DON’T LET
JOINT PAIN
KEEP YOU DOWN
Crittenton has the
Orthopaedic Services
you need.
PAGE 4

FROM OUR
HEART TO
YOURS
Read a cardiac
patient’s personal story.
PAGE 12

MEN: DO
YOU KNOW
YOUR TOP
HEALTH THREATS?
We give you answers.
PAGE 6
In the new era of emergency medicine, it takes more than having excellent, board-certified physicians available 24 hours a day, seven days a week to stay on the leading edge.

That’s why physicians at Crittenton Hospital Medical Center’s Emergency Department (ED) have access to the latest technologies to help ensure you receive quality care as safely and efficiently as possible. In fact, Crittenton is so committed to investing in advanced technology that it has been named one of the nation’s Top 100 Most Wired Hospitals, according to Hospitals & Health Networks magazine.

Here are some of the key components that make Crittenton’s ED a step above the rest.

- With electronic medical records and a picture archiving communication system (PACS), patients’ medical histories—including digital imaging scans and lists of medications and allergies—are immediately available with a few clicks of a mouse.

- Computerized physician order entry (CPOE) enhances the speed at which orders are carried out and sends orders directly to the responsible party, greatly reducing the potential for communication errors.

- A patient tracking board informs the entire care team about each patient’s location in the hospital and the status of all labs and imaging tests that have been ordered.

“The technologies we have increase patient safety while enhancing service,” says Steven Pearl, MD, FACEP, Chief of Emergency Medicine at Crittenton. “Having patients’ medical records instantaneously accessible is the greatest adjunct to medical care today.”

To learn more reasons why Crittenton Hospital Medical Center was named among America’s Top 100 Most Wired Hospitals, visit www.crittenton.com and search for “most wired.”
It’s summer and the warm, lazy days beckon you to take a relaxing vacation. With a little travel savvy, you can travel in style for less.

When planning your trip consider:
• **Driving to your destination.** Airfare may be your biggest expense.
• **Being flexible with dates and locations.** You can find a better deal this way, while still enjoying the beach.
• **Booking your hotel room either very early or at the last minute.** Websites such as www.lastminutetravel.com offer open-ended travel destination options.
• **Investing in price-packaged tours.** Many travelers are surprised to find out travel packages are sometimes cheaper.

**Safe Planning for Camping**

Waking up in the morning to a stunning sunrise and the thrills of exploring, and ending the day with campfires and platefuls of s’mores, are a few reasons families enjoy taking summer camping trips. These memories are best, though, when families take safety precautions.

“The most common camping-related injuries seem to involve fire,” says Steven Pearl, MD, FACEP, Chief of Emergency Medicine at Crittenton Hospital Medical Center. “Other common injuries are very similar to what children might receive playing in their own yards—cuts, bruises, breaks, and sunburns.”

**TRIP TIPS**

When tending a campfire, remember these safety tips:
• Never leave a campfire unattended.
• Be sure your fire is surrounded by a fire ring.
• Keep a bucket of water and a shovel near the fire to put it out when you are leaving, or if it begins to get out of control.

Also, think about keeping your family safe from the minor bumps, cuts, bruises, and bites common on camping trips by bringing along a first-aid kit.

“When you pack your first-aid kit, include things you might not normally think of as first-aid items, in addition to bandages and antiseptic solutions,” says Dr. Pearl. “Include chewable aspirin for the camper who may develop cardiac symptoms, antihistamines and your EpiPen for allergic reactions, and sunscreen to prevent sunburns.”
If you suffer pain or discomfort due to arthritis or injury and struggle to perform normal activities, it might be time to seek help. The orthopaedic physicians and therapists at Crittenton have the expertise and experience to help you return to an active lifestyle.

Crittenton’s Orthopaedic Services provide relief for conditions affecting the bones, joints, muscles, ligaments, tendons, and nerves that help you move and accomplish daily tasks. These problems may range from diseases to sports injuries.

“We treat individuals of all ages, including pediatric patients,” says Julie Kress, RN, MSN, FNP, board-certified nurse practitioner and Nurse Manager of Crittenton’s Joint Replacement Center. “Many people suffer from arthritis, but injuries can easily happen working around the house, too.”

A FULL RANGE OF SERVICES

The specialists at Crittenton work with patients individually using a multidisciplinary approach to provide comprehensive care that includes:

• diagnosis of your condition
• treatment using surgery, medication, or exercise plans
• rehabilitation to help you regain movement, strength, and function
• prevention of future problems

Crittenton’s orthopaedic surgeons specialize in minimally invasive surgical techniques for joint replacement and other procedures to get you on the road to recovery as quickly as possible. These procedures require small incisions and offer lower complication rates in addition to less scarring, blood loss, and pain. Because the procedures are less complex, recovery time is reduced as well.

RESTORING FUNCTION

Patients begin the rehabilitation process almost immediately after treatment. While patients are encouraged to get up and walk the same day they have their surgery, more aggressive rehabilitation begins the next day and is centered on each patient’s specific needs. Family is also included in this process to provide a strong support system when patients return home.

In addition to returning to normal activities, patients are educated about lifestyle changes they can make to prevent future problems.

“The most important thing to remember is to stay active and exercise,” says Donna LaFata, PT, physical therapist and Manager of Outpatient Rehabilitation Services. “Even if patients ultimately need surgery, those who are more active tend to have better outcomes.”

