

IN GOOD HEALTH

WINTER 2021



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MESSAGE FROM THE PRESIDENT

As we prepare this issue of *In Good Health*, we're in the midst of an increase in COVID-19 cases throughout the community and the state. The situation can change quickly, so I'd like to take this opportunity to reinforce the importance of following the county's guidelines for safe precautions, provide reassurance that we are open and safe, and perhaps most importantly, thank our team for their remarkable work throughout the pandemic.

COVID-19 Updates

As an organization, we continue to follow the county's guidelines for COVID precautions, and I encourage you to do the same. Whether it's recommendations for social distancing in your personal or professional life, masking guidelines, and updates on testing locations and COVID cases, the St. Clair County Health Department maintains a robust web presence that I'd recommend you check out – www.stclaircounty.org/offices/health/covid19.aspx.

For updates on COVID and how it's affecting McLaren Port Huron, including any visitor restrictions, you can always visit www.mclaren.org/porthuron.

Open and Safe

Safety is our primary focus during these unprecedented times. The safety of patients and our team members is always our priority. We want to assure you that patients at McLaren are being treated in a safe environment, by team members who are adhering to the most current safety standards.

Out of an abundance of caution, we have many new safety measures in place. We stay abreast of science's current understanding of COVID-19 and implement best practices to minimize the risk of transmission. If you haven't been to the hospital in a while, you'll see these recommendations implemented throughout the facility – from hand hygiene stations in public areas to socially distanced waiting areas, as well as:

- Separating patients with symptoms or confirmed COVID to ensure they receive prompt care in a safe manner
- Increased cleaning of frequently touched surfaces
- Screening for symptoms at entrances

In addition, we ask everyone in our facility to wear a mask, and all of our team members are wearing appropriate personal protective equipment (PPE) to keep patients and themselves safe. We have worked throughout the summer to ensure adequate supplies of PPE are available.



We've also added some tools and services to ensure you receive the care you need during the pandemic:

▪ **ER Check-In from Home**

We know that emergencies don't wait for COVID-19. For non-life-threatening emergency needs, you can now check in online and wait from home, to minimize the time you may wait in the emergency room. Find out more at www.mclaren.org/phER.

▪ **Virtual visits**

Many of our McLaren Medical Group providers now offer virtual visits, and McLarenNow virtual visits are available for urgent care situations such as COVID screening, cold, flu, minor injuries, illness or skin conditions. More information is available at www.mclaren.org/mclarennow.

Thank you to our team

Our nurses, physicians and other frontline staff have worked tirelessly to care for our community throughout the pandemic. These health care heroes have really stepped up to ensure the needs of the community are met during a very uncertain and disruptive time. Our team has adjusted to new protocols for patient care to ensure everyone's safety; they're managing high inpatient volumes and workloads; and on top of that, they're balancing their own health concerns, their family's concerns, and the ever-changing challenges of virtual school or work-from-home schedules.

Every day, I hear stories of our team members who are living the McLaren Port Huron values of compassion, excellence and integrity. I encourage you to follow us at [Facebook.com/McLarenPortHuron](https://www.facebook.com/McLarenPortHuron) to read and share those stories – they're truly heroes who are serving our community in extraordinary ways.



STAY SAFE AND HEALTHY,

*Eric Cecava, MBA
President & CEO*



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JAMES C. ACHESON HEART CENTER: COMPREHENSIVE CARDIAC CARE FOR THE BLUE WATER AREA



The heart takes center stage in February as people celebrate their love by presenting each other with flowers and heart-shaped boxes filled with candy. And while we shower our loved ones with hearts and love, we should also turn our attention to keeping our loved ones and communities free from heart disease.

In 1964 President Lyndon B. Johnson proclaimed February as American Heart Month, nine years after he had a heart attack. While science continues to make advances in medicine, heart disease remains the leading cause of death in Americans. Rising obesity rates and unhealthy lifestyle choices continue to hinder the progress in fighting heart disease.

