

NORTHERN

# HEALTH



*Wellness for Life*

**MIGRAINES:**  
*Understanding Your Headaches*

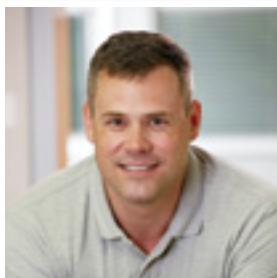
**NEW HEART PROCEDURES:**  
Embracing Technology,  
Improving Patient Lives

**ON THE COVER:**

*Nichole Varoni, RN, Emergency Department Supervisor  
at McLaren Northern Michigan-Cheboygan Campus,  
with daughters, Carley and Hope.*



## NORTHERN MICHIGAN



### New Family Practice IN CHARLEVOIX

Beyond general health care services, primary care providers conduct tests and render

- diagnoses, manage treatment of acute or chronic conditions, and monitor health maintenance and education. McLaren Northern Michigan has expanded services and opened Charlevoix Family Medicine at 1404 Bridge Street. Primary Care Physician Robert Allum, DO, and Holly Swearingen, PA-C, are accepting new patients in Charlevoix. Walk-ins welcome:
  - Monday, Wednesday, Thursday, and Friday
  - 8 a.m. – 6 p.m.
  - Call [800] 248-6777 for an appointment



### Upper Peninsula WELCOMING NEW CARDIOLOGIST IN THE SAULT

McLaren Northern Michigan

welcomes Cardiologist Sylvie Giroux, MD, to the heart and vascular team. Through affiliation with War Memorial Hospital, Dr. Giroux will see patients in Sault Ste. Marie. Joining the full heart and vascular team of 17 physicians, Dr. Giroux brings with her over 5 years of cardiology experience. She most recently practiced at Georgetown University Hospital in Washington.

# DEAR FRIENDS:

An unpredictable winter — highs and lows, snowstorms and fog — has given way to a new season. Spring in northern Michigan has a particular feel to it: the air, always fresh, with hints of the warmer weather to come. Residents begin to plant gardens, uncover the deck furniture, and use the grill. Visitors are on the streets enjoying the restaurants, the shops, and the abundant beauty of the area. Life is good.



Quality of life is dependent on other factors, as well. Every thriving region needs easy access to quality medical care, the kind of care found at McLaren Northern Michigan. I continue to marvel at the dedication of our health care professionals and the entire support staff. They work together to get things done.

Inside this issue of Northern Health, you will find information about our nationally recognized heart and vascular program. Having such care close to home is a wonderful bonus to all, residents and visitors alike. And, practical tips for health and wellness, including bone health, nutrition, and driver safety are also included, because good health should be practiced daily.

All the best,

David Zechman

PRESIDENT AND CEO OF MCLAREN NORTHERN MICHIGAN

A handwritten signature in black ink that reads "David Zechman".



## SAVING LIVES EVERY DAY



### Justin Klamerus, MD

#### FROM NORTHERN MICHIGAN ROOTS

Oncologist Justin Klamerus, MD, began his McLaren Health

- Care career in northern Michigan. McLaren Northern Michigan patients will recall his professionalism and caring approach, treating each patient with individual attention. Dr. Klamerus was recently named President of Karmanos Cancer Hospital, the clinical arm of Detroit's Karmanos Cancer Institute [KCI].
- KCI is the largest cancer research and provider network in Michigan. For further information, visit [northernhealth.org/cancer](http://northernhealth.org/cancer).



### Meds to Beds

#### FREE ON-CAMPUS PRESCRIPTION DELIVERY

While patients concentrate on getting well, Prescription Services

- Pharmacy at McLaren Northern Michigan concentrates on providing top-quality pharmaceutical services.
- With the Meds to Beds program, patients and families receive exceptional, individualized services including in-room medication delivery of prescriptions for home.