To schedule an appointment with an orthopaedic physician at Crittenton Hospital Medical Center, call our Physician Referral Line at 888-904-HEALTH(4325).

Protect Your Joints

You can reduce joint strain and prevent future complications by:

• participating in low-impact exercises, such as biking, swimming, and walking, rather than running
• maintaining movement in your joints by daily stretching through each joint’s full range of motion
• making sure you periodically get up from your desk at work and move to prevent joints from stiffening

Jeffrey DeClaire, MD, Chief of Orthopaedic Services at Crittenton Hospital Medical Center, tests the function of his patient’s knee. Crittenton’s dedicated Joint Replacement Center opened in June 2007, with physicians performing joint replacement procedures on patients as young as 33.
This August, men and women ages 50 and older will gather together to compete in tennis, softball, golf, and other competitive sports as part of the Michigan Senior Olympics.

PREPARING FOR THE COMPETITION

Adults who become more active as they age may tend to forget that many physical activities benefit from a little conditioning. A certain amount of training, stretching, and preparation can help prevent injuries.

“If you have a prior injury, have it evaluated before entering into any kind of aggressive athletic or exercise activity,” says Jeffrey DeClaire, MD, Chief of Orthopaedic Services at Crittenton and Associate Clinical Professor at Oakland University. “No matter their health status, all seniors should focus on muscle strengthening and conditioning exercises—primarily ones that are low impact for the joints—and then ease into a sport once they have preconditioned their bodies.”

Crittenton has a host of sports medicine and orthopaedic specialists available to examine tendon and muscle tears or sprains, bursitis, and other sports-related injuries.

To find an orthopaedic or sports medicine specialist on staff at Crittenton Hospital Medical Center, call 248-652-5418 or toll free 888-904-4325 (HEALTH).

Crittenton Hospital Medical Center’s Joint Replacement Center celebrates a year of keeping patients on the move.

Haven’t Got Time for the Pain?

Crittenton’s Joint Replacement Center, which opened in June 2007, has been an increasingly popular destination for those in Rochester and the surrounding areas who are suffering from knee and hip pain.

“People who are thinking about having knee or hip joint replacement surgery are calling out of the blue and asking to tour the center. Patients are choosing to get procedures done earlier, too,” says Julie Kress, RN, MSN, FNP, board-certified nurse practitioner and Nurse Manager of Crittenton’s Joint Replacement Center. “Replacement joints are now being made to last 30 years, so people are no longer waiting until they are 60 to have them done. It has been great for our patients.”

HIP TO NEW TREATMENTS

Crittenton’s Joint Replacement Center specializes in minimally invasive joint replacements, which offer reduced scarring, shorter hospital stays, and faster recovery times than traditional joint replacement procedures.

Patients and their families are educated prior to surgery about what to expect. They receive encouragement and inspiration from their peers during organized group physical therapy (PT) after surgery and from their designated family coaches during PT and exercise sessions at home.

A JOINT EFFORT

After surgery, joint replacement patients are invited to attend luncheons where they are welcome to offer their feedback about the program and suggest how the center’s dedicated team of orthopaedic surgeons, anesthesiologists, nurses, and physical therapists can better serve future patients.

“Our patients can remain very active with joint replacement surgery,” says Kress. “It’s our goal to help them stay that way.”

To find an orthopaedic surgeon on staff at Crittenton Hospital Medical Center, call 248-652-5418 or toll free 888-904-4325 (HEALTH).
The Centers for Disease Control and Prevention reports that nearly 80 percent of men die from one of 10 conditions—nearly all of which are preventable. Read on to learn about these threats and how to limit their impact on your life.

1. **Heart disease (28 percent of deaths)** — Reduce your risk by eating a balanced diet, maintaining a healthy weight, getting at least 30 minutes of exercise on most days of the week, and quitting smoking.

2. **Cancer (24 percent)** — In addition to the tips for heart disease, limit your exposure to the sun and use sunscreen, drink alcohol only in moderation, and have regular preventive health screenings.

3. **Unintentional injuries (5.9 percent)** — Most injuries result from car accidents. To reduce your chances of a fatal crash, wear your seat belt every time you are in a vehicle, follow traffic laws, and don’t drive after drinking or while sleepy.

4. **Stroke (5.1 percent)** — Many of the risk factors for heart disease carry over for stroke. In addition to following those tips, you should also manage your level of stress, lower your cholesterol, and control high blood pressure and diabetes.

5. **Chronic obstructive pulmonary disease, or COPD (5.1 percent)** — The main cause of COPD is smoking, so don’t smoke and avoid secondhand smoke.

6. **Diabetes (2.9 percent)** — About 80 percent of people with diabetes are medically overweight or obese. Maintaining a healthy weight, eating a rainbow of fruits and vegetables, and checking your fasting blood sugar level periodically are important measures for achieving optimal health.

7. **Influenza and pneumonia (2.4 percent)** — Reduce your risks of complications and even death by getting a yearly flu shot and a pneumonia shot every five years if your immune system is weakened.

8. **Suicide (2.1 percent)** — Men are less likely than women to seek treatment for depression. If you find yourself avoiding others, feeling hostile or worthless, or thinking about death, talk with your doctor.

9. **Kidney disease (1.7 percent)** — A major cause of kidney failure is the overuse of aspirin and ibuprofen, both of which are toxic to the kidneys. Limit your use of over-the-counter pain medications to recommended dosages and avoid combining them with prescription pain medicine.

