

SPRING 2007

wellspring

Health Information
from Crittenton

www.crittenton.com

+ REAL Age:

*Are You as Young
as You Can Be?*

An Evening with
Dr. Roizen
April 25th

**A NEW
PHILOSOPHY** in
Joint Replacement
See page 3.

Find
**health
information**
at home
@ www.crittenton.com!

**CRITTENTON HOSPITAL
MEDICAL CENTER**

**Matters
of the
HEART**

World-Class Cardiac
Care at Crittenton



ON THE COVER: Michael F. Roizen, MD, founder of the RealAge phenomenon, visits Crittenton Hospital Medical Center on Wednesday, April 25.

TABLE OF CONTENTS

- 2 New Easy-to-Use Tools at www.crittenton.com.
- 3 New Philosophy on Joint Replacement Surgery
- 4 Calendar of Events
- 6 Cardiac Care at Crittenton
- 7 Discover Your RealAge

CRITTENTON HOSPITAL MEDICAL CENTER

VISION

To be the recognized healthcare provider of choice through continuing relationships with quality, dedicated physicians, and staff.

To showcase selected areas of excellence by offering a state-of-the-art healthcare delivery system.

To focus on a caring, service-oriented environment that integrates continuous medical advancements with the needs of our patients, medical staff, and employees.

LYNN C. ORFGEN CEO/President	CAROLYN SHOEMAKER Graphic Designer
CAMILLE PURDIE Director of Marketing and Communications	VALERIE BRADLEY Marketing Assistant
LEIGH SULLIVAN Communications Coordinator	KATHY POPLAWSKI Marketing Assistant

The material in this publication provides health and wellness information to our community. It is not intended to provide medical advice, which should be obtained directly from a physician. For more information call our Marketing and Communications Department at 248-652-5100.



Health Information @ YOUR FINGERTIPS

Crittenton Hospital Medical Center unveils a newly expanded website.



Looking for information about general health and wellness topics or a specific condition such as diabetes or pregnancy? You can find it at www.crittenton.com, where new features provide even more great information at the push of a button.

“People want to be informed about their health,” says Camille Purdie, Director of Marketing and Communications at Crittenton. “Our expanded website makes it possible to get specific information on conditions that interest you—and it can be delivered straight to your e-mail inbox.”

New features include:

- **My Health Newsletter™**—You choose the health topics that interest you, and a monthly e-newsletter is delivered directly to your e-mail inbox to peruse at your leisure. With the latest research findings, the e-newsletter keeps you up to date on new healthcare-related trends—and keeps you informed about the services available at Crittenton.
- **My Health Reminders for Loved Ones™**—Take care of those you love by reminding them of any preventive screenings and exams they may need. My Health Reminders for Loved Ones matches reminders to your loved one’s age and gender, sends e-mails describing the screening and exam, and gently reminds your loved one to schedule the event.
- **My Baby Expectations™**—Soon-to-be parents receive regular e-mail updates on developmental milestones for their babies, tips on “baby-proofing” their homes, and more.
- **My Health Links™**—Need health information but not sure where to look? My Health Links offers a directory of helpful sites you can trust.



“Crittenton is a part of the community,” says Chris Catallo, Director of Web Products Group at CareTech Solutions, which created Crittenton’s new website. “This website is just another way Crittenton reaches out to the community in a user-friendly way.”



When you need health information that matters to you, Crittenton’s new and improved website is just what the doctor ordered. For a firsthand look at the new site, head to www.crittenton.com.



New Joint Replacement Center = New Philosophy

A new philosophy in joint replacement surgery means faster recoveries with better outcomes for patients at Crittenton Hospital Medical Center's new Joint Replacement Center.

When Crittenton opens the doors to its new Joint Replacement Center this spring, the 18-bed facility on the hospital's fifth floor will be much more than just a space where patients have surgery and recover. Instead, the center will provide patients from Rochester and surrounding communities with a focus on wellness, geared toward enhancing the surgical experience for those who undergo joint replacement surgery at Crittenton.