- Prescription Issues Solved Before Discharge
- Specialty Drug Compounding
- Refill Transfers to Your Pharmacy
- Competitive Pricing on Common Over-the-counter Medicines
- In-room Delivery and Home Shipping

# HEART & VASCULAR



## *Using Skill, Commitment, and Research to Provide Exceptional Heart Care*

Members of the heart and vascular research team discuss a valve procedure. Pictured above from left to right:

CARDIOLOGIST  
Dalton Miranda, MD

Tammy Kenny, AHS, BLS, AHT

Jennifer LaLonde, BSN, RN, CCRC

INTERVENTIONAL CARDIOLOGIST  
Louis Cannon, MD

Joan Moray, BSN, RN, CCRC

INTERVENTIONAL CARDIOLOGIST  
Thomas Earl, MD

## EMBRACING TECHNOLOGY Maximizing Patient Outcomes:

Latest Advancements in Heart and Vascular Care are Close to Home

The heart and vascular team at McLaren Northern Michigan uses its collective skills and focused commitment to provide regional top-tier care for those who need it. McLaren has built its program — and its reputation — through a series of proactive decisions. We recruit our physicians and specialists from the nation's best universities and teaching hospitals. We actively pursue research and clinical trials, as both a leader and a participant. We adopt new procedures and technology as they become available, and we pursue these care options with a vigorous focus on providing exceptional care at the regional level. As a result, the McLaren Northern Michigan Heart and Vascular program is 2nd in the nation for the lowest 30-day heart failure re-admission rate and 7th in the nation for the lowest heart attack re-admission rates. These results are directly linked to the world-class procedures available right here in Petoskey.



"The Heart and Vascular program at McLaren Northern Michigan stands uniquely as a regional hospital with less than 200 beds where we treat our patients like family," expresses Interventional Cardiologist Louis Cannon, MD, "yet, we participate in leading edge technologies that extend both life and quality, with research that contributes to improving humanity. Our physicians are teaching other physicians around the world and have lectured in Singapore, Tokyo, Montreal, Washington, DC, and northern Michigan to improve the quality of care rendered to patients worldwide."



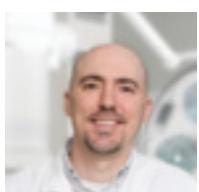
**MITRACLIP** is a valve repair system used to alleviate mitral regurgitation, a potentially dangerous condition that allows blood to leak backward through the mitral valve as the heart contracts. "This condition increases blood pressure in the pulmonary veins and may cause shortness of breath," explains Interventional



Many patients with atrial fibrillation (AFib) not caused by valvular disease can be treated with a blood thinner such as Warfarin, but individuals at risk for major bleeding can find significant relief with the **WATCHMAN** implant, the only FDA-approved device for reducing stroke risk. "Watchman is a reasonable alternative to Warfarin, and it works just as well," says Electrophysiologist Naomi Overton, MD. "AFib allows blood to pool in the left atrium, increasing risk of clot formation leading to stroke; Watchman prevents the formation of these dangerous clots without the need to take a blood thinner."



Those with aortic valve disease have a new treatment option with the FDA-approved **INTUTY** aortic valve. "Unlike older techniques requiring 15 - 18 permanent sutures, INTUTY requires just three sutures," reports Cardiothoracic Surgeon J.D. Talbott, DO, "and, with reduced operative times, patients benefit from decreased need for transfusions, shorter ICU time, and less infection incidences and renal failure. We are one of only four Michigan hospitals and the only facility north of Grand Rapids approved to perform this innovative procedure."



Previously, patients with serious aortic stenosis would undergo valve replacement during open heart surgery, but new technology has provided **TAVR**, or transcatheter aortic valve replacement. "TAVR is a remarkable option for patients considered high- or intermediate-risk for surgery," says Cardiologist David Corteville, MD. "TAVR is minimally invasive, allows for conscious sedation, and dramatically reduces the length of the hospital stay. Most patients average two to four days in the hospital, however some individuals are discharged after 24 hours."



## What's Your BP?

*The American Heart Association warns that high blood pressure is often a symptom-free condition that does its damage quietly, over time. Don't wait for a serious medical event to begin treatment.*

High blood pressure can be the result of age and genetics, emotional and mental stress, obesity or extra weight, lack of exercise, and poor diet including too much salt and overconsumption of alcohol. Left untreated, high blood pressure weakens the blood vessels and can result in a long list of dangerous conditions and diseases.

- Heart attack
- Heart failure
- Stroke
- Angina or chest pain
- Vision loss
- Peripheral artery disease
- Sexual dysfunction

*Call your primary care provider today to learn about the causes, appropriate lifestyle changes, and medication therapies.*

*For more information about high blood pressure, visit [heart.org](http://heart.org).*

# CANCER CARE



ONCOLOGY SOCIAL WORKER

**Andrea Cherry, LMSW,**

provides emotional, spiritual, practical, and social health support to cancer patients, their families, and their caregivers.

