

# Healthy generations



MAGAZINE WINTER 2010

## A HEART TO HEART ABOUT HEART DISEASE

*Are you the weaker sex?*

## RESTORE YOUR SPINE

See page 7 to learn about a  
surprising new treatment

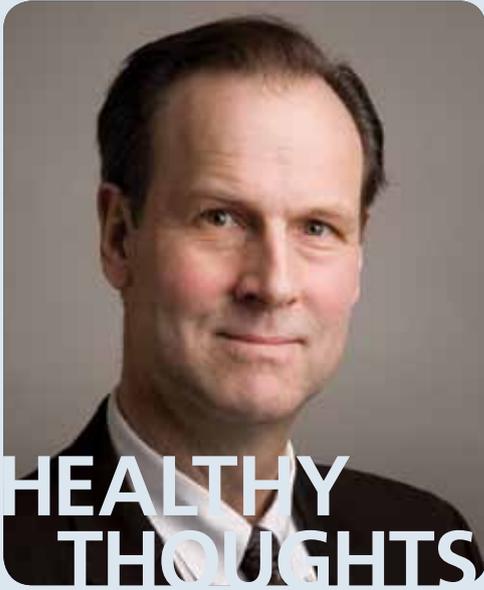
## SHOVEL SNOW THE RIGHT WAY

## SLEEPY ALL THE TIME?

Is your waistline to blame?

## HEARTY RECIPES FOR A HEALTHY SEASON

## CURE WINTERTIME BLUES!



# HEALTHY THOUGHTS

*“Without a sense of caring, there can be no sense of community.”*

For 60 years, Garden City Hospital has proudly served southeast Michigan as a community healthcare facility. As 2010 begins, we’re rewriting the definition of a community hospital, expanding our outreach and the ways we connect to patients and physicians. Our goal: to improve healthcare for you and the community.

Like many larger hospitals, we’re investing in technologies to give medical practitioners greater access to our resources. For example, because we now digitize patient medical records, physicians can review hospital charts in their offices. By March, if your doctor recommends a CAT scan, you’ll schedule it at Garden City Hospital – from his front desk. After your scan, our new digital system will transmit results and key images back to your physician.

There’s more to come. Stop in and see what makes this the ‘new’ Garden City Hospital. I’m confident our plans will transform us from “just a community hospital” to a dynamic organism that continues to adapt to its environment.

I hope your New Year is filled with good health.

Art Greenlee  
Chief Administrative Officer and Vice President of Operations

# FOUR Seasons

## A NEW YOU FOR THE NEW YEAR

Like millions of Americans, maybe you made a New Year’s resolution to get into diet over-drive. You better keep that pledge – the Surgeon General’s office says nearly two-thirds of us are unhealthy because we’re overweight. Fortunately, David Crowl, D.O., Internal Medicine at Garden City Hospital (GCH), has some simple tips to help you eat better and lose weight safely.

### *Fat or fit?*

First, it’s important to learn if your current weight is healthy. Doctors use a calculation based on your height and weight, called Body Mass Index (BMI). To find your BMI, visit: [cdc.gov/healthyweight/assessing](http://cdc.gov/healthyweight/assessing).

HEIGHT	WEIGHT RANGE	BMI	WEIGHT STATUS
5’ 9”	124 lbs or less	Below 18.5	Underweight
	125 lbs to 168 lbs	18.5 to 24.9	Normal
	169 lbs to 202 lbs	25.0 to 29.9	Overweight
	203 lbs or more	30 or higher	Obese

Based on the table above, a 5’9” adult man or woman with a BMI of 30 needs to dramatically reduce. If the new you needs to diet, Dr. Crowl’s first recommendation: learn proper portion sizes. “For example, a serving of meat should be no bigger than a deck of cards,” he said.

Avoid crash diets that limit you to one food group. “These programs fixate on certain foods, like carbohydrates or proteins,” said Dr. Crowl. “Your body will crave them as soon as you stop dieting, and you’ll end up overeating again.” If you’re serious, support groups give you the best chance of losing weight and keeping it off.

### *Attack with a snack*

Common sense, not celebrity-endorsed food plans, can make the greatest impact. “Eat a good balanced diet, with smaller, more frequent meals,” said Dr. Crowl. Surprisingly, he advises patients to indulge in a healthy snack between meals.

“This regimen heightens your metabolism,” said Dr. Crowl. “That keeps a consistent level of insulin in the body.”

Insulin is a hormone that helps the body use sugar and other carbohydrates. *Editor’s note: Carbohydrates are nutrients that store energy to be used in the body. Eating a high carbohydrate*



meal causes insulin to spike; these peaks and valleys can lead to weight gain.

Finish eating three hours before bedtime to increase nighttime insulin levels. This three-hour rule also helps with sleep apnea and acid reflux.

