchase tickets, call (810) 300-1621.
March 4; 5:30 – 10:30 p.m.
Blue Water Area Convention Center
500 Thomas Edison Parkway, Port Huron
Cost: \$40 per person; \$500 table for 10

27th Annual Children’s Fun & Fitness Festival

This festival promotes healthy habits while exposing children to the hospital environment. Visit fun, interactive stations including a tour of an operating room. Enter to win one of two bikes donated by the Noon Optimist Club of Port Huron. Open to children ages 5-11. Children must be accompanied by an adult. Registration at the door only.
March 19; 9 a.m. – 1 p.m.
Registration ends at 12:30 p.m.
McLaren Port Huron
Cost: Free

Dementia and Behavior

Join the Alzheimer's Association of Greater Michigan to understand dementia-related behavior changes and learn strategies for responding appropriately.

March 31; 10:30 - 11:30 a.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Lunch with the Doctor: Screenings and Health

March is colorectal cancer awareness month. Join Dr. Anthony Boutt to learn about prevention, treatment, and cures for colorectal cancer. A FREE fecal immunochemical test (FIT) kit will be offered to everyone who attends this informative program.

March 8; 11:30 a.m. - 1 p.m.

McLaren Port Huron Duffy Classrooms

Cost: \$7; \$5 members of 55 Plus

Your Will and Beneficiaries

Join financial experts James Carolan and Brian Duda to learn about designating beneficiaries in your will. Sponsored by McLaren Port Huron Foundation.

March 24; 10 - 11 a.m.

McLaren Port Huron Duffy Classrooms

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.

Childbirth Education Series

January 4, 11, 18 & 25; February 1, 8, 15 & 22; March 7, 14, 21 & 28;
6:30 - 8:30 p.m.

Saturday Express

January 9, February 6, March 5;
8:30 a.m. - 3:30 p.m.

Breastfeeding

January 16, March 19; 10 a.m. - noon

Deliver Me Smoke-Free

Call (810) 989-3432 for more information.

Screenings Offered by 55 Plus

Blood Pressure Screenings

January 6, February 3, March 2;
8:30 - 10 a.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free



Foot Screenings*

February 12; 9 a.m. - noon

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Hearing Screenings*

January 13, March 9; 12:30 - 3 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

*Appointment required.

Support Groups

Alzheimer's Support Group

January 26, February 23, March 22;
1 - 2:30 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Bariatric Surgery Support Group

January 19, February 16, March 15;
6:30 - 8 p.m.

McLaren Port Huron Duffy Classrooms

Cancer Support Group for Women

January 12, February 9, March 8;
6 - 7:30 p.m.

McLaren Port Huron Women's
Wellness Place

Depression and Bipolar Support Alliance

January 14 & 28, February 11 & 25,
March 10 & 24; 6:30 - 8 p.m.

McLaren Port Huron North Classroom

Diabetes Support Group

January 19; 10 - 11 a.m.

McLaren Port Huron Diabetes
Education Classroom,
Wisner 3rd Floor

NEW! Heart Support Group

January 20, February 17, March 16;
5:30 - 7 p.m.

McLaren Port Huron Duffy Classrooms

Look Good...Feel Better

January 28, March 24; 1 - 2 p.m.

February 25; 6 - 7 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Multiple Sclerosis Support Group

January 9, February 13, March 12;
10 a.m. - noon

McLaren Port Huron North Classroom

Parkinson's Support Group

January 6, February 3, March 2;
2 - 3:30 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Stroke Survivors Support Group

January 6 & 20, February 3 & 17,
March 2 & 16; 10 - 11 a.m.

McLaren Port Huron Gathering Place





More information about these heart-healthy programs can be found in the calendar on pages 5-6. For more information or to register, visit mclaren.org/phevents or contact HealthAccess at (800) 228-1484.

Warm Your Heart



with Winter Programs

Hearth health gets a lot of well-deserved attention in February during American Heart Month. But, at McLaren Port Huron, caring for your heart is a year-round focus. Advanced cardiology services available to our community include:

- Cardiac surgery, such as coronary artery bypass graft (commonly called open heart surgery) and minimally invasive valve surgery
- Interventional cardiology, such as balloon angioplasty with impressive, life-saving door-to-balloon times, saving precious heart muscle
- Diagnostic tests like EKGs, echocardiograms, stress tests, and cardiac catheterization
- Cardiac electrophysiology to diagnose and treat patients with electrical disorders of the heart
- Inpatient rehabilitation for patients following surgery

While all of these services have contributed to a better quality of life for many patients, it's equally important that we reach out and ensure that the community receives the tools, education, and support needed to take an active role in preventing and managing heart disease.

