

Healthy generations



MAGAZINE SUMMER 2009

ARE YOU SUNSCREEN SAVVY?

*“One in seven Americans
will develop skin cancer...”*

HOW DO YOU RATE WHEN IT'S TIME TO HYDRATE?

GOTTA GO RIGHT NOW!

See page 8 to see how
this new implant can do
wonders for your bladder

PAIN KILLERS WITH A PERSONAL TOUCH!

CHARTING YOUR COURSE TO HEALTH!

How to make the most of your visit to the doctor

A GARDEN CITY HOSPITAL PUBLICATION



WELCOME TO SOUTHEAST MICHIGAN'S AWARD-WINNING TEACHING HOSPITAL

Many in our community don't realize that Garden City Hospital (GCH) is a learning institution. Just like at major university medical centers, GCH trains medical students, nurses and doctors from across the country.

In fact, GCH is the only teaching hospital in our region to be named a Thomson Reuters 100 Top Hospital. We're one of only 25 in the U.S. to earn that distinction.

What does that mean to you?

Successful teaching hospitals must keep the best instructors on staff. Those are the same top medical professionals who treat GCH patients daily. And to attract tomorrow's doctors, GCH must acquire the latest technologies. Otherwise, the best and brightest won't come here to learn.

"Our physicians can't afford to be complacent," said Gary R. Ley, GCH President and CEO. "They're constantly teaching, so they're always learning about new technologies, therapies and procedures. Our doctors have to know those techniques very well, so they can teach them to tomorrow's experts."

Learn more about GCH Medical Education at gchmeded.org.

FOUR Seasons DON'T SWEAT IT!



Dr. Szczecienski
Sports Medicine

Thirsty? Sip, slurp or guzzle a glass of ordinary H₂O. Every grade school kid knows the formula: get six, six to eight-ounce glasses of water daily for good hydration. But "Dr. Stan" Szczecienski, D.O., Sports Medicine Specialist at Garden City Hospital (GCH), urges athletes or anyone working up a good sweat in the summer heat to follow a different formula for fluid intake.

Sweating depletes vital minerals in the body, like salt. Drinking plain water dilutes what little salt remains. "That's why we recommend beverages like Gatorade and Powerade," says Dr. Stan. Can't stomach a sports drink long before Saturday morning's soccer tournament? Try something like Sunny Delight.

Study the labels

In fact, any beverage with carbohydrates or sugar and a balance of electrolytes will do. Make sure your brand contains no more than five to seven percent carbs. Beyond that amount, the added sugar increases your risk of diarrhea, cautions Dr. Stan.

Fast fact: You lose between one to two liters of fluid every hour during competition. And not just in sweat. "With sports, you breathe harder, which means you're actually getting dehydrated just by breathing," says Dr. Stan. Without proper hydration, you could be in trouble.

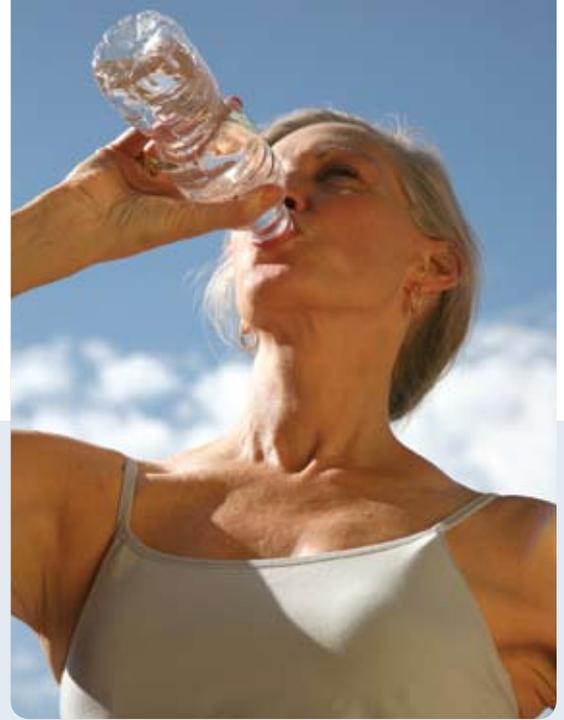
Winning formula

"My 13-year-old son is a baseball catcher," adds Dr. Stan. "I've seen him go through weekends playing multiple games, so our goal is to keep him hydrated." Here's Dr. Stan's suggested ritual:

Before: Eat a high-carb meal (pasta, no meat sauce) about four hours before the activity.