"About 900,000 total joint replacement surgeries are performed annually in America, and with a baby boomer turning 50 every 7.5 seconds, we realize that the demand for total joint replacements will only increase," says Jeffrey DeClaire, MD, AAOS, board-certified orthopedic surgeon and Chief of the Department of Orthopedic Surgery at Crittenton. "It's important that we have a program in place that delivers high-quality care in the most efficient manner possible."

Breaking Traditions

Patients in the new Joint Replacement Center will be encouraged to walk the hallways and stay mobile as much as possible. They will dress in normal clothes rather than in hospital gowns, have visitors whenever they please, and be able to dine with other patients in a group setting during their stay. This group environment has been shown to increase patient enjoyment and speed recovery.

"Patients who are having joint replacement surgery aren't sick—they just have sick joints. We want to give patients the tools they need to successfully recover from surgery in an atmosphere they enjoy," says Julie Kress, RN, MSN, FNP, Nurse Manager/Joint Replacement Center Coordinator. "With this new philosophy, we're able to make their experiences

more pleasurable and expedite the recovery process at the same time. It's a win-win situation."

To find out more about the Crittenton Joint Replacement Center or to find a physician who can perform joint replacement surgery, call 248-652-5418 or visit www.crittenton.com.

All This and Much More

So what makes the new Joint Replacement Center at Crittenton Hospital Medical Center different from other services offered in the community? Let us count the ways:

- 1 All 14 private rooms and two semiprivate rooms have enough space to allow guests to stay overnight.
- 2 Physical therapy has its own area within the center so patients don't have to travel to another part of the hospital.
- 3 Because the staff in the Joint Replacement Center cares for only orthopedic patients, the nurses and physical therapists are experts in meeting the specific needs of joint replacement patients.
- 4 An educational preadmission program gives patients the opportunity to learn what to expect before, during, and after surgery, as well as how to prepare their homes for their return after surgery.
- 5 Patients will receive specific instructions about recovery after joint replacement surgery based on the best-proven methods of healing available.

"Other hospitals have orthopedic programs, but Crittenton Hospital offers a separate unit with a physical facility concentrating solely on joint replacement," says Jeffrey DeClaire, MD, AAOS, board-certified orthopedic surgeon and Chief of the Department of Orthopedic Surgery at Crittenton. "We're not just building a new center, we're creating an entirely new program with a new philosophy of care."



calendar of events

March, April, May
spring 2007



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, 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.

HEALTH & WELLNESS

FIRST FRIDAYS' FREE BLOOD PRESSURE CHECKS

Crittenton offers free blood pressure checks the first Friday of each month in the main lobby of the North Building, first floor. **March 2, April 6, May 4, June 1, 9–11 a.m.**

LEARN TO WIN: WEIGHT LOSS » If you're tired of diets and ready to join a life-changing group by permanently shedding unwanted pounds, consider joining Crittenton's LEARN to Win Program, tested and used for over 25 years across the country. Developed by Kelly Brownell, PhD, Yale University, the LEARN Program for weight management helps people develop the confidence and learn the skills necessary to lose weight and keep it off in today's challenging environment. Attend a free informational session, April 17 at 7 p.m. **\$250/series; 12-week program begins April 24. Please call 248-652-5269 for information and registration.**

LIVING WITH DIABETES

NEW! TAI CHI FOR DIABETES » Exercise can help people with diabetes by improving control of blood glucose levels. Based on Sun- and Yang-style Tai Chi, this program is easy to learn and can increase circulation, improve balance and coordination, build muscle strength and stamina, and relieve stress. **\$69 for six weeks or drop-in rate of \$13/class; classes start at various dates and times. Call 248-652-5269 for information.**



DIABETES SELF-MANAGEMENT EDUCATION

Crittenton has been recognized by the state of Michigan and the American Diabetes Association 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 help you develop the knowledge you need to successfully manage diabetes. Insurance may cover part or all of these services. **Call 248-652-5269 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 and nutritional health. Insurance may cover part or all of these services. **Call 248-652-5269 for information and registration.**

