



North Ottawa Community
Health System

in the

community

Fall 2018 Newsletter

Mako Technology Is Here!

Attend the "Meet Mako" Event
on September 26 (page 3)

Walk-in Screening Mammograms in October

Read one woman's breast
cancer success story (page 5)

Dr. Dirk Bakker,
Orthopaedic
Surgeon

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Mako Technology

Here in Grand Haven!

We live in an age where technology is doing a lot of our work for us. We have self-driving cars, auto-correct word processing, and Amazon Alexa. It's easy to think surgery is going that direction, too, when you hear people talking about "robots in the operating room." There's a common misperception out there that a robot is doing the surgery. But that's not the case! The robotic arm is simply a tool that a surgeon uses to be more precise.

"Joint replacement has traditionally been based on feel," says orthopedic surgeon Dr. Dirk Bakker. "When I replace a knee, for example, I'm feeling for bony landmarks and moving the joint as much as I can to see if I have it in the right place." And while a good surgeon can get an excellent result

much of the time, there's still room for error. Robotic-arm assisted surgery eliminates the guesswork of joint placement. "We can now put the joint in the perfect position," says Dr. Bakker. "The robotic technology allows us to make small changes and see them in 3D during the procedure. We can stress the joint, move it, and ensure that it's in exactly the right place for maximum functionality. Using the Mako System, we have a degree of precision that's not possible any other way."

Precision is important because there's a lot riding on the joint. If it's not quite in the right place, or the ligaments are not exactly balanced, the patient can still experience some degree of discomfort. "Approximately 20 percent of

traditional joint replacement patients say that their new knee is not perfect," admits Dr. Bakker. "It's better, but not perfect. Mako should get us much closer to 100 percent success."

Robotic-arm assisted surgery also provides important side benefits to the patient. The first is a faster recovery time. Traditional joint replacement involves a two to three night hospital stay. A Mako Total Knee application requires a single night stay. There's also less blood loss, less tissue displacement, fewer pain pills and faster rehab. Patients who have had one traditional joint replacement and then one Mako Total Knee say that it's a lot less painful and they recover much faster.

Now that NOCHS has Mako Technology in-house, the second benefit is how many more people can be served in this way. Medicare and Medicaid require that joint replacements be done only at a hospital. So, having the Mako System at NOCHS is a game changer for people insured through these programs. Specifically for Medicare recipients (people over 65), who oftentimes have health conditions that can complicate surgery, this should provide peace of mind. North Ottawa Community Hospital is equipped with additional resources to deal with such complications.

Want to learn more?

Come to our "Meet Mako" event on Wednesday, September 26 from 10:00am–12:00pm in the North Ottawa Community Hospital Lobby.

There will be a special presentation by Dr. Dirk Bakker at 11:00am in the NOCHS Multipurpose Room, during which he will share what Mako can do for you!



Daniel Brooks Talks About His Mako Success

"I was pretty sure this surgery was going to hurt," knee replacement patient Daniel Brooks says. "Everyone told me how much pain I would experience, and how hard those first 200 steps would be. So I had prepared myself."

Daniel's surgery was at NOCHS on a Friday. He had a date with his physical therapist the next morning. She helped him get out of bed for those much-anticipated first 200 steps. "I didn't feel any pain at all," Daniel says in amazement. "I walked all the way down the hall, slapped the door, and turned around." Kelli, the physical therapist, was watching with no small amount of amazement. So then she took him to the physical therapy room, and had him climb up and down four steps. "Still no pain," Daniel recalls.

Daniel had planned on three days in the hospital, and then a stay at Heartwood Lodge for a couple weeks of therapy. Instead, within 24 hours, he was back home.

Three weeks after surgery, Daniel was back at work laying tile for restaurants. This 73-year-old admits that he did finally need some Aleve during physical therapy! But he has had no problems since he returned to his craft.



“You’re Never Too Young”

A Breast Cancer Survivor
Shares Hard-Earned Wisdom



The Klouw family celebrates their victory over breast cancer at Disney

"I was diligent about examination, and I was young. I never thought it would happen to me." That's how 48-year-old Lisa Klouw sums up her reaction to a breast cancer diagnosis last year.