Continued on p. 3



Did you know that you lose between one to two liters of fluid every hour during competition. And not just in sweat, you actually dehydrate through breathing. Without proper hydration, you could be in trouble.

Drink 16 to 20 ounces of a sports beverage two hours prior.

During: On hot days, continue drinking about 6 to 12 ounces of some type of electrolyte solution, every 15 to 20 minutes during the event.

After: Replace lost body weight with extra fluids.

No one should lose more than 1.5% of their body weight after strenuous activity, according to Dr. Stan. To figure your bottom line, weigh yourself before and after the event. Multiply the difference between the two by 16, and you have the number of ounces you need to drink in order to regain lost fluids.

Critical difference

A 120-pound athlete can't afford to lose more than two pounds a day. To get re-hydrated, she would have to drink about 32 ounces within the first two hours after activity. And that formula works well for landscapers, sandlot baseball players and backyard gardeners alike, says Dr. Stan.

Risks

Never underestimate the importance of proper hydration for everyone, including babies, small children and homebound senior citizens. If you're not careful, you or someone you love might suffer uncomfortable or life-threatening consequences:

Heat cramps: Involuntary muscle spasms in arms or legs. Hot, humid weather and dark or heavy clothing that doesn't allow

air to circulate can cause cramping. Get victims someplace cool and have them drink electrolyte beverages. Dr. Stan then recommends stretching to work out the cramps.

Heat exhaustion: Victims will feel very fatigued or complain about shortness of breath. They may get dizzy, throw up or pass out. Their skin may feel hot and dry or cold and clammy. If their temperature reaches 102 degrees Fahrenheit, "you've got to get them cooled down immediately," warns Dr. Stan. Get them into air-conditioning and douse them with room temperature water. Make them lie down

and elevate their legs to get blood back to the brain. Then, start giving them fluids. Some victims may need to go to the emergency room and be given fluids intravenously.

Heat stroke: Life-threatening condition due to serious dehydration. The heart has to beat twice as hard to get the victim's decreased blood volume of blood flowing. Symptoms include rapid breathing; skyrocketing blood pressure; confusion and possible loss of consciousness. Victims won't be able to perspire. *Seek emergency medical attention immediately.* •

FLUID REPLACEMENT DRINK COMPARISONS

BRAND (8 oz serving)	CALORIES (CHO gms)	CARBS (g)	SODIUM (mg)	POTASSIUM (mg)	SUGARS (g)	KEY ADDITIVES
24C®	60	16	15	0	15	C/A/E/B2/B6/B12/B5
Coke®	140	39	50	0	59	
G2®	24	7	110	30	7	C/E/Niacin/B6
Gatorade®	50	14	200	90	14	
Powerade®	50	14	100	25	14	B3/B6/B12
Propel®	10	2	70	0	2	C/E/Niacin/B6
Red Bull®	110	28	200	0	27	Niacin/B6/B12
SmartWater®	0	0	0	Low	0	
Vitamin Water®	50	13	0	0	13	C/B3/B6/B12/B5
Water	0	0	0	0	0	

Question: How do I pick out the best sports drink for me?

Choose a sports drink that is 5-7% carbohydrates. Beverages with higher carbohydrate content (e.g. sodas, orange juice) are too concentrated, delay absorption and can cause diarrhea. As you evaluate different sports drinks you should look for a sports drink that replaces body water losses, provides fuel if necessary, tastes good, and does not give you any GI discomfort.