SUPPORT GROUP FOR DIABETICS » Attend this free monthly program for diabetics and a family member. Current topics related to diabetes and its management are discussed. **March 1, April 12, May 3, June 7, 7–8 p.m.**

HEALTHY PREGNANCY

INFANT MASSAGE » For parents and babies 4 weeks to 8 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; March 7, 14, 21, 6:30–7:30 p.m. or April 21, 28, May 5, 1:30–2:30 p.m.**

FAMILY AFFAIR PRENATAL BONDING CLASS

A fascinating look at how you and your family can optimize your prenatal experience. Topics include prenatal bonding, fetal development, family support, and stress reduction for you and your partner. **\$15/family; call for dates, 7–9 p.m.**

PREPARED CHILDBIRTH CLASSES » Crittenton offers a variety of comprehensive expectant and new parent classes, including: *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 » Siblings-to-be 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 3 and up. **\$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; May 21, 6:30–8 p.m. Call for registration and information.**

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.**

FAMILY HEALTH

BEFORE YOU CONCEIVE » Planning for the healthiest pregnancy: what you need to know. This session addresses couples' concerns as well as informs them about how they can best prepare for a healthy baby. **\$10/family; April 3, 7–8:30 p.m.**

FERTILITY AWARENESS » Daniel Greene, MD, will present natural options for preconception, achieving pregnancy, and birth control. **\$10/family; April 18, 7–8 p.m.**

MOTHERS AND DAUGHTERS EXPLORING CHANGES » Making the transition from children to adults can be a challenge for both children and their parents. This one-evening program for mothers and their daughters, ages 9 to 12, explores the physical and emotional changes that come about during puberty. **\$10/family; March 19, April 23, May 14, 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 9 to 12. **\$10/family; April 24, 6:30–8 p.m.**

SAFE BABYSITTERS » Taught by a registered nurse, this four-hour class teaches the basic skills of baby-sitting. Must be at least 11 years old. Certificate given at the completion of the class. We recommend taking *Family & Friends CPR* as well. **\$25/person; March 3, April 7, May 5, 9 a.m.–1 p.m. Call for registration.**

LIVING WITH CANCER

BREAST CANCER SURVIVOR SERIES » Strategies to Prevent and Reduce Lymphedema: Presentation by Mary Nafsou, Lymphedema Specialist. **Free; April 24, 7–9 p.m. Call for registration and information.**

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; March 12, April 14, May 14, 1–3 p.m.** Call for registration and information.

PROSTATE CANCER SUPPORT GROUP » Support group facilitated by Donald Birch, MD; Anil Kumar, MD; Jeffrey Greski, DO; and Crittenton. Meets second Tuesday of each month. Topics vary. **Free; March 13, April 10, May 8.** Call for information.

MIND BODY SPIRIT

TAI CHI FROM THE ARTHRITIS FOUNDATION, LEVEL 1 AND LEVEL 2 » Proven to make a positive impact on your daily life, Tai Chi involves 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. **\$79 for 7 weeks or drop-in rate of \$13/class; classes starting at various dates and times.** Call 248-652-5269 for information.

CPR & SAFETY

Register for all CPR & Safety courses at www.crittenton.com, or call 248-652-5755 or 248-652-5269.