Lisa's grandma

Her diagnosis came in an (admittedly) unusual way. "I started having mammograms at age 30 due to some odd symptoms after a pregnancy," she recalls. "And while I was diligent about self-checks and annual mammograms, I credit my late grandmother with helping me catch my cancer early. I had a nightmare in which she was very clearly telling me to get a checkup."

So Lisa bumped up her annual schedule, and sure enough...there was a lump. That diagnosis came as a surprise to Lisa. "I don't know what we would have done without Carol (Nurse Navigator) in the Breast Evaluation Center," Lisa says. "She was absolutely wonderful. She walked us through everything, and helped us select the physicians to use. My doctor wanted to do an MRI to confirm that there was only one lump. Turns out there were three spots. North Ottawa had the technology to do everything right there, and I'm so glad they did. That saved me from having multiple surgeries."

Lisa opted for the double mastectomy on her doctor's advice. That allowed her to avoid chemo and radiation. She also decided to have reconstructive surgery, again upon the doctor's

advice. "It was painful, but very worth it," she notes. "I don't think I would have felt complete without it."

Breast cancer is a family ordeal. Lisa's husband, Scott, was by her side every step of the way. "The people at North Ottawa respected the way our family approached this disease and Lisa's care," he notes. "I never once felt left out or excluded. The staff helped each of us understand our roles so we could care for Lisa."

Lisa's diagnosis came almost a year ago. The family recently took a Disney trip with their daughters to celebrate. "You need something to look forward to," Lisa notes. "I really recommend that every family set a goal to celebrate the end of treatment. You're using the positive to counteract all the worry."

"We got a second chance," Scott says simply. "We worked our way through this, and now we know we can work through anything. Our family is stronger because of it."

What's Lisa's advice? "Get checked every year," she urges. "No one in my family had breast cancer. I had no symptoms. We are so lucky to have the wonderful people and advanced technology of North Ottawa right here in our community. Don't let fear stand in your way."

You can call the Breast Evaluation Center any time to schedule a mammogram. It's covered by most insurance. And if that feels like too much work, stop by the community walk-in clinics in October (see below). It literally could save your life.



NOCHS is offering walk-in screening mammograms during Breast Cancer Awareness month.

Just stop by the Breast Evaluation Clinic with your insurance card any Wednesday in October from 8:00am – noon.

Come in the front entrance of the hospital (under the canopy) and our friendly volunteers will point you in the right direction.



Time for Fall Maintenance Get Your Flu Shot!



We're entering the cold and flu season. So why not prevent some of the serious (and potentially fatal) illnesses like influenza?

There are two reasons why people over the age of six months should get a flu shot. First, influenza is dangerous. The Advisory Committee on Immunization Practices notes that 140,000 to 710,000 people are hospitalized annually due to the flu. It causes 12,000 to 56,000 deaths per year. This virus is no respecter of age...it can strike old and young alike. Second, it is very contagious. Symptoms start one to four days after the virus enters your body. You are contagious for five to seven days after becoming ill. You could be infecting others without even knowing it.

The flu shot prevents respiratory influenza, not the stomach flu. The Centers for Disease Control (CDC) tries to identify which strain of the virus will be most prevalent in the upcoming flu season. Then the vaccinations are set up to prevent those strains. Even if they have guessed wrong, it is still better to get the shot to prevent what you can prevent.

Note that you should be evaluated and screened by a professional before receiving a flu shot. They will check for allergies and other disorders that could cause side effects. Pregnant women should consult with their OB-Gyn.

NOCHS will provide walk-in clinics at several locations this fall (see listing). You can also stop by Dunewood Pharmacy (at the hospital) or Urgent Care (located next to Panera Bread). We offer flu shots at those two locations any time during business hours once the flu vaccine is available at the end of September.