Question: How do I know if I am drinking enough fluid during the day?

If you are thirsty, then you are already dehydrated so don't use thirst as an indicator for fluid needs. Some signs to look for if you think you might be dehydrated include fatigue, dark urine, headaches, loss of appetite, flushed skin, and light-headedness. Following exercise you should not have lost more than 1.5% of your total weight. Do not wait until you are thirsty to drink!

Question: Do you have any sports drink recipes for those of us on a budget?

8 ounces of ice water or caffeine-free lemon tea 1 tablespoon sugar Pinch of salt (1/16 teaspoon) 1 ounce orange juice or 2 tablespoons lemon juice. Dissolve the sugar and salt in the hot tea or a little hot water. Add juice and remaining ice water or tea. Slightly decrease orange juice for low perspiration athletic levels, and slightly increase orange juice for high perspiration athletes who need extra carbs and electrolytes. Drink cold for best taste.

Why ME?

CHARTING YOUR COURSE THROUGH HEALTHCARE



Dr. Doig
Internal Medicine



Dr. Ruettinger
Internal Medicine

When you're feeling great, it's like smooth sailing on a clear day. The wind is at your back and there's no trouble in sight.

But what happens if your vessel springs a leak and your mast cracks? How do you deal with all those challenges at once?

"You call the 'captain' of the ship," says H. Rex Ruettinger, D.O. He has practiced internal medicine at Garden City Hospital (GCH) since he was a student here in 1984, and is the immediate past Chief of Staff. Internists specialize in managing systems throughout the body. They help patients navigate the complexities of modern medicine to cope with all their health issues.

What gives internists their unique perspective? "They're the physicians who have much more than a smattering of knowledge of all the sub specialties," says Dr. Ruettinger. "Every sub specialist has to go through internal medicine first."

Internists study, diagnose and treat non-surgical diseases of adult and adolescent patients. Some perform procedures like colonoscopies. When is the best time to switch from a pediatrician to an internist? "I've seen 12-year-olds, but some doctors won't treat anybody younger than 16," says Dr. Ruettinger.

Rare breed

"When I trained, we were the original hospitalists. Internal medicine was confined to treating patients in the hospital," Dr. Ruettinger recalls.

Like Dr. Ruettinger, Christopher Doig, D.O., and many internists at GCH, practice both at the hospital and as primary care physicians — seeing patients at their offices.

"It's getting tougher to attract young physicians into primary care because it's harder to maintain a competency in everything," says Dr. Doig, program director, Internal Medicine Training at GCH. (Editor's note: The American College of Osteopathic Internists named Dr. Doig "Internist of the Year" in 2006.)

Multiple health issues

Patients may suffer from several serious illnesses simultaneously. For example, chronic asthma, depression and acid reflux. That can mean visiting three specialists. "Sometimes one doctor recommends one treatment that may be counter to another specialist's recommendation," notes Dr. Doig.

One approach

"As we see more insurers pushing patients into managed care, you want a doctor who has good general knowledge of complex medical issues throughout the body," says Dr. Doig. That way the internist can determine the best course of treatment and make appropriate referrals.

"You want your doctor to have great rapport with other specialists and his patients. I'm guiding their care," adds Dr. Ruettinger. •

MAKE THE MOST OF YOUR VISIT TO THE DOCTOR

1. Come with written questions and focus on the main reason for your visit.
2. Be honest. There's no room for embarrassment. Tell him/her exactly what you're doing, all the drugs you take, including home remedies and over-the-counter medications.
3. Repeat the doctor's instructions; if necessary, write them down. Be sure you understand how and when to take medications, what follow-up steps or tests are needed, etc.

As you prepare to tan this summer, consider this. One in seven Americans will develop some form of skin cancer in his or her lifetime. And a single, serious sunburn can increase your cancer risk by 50%.