According to Kelly DiNardo, RN, BSN, coordinator of community education and outreach, information can be empowering, but it must be reliable. "People may search for information on the Internet, but sometimes it's difficult to tell if it's good or even up to date. When you attend our programs, you're getting information that is evidence-based and provided by experts in the field."

Take a look at some upcoming programs planned for American Heart Month and throughout the year:

Heart Health Support Group - This new support group is for those who have had a cardiovascular procedure in the past and their family or caregivers. Led by a registered nurse from our cardiovascular lab, this group provides support and education on topics such as heart-healthy cooking, low-impact fitness, and medication reviews with a pharmacist. The group also suggests topics based on their unique needs. Held the third Wednesday of each month beginning January 20.

Smoking Cessation - Quitting smoking can lower the risk of death from heart disease by one-third. In this class, participants will form a strategy to manage the physical and behavioral aspects of smoking addiction. Medical and holistic therapies will also be discussed. This free program is held in group and one-on-one sessions. For those who have made quitting part of their New Year's resolution, a class will be offered January 12 at 4 p.m.

Women & Heart: Wine, Cheese, and Chocolate - An educational event held each year during American Heart Month to educate women about heart health. There is a \$15 registration fee that includes light appetizers and a complimentary glass of wine. This year's event is on February 4 at Black River Country Club.

CPR Training for Seniors, Family, and Friends - This program trains adults on the basics of CPR. This is a hands-on program where participants can earn a certificate of completion (not a certification in CPR). A \$5 fee covers a take-home book. The three-hour course provides education, hands-on practice, and expert guidance. Held February 24 at 9 a.m.

55 Plus Blood Pressure Screenings - Free blood pressure screenings and education on the meaning of your numbers and ways to manage blood pressure. This is held throughout the year, with upcoming dates on January 6, February 3, and March 3.

Prebiotics & Probiotics: Good for your Gut



You've likely heard about probiotics by now – yogurt brands are often touting their digestive benefits on TV ads, and consumption of probiotic foods has seen a steady increase over the past five years around the world, especially in North America. But what are they, and why are they important?

Simply put, probiotics are good bacteria – living microorganisms – that can provide a range of health benefits for your digestive tract. Trillions of bacteria already reside in the human intestinal system, and probiotics crowd out harmful bacteria to help maintain a healthy, balanced “gut flora.”

Prebiotics are the lesser known of the pair but are equally important. They are non-digestible food ingredients that support probiotics and other good bacteria by encouraging their growth and activity within the gut.

There are a lot of claims about the health benefits of prebiotics and probiotics. Research is still ongoing, but what scientists do know is that people who eat diets rich in foods containing prebiotics and probiotics have healthier immune systems and intestinal health.

To up your prebiotic and probiotic intake, there are supplements you can take, but food sources are preferred as they are more natural and easily digestible.

Fermented foods are key to a probiotic-rich diet – just make sure you read the labels and choose foods that are fermented rather than pickled in vinegar or pasteurized at high temperatures. These processes tend to kill the good bacteria you want in your diet.

Probiotic foods include:

- **Yogurt:** The most famous probiotic food, make sure you're choosing yogurts with live and active cultures.
- **Sauerkraut:** Fermented vegetables usually contain probiotics, but sauerkraut is the most popular and easiest to make at home.
- **Pickles and olives:** Make sure they are preserved using traditional brine-curing or salt-curing methods.
- **Miso:** A fermented soy bean paste commonly used in Japanese cooking to make miso soup.
- **Soft cheeses:** Fermented soft cheeses like gouda, brie, goat cheese, and blue cheese.
- **Sourdough bread:** The process used to make sourdough bread means it's full of good bacteria and easy to digest.



Prebiotic foods are generally high in dietary fiber and include:

- **Vegetables:** Artichokes, chicory, garlic, onions, leeks, shallots, spring onions, asparagus, beets, fennel, green and snow peas, corn, and savoy cabbage
- **Beans and legumes:** Chickpeas (garbanzo beans), lentils, red kidney beans, and soy beans
- **Fruit:** Bananas, plums, custard apples, nectarines, white peaches, watermelon, grapefruit, and pomegranates, as well as dried fruits like raisins and dates
- **Cereals, grains, and nuts:** Oats, wheat, whole grains, barley, rye bread, pasta, gnocchi, couscous, cashews, and pistachios
- **Other:** Honey, maple syrup, and red wine

Diabetes & Sodium Intake

Most Americans consume about 3,400 mg of sodium a day. The American Heart Association recommends consuming 1,500 mg of sodium or less per day. Reducing sodium intake does not affect blood glucose levels but can lower blood pressure and reduce the risk of diabetes complications like heart attack and stroke.