Limit yourself to one serving of carbohydrates per meal. Be careful – the biggest source of carbs in most U.S. households comes from sugar in processed foods, pop, cakes, cookies and candy. Don't get fooled by diet sodas, either. They're high in sodium (salt) – bad news if you have high blood pressure and heart disease.

### *Best bites*

What about so-called no-fat foods? “Nothing's free; I suggest you stick with naturally low-carb foods or foods with complex carbohydrates,” said Dr. Crowl. That includes fruits, vegetables, nuts, seeds and grains. Complex carbs are good because they take longer for the body to break down. If you still crave starches, switch to whole-wheat pasta or brown rice.

### *Just do it!*

Consistent exercise is the second critical component to weight control, and regular walking is terrific. “You don't have to sweat in order to benefit from walking,” Dr. Crowl added. “The long-term cardiovascular effects are equal to those of people who run or jog consistently.” Plus, walking is kinder to your knees and feet.

Loosen up first. “Make sure you have good range of motion in your ankles,” advised Dr. Crowl. “Keep your knees straight and touch your toes to stretch your hamstrings, but never bounce.” It's good to lift your knees and hold the position for 30 seconds.

If you can't devote 20 minutes to a regular routine, Dr. Crowl understands. “Take the stairs, park further away, and if you're at the mall, take an extra lap.”

By the way, Dr. Crowl thinks it's okay to ‘cheat’ on weekends. “You'll have a better chance of success if you treat yourself occasionally.” So, go ahead, have one bon-bon! •

*Thanks to Dr. Crowl, Board Certified in Internal Medicine at Garden City Hospital, for contributing to this article*

## ARE YOU FEELING SAD?

### *Winter can give you the blues?*

You may have seasonal affective disorder (SAD), a condition that affects more women than men. This mood disorder is caused by your body's reaction to decreasing amounts of sunlight, especially in northern regions.

Winter-onset SAD is often treated by light therapy. Patients use a specially made light box or wear a light visor about 30 minutes daily from fall through winter. Stopping the treatment too soon can allow the symptoms to return.

Used properly, light therapy seems to have very few side effects. However, some patients experience eyestrain, headache, fatigue, irritability and inability to sleep if light therapy is used too late in the day.

Light therapy should be used carefully in anyone with manic-depressive disorders. Doctors do not recommend light therapy for those whose skin is sensitive to sunlight or have medical conditions that make their eyes vulnerable to sunlight damage. Never use a tanning bed to treat SAD; their light sources are high in ultraviolet (UV) rays, which are harmful to both eyes and skin.

Your doctor may also prescribe medicine or behavior therapy. If one approach alone is ineffective, your health care professional may recommend that you use them together.



# STRAIGHT FROM THE Heart!

## MALE & FEMALE HEARTS ARE NOT CREATED EQUAL

*It works harder than any other human organ. From sunrise to sunset, your heart beats some 100,000 times daily. If you live to celebrate a 70th birthday, it will have logged more than 2.5 billion beats.*

*And if you're a woman, this mighty, marvelous machine is much more likely to be struck by heart disease.*

But this doesn't have to mean a death sentence, according to Emmanuel Papisifakis, D.O., Director of Cardiology at Garden City Hospital (GCH). "Most of the diseases I treat in adults are preventable," he said. "Men and women have very similar risk factors: a family history of heart trouble; high blood pressure; diabetes; cigarette smoking, and high cholesterol." Unfortunately, more women die from this disease than men.

**Mixed blessing**  
Researchers have established estrogen's

protective role. "Early on, it may have some benefit for women, but they begin to show signs of heart disease about 10 years after menopause," said Dr. Papisifakis. That's when estrogen plummets.

### **Lady-killer**

There are other differences. "When we look at coronary arteriograms, women have less obstruction than men, but the outcome is often worse," explained Dr. Papisifakis. And their risks seem to occur in clusters. Inflammatory diseases, like lupus, tend to strike women more frequently than men and this, too, may cause or worsen heart problems.

### **Taking it to heart**

Studies show stress may trigger heart attacks. That can come from natural disasters, life events, or even tension-filled holidays. "With the tough economy, we've seen more people coming in with heart attacks," said Dr. Papisifakis.

Physical stress is also dangerous. If you're usually a couch potato, shoveling snow is risky. If you overeat and overexert yourself, you may be gambling with your life.

### **Know the signs**

Heart attacks may feel different for women, like severe fatigue or shortness of breath. Some experience chest pain that lasts for hours. "Most men report central chest pain that's very brief," said Dr. Papisifakis. Some have pain that moves from the chest to the arm, shoulder, back, or jaw. Depending on your risk factors, Dr. Papisifakis urges caution. "Any new symptoms should probably warrant a trip to the ER."