CPR FOR FAMILY AND FRIENDS » American Heart Association adult, infant, and child CPR; foreign body airway obstruction designed for the general public. **\$29.**

HEARTSAVER CPR & AED » For worksite lay responders who require certification in CPR. Written and skills examinations required. An American Heart Association completion card provided upon successful completion. **\$59.**

CPR FOR HEALTHCARE PROVIDERS: INITIAL OR RENEWAL » For medical professionals, physicians, nurses, EMTs, paramedics, nursing students, and dental and allied health professionals who are in need of a credentialed CPR class. An American Heart Association completion card provided upon successful completion. Offered monthly. **Initial training: \$59. Renewal Training: \$49.**

BLS SKILLS EVALUATION » Evaluates students who have completed the online portion of the BLS class based on their practical skills competency. **\$29; scheduled individually.**

HEARTSAVER PEDIATRIC FIRST AID & CPR » Teaches how to manage illness and injury in children and teens until professional help arrives. This course meets state requirements for day-care workers, teachers, coaches, and other related fields. Written and skills examination required. An American Heart Association completion card provided upon successful completion. **\$79.**

HEARTSAVER FIRST AID & CPR » Teaches worksite lay responders how to manage illness and injuries until professional help arrives. Written and skills examination required. **Call to schedule for your worksite. \$79.**

ACLS PROVIDER » Class meets American Heart Association criteria for treating adults in cardiac arrest and other life-threatening cardiac events. Certification is current for two years. **Offered bi-monthly. \$229.**

ACLS RENEWAL CLASS » For participants who are currently certified in ACLS and need to renew. Class meets the criteria 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. **Offered bi-monthly. \$179.**

ACLS SKILLS EVALUATION » Evaluates students who have completed the online portion of the ACLS class based on their practical skills competency. **\$49; scheduled individually. (Off-site testing also available.)**

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 a BLS, ACLS, or PALS instructor. **\$199; March 2.**

AMERICAN HEART ASSOCIATION BLS INSTRUCTOR » In addition to the core instructor class, this four-hour, 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. **\$169; March 9.**

WHAT'S YOUR TRUE AGE? See article on page 7 to learn more.

INSULIN PUMP AND CONTINUOUS GLUCOSE MONITORING » Crittenton's Diabetes Program & Medtronic MiniMed present a fun, informative program on improving blood sugar control with an insulin pump and continuous glucose monitoring. Experts agree that pumps deliver insulin more like a healthy pancreas. Current pump users, anyone interested in going on a pump, anyone wishing to gain greater control of their glucose levels, and family members are welcome. **Free; Monday, April 23. Register by going to minimed.com/events, or call Eileen Labadie at 1-800-646-4633 ext. 2763 for more information.**

AMERICAN HEART ASSOCIATION ACLS INSTRUCTOR » In addition to the core instructor class, this four-hour, discipline-specific program will allow persons to teach Advanced Cardiac Life Support classes through the American Heart Association. Both the *Core Instructor* and *ACLS Instructor* classes are needed to complete this module. **\$199; March 23.**

SUPPORT & NETWORKING

NEW! POSTPARTUM SUPPORT GROUP » Facilitated by a parent child specialist for moms and/or dads, and babies in arms. **Free; first Tuesday of every month, 7–8:30 p.m.** No registration required. Call for information.

MOTHERS & 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 248-658-8096 or visit their website at www.mothersandmore13.homestead.com.

PARKINSON'S DISEASE SUPPORT GROUP » Meets monthly for people with Parkinson's disease and their families and friends to learn more about Parkinson's and its management. **Free; first Wednesday of each month, 7–9 p.m.**

RESOLVE SUPPORT GROUP » A nonprofit organization for people experiencing infertility, this group provides advocacy and education and helps build a support system, form friendships, and gather information and knowledge. **Free; meets first Friday of each month, 7–10 p.m.**

MANIC DEPRESSION SUPPORT GROUP » For those with bi-polar disorder and depression. **Free; first and third Wednesdays of the month, 7–9 p.m.**

special events

FREE SKIN CANCER SCREENING EVENT » Crittenton is hosting a free skin cancer screening event with our dermatologists. Skin cancer screening, educational information, and referrals are available. **Free; Wednesday, May 16. Registration required.** Call 248-652-5269 for appointment.

COLORECTAL CANCER AWARENESS & EDUCATION EVENT » March is National Colorectal Cancer Awareness Month. Colorectal cancer is preventable, treatable, and beatable. Please join us for a special free educational event with a panel of physicians discussing colon cancer. Call for date and time. **Free; March.** Call 248-652-5269 for registration or information.