10. **Alzheimer’s disease (1.5 percent)** — While there’s no proven way to prevent the onset of Alzheimer’s, reports indicate that improving your cardiovascular health and doing mental exercises, such as sudoku or crossword puzzles, may help.

To find a physician for your healthcare needs, visit www.crittenton.com and select “Find-A-Doc.”

“Maintain your health through smart choices. Simple changes like becoming more active and eating more fruits and vegetables increase your chances of staying happy and healthy for years to come.”

—Bradford Merrelli, MD, board-certified family practice physician at Crittenton Hospital Medical Center
Crittenton Hospital Medical Center is pleased to offer you the following programs and services. Registration is required for all classes. To register for classes or for further information, go to www.crittenton.com or call our Community Health & Education Department at 248-652-5269 from 8 a.m. to 4 p.m. Monday through Friday unless otherwise noted in the program notice.

**GENERAL HEALTH & WELLNESS**

**SMOKING CESSATION CLASS: FREEDOM FROM SMOKING!**
The American Lung Association’s Freedom from Smoking Program has been designed for people who want help to quit smoking. No single way works for everyone. This program incorporates many well-known techniques, tools, and tips that have been developed over the past several decades. It’s possible to quit! This session runs for 7 weeks total. $30 for the series. Call for more information.

**NEW! LEGS FOR LIFE! PERIPHERAL VASCULAR DISEASE SCREENING**
Do your legs hurt when you walk or exercise? Do you have cold feet or legs, no leg pain when you rest, numbness and tingling, or ulcers or sores that won’t heal? You may have peripheral arterial disease (PAD), also sometimes called peripheral vascular disease (PVD). People at the highest risk for PAD and other vascular diseases include those ages 50 and greater; those with a family history of vascular disease or diabetes; those with high blood pressure or high cholesterol; those who smoke; and those who are overweight or have an inactive lifestyle. Register for a 10-minute PVD screening at 248-652-5269. June 6 or September 5. $10.

**NEW! ORTHOPAEDIC EDUCATIONAL SERIES**
Speaker: John Olenyn, MD
Topic: Total Hip Replacements and Hip Resurfacing
Light snacks and non-alcoholic beverages will be served.
June 5, 6:30–8:30 p.m. Great Oaks Country Club.
Please call 248-652-5269 to register.

**PREDIABETES: WHAT IS IT? WHAT TO DO ABOUT IT?**
Learn more about prediabetes, what it means, and how to handle it. Join us as we explore this rapidly increasing condition. Fee includes free glucose meter, nutrition samples, and other giveaways. One family member or significant other welcome. $25/person. Call 248-652-5660 for information and registration.

**NEW! INDIVIDUALIZED DIET CONSULTATIONS**
Do you have questions regarding weight loss, healthy eating, cholesterol management, portion size, sodium restrictions, vegetarianism, celiac diseases, etc.? Meet with a registered dietitian to discuss individualized healthy eating needs. Call 248-652-5660 for appointment and information.

**LIVING WITH DIABETES**

**DIABETES SELF-MANAGEMENT EDUCATION**
Crittenton has been recognized by the American Diabetes Association and the State of Michigan for Quality Self-Management Education.* Comprehensive diabetes self-management education is available on an ongoing basis. A registered dietitian, registered nurse, exercise physiologist, and others assist you to develop the knowledge you need to successfully manage your diabetes. Your insurance may cover part or all of these services. Please call 248-652-5660 for information and registration.

**MEDICAL NUTRITION THERAPY**
A registered dietitian with specialized knowledge in diabetes will meet with you and your family to evaluate your nutritional needs and provide individualized meal planning, instruction, and motivation to improve your diabetes or nutritional health. Your insurance may cover part or all of these services. Please call 248-652-5660 for information and registration.

**DIABETES SUPPORT GROUP**
Attend this free monthly program for those with diabetes and a family member. Current topics related to diabetes and its management are discussed. June 5, July 10, August 7, September 4, 7–8 p.m. Held at CHMC, North Building Conference Rooms 2A & B.

**HEALTHY PREGNANCY**

**HEALTHY PREGNANCY INFANT MASSAGE**
For parents and babies four weeks to eight months of age. Taught by a certified infant massage instructor. Benefits include helping your baby sleep more deeply, reducing colic symptoms and gassiness, and improving your baby’s digestion. Infant massage is relaxing and soothing. $40/3-week series. Call for dates and times.

**PREPARED CHILDBIRTH CLASSES**
Crittenton offers a variety of comprehensive expectant and new parent classes. They include: Prepared Childbirth, Prepared Childbirth Refresher, Prepared Childbirth Express, Vaginal Birth after Cesarean, and Preparing for Breastfeeding. Fees vary by class. Call for registration and information.

**BREASTFEEDING SUPPORT SERVICES**
One-on-one appointments with a lactation consultant are available for new moms who are having breastfeeding problems or concerns. Some insurance plans may cover. $75/hr. Call for a personal appointment and information.

**BIG BROTHER-BIG SISTER**
This special class for siblings-to-be can help them learn about the coming event in a positive way. Tour the newborn nursery to see tiny infants and learn where mom will stay. For children ages three and older. $10/family. Call for registration and information.