### **Rx for healthy hearts**

Dr. Papisifakis advises patients to stay active and fit. Diet is vital, too. Eat lean meats, whole grains, fresh fruits and vegetables. Above all, avoid processed foods, especially those high in salt, fats, high-fructose corn syrup and sugars. Your heart may benefit from foods rich in antioxidants, even dark chocolate – but keep the sugar low. And if you drink, do it in moderation to improve your cardiac profile. •

*Thanks to Dr. Papisifakis, Board Certified Cardiologist at Garden City Hospital, for contributing to this article*



# All Stressed Out

## DON'T SWEAT IT ... THE ABC'S OF STRESS TESTS

When you're in school, just thinking about a test can make you sweat. But when your doctor says you need a stress test for your heart, you might feel even more anxious. Knowing what to expect can reduce your fears.

A stress test provides valuable information about how your 'ticker' works during physical stress. When the heart really works hard and beats rapidly, it's often easier to diagnose problems. The test can show if the arteries that supply your heart are getting enough blood. And your doctor will have a good idea of how much exercise is right for you.

Here's what to expect in a stress test: You'll be hooked up to heart monitoring equipment. Then you'll be asked to walk or jog on a treadmill or maybe pedal a bicycle -- slowly at first, then more rapidly. The treadmill will be tilted to simulate going up a small hill. You may have to breathe into a tube for a few minutes. And they'll monitor your heart rate, breathing, blood pressure, electrocardiogram (EKG), and how tired you feel during the procedure.

Afterwards, you'll sit or lie down and they'll re-check your heart and blood pressure. Tell your doctor to stop the test if you don't feel well at any time.

If you can't walk or run because of arthritis or other impairment, you may be given medicine to simulate exercise. If you're healthy, there's very little risk involved. Medical professionals will be on hand in case something unexpected happens.

Your test results can help your doctor:

- Diagnose coronary artery disease
- Determine a possible heart-related cause of symptoms, including chest pain, shortness of breath or lightheadedness
- Recommend a safe level of exercise for you
- See how well previous procedures are working if you've already been told you have coronary artery disease
- Predict your risk of dangerous conditions such as a heart attack

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Live music • Vegas style fun • Family-style dinner

Saturday, February 20, 2010

\$35 - Call 734-458-3242

Benefit for GCH Cardiology Health Enhancement Ctr.

Depending on the test results, your doctor may prescribe further diagnostic procedures.

## Get the Scoop HEALTHY TIPS FOR SHOVELING SNOW

Brace yourself for a real stress test this winter! The Farmers' Almanac predicts some 15 to 30 inches of snow for Michigan. And that's in just two storms! Unfortunately, heavy accumulations usually result in more fatal heart attacks and back injuries to snow shovelers.

Cold air makes it harder to work and breathe, putting added strain on the body. Plus, you're at risk for hypothermia if you're not properly dressed.

Hypothermia is a serious medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Seek medical attention immediately.

Post these tips for snow shoveling safety where your family will see them:

### Safe Snow Shoveling Tips

- Drink plenty of water to avoid dehydration.
- Are you inactive and have heart trouble? Check with your doctor before shoveling.
- Dress in layers so you can remove clothing as needed.
- Avoid caffeine or nicotine before beginning; they may increase heart rate, and put extra stress on your heart.
- Warm up. Walk for a few minutes or march in place. Warm muscles work better.
- Pick the right shovel. A smaller blade lifts less snow, putting less strain on your body.
- Start slowly to avoid a sudden demand on your heart. Pace yourself, and take breaks.
- Protect your back. Stand with your feet hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.
- Most importantly — listen to your body. Stop if you feel pain!





# Influenza

*This is the heart of flu season for seasonal influenza and the new H1N1 virus. The Centers for Disease Control and Prevention (CDC), as well as local health departments, healthcare systems and physicians across the country have been fielding questions from a nervous public. Healthy Generations interviewed Donald Cox, D.O., Chief of Infection Control and Hospital Epidemiology at Garden City Hospital (GCH). We asked him what everyone should know about this highly contagious illness.*

**Q:** If you haven't been vaccinated for H1N1 by now, is it too late?

**A:** The jury is out on length of time to cover for H1N1, but the vaccine will be available through the winter. Editor's note: Influenza can occur any time from November through May.

**Q:** Who faces the greatest risk?

**A:** According to the CDC, those most at risk are: pregnant women; infants and children; young adults up to age 24; infant care givers; health and emergency services personnel; and adults with compromised immune systems or other chronic health problems, including asthma and diabetes.

**Q:** Flu shot or nasal spray – which one is better?

**A:** A flu shot has inactive (killed) virus, which is injected into the muscle with a needle. Live, attenuated (weakened) flu vaccine is sprayed into the nostrils. They both accomplish the same result: the development of antibodies against the virus. Editor's note: Seasonal flu vaccines do not protect against H1N1 influenza.