## LITTLE THINGS CAN MEAN THE MOST: How to Support Someone with Cancer

Sometimes, it's not easy to know what to say to a loved one or friend who has cancer. Even when you want to be supportive, fear of saying the wrong thing can lead to saying nothing.

"People often aren't sure of what to say or how to express themselves to a friend or family member with cancer," says Andrea Cherry, LMSW, Social Worker at Karmanos Cancer Institute at McLaren Northern Michigan. "Don't let fear get in the way. It's better to be present and offer support."

# SUPPORT Groups

## PATIENT SUPPORT GROUP

Often a cancer diagnosis is so overwhelming patients don't know the questions to ask.

The Patient Support Group is for patients only, where attendees can share openly in a supportive and confidential environment. Facilitated by a licensed social worker, sessions are every Thursday from 5:30 - 7:30 p.m.

Contact Oncology Social Worker Andrea Cherry, LMSW, at (231) 487-4015 for details.

## SURVIVORSHIP & WELLNESS

A four-part program with education and support for patients, families, and caregivers. Sessions focus on living well with a cancer diagnosis, while learning skills for the promotion of physical and emotional well-being.

For details, contact Nurse Navigator Jeanne Melton, RN, OCN, at (231) 487-3205. Sessions are held in May, September, and February.

Both groups meet at the John and Marnie Demmer Wellness Pavilion and Dialysis Center in Petoskey.

"When in doubt about what to say, the most important thing you can do is be present and listen," Cherry adds. "Just being there shows that you care. Oftentimes, the little things can mean the most."

### CHERRY OFFERS THESE TIPS:

#### LISTEN WITHOUT JUDGEMENT

Listening can be much more helpful than talking. Don't ignore uncomfortable topics or emotions. Acknowledge your loved one's feelings and say you're right there with him or her.

#### OFFER TO HELP

Instead of saying "call me if you need anything," offer to help with a specific task. Walking the dog, cooking a meal, or running errands can help reduce stress for your loved one.

#### DON'T FOCUS SOLELY ON CANCER

Patients sometimes need a break from talking about cancer. Remember, they still enjoy certain interests and activities, and these can be great distractions and ways for you to help your loved one cope with cancer.

#### DON'T SECOND-GUESS OR OFFER UNSOLICITED ADVICE

It's easy to give advice, but it can create more stress if it's inaccurate. Remember that each patient's case is different, and it's important to support your loved one's treatment decisions.



## THE Celebration Bell

*When patients complete their final course of chemotherapy at Karmanos Cancer Institute at McLaren Northern Michigan ringing the Celebration Bell signifies the closing note on their treatment.*

The bell is the creation of a former Karmanos Cancer Institute at McLaren Northern Michigan patient and cancer survivor Sam Gibbons, who was diagnosed with cancer in 2011 and completed his treatment in 2012. As a thank you for the care he received and in recognition of other patients, Sam, along with local businesses, created the celebration bell. Sam and wife Sara have both been avid beachcombers since childhood and provided the driftwood for a local business to mount the bell. "We feel very lucky to have access to the finest oncology team and health care here at McLaren Northern Michigan," he says.

# BONE HEALTH & ORTHOPEDICS



## PROTECT YOUR BONES and prevent osteoporosis

Osteoporosis — literally “porous bones”— is the underlying cause of 1.5 million fractures every year. Spinal compression fractures and fractures of the hip, wrist, and pelvis are the most common. There is no cure for osteoporosis, so prevention, starting at an early age, is important.



### ORTHOPEDIC SURGEON **Scott Nemec, DO,**

specializes in complex foot and ankle surgery including ankle replacement, general orthopedic lower extremity, and joint replacements.

#### WHO IS AT RISK?

Postmenopausal women are most likely to have osteoporosis; however, men and younger age groups can also develop the condition. Risk factors for osteoporosis include genetics, aging, gender, low body weight, low sex hormones or menopause, smoking, family history, and ethnicity. Some medications are also linked to bone loss.