Your Heart Deserves THE VERY BEST



If you're looking for the best of both worlds—academic expertise with a compassionate touch—count on Crittenton Hospital Medical Center for your cardiac care.

Over 200 patients have successfully undergone heart surgery at Crittenton since its partnership with the University of Michigan began two years ago.

“Our collaborative effort with the University of Michigan and Crittenton is an exciting venture,” says Frank Fazza-lari, MD, FACS, cardiothoracic surgeon and Chief of Cardiothoracic Surgery at Crittenton. “We’re the only hospital in the area that combines the expert resources of a university with a friendly and welcoming hospital setting. While changing and saving lives, the cardiovascular program boasts excellent out-

“When patients choose Crittenton Hospital Medical Center, they’re choosing one of the best. Our cardiac services rival our competitors in southeast Michigan and beyond—and we have some of the best outcomes in interventional cardiology and cardiothoracic surgery.”

—Sam Kazziha, MD, FACC, FSCA, Executive Medical Director of Cardiovascular Services

comes—a mortality rate of less than 1 percent compared to a national average of 3 percent.”

Some of the comprehensive cardiac services available are:

- arrhythmia (irregular heartbeat) management

- cardiac rehabilitation
- coronary angioplasty
- defibrillator and pacemaker implantation
- intravascular ultrasound
- stent placement
- stress testing

“Because coronary artery disease remains the leading killer in the United States, we provide 24-hour care for patients experiencing a heart attack,” says Zakwan Mahjoub, MD, FACC, interventional cardiologist and Medical Director of Interventional Services at Crittenton. Over the past two years, we have performed nearly 3,500 cardiac catheterization procedures, including interventional angioplasty and intracoronary stenting, with a serious complication and death rate well below the national average.

For more information about the heart surgery program at Crittenton, call 248-601-6190.

Better Breast Imaging—DIGITALLY

Early detection is the best weapon in the fight against breast cancer. That's why Crittenton Hospital Medical Center is proud to offer the latest in advanced detection and diagnostic imaging—digital mammography.

Digital mammography is the most advanced form of diagnostic breast imaging technology, with the ability to penetrate the soft tissue found in the breast and produce the clearest, easiest-to-read images available.

New and Improved

Using digital mammography, unlike standard film mammography, physicians can access high-resolution images much faster, allowing radiologists to view results on a computer screen in a matter of minutes—as well as send these images electronically to other care providers.

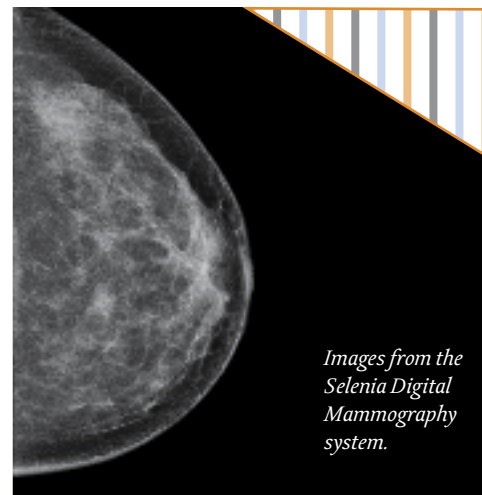
“Compression time is also reduced during digital mammograms, so many women feel less discomfort during the procedure,” says Pamela D. Johnson, MD,

general surgeon on staff at Crittenton. “In addition, since images are enhanced and of higher quality, fewer pictures have to be taken and the overall time of the procedure is reduced.”

Digital mammography allows physicians to change the contrast and adjust the brightness of an image, and zoom in for a closer look at a specific area.

You Deserve It

“Mammograms are the gold standard for breast cancer screenings, and our digital mammography system is world-class,” says Dr. Johnson. “Our patients deserve the best technology available and with the arrival of this new system, we further demonstrate our commitment to care.”