**Q:** Who should get the H1N1 flu shot?

**A:** Anyone between 6 months of age and older, pregnant females and individuals with chronic medical conditions.

**Q:** Who should get the H1N1 nasal spray vaccine?

**A:** Healthy individuals between 2 to 49 years old who are not pregnant.

**Q:** Some people are afraid to get vaccinated because they think the shot can give them the flu. Is that possible?

**A:** Even live vaccines contain very little live virus, and that's not enough to cause disease. The shots contain dead virus, and can create an antibody response such as mild fever, muscle aches, headaches, chills, coughs and fatigue. After receiving the vaccine you may still catch other viruses that produce flu-like symptoms.

You might catch one after receiving your flu vaccine, but it's just a coincidence. There's no clinical evidence flu vaccines cause influenza.

**Q:** Is the new flu vaccine safe?

**A:** Yes. The National Institute of Health (NIH) tested the vaccine extensively. The U.S. Vaccine Court carefully studied it for potential adverse reactions, including Guillain-Barré Syndrome (GBS). It's an autoimmune disorder that attacks the central nervous system. To date, no adverse reactions have occurred with the new vaccine.

**Q:** What would you tell parents who are worried about a preservative (thimerosal) that has been used in vaccines?

**A:** The CDC and NIH say there's not enough thimerosal to cause an allergic reaction, although allergic reactions to the vaccine have occurred, and in fact, that may be due to thimerosal. There is no thimerosal in the nasal flu spray.

**Q:** Are there people who shouldn't get the vaccine?

**A:** Infants under 6 months, anyone with severe allergy to eggs or those with a previous allergic reaction to flu shots. If you've had GBS, talk to your physician first. If you're moderately or severely ill with a fever, wait until you've recovered to get vaccinated.

**Q:** Are there any special precautions at GCH to handle infectious disease like H1N1?

**A:** We've already limited guests to healthy adults 18 and older; if necessary, we'll check to make sure they're in good health. There are hand sanitizers in all lobbies. We have enough Tamiflu to treat patients, surgical masks for visitors, and N95 masks for our staff. If necessary, we will isolate H1N1 patients. We're prepared for the worst.

*Thanks to Dr. Cox, Board Certified in Infectious Diseases at Garden City Hospital, for contributing to this article*

# GERM WARFARE

If you're a clean fanatic, you probably work hard to get rid of nasty germs in your kitchen and your bathroom. But even if you make your home sparkle, germs are everywhere – at church, the mall, at the office, even in your car. And these bacterial breeding grounds require just as much attention.

Luckily, about 99% of germs are harmless. But the other 1% can be annoying, uncomfortable, or downright scary. These disease agents are usually viral or bacterial. You can wind up with something as simple as the sniffles. Or, you could face a life-threatening infection.

Check out these surprising germ habitats. Then, disinfect!

## “HOT SPOTS” FOR GERMS

- *Door knobs*
- *Kitchen sink, faucet, garbage disposal*
- *Dish towels, sponges, soap dispensers*
- *Cell phone*
- *Vacuum cleaner*
- *Toys*
- *Bathtub, bathroom sink, toilet seat and handle*
- *ATMs, debit/credit card keypads*
- *Computer keyboard, mouse*
- *Cutting boards*
- *Welcome mat*

### Disinfecting Tips:

Standard Bleach Solution: Mix ¼ cup bleach in 1 gallon of water or Mix 1 tablespoon bleach in 1 quart of water

### SPRAY BOTTLE

1. Use a labeled spray bottle for diaper cleaning surfaces, toilets and potty chairs.
2. Keep spray bottle out of reach of children.

### STEPS

- *Spray with bleach solution to disinfect*
- *Wipe disinfectant over the surface with a paper towel*
- *Leave wet, allowing to dry for 2 minutes*
- *Don't wipe the surface dry*

### CLOTHS

1. Use cloths rinsed in bleach to disinfect surfaces you use to prepare meals, or for large toys, books and activity center.
2. Don't dry the surface.
3. Store used cloths in a covered container and wash daily.

### SPONGES

Don't use sponges for cleaning and sanitizing. They're bacteria factories! Plus, they're tough to clean thoroughly and sanitize between cleaning surface areas.



## SEASONAL FLU OR H1N1 SWINE FLU?

It's very difficult to spot any differences between the two. Symptoms for both influenza viruses are usually the same. One distinction: Children infected with H1N1 are more likely to have diarrhea and vomiting than those with seasonal flu.

### H1N1 & Seasonal Flu Symptoms

- High fever
- Muscle aches & pains
- Weakness & fatigue (can be extreme with H1N1)
- Headache
- Dry cough
- Sore throat
- Stuffy or runny nose
- Nausea, vomiting, and diarrhea (more common symptom of H1N1)

Signs of a more serious swine flu infection might include pneumonia and respiratory failure. If you or a family member has symptoms of H1N1, avoid contact with others and call your doctor or a Garden City Hospital physician immediately.