Heart disease is a term used to describe many different conditions affecting the heart. The most common type is coronary artery disease (CAD), caused by a build-up of plaque in the arteries that supply blood to the heart. This plaque build-up decreases blood flow as the inside of the arteries narrow over time, which can lead to a heart attack. A heart attack, or myocardial infarction, is the result of the lack of blood flow as the heart muscle is starved for oxygen and nutrients. This causes damage or death to part of the heart muscle. About every 40 seconds, someone in the United States has a heart attack.

The good news is that heart disease can be prevented with healthy lifestyle choices, which include not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular check-ups.



THE FIRST FRIDAY OF THE MONTH, FEBRUARY 1, IS NATIONAL WEAR RED DAY. JOIN US IN GOING RED TO RAISE AWARENESS AND SUPPORT FOR HEART DISEASE.



As the Blue Water Area's leader in heart care, McLaren Port Huron's expert team of specialists are committed to providing patients with comprehensive and compassionate cardiac care. Last summer, McLaren Port Huron opened a new cardiac observation unit and the James C. Acheson Heart and Vascular Center. The 10,000-square-foot, state-of-the-art facility offers a new cath lab for diagnostic and interventional procedures treating cardiovascular disease and non-invasive cardiac and vascular imaging and testing in one convenient location.

The new center was named the James C. Acheson Heart and Vascular Center in honor of the generous contributions made to McLaren Port Huron by the James C. Acheson Foundation over the years.

The most common symptom of CAD is angina, or chest pain and discomfort. But for many people, the first clue that they have CAD is a heart attack. It is vital to call 911 at the first sign of a heart attack as the heart muscle can be damaged quickly. Symptoms of heart attack include:

- Chest discomfort (pain, tightness, pressure or fullness) that lasts more than a few minutes, or that goes away and comes back.
- Discomfort or pain in other areas of the upper body: arms, back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

"Contributions to McLaren Port Huron have always been made with one purpose in mind – to save lives," says James C. Acheson. "The cardiovascular team at McLaren has always provided excellent care, but the comprehensive heart and vascular center – equipped with the newest technology and equipment – will undoubtedly enhance patient care."

McLaren Port Huron remains the leading provider for cardiac care and open-heart surgeries in the Blue Water Area. They thank their donors and patients for entrusting them with their care as they continue to expand access to high quality care with patients in mind.



WINTER '21

Registration is required for all programs, unless stated otherwise. Register online at www.mclaren.org/phevents or call HealthAccess at **1-800-228-1484** with credit card information. Refunds cannot be given unless there is a 48-hour notice or McLaren Port Huron cancels the program.

SPECIAL NOTICE: McLaren Port Huron continues to evaluate programs based on CDC recommendations for social distancing to prevent the risk of coronavirus exposure. For the latest information regarding cancellations or rescheduling, visit www.mclaren.org/phevents.

Bariatric Informational Seminars

Upcoming seminar dates and information about surgeons and surgery options is listed at mclaren.org/phbariatric. Cost: Free

— VIRTUAL PROGRAMS —

Join us from the comfort of your home for these programs. Participants will be emailed a link to the presentation one week prior to the program.

Savvy Seniors: Start the New Year Off Right

Learn how to start your 2021 off right by joining us for this virtual series.

- **January 27: Be Active** – Exercise keeps your body and brain healthy. Join Jenny McElwain from the Blue Water YMCA to learn more about the benefits of exercise and how to stay active at home.
- **February 24: Make the Most of Your Doctor Visits** – Join this virtual program to learn tips and more about resources and technology to help navigate the health system.
- **March 24: Grief and Loss** – Join Marwood Social Worker Michelle Bezemek, LBSW, for an in-depth discussion on ways to cope with grief and loss and gain knowledge and insight regarding effective coping strategies.