Walk-In Community Flu Shot Clinics

September 27, 10:00am – 12:00pm

CAPS Community Services Building
198 East Street, Coopersville

September 28, 10:00am – 11:00am

Evergreen Village Apartments
217 Dewitt Lane, Spring Lake

September 28, 11:30am – 12:30pm

Liberty Woods Senior Housing
201 Dewitt Lane, Spring Lake

October 3, 1:30pm – 3:00pm

American House Lloyds Bayou
17046 Lloyds Bayou Drive, Spring Lake

October 5, 9:00am – 12:00pm

Grand Haven Community Center
421 Columbus Avenue, Grand Haven

October 8, 9:30am – 11:30am

Pinewood Place
1500 S. Ferry, Grand Haven

October 18, 10:00am – 12:00pm

Spring Lake District Library
123 E. Exchange Street, Spring Lake

October 19, 9:00am – 11:00pm

NOCHS Multipurpose Room
1309 Sheldon Road, Grand Haven





Giving Thanks

"From the Heart"



Healthcare can sometimes be a little frightening. Maybe it's a delicate surgery. Maybe it's an unexpected diagnosis. It could be your health, or the health of someone you love, that's at risk. Regardless of the circumstances, there's one thing that always helps: genuine care and compassion. That's what we aim to provide for each patient who comes to North Ottawa Community Health System.

"I have heard so many people say, 'If only you knew what a difference this person or that person made to our family,'" says Connie Frazier, Development Director. "They often comment that a simple 'thank you' doesn't seem like enough. But for us, it means everything. We are here to serve our community, our neighbors. When our work makes a difference in their lives, then we are fulfilled."

Now you can easily express your appreciation for care through a message or a gift. Look for the "From the Heart" brochures located around the health system. This brochure gives you a simple way to share your message of thanks with members of the care team, and to give a gift in support of the health system. We'll make sure your message gets to the person you wanted to thank. Along with your thanks, that person will receive recognition from hospital leadership. And your gift will keep on giving by nourishing our local health care capacity.

"We are a community health system," says Jennifer VanSkiver, Chief Communications Officer. "That means the people of this community are our only focus. Our physicians and staff live here and have a unique understanding of local health care needs. We are invested because this is our home. When you give a gift in support of this mission, you are ensuring our community continues to benefit for generations to come."

"We must find time to stop and thank the people who make a difference in our lives." (John F. Kennedy)



Don't Forget Your Fluids

Choose to Have Your Infusions at NOCHS

The human body is made up of mostly liquid. Sometimes we need more of it...like when we're dehydrated or need a long-term antibiotic. Other times we need less of it, such as when extra blood must be drained in response to a specific disease. But when your doctor says you should visit an infusion clinic, we invite you to experience the simplicity and convenience of North Ottawa Community Hospital.

"We offer a wonderfully comfortable and convenient setting for what can be a tedious or repetitive treatment," says Joyce Wiersma, Charge Nurse for the Infusion Clinic at NOCHS. "We have private rooms with guest seating and bathrooms. We welcome family to come in and out as they wish. We even provide a limited menu for patients and families so that they don't have to pack a lunch for

So who needs an infusion clinic? It's often used by:

- Cancer patients who are dehydrated after treatments
- Pregnant women experiencing nausea or low blood iron
- People who struggle to maintain their blood iron level
- Patients who have a port or pick line and need a blood draw

long treatments. We also have DVD players for movies, and free hospital-wide Wi-Fi access. Our whole goal is simplicity and comfort."

As with many medical services, patients have a choice about where to go for care. Most insurance plans pay for treatment in an infusion clinic rather than in an Emergency Room or Urgent Care setting. It's a lot more comfortable and convenient for both patients and their families.

So the next time you need an infusion clinic, ask your doctor to send you to NOCHS!

If you need infusion services, please ask your doctor to call NOCHS at (616) 844-4800.



Find Your Fit

Ongoing Support Groups and Seminars

ONGOING MONTHLY SEMINARS

WEIGHT LOSS

NOCHS offers surgical and Medical Weight Loss options. Call (616) 847-5489 to learn more about our free monthly seminars or to determine what weight loss option is best for you. You can also download the free app by searching NOCH Bariatric Clinic in the Apple or Google Play app stores.

JOINT REPLACEMENT

Join our Orthopedic Coordinator to learn about the joint replacement process, including pre- and post-operative care. Call (616) 847-5309 for dates.

SUPPORT GROUPS

BARIATRIC SURGICAL SUPPORT GROUP

Bariatric patients are encouraged to attend preoperatively as they explore their weight loss options and prepare for surgery, and postoperatively for continued support, regardless of where surgery was performed. For questions and times, call (616) 847-5489.