**GRANDPARENTS-TO-BE**
Future grandparents will find out how they can be helpful and supportive during your pregnancy and after the baby is born. A special tour of the Birthplace is included. $10/family. August 6, 6:30–8 p.m. Call for registration and information.
FAMILY HEALTH

MOTHERS AND DAUGHTERS EXPLORING CHANGES
Making the transition from child to adult can be a challenge for both children and their parents. Mothers and daughters can explore the physical and emotional changes that come about during puberty. This one-evening program is designed for mothers and their daughters ages nine to 12. $10/family. June 9, 6:30–8:30 p.m. Call for registration.

FATHERS AND SONS EXPLORING CHANGES
Making the change from child to adult can be a challenge for both children and their parents. Fathers and sons can explore the physical and emotional changes that occur during puberty. This one-evening program is designed for fathers and their sons ages nine to 12. $10/family. 6:30–8 p.m. Call for dates.

SAFE BABYSITTERS
Taught by a registered nurse, this four-hour class is designed to teach the basic skills of baby-sitting. Must be at least 11 years old. Certificate given at the completion of the class. We recommend taking a CPR class as well. $25/person. 9 a.m.–12:30 p.m. Call for registration and dates.

PARENT TALK: THE ONLY 3 DISCIPLINE STRATEGIES YOU WILL EVER NEED
This class is based on the new book by Chick Moorman and Thomas Haller. $20. August 4, 7–9 p.m. Call for information and registration.

LIVING WITH CANCER

BREAST CANCER SURVIVOR SERIES
Join us for support, networking, and education. Meetings are held even months throughout the year.
June 24—Speaker: Pamla Comstock, Assistant Director of Advanced Hair Solutions, has over 25 years of cosmetology and hair replacement experience and has won clients’ praises for her professional abilities, as well as her understanding, compassion, and tender care.
August 26—“Using Mindfulness to Manage Pain through Guided Meditation.” Mindfulness can help you cope with pain and reduce stress. Learn how meditation can be used as an adjunct to medical treatment. Free. 7–9 p.m. Call for registration and information.

PROSTATE CANCER SUPPORT GROUP
Support group facilitated by Donald Birch, MD; Ani Kumar, MD; Jeffrey Grecki, DO; and Crittenton. Meets the second Tuesday of each month. Topics vary, call for information. Free. June 18, July 8, and August 12, 7–9 p.m.

MIND BODY SPIRIT

TAI CHI FROM THE ARTHRITIS FOUNDATION: LEVEL 1 AND LEVEL 2
A fun, joint-friendly activity proven to make a positive impact on your daily life. Participants learn a series of graceful, flowing movements adapted from the ancient Chinese discipline of tai chi, plus special warm-up, cool-down, and breathing exercises. The program is derived from sun-style tai chi, the discipline’s gentlest form. All can benefit from this program, including those interested in maintaining healthy joints as well as those living with mild to moderate arthritis. Held at Crittenton. Classes starting at various dates and times. $79/7 weeks or drop-in rate of $13/class. Call 248-652-5269 for information.

MANAGING PAIN WITH MINDFULNESS
Learn how mindfulness can help you cope with pain and reduce stress. This clinically proven practice can help you change your relationship with pain and improve the quality of your life. The program is based upon the acclaimed “Mindfulness Based Stress Reduction” program created by Jon Kabat-Zinn and taught at University of Massachusetts Medical Center since 1979. Free. August 28, 7–8 p.m. Call 248-652-5269 to register.

CPR & SAFETY

Check for dates and register for all CPR & Safety courses at www.crittenton.com/classes, or call 248-652-5269.

CPR FOR INFANTS AND CHILDREN
The Infant and Child CPR Program teaches how to perform CPR on adults, children, and infants and how to help an adult, child, or infant who is choking. This class is designed primarily for those persons who want to learn CPR, which is not needed for work or other employment. This program follows the Friends and Family format and is an excellent course for parents and grandparents. $29.

HEARTSAVER CPR & AED
This course is designed for work-site lay responders who need to be certified in CPR, and is intended for those who have a duty to respond to a cardiac emergency because of a job responsibility or regulatory requirement. Audiences include day-care workers, teachers, coaches, and other professionals who need to become certified in CPR but do not work in a healthcare setting. Upon successful completion, an American Heart Association card is provided. $59.

CPR FOR HEALTHCARE PROVIDERS: INITIAL OR RENEWAL
This course is designed for medical professionals, physicians, nurses, nursing students, EMS personnel, and dental and allied health professionals who are in need of a credentialed CPR class. Upon successful completion, American Heart Association card is provided. Initial training, $59. Renewal training, $49.

BLS SKILLS EVALUATION
Allows students who have completed the online portion of the BLS class to be evaluated on their practical skills competency. Scheduled individually. $29.

HEARTSAVER PEDIATRIC FIRST AID & CPR
This eight-hour course teaches how to manage illness and injury in children through adolescents until professional help arrives. This course meets state requirements for day-care workers, teachers, coaches, personal trainers, and other related fields. Upon successful completion, an American Heart Association card is provided. $79.

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This course teaches how to manage illness and injury in adults until professional help arrives. This course meets state requirements for day-care workers, teachers, coaches, personal trainers, and other related fields. Upon successful completion, an American Heart Association card is provided. $79.

ACLS PROVIDER
This class is designed for participants who have never taken an ACLS class before or whose certification is currently expired. Class meets the criteria as set forth by the American Heart Association for treating adults in cardiac arrest and other life-threatening cardiac events. Certification is current for two years and a current BLS Healthcare Provider CPR card is a prerequisite of the program. Offered bi-monthly. $229.