#### EAT RIGHT, EVERY DAY

“Adequate calcium intake is crucial to bone health,” explains Orthopedic Surgeon Scott Nemec, DO. In fact, diets low in the mineral can actually cause a reduction in bone mass. “And, eating a daily diet rich in calcium protects bone health and is more nutritionally complete than supplements alone,” Dr. Nemec adds. Generally, men and women between the ages of 18 and 50 need 1,000 milligrams of calcium a day. This daily amount increases to 1,200 milligrams when women turn 50 and men turn 70. Choosing calcium-rich foods is an important preventative measure for avoiding osteoporosis:

- Low-fat or fat-free dairy products including cheese, yogurt, and milk
- Calcium-fortified juices and foods, such as cereal, soy milk, and tofu
- Canned sardines and salmon
- Dark green vegetables, including broccoli, kale, and spinach

## ADD SOME VITAMIN D



"Vitamin D improves the body's ability to absorb calcium and improves bone health as well," explains Obstetrics and Gynecology Physician Emma Rodgers, DO. "The optimal daily dose of vitamin D varies by individual," but doctors agree that a reasonable level for adults is 600 to 800 international units (IU) daily, through food or supplements. Foods high in vitamin D include egg yolks, beef liver, fatty fish like tuna, mackerel, and salmon, cheese, and fortified foods including cereals, juice, and dairy.

## INDULGE IN DAILY EXERCISE

Weight-bearing activities that use gravitational pull are excellent for bone health, and most can be enjoyed both indoors and outside.

- Floor or water aerobics
- Jogging
- Moderately-paced walking
- Tai Chi
- Yoga
- Stair climbing
- Dancing
- Tennis and other racket sports
- Strength training for overall muscle strength, flexibility, and balance

## REDUCE THE RISK OF OSTEOPOROSIS:

### MAKING NECESSARY LIFESTYLE CHANGES

- MAINTAIN A HEALTHY BODY WEIGHT — Being underweight increases bone loss and the possibility of fractures. Excess weight can increase the risk of arm and wrist fractures.
- DON'T SMOKE — Smoking increases rates of bone loss and the chance of experiencing a fracture.
- AVOID EXCESSIVE ALCOHOL — Consuming more than two alcoholic drinks a day may decrease bone formation. Alcohol use can also increase the risk of falls.

## SEE THE DOCTOR

"A bone density test can determine overall bone health and the risk for osteoporosis," Dr. Rodgers explains. According to the U.S. Preventive Task Force, an independent volunteer panel of experts created in 1984, all women 65 and older should have a bone density test, as well as younger women with a higher than normal chance of fracture for their age. Plus, a physician can help the patient choose the right supplements and medications if necessary. Remember, knowledge is the first step to prevention.

*For information about programs offered such as Aquatic Therapy (pictured left)*

*Building Better Bones classes, and other strength training programs, visit [northernhealth.org](http://northernhealth.org).*

*Talk to your primary care provider about implementing a plan to keep your bones healthy.*



## CALCIUM IN THE DIET:

### It's Easy

#### Enjoy a Calcium-rich Arugula Salad

Arugula is a peppery herb related to watercress and mustard greens. It is low in calories and high in vitamins and calcium. This simple dish is perfect as a dinner salad or on its own for lunch. The following recipe provides 215 mg of calcium.

#### TOSS TOGETHER

1 cup arugula | 125mg calcium

12 almonds | 35mg calcium

1 Tbsp. parmesan cheese | 55mg calcium

#### DRESSING

Add a small amount of a healthy, low fat dressing such as olive oil and balsamic vinegar.

# NEUROLOGY



*According to the U.S. Department of Health and Human Services, an estimated 29.5 million Americans experience migraines.*

NEUROLOGIST  
**Shafer Kurshuk, MD**  
McLaren Northern Michigan

## HEADACHE or MIGRAINE: Know the Difference

**E**veryone knows the discomfort of a headache — the pain, pressure, or ache — that can signal the onset of illness or simply make the day more difficult. But what distinguishes a typical headache from a migraine? The differences are significant, and understanding those differences can help the sufferer find appropriate relief.

A traditional headache usually manifests itself with pain across the forehead, but can also cause pain in the temples and at the back of the head and neck. Such discomfort can last from 30 minutes to days. "The most common are tension headaches, triggered by stress, anxiety, or muscle strain," explains Neurologist Shafer Kurshuk, MD. Sinus headaches, sometimes misidentified as

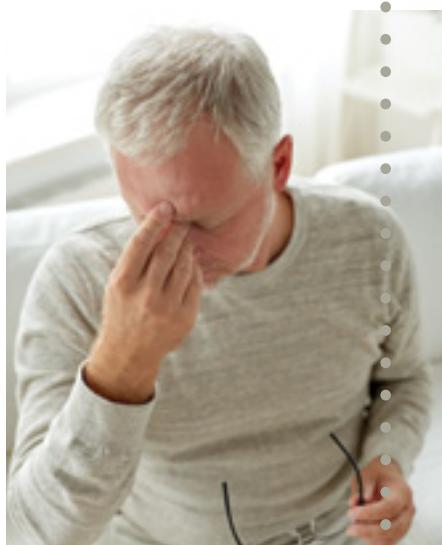
migraines, usually accompany a sinus infection with facial pressure, stuffy nose, fever, and cough. Cluster headaches, or episodes of severe pain on one side of the head, come and go in cycles.