## More To Tea Than Meets the Leaf

### Fights Cancer & Heart Disease

Tea contains chemicals called polyphenols. These antioxidant compounds help your body battle harmful free radicals. Some studies show that these free radicals may lead to cancer and heart disease. Tea also has flavonoids, substances that restrict the build up of cholesterol and help blood vessels function better.

### Protects Teeth & Strengthens Bones

Polyphenols in tea may reduce nasty plaque and lower your chance of cavity and gum disease. Plus, tea contains fluoride. This fights tooth decay, strengthens bones and prevents osteoporosis.

### Improves Digestion

Because it contains polyphenols, sipping a cup of tea may actually help you digest fatty foods. These natural chemicals increase your digestive juices.

### Prevents Food Poisoning

Tea is rich in catechins, a powerful sterilizing agent that kills germs and bacteria. Tea may prevent food poisoning by eliminating harmful bacteria.

### Look and Feel Younger

Why bother with Botox? Studies suggest that tea's high concentration of antioxidants may have anti-aging properties.

### Strengthens the Immune System

Vitamin C in green tea helps to treat flu and common colds. And tea's polyphenols increase the number of white blood cells in your immune system.

### Prevents Dehydration

Tea is a good way to replenish lost body fluids; it's low calorie and a great thirst quencher. Doctors recommend that you drink about 6 to 8 cups of fluid each day, so brew another mug or two!

### Add Honey for even Sweeter Results

Researchers at the University of California discovered that honey contains as many antioxidants as spinach, apples, oranges or strawberries. That's liquid gold for your health!

# STANDING TALL

## RESTORING YOUR SPINE

Your spine endures a lifetime of standing, sitting, twisting, turning, stretching and bending. Because it does many jobs, the spine is also vulnerable to serious injury – especially if you're elderly and suffer from “porous bones” or osteoporosis.

With this condition, lifting a vacuum cleaner or even coughing can cause fractures. But Nilesh Patel, M.D., an orthopedic surgeon at Garden City (GCH), says a remarkable new procedure, called kyphoplasty, is helping some patients stand tall again – without pain.

Kyphoplasty is a surgical option for those with spinal compression fractures. “Breaks occur when brittle bone fails under the force of gravity,” Dr. Patel explained. “The shape of your bone changes from a square block to a wedge.” Without intervention, collapsed bone causes pain and in time, may curve the spine forward. Patients actually become shorter.

### *From bad to worse*

Because osteoporosis weakens bones, one compression fracture usually leads to a series of breaks for older patients. There are other complications, including loss of function, mobility and decreased lung capacity. Many have trouble sleeping. Ultimately, their independence disappears.

In the past, most patients were fitted with a brace, given medication, told to get bed rest, and sometimes waited six months before their pain improved.