LOOK GOOD...FEEL BETTER
Provides information and cosmetic advice to those with cancer. Includes hands-on instruction on makeup, skin care, and suggestions for using wigs, turbans, and scarves. Cosmetics provided for your personal makeover. Facilitated by certified cosmetologists. Free. June 9, July 14, and August 11. Call for registration and information.

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ACLS RENEWAL CLASS
This class is designed for participants who are currently certified in ACLS and need to renew. Class meets the criteria as set forth by the American Heart Association for treating adults in cardiac arrest and other life-threatening cardiac events. Certification is good for two years and a current BLS Healthcare Provider CPR card is a prerequisite of the program. Offered bi-monthly. $179.

ACLS SKILLS EVALUATION
Allows students who have completed the online portion of the ACLS class to be evaluated on their practical skills competency. Scheduled individually. $49.

AMERICAN HEART ASSOCIATION CORE INSTRUCTOR MODULE
This class is the first step to becoming an American Heart Association Instructor and is needed for persons wishing to become BLS, ACLS, or PALS instructors. September 12. $239.

AMERICAN HEART ASSOCIATION BLS INSTRUCTOR
In addition to the Core Instructor class, this discipline-specific program will allow persons to teach Basic Life Support classes through the American Heart Association. Both the Core Instructor and BLS Instructor classes are needed to complete this module. October 10. $199.

AMERICAN HEART ASSOCIATION ACLS INSTRUCTOR
In addition to the Core Instructor class, this discipline-specific program will prepare current ACLS providers to assist in teaching Advanced Cardiac Life Support classes through the American Heart Association. Both the Core Instructor and ACLS Instructor classes are needed to complete this module. October 24. $199.

INDEPENDENCE & AGING
CRITTENTON “LIFELINE” PROGRAM
If you are caring for an elderly parent or relative, Crittenton’s Lifeline program can help. Lifeline is a 24-hour emergency call system that subscribers can have installed in their homes to help them achieve greater independence. Call 248-652-5658 for more information.

SUPPORT & NETWORKING
NEW! CARDIAC SUPPORT GROUP
Free monthly program for those with heart disease and a family member. The purpose of this support group is to provide social support as well as continuing education. Meetings are held at the Crittenton North Building, conference room 2B (second floor), 1101 W. University Drive, Rochester. 6–7:30 p.m. For more information, call 248-652-5269.

MOTHERS AND MORE JOINS CRITTENTON IN CARING FOR MOTHERS
Mothers and More is a nonprofit membership organization that cares for the caregiver. It provides a network of local chapters for mothers who are altering their participation in the paid workplace during their active parenting years. The Oakland County chapter of Mothers & More meets the third Thursday of every month at 7:30 p.m. For details, call 248-652-8096 or e-mail mothersandmore13@hotmail.com.

PARKINSON’S DISEASE SUPPORT GROUP
Monthly meeting for people with Parkinson’s disease and their families and friends to learn more about Parkinson’s and its management. First Wednesday of each month, 7–9 p.m. Free.

RESOLVE SUPPORT GROUP
A non-profit supportive group that provides advocacy, support, and education for people experiencing infertility. Helps couples build a support system, form friendships, and gather information and knowledge. First Friday of each month, 7–10 p.m. Free.

NEW! WEIGHT MANAGEMENT SUPPORT GROUP

Creamy Sun-Dried Tomato Spread

This tasty spread is a great summer appetizer, offering both calcium (with no added fat) and lycopene. Found in tomatoes, lycopene is thought to reduce the risk of cancer, heart disease, and macular degeneration. Serve with raw veggies and baked pita wedges. Yum!

Ingredients
1 cup sun-dried tomatoes, rehydrated
1 tablespoon balsamic vinegar
1 cup nonfat cream cheese
½ cup nonfat sour cream
basil leaves, for garnish

Instructions
Puree sun-dried tomatoes and balsamic vinegar in food processor. Add cream cheese and process until mixture is smooth. Add sour cream and pulse until combined, but do not liquefy. Garnish spread with fresh basil.

Nutrition Information
Servings per recipe: 10
Amount per serving: ¼ cup
Calories: 52
Total fat: 0g
Cholesterol: 2mg
Sodium: 146mg
Total carbohydrates: 7g
Dietary fiber: 1g
Sugars: 3g
Protein: 6g

Sources: www.foodfit.com, www.mdnews.com
**WELLSPRING**

**MANIC DEPRESSION SUPPORT GROUP**
For those with bipolar disorder and depression. First and third Wednesdays of the month, 7–9 p.m. Free.

**OVEREATERS ANONYMOUS**
This is a 12-step support group addressing any unhealthy relationship with food. Anyone struggling with anorexia, bulimia, or overweight issues is welcome. Sundays, 7 p.m. Free.

**ATTENTION ALL DADS! FATHER’S SUPPORT GROUP**
This support group helps nurture healthy parent/child relationships. Topics include: understanding child development, self-esteem development in children, problem-solving strategies, managing stress (personal-media influenced), living in the world around us, behavior management, and lots more! Wednesday evenings, 5:30–9:30 p.m. Call 248-858-7766 ext. 209 for dates. Free.