As bad as that sounds, however, a migraine can be far worse. "A migraine will produce severe or throbbing pain — usually on only one side of the head — accompanied by side effects like nausea, vomiting, pain behind an eye, ear, or temples, light or sound sensitivity, seeing spots or flashing lights, lightheadedness, and temporary vision loss," adds Dr. Kurshuk. Migraines can make it difficult for the sufferer to perform daily tasks; some will seek pain relief at an emergency room. Initiating the treatment determined by a physician soon after a headache starts produces the best effect.

# Migraine Causes and Triggers

Though the science is not complete, researchers believe that family history, age, genetics, and the environment can trigger migraines. Hormonal changes in women, processed foods and food additives, salty foods and aged cheeses, alcohol, especially wine, caffeine, stress, sensory stimuli including loud noises, strong smells, bright light or sun glare, sleep changes, physical exertion, barometric pressure, and some medications have all been found to cause migraines.

"An individual who suffers from serious headaches should keep a record of symptoms, lifestyle, sleep habits, foods, and any other clues that will help the physician make a determination," says Dr. Kurshuk. "Migraines are treatable, and the more information the patient provides, the faster the patient can find relief."



## HEADACHE REMEDIES: Alternatives to Medication

A headache can have many sources, including stress, anxiety, fatigue, muscle tension, allergies, dehydration, or illness.

But before you reach for one of the widely-used traditional medications, try some of the suggestions listed below.

- Rest or nap in a dark, quiet room.
- Get outside for a short walk.
- Apply a cold or hot pack to the forehead, temples, or back of the neck.
- Take a warm bath or shower.
- Apply gentle, steady, rotating pressure to the painful area of the head with the index finger or thumb. Maintain pressure for 7 to 15 seconds, and release.
- Practice meditation.
- Eat a snack or small meal to raise blood sugar levels.
- Avoid missing meals.
- Release tension with slow shoulder shrugs, shoulder rotation, and slow movements of the head.
- Try acupuncture from a qualified practitioner.
- Drink ample amounts of water.
- Avoid processed or canned foods, especially those with MSG or nitrates.
- Keep a regular sleep schedule.
- If you snore, talk to a primary care provider about the cause and potential treatment options.

## The Four Stages of Migraine

1. PRODOME — Subtle changes one or two days before onset including mood changes, food cravings, increased thirst and urination, neck stiffness, and frequent yawning.
2. AURA — Symptoms of the nervous system, usually visual phenomena, but can include a "pins and needles" sensation in the limbs, speech difficulties, and motor impairments.
3. ATTACK — A migraine episode generally lasts from four to 72 hours
4. POST-DROME — The final phase follows the migraine attack and lasts about 24 hours. Sufferers might feel physically drained, confused, moody, dizzy, and weak.

*Dr. Kurshuk has a passion for helping patients who experience migraine headaches.  
For more information, talk to your primary care provider or call (800) 248-6777.*

# LIFELONG CAREERS

McLaren Northern Michigan-  
Cheboygan Community Medical Center  
Lab Phlebotomist/Lab Assistants

**Maranda Miller** LEFT

Mother **Veronica Merchant** RIGHT



## WE ARE FAMILY in More Ways than One

A favorable work climate yields employee satisfaction and retention, and, at McLaren Northern Michigan, it seems to be generational as well. "Many of our colleagues are related and have worked for us for many years," says Gene Kaminski, Vice President of Human Resources.

"These individuals not only provide health care as they would expect for their own family — but a culture of care and understanding."

### LIKE MOTHER, LIKE DAUGHTER

Pictured above, Maranda Miller (left) and her mother Veronica Merchant (right) both work at Cheboygan Community Medical Center as Lab Phlebotomist/Lab Assistants. Veronica is a 27-year veteran with McLaren Northern Michigan. "I love seeing my daughter at work every day," expresses Veronica.