SOLAR Skin Care



Dr. Nasser
Dermatology

With those startling cancer statistics in mind, *Healthy Generations* interviewed board certified dermatologist, Farid Nasser, M.D. of Dearborn Heights. We asked Dr. Nasser the best way to enjoy the sun while minimizing the dangers of the deepest-penetrating ultraviolet rays (UVA).

Q: What's a simple definition of sunburn?

A: Basically, it's sun-damaged skin ranging from red to swollen, blistering and painful.

Q: Most dermatologists tell patients to stay out of the sun. Don't we all need Vitamin D, which our bodies produce when exposed to sunlight?

A: Vitamin D is very important, but should be obtained from a healthy diet. The American Academy of Dermatology (AAD) does **not** recommend obtaining Vitamin D through sun exposure.

Q: How much solar radiation does it take to increase your risk of skin cancer?

A: That varies from person to person. But **sunburn is the most important, preventable cause of melanoma, a potentially deadly skin cancer.** Avoid sunlight especially between 10 a.m. and 4 p.m. The sun's rays are strongest then. Stay in the shade whenever possible. Even on cloudy days, the sun's rays can cause skin damage.

Q: What can outdoor workers and active people realistically do in hot summer months?

A: Wear wide brim hats and UV protective, wide eyeglasses. Apply and reapply sunscreen frequently, and wear protective clothing. Remember it takes just a minute or two to apply sunscreen.

Q: Do some fabrics provide better protection than others?

A: In general, tightly woven fabrics and darker colors are better.

Q: Are all sunscreens created equal?

A: Sunscreens vary by level of protection. Make sure yours shields you from both UVA and UVB rays, with a Sun Protection Factor (SPF) of 15 or more. **Apply sunscreen approximately 20 to 30 minutes before going out in the sun.** Some sunscreens claim to be water-resistant. Regardless, apply all sunscreens after water activity or perspiring. Don't forget, you need sunscreen on cloudy summer days.

Q: Children have particularly sensitive skin. How do we protect them?

A: For children and adults, apply sunscreen **to the whole body**, head to toes. Use protective clothing, including hats, and keep babies away from the sun. It's estimated that we obtain about 80% of our lifetime sun exposure by age 18. So protecting children can make a tremendous difference.

Q: People have different complexions and skin colors, such as; African-American, Mediterranean, Middle Eastern, blondes and red heads. Do we all need to use the same level of SPF?

A: Having darker skin does **not** prevent cancer. We all need to use sunscreen with an SPF of 15 or more and reapply it frequently.

Q: Is it true that ultraviolet radiation may make some medical conditions worse?

A: Yes. It's true for rosacea, lupus, some types of contact allergic reactions, and polymorphous light eruption, among others. Excessive exposure to UV rays **weakens the immune system**, preventing our bodies from fighting infections and cancerous growths.

Q: Can medications increase your sensitivity to the sun's rays?

A: Absolutely. Check with your dermatologist or pharmacist.

Q: Teenagers with acne often like to get a tan; is a suntan good for problem skin?

A: There is no evidence that tanning reduces acne, but it can age the skin and cause wrinkles and skin cancer. **Avoid tanning beds. They present the same risks as the sun.** And contrary to the myth, the tan you get from tanning beds does **not** protect against sunburns.

Q: If you do get a sunburn, what's the simplest remedy?

A: Apply cool, wet compresses and soothing lotions. Or take cool baths, your dermatologist can treat your sunburn. Meanwhile, stay in the shade!