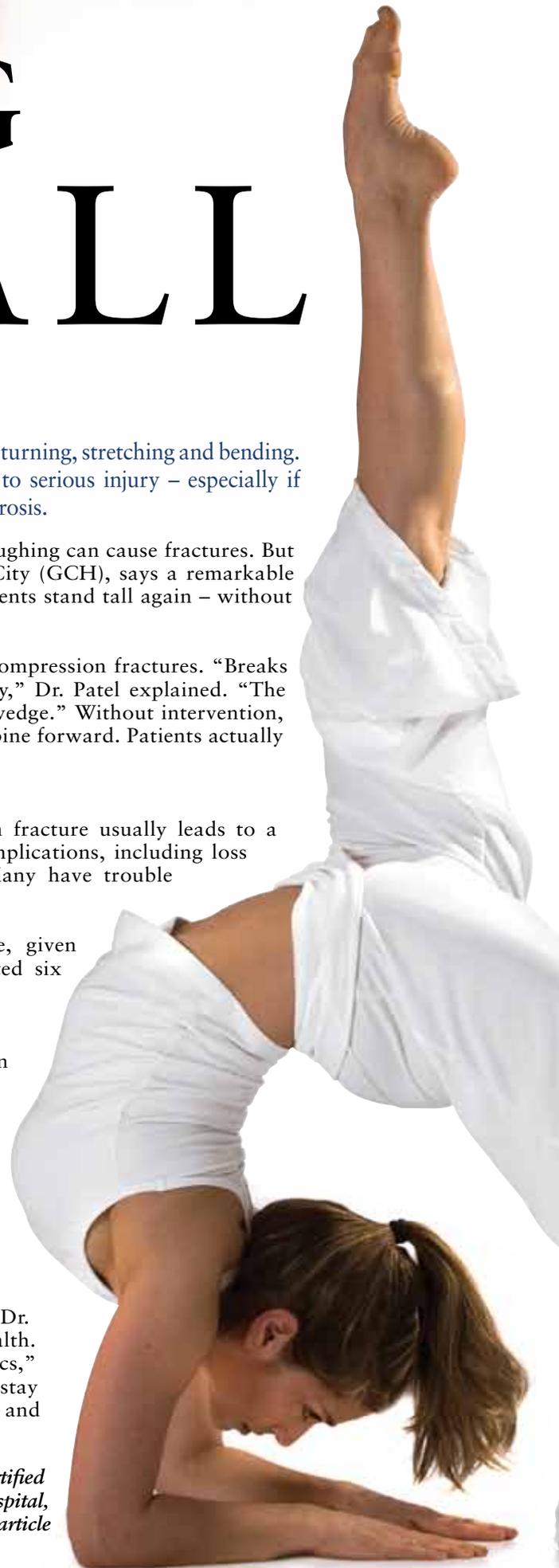
### *‘Angioplasty’ for the spine*

The new surgery is less invasive. “It’s like angioplasty in the heart, where surgeons insert a balloon in the artery,” he said. “We put balloons in the bone and try to lift the bone back up.” This restores bone height and the normal shape of the spine. Then the fracture is filled with a special cement. “We get patients up and around in a day or two, and they usually see immediate relief,” said Dr. Patel.

### *Watch your waistline*

Want to avoid spine problems? Dr. Patel offered three steps for spine health. “Don’t smoke; it degenerates the discs,” he said. “And it’s very important to stay within your appropriate weight range and exercise regularly.”

*Thanks to Dr. Patel, Board Certified  
Orthopedic Surgeon at Garden City Hospital,  
for contributing to this article*



# Healthy Helpings

We all know chicken soup is good for the soul... and to relieve cold symptoms. You might not know that homemade varieties are also healthier, because you control the amount of salt (sodium). Plus, you can add as many fresh vegetables as you want.

## HEARTY CHICKEN SOUP



### Ingredients

- 6 cups chicken broth
- 1 lb boneless, skinless chicken thighs
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup baby carrots, halved crosswise
- 1 large parsnip, peeled and chopped
- 2 cups uncooked medium egg noodles
- 1 tsp minced garlic
- 1 bay leaf
- 1/4 tsp pepper
- 1/4 cup snipped fresh dill

### Directions

1. Put broth, chicken, celery, onion, carrots, parsnip, garlic, bay leaf and pepper in a large saucepan. Cover and bring to a boil. Reduce heat and simmer 25 minutes, or until chicken is cooked and vegetables are tender.
2. Discard bay leaf. Remove chicken to a plate to cool slightly. Add noodles to soup; cover and simmer 10 minutes, or until tender.
3. Meanwhile, shred chicken with fingers or 2 forks. Add to soup along with the dill.

### NUTRITIONAL INFORMATION (per serving)

Calories 197, Total Fat 4g, Saturated Fat 1g, Cholesterol 75mg, Sodium 669mg, Total Carbohydrates 20g, Protein 21g

This version of beef stew is great for hungry eaters – and easy to make. During winter's chill, this healthy recipe minimizes the fat and salt. Got venison? Use that instead. And to make the stew go further, serve over cooked noodles.

## LEAN BEEF STEW



### Ingredients

- 1 pound beef top round steak, trimmed and cubed
- 1 teaspoon canola oil
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained
- 1 cup water
- 1 teaspoon sugar
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1 bay leaf
- 4 medium carrots, cut into 3-inch chunks
- 4 medium potatoes, peeled and halved
- 1 cup frozen peas

### Directions

1. In a Dutch oven, brown beef in oil.
2. Add the next seven ingredients; cook over medium heat for 10 minutes.
3. Add carrots and potatoes; cover and simmer until the vegetables are tender, about 30 minutes.
4. Discard bay leaf. Stir in peas; heat through.

### NUTRITIONAL INFORMATION (per serving)

Calories 159, Total Fat 5g, Saturated Fat 0g, Cholesterol 38mg, Sodium 70mg, Total Carbohydrates 20g, Protein 16g

# GCH News Briefs

## TAKING A BITE OUT OF HUNGER

In just two months last fall, Garden City Hospital (GCH) employees and community members collected more than a half-ton of food and over \$3,000 to feed local families. Every dollar donated was used to purchase 10 pounds of food, giving the Michigan Harvest Gathering Drive over 33,500 pounds of groceries for those in need.

Two GCH departments stood out for their efforts. Staffers from Community Education and Administration and Information Systems gathered the most pounds per full-time employee in the drive.

## SANTA'S HELPERS

Over 100 GCH employees turned into part-time elves last Christmas, celebrating a 20-year tradition at the hospital. Volunteers gathered 133 gifts for the Garden City Goodfellows "No Child Left Behind" program for 2009.

Thanks to their generosity, 74 area children received something special for the holiday.