# A Great Place to Work

JOIN THE TEAM



## Twin Brothers

GLEN WITHERBEE  
ROSS WITHERBEE

**GLEN WITHERBEE, PCT, CNMT, BS**  
(LEFT)  
MICHIGAN HEART AND VASCULAR  
SPECIALISTS, NUCLEAR MEDICINE

START DATE: 2016

**ROSS WITHERBEE, MSN, RN**  
(RIGHT)  
CLINICAL NURSE MANAGER,  
CARDIOVASCULAR UNIT

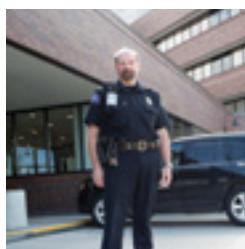
START DATE: 2004

WHAT DO YOU LIKE MOST  
ABOUT YOUR JOB?  
I love managing people and  
bringing out the best in them.

—ROSS

WHAT ARE THE BENEFITS  
OF WORKING WITH FAMILY?  
It's nice to be able to share work  
experiences with someone who  
can relate.

—ROSS



## Randy Fosmore

SECURITY  
BROTHER-IN-LAW  
TO BRENDA

START DATE: 1984

### WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

I love my job most...It can be very stressful and demanding, as there never seem to be enough hours in the day to complete everything I want to get done, but we do our best. I do believe that we are one big family at McLaren Northern Michigan, and we are here to support each other and do the best we can for our patients.

### IN YOUR SPARE TIME?

My wife, Marcia Fosmore (also a McLaren Northern Michigan colleague) and I have two daughters and son-in-laws and four grandchildren, and we try to spend quality time with them. We like to fish (summer and winter) on our days off together.



## Brenda Johns

HUMAN  
RESOURCES  
SISTER-IN-LAW  
TO RANDY

START DATE: 1978

### WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

Working with the colleagues — everybody treats each other as if they have known each other all their lives. It doesn't seem like co-workers are strangers.

### YOUR THOUGHTS ABOUT WORKING FOR MCLAREN NORTHERN MICHIGAN?

I have 31 combined years of service at McLaren. I left to move to another state thinking it would be better — my experience was quite the opposite. Working at McLaren Northern Michigan, fellow colleagues are more than willing to help you figure out how to answer your question. At McLaren Northern Michigan, colleagues work as a team.

## JOIN THE TEAM: McLaren Northern Michigan WANTS YOU

# 107

- EMPLOYEES have worked at
- McLaren Northern Michigan for
- OVER 10 YEARS

From physicians to RN's, from medical assistants to PCT's, many opportunities are available. Current employment opportunities include:

- Clinical Positions (*home health, hospital, private practice*)
- Management Roles
- Maintenance
- Environmental Services
- Hospitality and Food Service

Generous employment packages await. For more information, visit [northernhealth.org](http://northernhealth.org) or call Human Services at (800) 248-6777.



Serving northern lower Michigan and the eastern Upper Peninsula, our mission is to provide comfort, support, and end-of-life care as we would for our own loved ones.

## The RIGHT CHOICE. The ONLY CHOICE.



# VitalCare

MCLAREN NORTHERN MICHIGAN

(800) 342-7711 | [vitalcare.org](http://vitalcare.org)

### IN-HOME HOSPICE SERVICES

- Hospice of Little Traverse Bay, Petoskey
- Hospice of the Straits, Cheboygan
- Hospice of the Sunrise Shore, Alpena

### HOSPICE HOUSES

- Hiland Cottage, Petoskey
- Hospice House, Cheboygan

### Home Health Care

#### MEDICAL EQUIPMENT AND SUPPLIES

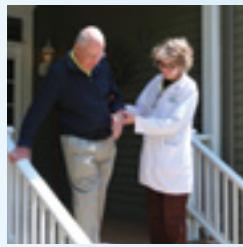
Individuals transitioning from a medical facility, managing a chronic condition, or pursuing a program of health and wellness can all benefit from VitalCare home medical products and services.