SUN SENSITIVITY BY SKIN TYPES

TYPE	SUN HISTORY	EXAMPLE
I	Always burns easily, never tans, extremely sun sensitive skin	Red-headed, freckles, Irish/Scottish/Welsh
II	Always burns easily, tans minimally, very sun sensitive skin	Fair-skinned, fair-haired, blue or green-eyed, Caucasian
III	Sometimes burns, tans gradually to light brown, sun sensitive skin	Average skin
IV	Burns minimally, tans to moderate brown, minimally sun sensitive	Mediterranean-type Caucasians
V	Rarely burns, tans well, sun insensitive skin	Middle Eastern, some Hispanics, some African-Americans
VI	Never burns, deeply pigmented, sun insensitive skin	African-Americans

Get Grillin'

Toss these ingredients on the grill for a perfectly simple and healthy summer meal.

SUMMER SQUASH & CHICKEN

Ingredients

- 1 lemon
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 4 (1 1/4 pounds) chicken thighs, skinless/boneless
- 4 (about 6 ounces each) medium yellow summer squash, each cut lengthwise into 4 wedges, substitute zucchini
- 1/4 cup fresh chives, snipped
- Grilled lemon slices, for garnish



NUTRITIONAL INFORMATION (per serving)	
Calories	255
Total Fat	8g
Saturated Fat	3g
Cholesterol	101mg
Sodium	240mg
Total Carbohydrate	8g
Protein	29g

Directions

1. Grate 1 tablespoon peel and squeeze 3 tablespoons juice from lemon. In medium bowl, whisk together lemon peel and juice, oil, salt, and pepper; transfer 2 tablespoons to cup.
2. Add chicken thighs to bowl with lemon-juice marinade; cover and let stand 15 minutes at room temperature or 30 minutes in the refrigerator.
3. Prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.
4. Discard chicken marinade. Place chicken and squash on hot grill rack. Cover grill and cook chicken and squash 10 to 12 minutes or until juices run clear when thickest part of thigh is pierced with tip of knife and squash is tender and browned, turning chicken and squash over once and removing pieces as they are done.
5. Transfer chicken and squash to cutting board. Cut chicken into 1-inch-wide strips; cut each squash wedge crosswise in half.
6. To serve, on large platter, toss squash with reserved lemon-juice marinade, then toss with chicken and sprinkle with chives. Garnish with grilled lemon slices.

Tasty and healthy quesadillas you can grill up quickly and easily!

GRILLED CORN QUESADILLAS

Ingredients

- 3 large ears corn, husks and silks removed
- 4 (8-to-10-inch diameter) low-fat burrito-size flour tortillas
- 4 ounces reduced-fat Monterey Jack cheese, shredded (1 cup)
- 1/2 cup mild or medium-hot salsa
- 2 green onions, thinly sliced
- 1 head romaine lettuce, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon cider vinegar
- 1/2 teaspoon coarsely ground pepper
- 1/4 teaspoon salt



NUTRITIONAL INFORMATION (per serving)	
Calories	330
Total Fat	11g
Saturated Fat	5g
Cholesterol	20mg
Sodium	940mg
Total Carbohydrate	47g
Protein	16g

Directions

1. Prepare charcoal fire or preheat gas grill for covered direct grilling over medium-high heat.
2. Place corn on hot grill rack. Cover grill and cook corn 10 to 15 minutes or until brown in spots, turning frequently. Transfer corn to plate; cool until easy to handle. When cool, with sharp knife, cut kernels from cobs.
3. Place tortillas on work surface. Evenly divide Monterey Jack, salsa, green onions, and corn on half of each tortilla. Fold tortilla over filling to make 4 quesadillas.
4. Place quesadillas on hot grill rack. Cook quesadillas 1 to 2 minutes or until they are browned on both sides, turning over once. Transfer quesadillas to cutting board; cut each into 3 pieces.
5. In large bowl, toss romaine with oil, vinegar, pepper, and salt. Serve quesadillas with romaine salad.

GCH News Briefs

NURSING EXCELLENCE

Kathleen Urban, MS, BSN, CRRN, CCM, and Judy Murphy, RN, CRRN, were honored at Oakland University's 21st annual Nightingale Awards for Nursing on May 5. Urban was runner-up in Nursing Administration, as was Murphy in Long Term Care /Rehabilitation.