BREASTFEEDING SUPPORT GROUP

This group provides continuing support for mothers and their breastfed babies. For questions and meeting times, call (616) 847-5512.

LIFE AFTER LOSS

Hospice of North Ottawa Community offers an ongoing grief support group that is open to all community members who are dealing with a death-related loss. This group is facilitated by a hospice bereavement counselor. Contact a bereavement counselor prior to attending by calling (616) 846-2015.

LUNCH BUNCH

Hospice of North Ottawa Community offers the opportunity to share a meal and conversation with others who have lost someone special. For a schedule, call (616) 846-2015. Reservations are not required.

PREGNANCY AND POSTPARTUM SUPPORT GROUP

You're not alone if you experience any of these things after childbirth: lack of sleep, feeling overwhelmed,

feeling isolated or alone, increased anxiety, difficulty finding a balance at home, feelings of guilt or sadness. NOCHS' specially trained nurses can help. For days and meeting times, call (616) 847-5512.

CHILDBIRTH & FAMILY CLASSES

To obtain a class schedule or to register, call (616) 847-5512.

CHILDBIRTH PREPARATION CLASSES

Our class is recommended for expectant mothers and their support persons. Content includes labor and delivery, comfort measures, relaxation and breathing, role of the support person, cesarean birth, early infant care and postpartum care. A tour of the Family Birthing Unit is also included.

CHILDBIRTH REFRESHER CLASS

This class is great for those who have already gone through the initial preparation class and would like a refresher on the course.

BREASTFEEDING PREPARATION CLASS

This class helps mother and her support person learn about the art of breastfeeding. Registration is not required, but it is encouraged.

SIBLING CLASS

This one-hour class helps children prepare for the arrival of a new sibling. It is recommended for children three years or older. This class includes a visit to the Family Birthing Unit and Newborn Nursery.

CPR CLASSES

Call (616) 847-5671 to register.

BASIC LIFE SUPPORT (BLS) CERTIFICATION

This course is designed for professional rescuers who want to earn an initial healthcare provider certification or recertification. Students will have the opportunity for hands-on practice before completing skills testing and a written exam. The certification is valid for two years.

BABYSITTING 101

This class is open to girls and boys ages 12 and up who want to learn the important "how-tos" of babysitting.



Community Engagement

We offer a variety of ways for you to learn about and get involved in your own health, as well as that of the community. All our sessions are free and open to the public. We hope to see you soon!

All seminars will be held at the NOCHS Community Room
South Beacon Plaza *unless otherwise noted.*
1061 S. Beacon Boulevard, Grand Haven
(Use Four Pointes entrance)

RSVP is encouraged. Please call (616) 847-5290 or visit nochgetbetter.com

Note: Check the North Ottawa Community Health System Facebook page for weather-related cancellations.



Injury Prevention / Pain Management

SIMPLE SENIOR SAFETY

Thursday, September 27, 9:00am

NOCHS Main Lobby, 1309 Sheldon Road in Grand Haven

Join NOCHS and Generation Care to learn about fall prevention, common household hazards and medication checks to help keep you safe at home. Also, bring in your current list of medications for evaluation by our staff Pharmacist.

DRY NEEDLING AS AN ADJUNCT FOR TREATING PAIN AND DYSFUNCTION

Tuesday, November 6, 6:00pm

Dry needling is a treatment strategy that can reset the neuromuscular system and impact pain and function in a positive way. This approach to addressing pain is fascinating and it works! Wes Barger, DPT and Brandon Yuenger, DPT will be sharing their knowledge.

TUNING UP YOUR BALANCE AND SURVIVING A FALL

Tuesday, December 4, 6:00pm

Come learn proven strategies to identify if you are at high risk for falls, to show how to fall and get up from a fall, and simple tricks to prevent falls from happening! Led by Cristie Anderson, MSPT, of Generation Care.

UNDERSTANDING AND PREVENTING FALLS PART 2

Tuesday, February 5, 6:00pm

A fall for an older person can bring about devastating consequences. Cristie Anderson, MSPT, from Generation Care will demonstrate strategies for fall prevention for each fall risk factor: balance, vision, lower extremity strength, and more.