**DYNAMIC DADS**
This class provides support and education for dads who are parenting children with delays and disabilities. The program allows fathers the opportunity to explore their parenting roles and share their unique joys and challenges with other fathers. Wednesday evenings, 5:30–7:30 p.m. Call 248-858-7766 ext. 209 for dates. Free.

**SPECIAL EVENTS**

**RELAY FOR LIFE OF GREATER ROCHESTER**
To join Crittenton’s Relay for Life team, call 248-652-5269. June 21–22, 9 a.m.—9 p.m. Hart Medical School, 6500 Sheldon Road, Rochester.

**RED CROSS BLOOD DRIVE**

**WOW! WALK ON WEDNESDAYS**
Bring a buddy and your walking shoes! Beginning June 4, we will meet every Wednesday at 9 a.m.—rain or shine—in the Village of Rochester Hills festival park gazebo, where the beautiful grounds will be our walking path. A Crittenton staff member will provide a healthy tip of the day. Call 248-652-5269 for more information.

**A Fun Way to Help Others**

If you’re looking for a way to help Crittenton Hospital Medical Center while also having fun, then look no further than the 29th annual Golf, Tennis & Fun Walk Benefit.

During this annual event, which will take place at the Great Oaks Country Club in Rochester on June 23, hospital supporters will have the opportunity to raise funds by participating in a golf tournament, tennis tournament, traditional fun walk, or an all-inclusive fun walk.

**FUN, FUN, AND MORE FUN!**
Those participating in golf, tennis, and the all-inclusive fun walk will be served breakfast, lunch, and dinner as part of the program and will have access to the country club’s amenities. Those who can’t invest a whole day in the events can opt for the morning fun walk, which includes breakfast and a T-shirt.

“Funds raised during the day’s events will help support the Adult Indigent Care Fund and the Cancer C.A.R.E. (Community, Awareness, Research, and Education) Fund,” says Ruth Stephens-Collins, President of the Crittenton Foundation. “Without the support of our community, these programs might not be possible.”

Costs for the event are $325 per person for golf, $150 per person for tennis or the all-inclusive fun walk, and $45 for the morning fun walk. Tickets for the evening’s dinner—which will include a cocktail reception, an elegant dinner, and an auction—are available for $90 per person.

To learn more about participation or sponsorship opportunities at the Golf, Tennis & Fun Walk Benefit, call 248-652-5345 or visit www.crittenton.com/golf.

**Walk This Way!**

Make your hard work count. Invest in a pedometer to walk your way to greater cardiovascular fitness.

A pedometer is a small device that is worn on the belt and uses a mechanical sensor to count the number of steps you’re taking. Armed with this information, you can gradually increase your daily steps and walk your way toward better health.

“When you have a pedometer, you can measure the average amount of steps you take daily, and then work to add another 3,000 steps to that each day,” says Bernie Hung, RCEP, Manager of Cardiopulmonary Services at Crittenton Hospital Medical Center. “The 3,000 extra steps are equivalent to 30 minutes a day of brisk walking, which is recommended by both the American Heart Association and the Centers for Disease Control and Prevention.”

Pedometers can be purchased from sporting goods stores or sporting goods departments. Basic models—which measure only the amount of steps you take—start at about $5.

“Just walking these extra steps can reduce your risk of hypertension, high cholesterol, diabetes, and obesity,” Hung says. “A pedometer is a great motivator to get out there and be active.”
More than 600 cancer patients are treated each year at Crittenton, where they benefit from a more personalized and individualized cancer program.

“Breast and prostate cancer are two of the most commonly diagnosed cancers we see at Crittenton,” says V. Elayne Arterbery, MD, Clinical Chief of Radiation Oncology at Crittenton. “Here, our patients are able to receive state-of-the-art cancer treatment and have access to advanced care through multidisciplinary conferences and clinical services.”

**QUALITY YOU CAN TRUST**

A wide variety of services are available at Crittenton’s cancer program, including:
- Ambulatory Infusion Clinic
- Comprehensive breast care
- Counseling services
- Endoscopy services
- Imaging services
- Inpatient Oncology Unit
- Radiation Oncology
- Surgical Oncology

“All of your healthcare providers come together to discuss your treatment plan when you come to Crittenton for cancer care,” says Dr. Arterbery. “Your oncologist is well acquainted with what your internist is doing, and your internist recognizes the responsibilities of your radiologist through our confidential, seamless record system, which helps coordinate each of your physicians’ efforts and tracks where each of them are in your treatments.”

For more information about the services offered at Crittenton Hospital Medical Center, visit www.crittenton.com.

**Coming Soon**

Through one of many partnerships between the Barbara Ann Karmanos Cancer Center and Crittenton Hospital Medical Center, a new cancer center is being developed and is slated to open in Fall 2009.

The new, freestanding cancer center will provide and enhance all the cancer needs of patients living in Rochester and surrounding communities. It will include an infusion center, an imaging center, a section for radiation oncology—which will contain two linear accelerators—and clinical space.

“People who are undergoing cancer treatment receive care from multiple providers, meaning they are constantly in different areas of the hospital day after day,” says Monte Oberlee, Administrator of Environment of Care at Crittenton. “The new cancer center will enable patients to receive all their treatments in one centralized location. This will be a tremendous patient satisfier.”

**We Have What You Need**

At Crittenton, you and your loved ones should know that you’re receiving the highest quality care from the finest physicians with amenities to make you feel more comfortable during a difficult time.