LIFE-SAVING TECHNOLOGY

With heart attacks, minutes matter. Most experts recommend Percutaneous Coronary Intervention (PCI) be performed within 90 minutes; today, only 32% receive PCI in time.

Decreasing the time frame requires collaboration between EMS, a hospital emergency department (ED) and its cardiac catheterization lab. GCH recently purchased a new system, CAREpoint EMS Workstation with Rosetta™ Lt 12-Lead ECG capability. It helps speed up diagnosis and treatment of heart attacks before a patient even gets to the hospital. Patients will be hooked up with ECG leads in the ambulance, which transmit live, streaming data directly to the hospital's ED.

Summer Safety!

With warm weather comes increased outdoor activities, home improvements and more risk to your health than at any other time of the year. That's where we come in. At Garden City Hospital we are committed to being here for you no matter what time of day or night it is. Our Emergency Care facility has:

- Board-certified emergency doctors
- Our "Fast Track" in & out ER experience strives to get you through in 1 hour or less
- Convenient, safe parking

Uninsured? You may qualify to save up to 80% on your ER visit with our CAP Program. Visit gchosp.org for more details.

THE NEED TO BE CAREFUL DURING SUMMER

More than 3.5 million people go to hospital emergency rooms each summer. About 835,000 more than during the winter months. Below is a list of some of the most common hazards with an estimate of the number of injuries they cause:

1. Playground Equipment	221,777
2. Skateboards	125,713
3. Trampolines	109,522
4. Lawn Mowers, Trimmers, Small Garden Power Tools	95,076
5. Amusement Attractions	27,389
6. Barbecue Grills, Stoves, Equipment	17,367

GCH COMMUNITY SPRING CALENDAR

FOR ADDITIONAL INFORMATION PLEASE VISIT GCHOSP.ORG OR CALL 877-717-WELL (9355)

UPCOMING EVENTS

June 22, 11 a.m.

18th Annual Golf Outing
Walnut Creek Country Club

July 7, 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

Active Parenting (Six classes)
Breastfeeding, Baby Care. Two-session class.
GCH Health & Education Center. Fee.

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

Cardiac Rehabilitation (Weekdays)
Rehabilitation/Cardiac Wellness. GCH Health Enhancement Center.

CPAP & BiPAP Mask Fitting Clinic (Weekly)
Weds. 5 p.m. – 6 p.m. Sleep Disorders Center of Michigan, 35600 Central City Parkway, Ste. 103 for free mask fitting. No appointment needed.

CPR - Infant/Child (Monthly)
Weds. 6 p.m. American Heart Association/American Red Cross approved. GCH Health and Education Center, 6701 Harrison, north of Maplewood. \$40 fee.

CPR - Adult (Monthly)
Weds. 6 p.m. See above.

Diabetes Foot Clinic
Sept. 9, 9 a.m. – 4 p.m. Westland Specialty Center.
Screenings, testings & demonstrations for a wide variety of podiatry and diabetic related issues. No fee.

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

Exercise Express (Weekly)
Mon., Weds., & Fri. 12:30 p.m. Fee. Cardio, strength training, stretching.

UPCOMING CLASSES

Get Up & Move (Weekly)
Tu. & Th., 9 a.m., 3 p.m. & 4 p.m. Fee.

Strength & Stretch (Weekly)
Tu. & Th., 2 p.m. Fee. Non-aerobic.

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.

Diabetes Summer School (Monthly)
6 p.m. – 8 p.m. Lower level classrooms, Westland Specialty Center.

Eating Disorders (Weekly)
Weds. 6:30 p.m. Adults & teens.

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

Rheumatic Diseases (Monthly)
2nd Th., 6:30 p.m. Lower level classrooms, Allan Breakie Medical Office Bldg.

Stroke Caregiver (Monthly)
2nd Mon., 6:30 p.m. Classroom 3, Allan Breakie Medical Office Bldg. *Stroke survivors meet in adjoining room.*

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
10:30 a.m. Maplewood Community Center, Maplewood, west of Merriman. Free.