Images from the Selenia Digital Mammography system.

Crittenton urges all women to get their annual mammogram, so together we can save lives. To schedule your mammogram at CHMC, call 248-652-5437.



An Evening with Dr. Roizen



100 Fortune 500 chief executives and chief financial officers and 8 Nobel Prize winners entrust their medical care to him.

Crittenton Hospital Medical Center is sponsoring this unique opportunity to hear Michael F. Roizen, MD, speak on Wednesday, April 25. The event will be held at the Royal Park Hotel, 600 East University Drive in Rochester. Doors open at 5:30 p.m. and the educational lecture begins at 7 p.m. A light meal will be included with the lecture and valet parking is available. The cost of this special event is \$35 per person. Space is limited so register today!

For tickets, please register online at www.crittenton.com and pay via credit card. Or clip out the registration form below and mail to: Crittenton Hospital Medical Center, Community Health and Education Department, 1101 West University Drive, Rochester, MI 48307. Make check payable to Crittenton Community Health.

REGISTER NOW!

Name: _____

Address: _____

City, State, ZIP Code: _____

Daytime Phone: _____

E-mail: _____

Number of attendees: _____

Total registration cost: _____

Payment Method:
 check credit card

Card Type: _____

Credit card number: _____

Security Code: _____

Expiration date: _____

What's Your RealAge?

Many of us have not been completely honest about our ages at one time or another. *Age is just a number—not the reality of who we are, we tell ourselves. Increasing research—and a website called “RealAge”—show we may be right.*

Chances are you've heard the adage “you're only as old as you feel,” but have you heard of RealAge? A new philosophy that sees age not as a chronological number but instead as an indicator of how well you take care of yourself, RealAge proves this adage true.

Here's a look at the science behind this concept and the man responsible for its appearance on the international health scene.

Hall of Fame Physician

Perhaps no one knows more about individuals and their ages than Michael F. Roizen, MD, Cofounder of RealAge and Chair of the RealAge Scientific Advisory Board. Dr. Roizen has developed a widely accepted metric (only for adults) that measures “true” biological age based largely on one's lifestyle, genetics, and medical history. Such factors influence whether your body's “real age” is significantly higher, or lower, than the actual number of birthdays you've celebrated.

Dr. Roizen has also developed the RealAge test you can use to assess your health status, regardless of race or gender. Find your RealAge by answering questions about your medical history, as well as health and safety habits, at www.realage.com.

Renaissance Man

An acclaimed author, Dr. Roizen explains his clinical findings in terms anyone can understand. He is the author of four *New York Times* bestsellers, including *You: On a Diet* that had the second-highest book sales in the world for 2005, with 1.6 million sold. In addition, his book, *RealAge: Are You as Young as You Can Be?* (Harper-Collins Publishers, 1999), was a *New York Times* #1 bestseller, and he continues to publish books that aim to enhance the quality of life of his readers around the globe.

Dr. Roizen has also been a guest on numerous major network TV programs such as Oprah, Good Morning America, 20/20, Larry King Live, and many others. He has shared his ideas on health in magazines such as *Newsweek*, *Good Housekeeping*, *Cosmopolitan*, and *Reader's Digest*.