“By offering a full continuum of care for our cancer patients,” says Oberlee, “we provide our patients not only with the technology they need, but also with the compassion and kindness they deserve.”
Thanks to advanced cardiac care and the open-heart surgery program at Crittenton Hospital Medical Center, Edwina Hartwell continues to do the things she loves.

Edwina Hartwell thought she was the picture of perfect health. The long-time resident of Rochester ate healthfully and exercised religiously—walking, scuba diving, and jogging every day, as well as working out at Crittenton’s Wellness Center at the Older Persons Commission (OPC) in Rochester Hills. So, when she noticed something in her chest during her run one day, she didn’t think much of it and continued on with her regular routine.

“I went home and mowed the lawn, and I felt just fine,” says Hartwell. “When I told my brother about it on the phone later that day, he was really worried. We have a family history of heart attacks, so he made me promise I’d get it checked out as soon as possible.”

The next morning, Hartwell called Zakwan Mahjoub, MD, a cardiologist at Crittenton, to set up an appointment, which was scheduled for later that afternoon. As it turned out, it was a good thing she did. Dr. Mahjoub performed a heart catheterization in Crittenton’s Catheterization Lab that showed Hartwell needed open-heart surgery for blocked arteries in her heart. Frank Fazzalari, MD, Chief of Cardiothoracic Surgery at Crittenton, was consulted, and surgery was scheduled for the next day. The only thing left for Hartwell to do was to go home and prepare for the following day’s surgery.

“I called my daughter to see if she could take me to the hospital the next morning, but she did a lot more than that,” says Hartwell. “She came to my house that night and slept in her car in my driveway. I’d already gone to bed, so she didn’t want to wake me, but she was so worried about me that she really wanted to be here!”

PERFECT TIMING
The timing of the operation could not have been better.
“Edwina’s coronary arteries were almost completely occluded by plaque. It was severely limiting the blood flow to her heart muscle. She could have had a heart attack at any moment,” says Dr. Fazzalari. “She was very lucky she sought treatment when she did.”

FAST TRACK TO RECOVERY
“The cardiac program was very intense, yet the staff really encouraged me and helped me believe I could get back to exactly where I was before the surgery,” says Hartwell. “I’ve talked to a lot of people who have had bypass surgeries at other hospitals, and many of them are afraid to get back out there and live their lives the way they did before. The staff at Crittenton gave me the courage to live my life without fear.”
"I’ve talked to a lot of people who have had bypass surgeries at other hospitals, and many of them are afraid to get back out there and live their lives the way they did before. The staff at Crittenton Hospital Medical Center gave me the courage to live my life without fear."

—Edwina Hartwell, a long-time resident of Rochester who had heart surgery at Crittenton Hospital Medical Center

We Offer Help for Your Heart

The Cardiac and Vascular Intensive Care Unit (CVICU) is located on the first floor of Crittenton Hospital Medical Center within the Shelton Heart Center. Working alongside specially trained registered nurses and certified clinical perfusionists, the CVICU team consists of board-certified physicians, nurse practitioners, and physician assistants who provide a full continuum of highly skilled, personalized, and professional care from the moment a patient arrives.

“The ability to keep patients in one unit until they are discharged ensures excellent continuity of care,” says Victoria Sullivan, RN, CVICU Manager at Crittenton. “Additionally, we have an excellent nurse-to-patient ratio, enabling us to provide exceptional care and education to patients and their families. This attentiveness allows us to continue to help patients in their recoveries following discharge.”

ON THE ROAD AGAIN

Today, Hartwell has resumed her active life. She exercises and volunteers at Crittenton’s Wellness Center at the OPC at least four days during the week. Thanks to the training she received through Crittenton’s Cardiac Rehabilitation Program, she also has improved her diet and lowered her blood pressure.

“I couldn’t be more grateful for the excellent care I received both at the hospital and in the Cardiac Rehabilitation Program,” says Hartwell. “You’d think a cardiac incident like mine would be frightening, but thanks to the outstanding care and medical professionals at Crittenton, it really turned out to be just a minor blip in my life.”

For more information on the cardiac services offered at Crittenton Hospital Medical Center, visit www.crittenton.com. For a referral to one of our cardiologists, contact our Physician Referral Line at 888-904-HEALTH (4325).

Back row: Sharon Matkosky, NP; Gary Plagens, NP; Lorna Willis, NP; Cheryl Jusela, NP; Front row: Jennifer Viggiano, NP, and Debbie Goodall, NP. A nurse practitioner is a nursing professional who has received advanced training and is qualified to examine and diagnose patients. To become a nurse practitioner, a nurse must receive a Master of Science in Nursing (MSN) degree.
WELLSPRING

osteoporosis—structural deterioration of bone tissue—puts people at a higher risk for hip fractures as they age. Causing 300,000 hip fractures annually in the United States, osteoporosis is a health threat for 44 million Americans.

Choosing a healthy lifestyle can reduce your risk of hip fractures later in life. Bone mass peaks at age 30. Men and women can help preserve healthy bones by consuming at least 1,000 milligrams of calcium each day and performing weight-bearing exercises, such as walking, jogging, tennis, or dancing.

ORTHOPAEDIC EXPERTISE

If you or a loved one should need care after a fall or other accident, trust the orthopaedic surgeons at Crittenton Hospital Medical Center. Providing expert care for everything from fractures to total joint replacements, Crittenton has the most advanced solutions to help patients return to normal activities.