Good Health. Generation to Generation.

gchosp.org | Physician Referral 877-717-WELL | Main Hospital 734-458-3300



His Aching Back!

MEET THE REAL PAIN KILLERS



Dr. Hall
Rehabilitation

Mikel Neff is your typical 18-year-old. He loves to shoot hoops with his buddies, and dreams of studying computer technology at the local community college. Until last year, Neff worked six-days-a-week with a landscaping company, mowing lawns, hauling dirt and gravel to make his plan a reality.

But one thing sets him apart from others – yearlong back pain that is so intense Neff can't sleep, unless he takes prescription-strength pain medication.

That's where Elizabeth Hall, M.D. comes in. Board certified in Rehabilitative and Physical Medicine, Dr. Hall designed a treatment plan at Garden City Hospital (GCH) to get the 6-foot, 2-inch Dearborn resident back to normal.

Pinpointing the problem

After a workup and anti-inflammatory medication, Dr. Hall ordered an MRI for Neff, which revealed a herniated disk and three others that were bulging.

For Neff, leaving the herniated disk untreated would mean increased pain, decreased function and inability to work. Plus, his back muscles would progressively weaken, pointing to more injury.

Sit up straight!

Poor posture, weight gain, improper lifting, pulling and reaching cause most back discomfort, says Dr. Hall. The result – strained muscles or deep-tissue injury to ligaments.

If your back is in good shape, or you have minor aches and pains, Dr. Hall's high on exercise. "The new buzz word is core strengthening. Your core muscles are your stomach and back muscles." Her personal favorite – Pilates. "It's like yoga, but you use your own body to strengthen those core muscles."

Plan of attack

Right now, exercise is out of the question for Neff. Instead, Dr. Hall prescribed a series of steroid injections. After the first injection, his relief lasted a full month.

SIMPLE BACK STRETCH

- Pull both knees to the chest while lying on back
- Pull the head up to the knees
- Hold for 10 to 15 seconds
- Return to starting position
- Repeat 2 times or more



For additional stretches for your back and other body parts, please visit gchosp.org

After more injections, Dr. Hall's plans for Neff include physical therapy and core-strengthening exercises. He's also a candidate for aquatic therapy at GCH, because it's easier on sore backs and joints, and helps strengthen the heart and all four extremities.

PT and much more

Rehab specialists have many weapons to treat chronic pain beyond traditional physical therapy and medications. Back and neck injections. Osteopathic manipulation. Heat and cold, ultrasound, massage – even acupuncture.

"All rehabilitative specialists are like the primary care doctor for any pain," says the athletic Dr. Hall, a regular golfer and softball player despite two herniated disks and chronic back pain. "I've had all the treatments, and core strengthening and Pilates saved my life." •

TWO STEPS TO FREEDOM



Dr. Weigler
Urology

Abhh! One of summer's simplest pleasures is enjoying a cool, refreshing beverage. There's nothing more satisfying on a hot day – unless you're one of 12 million adults in the U.S. who suffer from an uncontrollable urge 'to go,' according to the National Association for Incontinence. The condition is called urge incontinence.

"I barely drank anything, because when I put any liquid into my bladder, next thing I know – boom – I'd have to go to the restroom," says Ernest Groce, a 67-year-old Chrysler retiree. Groce, who had radiation

to halt prostate cancer, began having bladder control problems after his treatments ended last fall.

Remarkable implant

Urge incontinence also impacts many women, says Gregory Weigler, D.O., Urologist at Garden City Hospital (GCH). He suggests some patients can benefit from a remarkable device called InterStim®, a two-step, reversible treatment.

With urge incontinence, the sacral nerve tells the bladder to contract continuously. "We can quiet the nerve or stimulate it with a very small electrical impulse, and the bladder then has time to fill up," says Dr. Weigler. Think of InterStim as a pacemaker for the bladder.