» Three retail locations:

- **PETOSKEY** — 2160 Anderson Road at Bear Creek Crossing (Lowe's Plaza)
- **GAYLORD** — 829 W. Main Street (Family Fare Plaza)
- **CHEBOYGAN** — 992 S. Main Street (Family Fare Plaza)

- » Home delivery services throughout northern Michigan
- » Phone-in and ordering customer service
- » Trained and knowledgeable service representatives
- » Medicare and Medicaid certified
- » Insurance participant, including Blue Cross and many others
- » Insurance benefits counseling and verification

In addition to home medical equipment and supplies, VitalCare offers products for everyday health, wellness, and comfort — from CPAP and oxygen therapy to lotions and products for healthy living.



## HOSPITAL EXPANSION: JOURNEY BEGINS SUMMER 2017

### Hospice and Palliative Care: TREATING THE WHOLE PERSON

VitalCare Palliative Care and Hospice Care programs provide compassionate, professional assistance for seriously ill patients near the end of life. Both offer medically supervised pain management and symptom control. The caring VitalCare staff is available to help patients and loved ones deal with the stress of illness and make health care decisions that will allow patients to carry on with everyday life. Treating the whole patient is a primary focus, taking into consideration the physical, social, emotional, and spiritual needs.

#### PALLIATIVE CARE

When a patient is facing a serious chronic illness, nothing is more important than comfort and pain relief. Palliative care focuses on quality of life for patients dealing with chronic, progressive, life-limiting illnesses such as cancer, congestive heart failure, chronic obstructive pulmonary disease, (COPD) kidney failure, Alzheimer's, and amyotrophic lateral sclerosis (ALS).

#### HOSPICE CARE

Hospice is about living every day of life fully, without pain or symptoms. The VitalCare Hospice model of care treats patients and family members with the understanding that worries about the future have a genuine and legitimate impact on frame of mind and personal comfort at end of life. Hospice patients can receive care at home or in one of two home-like facilities in Petoskey and Cheboygan.

As health care needs throughout northern Michigan continue to grow, the need for attracting new talent, retaining quality medical colleagues, and expanding medical facilities becomes more of a necessity. "Preparing for the future is something we do every day, through strategic planning, research and clinical trials, colleague education, and recruitment of remarkable medical professionals," explains David Zechman, McLaren Northern Michigan President and CEO.

#### FOLLOW THE JOURNEY...

Find details, progress updates, and photos about how

McLaren Northern Michigan is growing at [northernhealth.org/construction](http://northernhealth.org/construction).

For more information about VitalCare services, visit [mclaren.org/vitalcare](http://mclaren.org/vitalcare) or call (800) 342-7711.



# DISTRACTED DRIVING

## Keep your **eyes on the road**, and your **hands on the wheel**.



**A**ccording to the Centers for Disease Control and Prevention (CDC), distracted driving claims eight lives and injures 1,161 people daily, causing roughly a half a million injuries annually. Much attention has been focused on texting or cell phone use, especially among teenagers. Research suggests that texting while driving increases the danger to driver and passengers by twentyfold. But, teens are not the only problem: a 2013 AT&T study showed that 49% of adults text while driving — despite the same study finding that 98% of the participants understood that it wasn't safe.

Still, distractions come in many forms and all are dangerous:

- Eating and drinking
- Choosing music
- Adjusting the temperature
- Talking to passengers and/or kids
- Using a navigation system or maps
- Applying makeup

According to AAA, diverting one's gaze for just two seconds at 60 miles per hour could mean missing 176 feet of road, or half a football field. "There are no safe distractions," says Jane Poquette, MSN, RN, TCRN/CEN, Trauma Program Manager (pictured). "Technology is playing an increasing role in our daily lives. Yet, using these technologies while behind the wheel can have devastating consequences. Prevention is key — the more we bring attention to the problem, the more we decrease the number of lives affected by preventable crashes."

A State of Michigan grant allowed the McLaren Northern Michigan trauma center to purchase bags specifically designed to hold phones while driving. Their slogan, "One TEXT or CALL can end it all!" Please bag your phone, and save a life.

During the campaign, over 2,500 cell phone bags were distributed across northern Michigan and beyond to help keep drivers safe.

**8** Americans killed daily in a distracted driving motor vehicle collision (MVC)

**1,161** Americans INJURED daily in a distracted driving MVC

**41%** of young adults regularly text and drive

**AT 55mph,**  
the **length of a football field**  
is travelled  
in the **amount of time**  
it takes to send a  
**5 SECOND TEXT**

SOURCE: CDC 2016



**McLaren**  
NORTHERN MICHIGAN

**(800) 248-6777 | [northernhealth.org](http://northernhealth.org)**