“Our orthopaedic team has developed an advanced system, compared to other top orthopaedic programs, to help patients recover quickly from fractures or total joint replacements,” says Allen Babcock, MD, orthopaedic surgeon at Crittenton. “With preoperative education, short hospital stays, and an extensive therapy program, patients can return to their prior levels of mobility more quickly than ever before.”

To schedule an appointment with an orthopaedic physician at Crittenton Hospital Medical Center, call our Physician Referral Line at 888-904-HEALTH (4325).

Has tendonitis of the thumb, nicknamed “BlackBerry thumb” for the popular handheld device that has taken the business world by storm, become today’s trendiest orthopaedic problem? Fortunately, Crittenton Hospital Medical Center offers several solutions for thumb pain.

Nicknames aside, thumb pain from frequent text messaging is thought to be on the rise. The thumb is the least dexterous digit on the hand, making it especially susceptible to extension and overuse injuries.

“I’ve seen many cases of tendonitis known as trigger thumb, which is when the thumb locks in a bent position or is painful in motion,” says Uzma Rehman, DO, board-certified orthopaedic hand surgeon at Crittenton. “Both of these conditions can be caused by repetitive motions.”

MOVING PAST THUMB PAIN

While clicking or locking of the thumb joint and soreness are telltale symptoms of aggravated tendons, swelling also can occur. According to Dr. Rehman, the keys to alleviating pain and preventing further damage are keeping the thumb moving and consulting a physician.

“Care usually involves modification of activities, anti-inflammatory medications, possibly cortisone injections, and—as a last resort—surgery,” says Dr. Rehman, who has completed a fellowship in hand surgery. “While they are painful conditions, tendonitis and trigger thumb are fairly common and very treatable.”

To find an orthopaedic physician on staff at Crittenton Hospital Medical Center, call 248-652-5418 or toll free 888-904-HEALTH (4325).
Have you found those long hours at your computer are taking a toll on your eyes and bringing on headaches? Here are some tips for alleviating computer-induced eyestrain:

- **Keep your distance.** Computer monitors should be 20 to 24 inches away.
- **Take breaks.** Every 20 minutes, look away from the screen and focus on something in the distance.
- **Adjust the brightness of your monitor.** White backgrounds should not be gray (too dark) or glaringly white (too bright).
- **Cut excess light.** Close blinds, take out fluorescent tubes, and make sure the window is not in front of your desk.

To find an ophthalmologist on staff at Crittenton Hospital Medical Center, visit [www.crittenton.com](http://www.crittenton.com).

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**Pool Q&A**

Warm days mean hours of pool time, so make sure you get your swimming facts correct before you dive in. Here are the answers to some of the most common questions surrounding summer swim time.

**Q. Do swim diapers really work?**

A. Swim diapers do protect urine and hard stool from leaking into the water, but are not effective when a child has diarrhea. Don’t let a sick child swim, and make sure to change your child’s swim diapers frequently.

**Q. Is it safe to open your eyes underwater?**

A. While it’s not dangerous to open your eyes in pools, chlorine may irritate your eyes, causing them to become red and puffy. Wear goggles to prevent this from occurring.

**Q. How do I know if my child has swimmer’s ear, and is there something I can do to prevent it?**

A. If your child’s ear becomes itchy and inflamed and is painful to the touch, he or she probably has otitis externa, more commonly known as swimmer’s ear. Fortunately, you can take the following steps to prevent infections:

- Ensure your child thoroughly dries his or her ears.
- Check that the pool has proper chlorine levels to help lower the risk of swimmer’s ear by stopping the spread of harmful bacteria.
- Don’t swim in dirty, polluted water.
- Keep your child from putting objects, such as fingers or cotton swabs, into the ear. These objects may scratch the ear canal and break down the ear’s natural barrier against infection.

For physician referrals to Crittenton Hospital Medical Center, call our Physician Referral Line at 888-904-HEALTH (4325).
Crittenton Hospital Medical Center Locations

1. Crittenton Hospital Medical Center
   1101 W. University Drive
   Rochester, MI 48307
   248-652-5000
   Crittenton Medical Building
   (on the southwest side of the hospital)
   1135 W. University Drive
   Rochester, MI 48307

2. Crittenton Medical Plaza
   Auburn Hills
   2251 N Squirrel Road
   Auburn Hills, MI 48326

3. Crittenton Outpatient Therapy Center
   Rochester
   1720 S. Livernois
   Rochester Hills, MI 48307
   248-652-5315
   Washington Township
   58851 Van Dyke, Suite 300
   Washington Township, MI 48094
   586-992-0869
   (not shown on map)

4. Crittenton Medical Services
   441 S. Livernois, Suite 100
   Rochester Hills, MI 48307

5. Crittenton Financial Services
   929 W. University Drive
   Rochester, MI 48307

6. Crittenton Medical Equipment
   Rochester
   161 S. Livernois, Suite 100
   Rochester Hills, MI 48307
   248-650-4560

7. Crittenton Medical Equipment
   Lake Orion
   1176 S. Lapeer Road
   Lake Orion, MI 48360
   248-693-5384

8. Crittenton Barclay Imaging Center
   355 Barclay Circle, Suite B
   Rochester Hills, MI 48307
   248-601-6161

9. Crittenton Medical Plaza
   Oxford
   72 S. Washington Street
   Oxford, MI 48371
   248-969-3200

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