Afraid to go

Fearing he might have to cancel an upcoming cruise to Alaska because of his incontinence, Groce asked Dr. Weigler for help. Patients like Groce can be treated with biofeedback, medication or the implant.

Test drive

Groce chose InterStim and test-drove the device for five days. The trial implant was performed in Dr. Weigler's office. "I place a thin wire under the skin near a sacral nerve," Dr. Weigler explains. "It's connected to a small stimulator, which you wear on your belt. If it helps control your bladder, then the next step is to implant a very small generator under the skin in the buttocks." This takes place in outpatient surgery.

One day after his InterStim implant at GCH, Groce was already seeing improvement. "It works. It works," he says happily. Thanks to Dr. Weigler and InterStim, Groce's travel plans are back on track. •



“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.

What can you tell me about poison ivy?

Poison ivy emits an oily substance called urushiol, which easily attaches to skin, clothes, etc., even pet fur. Helpful suggestions:

- *Apply a non-prescription skin cream with bentoquatam for protection*
- *Gently wash affected skin with mild soap and water within five to 10 minutes*
- *Clean contaminated clothing carefully so you don't transfer urushiol to other surfaces*

If symptoms are mild but persist, contact your primary care physician.

Seek immediate medical attention if you experience:

- *Severe or widespread irritation*
- *Rash on sensitive body areas (eyes, mouth or genitals)*
- *Blisters that ooze pus*
- *Fever above 100 F (37.8 C)*

Call 911 or go to the nearest Emergency Room.

We're busy in the summer; how can we avoid the flu?

Flu is a serious contagious disease. The CDC recommends a yearly flu vaccine, especially for those at risk for serious complications.

GCH will offer flu vaccinations (\$20) and pneumonia shots (\$30). To schedule a vaccination, call 734-458-4330.

Everyday precautions:

- *Coughing or sneezing? Cover nose and mouth with tissue*
- *Wash hands often, especially after coughing or sneezing*
- *Avoid close contact with sick people*
- *Have the flu? Stay home and limit contact with others*

Don't spread germs; avoid touching your eyes, nose or mouth.

Packing Picnic Essentials!

Whether you're picnicking, day hiking or undertaking an extended backcountry adventure, always equip yourself with a first-aid kit. Minor scrapes, cuts, a bee sting or a headache can happen anywhere, anytime. It pays to be prepared.

Pre-Assembled First-Aid Kits

These convenient packages come in a variety of sizes, from the bare essentials to a miniature medicine cabinet. They're an easy way to make sure you've covered the basics.

Most kits are compact, water-resistant pouches that can be refilled and reused.

First-Aid Basics

Whether you're choosing a pre-assembled kit or building your own, make sure you carry the supplies that match your plans. Think about:

- *The number of people participating*
- *Your trip's duration*
- *Any strenuous or potential dangers*
- *The distance you must travel to reach medical assistance*

The Essentials

Every first-aid kit should include:

- **A manual:** *a comprehensive, easy-to-follow first-aid instruction booklet that clearly explains how to handle basic problems*
- **Basic bandages:** *assorted adhesive bandages, athletic tape and moleskin*
- **Basic drugs/lotions:** *aspirin, Benadryl, antiseptic, antacid tablets, sunscreen and any prescription medicines, burn ointment, anti-itch cream*
- **Basic first-aid tools:** *tweezers, a small mirror, razor blade or knife*
- **Miscellaneous items:** *bee-sting kit, hand sanitizer, plastic gloves, eye pads, sling, basic splint, instant ice pack and thermometer*

KNOW BASIC FIRST-AID

A fully stocked first-aid kit is useless unless you know how to use the supplies inside. Make sure you know basic first-aid before you leave home. For more information visit gchosp.org and search **CPR and First-Aid Training**. (See Community Calendar for additional information)

We wish you safe and enjoyable summer adventures!