## Yoga: Stretch your mind & your body

Need a workout that's easy to learn, soothes your soul and tones your body? Try yoga. This ancient exercise, which began 3,000 years ago in India, is now a trendy way to help the heart, improve flexibility and mental fitness.

At the very least Yoga is an excellent way to increase flexibility. Athletes like tennis stars Venus and Serena Williams, basketball's Shaquille O'Neal, and the US Women's Soccer team practice yoga. Instructors say you'll stand taller, increase your energy and slow aging. Plus, regular yoga sessions stretch muscles and reduce your risk of injury.

Looking for a new you? Try a yoga class at Garden City Hospital.

### Yoga (Four-class series)

Rotating sessions. Tuesday at 4 p.m. & Thursday at 6:30 p.m. \$32.

# GCH COMMUNITY WINTER CALENDAR

FOR ADDITIONAL INFORMATION PLEASE VISIT [GCHOSP.ORG](http://GCHOSP.ORG) OR CALL 877-717-WELL (9355)

## UPCOMING EVENTS

**Saturday, February 20, 5 p.m. – 11 p.m.**  
*20th Annual Cardiology Health Enhancement Center Banquet*  
Burton Manor, Livonia. \$35 per person.

**Thursday, March 25, 7 a.m. – 4:30 p.m.**  
*American Red Cross Blood Drive*  
Lower Level Classrooms, Allan Breakie Medical Office Bldg., GCH campus.

## UPCOMING CLASSES & CLINICS

*Cardiac Rehabilitation/Wellness, Peripheral Vascular Disease Exercise and Strength Training, and Diabetes Exercise (Weekdays)*  
GCH Health Enhancement Center.

*Childbirth Education (Six-week course)*  
Rotating schedule – Mon., 6 - 8:30 p.m. \$60. Medicaid accepted. Refresher course available.

*CPAP & BiPAP Mask fitting clinic (Weekly)*  
Weds., 5 - 6 p.m. Sleep Disorders Center of Michigan, 35600 Central City Parkway, Ste. 103. Free.

*CPR – Infant, child or adult (Monthly)*  
Weds., 6 p.m. GCH Health and Education Center. \$40.

*Diabetes Self-Management (Four-class series)*  
Rotating sessions – Tu., 9:30 a.m., & Th., 6:30 p.m. Physician referral needed. Fee. Medicare, Medicaid and most commercial insurance reimbursement available.

*Get Up and Move (Weekly)*  
Tu. & Th., 9 a.m. & 4 p.m. \$30/month.

*Strength and Stretch (Weekly)*  
Tu. & Th., 2 p.m. \$30/month.

*NEW! Fitness FUN-damentals*  
Tu. 6 p.m. Westland Specialty Center, 35600 Central City Parkway, Suite 103, Westland. \$42/6 week session.

*Yoga (Four-class series)*  
Rotating sessions. Tu., 4 p.m. & Th., 6:30 p.m. \$32.

## SUPPORT GROUPS

*Alzheimer's (Monthly)*  
2nd Weds., 7 p.m. Lower level classrooms, Allan Breakie Medical Office Bldg. Free.

*Cancer (Monthly)*  
2nd Th. of month, 7 p.m. Focus on Living. Free.

*Cardiac Education (Monthly)*  
2nd Tu., 5 p.m. GCH Enhancement Center. Free.

*Cerebral Aneurysm & Stroke Club (Monthly)*  
3rd Tu., 7:30 p.m. GCH Rehabilitation Unit dining room. Free. For patients, their family and friends.

*Diabetes (Monthly)*  
1st Weds., 2 p.m. & 6 p.m. Lower level classrooms, Allan Breakie Medical Office Bldg. Guest speakers, open discussions on new diabetes information.

*Eating Disorders (Weekly)*  
Weds., 6:30 p.m. Adults & teens. Anorexia, bulimia, and compulsive eating disorders.

*Hearing Loss (Monthly)*  
2nd Weds., 7 p.m. Free.

*Look Good... Feel Better. Cancer Support Group (Weds)*  
2 p.m. Free. Non-medical. Helps women minimize appearance-related changes from cancer treatment. Cosmetics supplied.

## SCREENINGS

*Blood Pressure & Cholesterol Testing (Monthly)*  
1st Tu. Noon – 2 p.m. Blood pressure - free; cholesterol, \$5; lipids, \$10. Main lobby, GCH.

*Bi-Weekly Blood Pressure Tests for Seniors (Every other Weds.)*  
10:30 a.m. GCH Maplewood Community Center, Maplewood, west of Merriman. Free.

*Garden City Hospital campus and all Garden City Hospital affiliated buildings and their properties are tobacco-free environments.*



# SLEEPLESS

## in Southeast Michigan?

### CHECK IN AT THE 'SLEEP LAB MOTEL'

Do you live with a snorer? Those nighttime noises may signal sleep apnea. In Greek, apnea means "without breath." In order to diagnose this condition, patients may check into a 'sleep lab motel' like Garden City Hospital's Sleep Disorder Center in Westland, where John H. Morrison, Jr., D.O. and his staff treat sleep disturbances.