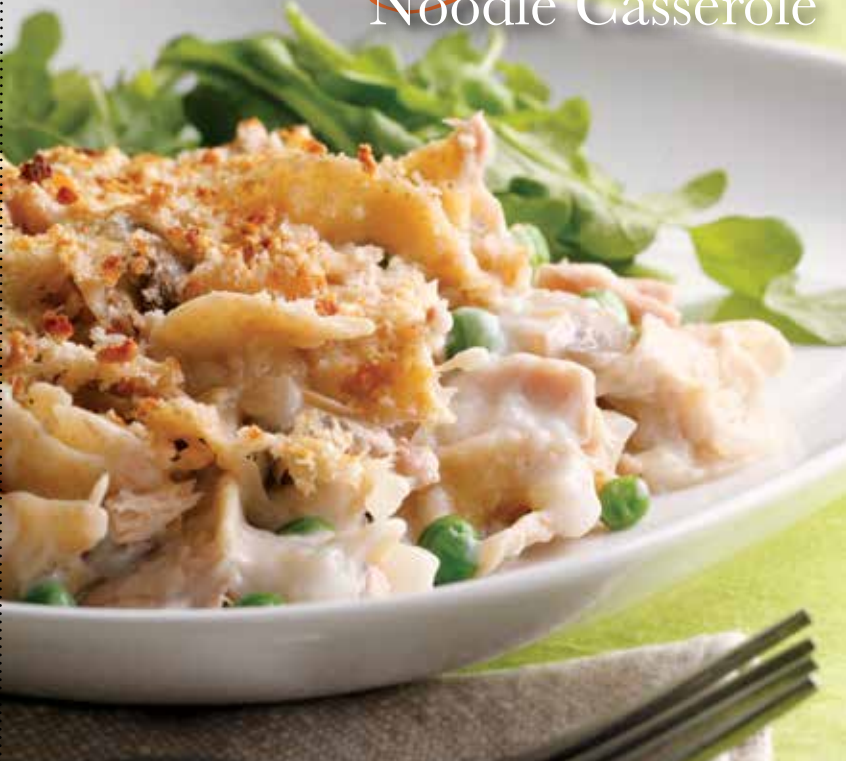
An easy way to lower your sodium intake is to reduce the amount of processed foods you eat, and instead consume fresh, unprocessed foods such as:

- Fresh fruits and vegetables
- Dried beans, peas, and legumes
- Unsalted nuts and seeds
- Whole grains prepared without salt (brown rice, oats, quinoa, popcorn, wild rice, and whole grain barley)
- Most fresh or frozen cuts of meat and poultry
- Fresh or frozen fish without added salt water

When choosing processed foods, check the nutrition label for sodium content. This will help you choose foods that are lower in sodium and better for your health.



Skillet Tuna Noodle Casserole



8	oz whole-wheat egg noodles	3	c nonfat milk
1	T extra-virgin olive oil	½	t freshly ground pepper
1	medium onion, finely chopped	12	oz canned chunk light tuna (see Tips), drained
8	oz mushrooms, sliced	1	c frozen peas, thawed
½	t salt	1	c finely grated Parmesan cheese, divided
½	c dry white wine	½	c coarse dry whole-wheat breadcrumbs (see Tips)
6	T all-purpose flour		

- 1 Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse.
- 2 Position rack in upper third of oven and preheat broiler.
- 3 Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4 to 5 minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and ½ c Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.
- 4 Sprinkle the casserole with breadcrumbs and the remaining ½ c Parmesan. Broil until bubbly and lightly browned on top, 3 to 4 minutes.

Tips: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. FDA/EPA advice recommends no more than 6 oz of albacore a week; up to 12 oz canned light is considered safe.

To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ c fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about ½ c dry crumbs. Or use prepared coarse dry breadcrumbs. We like Ian's brand labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.

Makes 6 servings, about 1½ c each. Per serving: 406 calories; 8 g fat (3 g sat, 3 g mono); 53 mg cholesterol; 47 g carbohydrate; 32 g protein; 5 g fiber; 684 mg sodium; 593 mg potassium. Nutrition bonus: Calcium (30% daily value), Potassium (17% dv), Iron, Vitamin A & Vitamin C (15% dv), good source of omega-3s.



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