FOOT PAIN: CAUSES AND SOLUTIONS

Tuesday, March 5, 6:00pm

If foot pain is holding you back from physical activity or your daily activity, it is time to get it figured out! Orthopedic clinical specialist Jamie Morris, MSPT, COMT, OCS, will explore sources for common foot pain and possible solutions in preparation for spring walking and running.

SCIATICA AND BACK PAIN: SELF-MANAGEMENT AND SOLUTIONS

Tuesday, March 26, 6:00pm

Back pain affects many of us. There are things you can do in the privacy of your home to help! As a physical therapist certified in McKenzie spine care, Eric Bastian, DPT, will cover causes for sciatica and back pain and potential solutions for self-management as well as prevention.

Specific Conditions

POST-BREAST RECONSTRUCTION RECOVERY

Monday, October 15, 6:00pm

Tracy Lee, MSPT, ORS, CES is a physical therapist with specific training and certifications in oncology rehabilitation and edema management. Topics she will include are reconstruction choices, what to expect after surgery and how physical therapy can play an important role in returning to previous activities.

ALZHEIMER'S DISEASE – PART 2

Wednesday, October 17, 6:00pm

Alzheimer's disease is the most common type of dementia in older people. It is a difficult, challenging and complex disease. Please join us as Susan Thorpe from the Alzheimer's Association takes a deeper dive into this disease. Part Two will cover common behaviors of the person with Alzheimer's, such as wandering, resisting, agitation, repeating, sleeping and physical abuse.

YOUR AMAZING FEET—FOOT AND ANKLE PAIN

Monday, October 22, 6:00pm

Dr. Brandon King of Orthopaedic Associates of Muskegon will discuss common foot problems and the different treatment options.

WOMEN'S HEALTH: URINARY INCONTINENCE AND PELVIC PROLAPSE

Wednesday, October 24, 1:00pm

Grand Haven

Wednesday, December 5, 1:00pm

Mercy Health Lakes Village, 6501 Prairie Street, Norton Shores

Hear how robotic surgery is fast becoming the gold standard for permanently correcting pelvic prolapse in the least invasive way possible. Presented by NOCHS' Medical Director, Samir Hamati, MD.

POST-CONCUSSION RECOVERY:

FACT VS FICTION

Wednesday, October 24, 6:00pm

Holly Lookbaugh-Deur, PT, DSc, GCS will be providing an in-depth discussion on what happens after a concussion. She will cover the impact of a concussion and how it affects vision, coordination, balance, chronic headaches, neck pain and so much more.

WOMEN'S HEALTH: UNDERSTANDING AND HOPE FOR PELVIC PAIN

Tuesday, October 30, 6:00pm

Join Katie Hanson, DPT, PRC, a certified pelvic floor physical therapist, to learn about the many sources of pain and the surprising solutions and options for treatment. You may be able to reduce your pain by learning valuable techniques to use at home.

MAKO ROBOTIC-ARM ASSISTED HIP & KNEE REPLACEMENT

Monday, November 5, 6:00pm

Join Dr. Dirk Bakker of Grand Haven Bone and Joint to learn about Mako joint replacement. See if you are a candidate for the surgery, hear the benefits of robotic-arm assisted surgery, and also learn about how this could be a treatment option for adults living with arthritis.

ALZHEIMER'S DISEASE – PART 3

Wednesday, November 28, 6:00pm

Susan Thorpe from the Alzheimer's Association will discuss the role of the caretaker. She will explain men vs. women as caregivers, the changing roles, managing the stress of a caregiver and community resources to assist in caregiving.



North Ottawa Community Health System

1309 Sheldon Road
Grand Haven, MI 49417



Learn live more deeply and richly, with **less stress** and **improved well-being.**

Download your free copy of "In the Moment" at NorthOttawaWellnessFoundation.org.



North Ottawa
Wellness Foundation

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Hospice of North Ottawa Community

PRESENTING SPONSOR



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PLEASE JOIN US TO DINE, CELEBRATE, AND SUPPORT
HOSPICE OF NORTH OTTAWA COMMUNITY

TUESDAY, OCTOBER 16, 2018 AT 6:00 PM
SPRING LAKE COUNTRY CLUB

HOSPICE HERO AWARD
THE LOUITT FOUNDATION

BUY YOUR TICKETS ONLINE AT
SUPPORTNOCHS.ORG/ONE-TO-REMEMBER