"Obstructive sleep apnea (OSA) is the most common disorder we see," said Dr. Morrison, Medical Director at GCH's Sleep Disorders Center of Michigan. "It's caused by a blockage of the airway, usually when soft tissue in back of the throat collapses and closes during sleep."

#### *Startling statistics*

Most sleep disorders go undetected, which can lead to serious consequences, even death. Half of those who are untreated develop high blood pressure, and the risk of heart attack and stroke is greater. Anxiety, depression and alcoholism are common.

Symptoms include feeling tired after sleeping, daytime drowsiness, irritability, and problems with memory and concentration. If someone tells you that you snore or stop breathing during sleep, those are red flags, too.

#### *'Wired' for sleep*

If your physician suspects OSA, you'll need an overnight stay at the GCH Sleep Disorders Center. Six bedrooms, each with a double bed, TV, DVD player and private bath, are equipped with microphones and night vision video cameras to record sleep patterns.

Patients arrive several hours before their usual bedtime. A sleep technician pastes 25 wires onto the head, chin, chest and legs, as well as a breathing belt. All that comes back to a junction box, which feeds a recorder.

#### *Sweet dreams*

If the data confirms obstructive sleep apnea, one treatment is air pressure therapy. "Patients wear a small mask during sleep that's connected to an air pump. It blows enough pressurized air to keep the throat open," he said. This eliminates snoring, too.

#### *A word of caution*

Twelve million Americans are affected by this potentially dangerous condition. Dr. Morrison's opinion: "If you snore and have high blood pressure, you have sleep apnea until proven otherwise."•

Do you fit the profile for sleep apnea?

For more information click on: <http://www.gchosp.org/?id=114&sid=1>

*Thanks to Dr. Morrison, Board Certified in Sleep Medicine at Garden City Hospital, for contributing to this article*



## "ASK JESSIE"



For over 24 years, Jessie Lutz, R.N., has been caring for GCH patients. She's worked in the Emergency Room, and for the past year, Nurse Lutz has been answering the GCH Physician

Referral Line. Do you have a question? Just "Ask Jessie" at 877-717-WELL.

### **My parents have high cholesterol and high blood pressure. When should I get tested?**

Check with your doctor; he'll decide the type of test and frequency depending on your age, health, medical history and your family's medical history. It's important to "find a doctor" and follow his advice. GCH offers monthly blood pressure and cholesterol tests in the lobby.

Routine tests are important because they provide a baseline for your medical records. Physicians use this information to make a diagnosis when you're ill. For example, when someone goes to the ER with chest pain, if they have a baseline electrocardiogram (EKG), a new EKG will show any abnormality.

### **My company just changed our insurance, and my doctor isn't covered. How do I find one who'll take our policy?**

Most insurance companies provide a booklet that lists doctors in an area who take their insurance. You can also call the phone number on the back of your insurance card.

Many hospitals offer referral information with personnel trained to give you "one on one" assistance. GCH offers a Physician Referral Service for your convenience.

### **My husband and I want to start a family. How soon should I see an obstetrician?**

Ideally, you should see a physician three months before a planned pregnancy and start taking pre-natal vitamins then. This "Pre-conception Counseling Visit" allows your doctor to take preliminary blood counts and perform genetic testing. He'll also check for immunizations, vitamin D levels and sexually transmitted diseases.



Good Health. Generation to Generation.

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Garden City, MI 48135-4001

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# Help Make a Difference

## SCHOOL KIDS TAKING STEPS FOR GOOD HEALTH

Doing is learning, whether it's in math, science or healthy habits for life. And a healthy lifestyle is just what Garden City Hospital (GCH) and the Garden City School System hope to teach with **Healthy Kids "Making a Difference One Step at a Time."** The initiative kicks off in April for elementary school kids, promoting good eating habits and exercise. There's a bonus lesson in citizenship for the youngsters, too.

Each child will receive a pedometer and log their daily steps for two weeks. They'll collect pledges for the walk-a-thon, hoping to raise at least \$40,000 for new play equipment in a city park. Local businesses have already committed nearly \$10,000.

Why teach kids about exercise and eating right? Between 16 and 33 percent of kids and teens in America today are obese. And unless they learn these life lessons, young people are at greater risk of becoming overweight adults. *Editor's note: 6 to 12 yr. old girls need 12,000 steps/day, boys 15,000 to maintain a healthy Body Mass Index (BMI). See page 1 for info on adult BMI.* •



### OUR KIDS NEED YOU TO 'PICK UP THE PACE'

Help sponsor Healthy Kids and sign-up today!

Contact Joyce Barszcz  
jbarszcz@spi-pcs.com