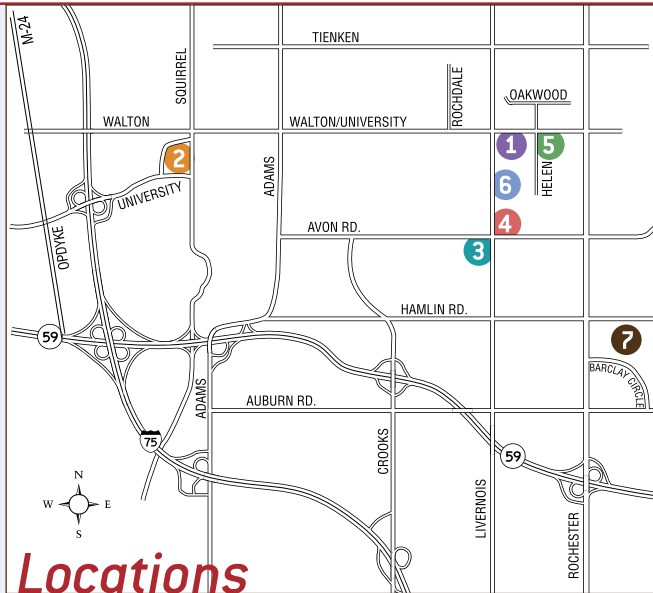
Dr. Roizen still practices anesthesiology and internal medicine, using his RealAge metric to motivate his patients to live healthier lives. He has been listed as one of the *Best Doctors in America* since 1989.

Age-Defying Tips

Many simple habits for improving your health can take several years off your RealAge. Here are a few examples:

ACTION	LOWER YOUR REALAGE BY...
Get adequate amounts of vitamins C, D, and E	More than six years
Wear your seatbelt	As many as three years
Floss your teeth	As many as six years

Crittenton Hospital Medical Center *Service Directory*



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. Livornois
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. Livornois, Suite 100
Rochester Hills, MI 48307

5 Crittenton Financial Building

929 W. University Drive
Rochester, MI 48307

6 Crittenton Medical Equipment

Rochester
161 S. Livornois
Rochester Hills, MI 48307
248-650-4560

Lake Orion
1176 S. Lapeer Road
Lake Orion, MI 48360
248-693-5384
(not shown on map)

7 Crittenton Barclay Imaging Center

355 Barclay Circle, Suite B
Rochester Hills, MI 48307
248-601-6161

Family Health Care

- 1 Behavioral Health Center
248-652-5797
- 1 Mother/Baby
248-652-5351
- 1 Community Health & Education Department
248-652-5269

Emergency Care

- 1 Emergency Services
248-652-5311

Cancer Care

- 7 Barclay Imaging Center
248-601-6161
- 1 Crittenton/DMC Radiation Oncology Center
248-650-4580
- 2 Outpatient Imaging Center
248-652-5437
- 1 Support Groups/Programs
248-652-5269

Cardiology Services

- 1 Cardiac Rehabilitation Services
248-652-5259
- 1 Heart Surgery Program
248-601-6190
- 1 Shelton Heart Center
1-888-904-4325

Physician Referral

1-888-904-4325

Pharmacy

- 1 248-650-2155

Orthopedic Medicine and Rehabilitation Services

- 3 Crittenton Outpatient Therapy Center
248-652-5315
- Crittenton Outpatient Therapy Center
(Washington Township)
586-992-0869
(Not shown on map)

- 1 Orthopedic Surgery
1-888-904-4325
- 1 RehabCentre *(Inpatient)*
248-652-5809
- 2 Sports Rehabilitation Center
248-652-5653

Other Specialized Services

- 1 Anti-Coagulation Program
248-601-4968
- 1 Audiology
248-652-5528
- 1 Bariatric Treatment Referral Line
248-652-5153
- 1 Occupational Medicine
248-652-5203
- 1 Outpatient Clinic
248-652-5820
- 4 Sleep and Neurophysiology Center
248-652-5078
- 4 Executive and Travel Medicine Center
248-652-5976
- 1 Wound Management and Hyperbaric Medicine Center
248-652-5454

Hospital Resources

- 1 Clinical Laboratory
248-652-5260
- 5 Crittenton Hospital Medical Center Foundation
248-652-5345
- (Not shown on map)*
- Home Health Outreach
1-800-852-0995 for private duty home services
- 1-800-558-8644 for certified home care services

www.crittenton.com



Log on to
www.crittenton.com

CRITTENTON HOSPITAL MEDICAL CENTER

Crittenton Hospital Medical Center
1101 West University Drive
Rochester, MI 48307

Nonprofit Org
U.S. Postage
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Crittenton Hospital
Medical Center