All sessions take place from 1 – 2 p.m. ▪ Cost: Free

New to Medicare

Are you turning 65 or enrolling in Medicare for the first time? Join the Michigan Medicare & Medicaid Assistance Program virtually to learn about Medicare eligibility and coverage, enrollment, fraud prevention, and insurance updates. February 2; 10 - 11 a.m. ▪ Cost: Free

Little Black Dress Virtual Fundraiser

This fundraiser for the Betty Kearns Cancer Fund at McLaren Port Huron is going virtual this year! Join the live virtual event, featuring opportunities to win several prizes. Wear your black dress or black loungewear and enjoy the evening. For more information, please visit BlueWaterLittleBlackDress.org March 5; 6 p.m.



Diabetes Care: Sweet Portions

How can you have your cake and eat it too when you have diabetes? Join this virtual discussion to learn about making better choices when it comes to sweets and desserts. Enjoy a cooking demonstration from a local chef. Diabetes educators will be available to answer questions after the presentation. March 25; 2 - 3 p.m. ▪ Cost: Free

BEAUTY & HEALING

In 2019, McLaren Port Huron created **Beauty & Healing**, a program especially for women undergoing cancer treatment. Due to COVID restrictions and for the safety of patients undergoing cancer treatment, the Beauty & Healing program has been on hold since March.

We understand the anxiety, stress and uncertainty that accompanies a cancer diagnosis. Because we are not able to assist women in person during this difficult time, we have created a video that provides some tips for head coverings shared at our program. Visit www.mclaren.org/phbeauty-healing to view the video.

The McLaren Port Huron Wig bank remains available for women to choose a wig, free of charge, through one-on-one appointments. Women should ask their oncologist for approval before making an appointment.

These programs are made possible through generous community donations to the Donna M. Niester Breast Cancer Fund at McLaren Port Huron.

To make an appointment or for more information contact the McLaren Port Huron Foundation at 810-989-3776.

DIABETES EDUCATION

— IN-PERSON PROGRAM —

Diabetes Education

MPH offers diabetes education in a small group or individual setting Monday – Friday at various times. A physician order and registration are required. For more information or to register, call 810-989-3362.

MPH Diabetes Education Classroom
Wisner Third Floor • Cost: Varies



CHILDBIRTH EDUCATION

— VIRTUAL PROGRAM —

Several courses are offered throughout the quarter. For more information or to register for the classes, call HealthAccess at 1-800-228-1484.

Childbirth Education Online

Our online childbirth education class, provided by InJoy, is ideal for expectant parents who can't attend an onsite class due to work schedules, time constraints or medical conditions. Call HealthAccess to register. Cost: \$40

SUPPORT GROUPS

For the latest information on support groups, visit www.mclaren.org/phevents

Alzheimer's & Dementia Support Group

May be held virtually; participants will be notified of any changes.

January 26
February 23
March 23
2 – 3:30 p.m.

Marwood Nursing & Rehab
1300 Beard St., Port Huron



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EARLY DETECTION FOR LUNG CANCER BEGINS WITH SCREENING

March 20 is National Kick Butts Day, a day to speak out and raise awareness about the dangers of tobacco use. Smoking is the leading risk factor for lung cancer. According to the American Cancer Society, lung cancer is the leading cause of cancer death among both men and women, making up almost 25% of all cancer deaths. About 80% of lung cancer deaths are thought to result from smoking.

If you currently smoke or were ever a heavy smoker, your chances of developing lung cancer are 25 times higher than a non-smoker. However, if you do develop lung cancer, your chances of successful treatment and survival are much higher if the cancer is found early.

The Barbara Ann Karmanos Cancer Institute at McLaren Port Huron offers low-dose CT scans for lung cancer screenings. This test helps detect lung cancer in its earliest stages in those who are considered high risk by using a lower amount of radiation than a regular CT scan to image your lungs.

“As part of our comprehensive cancer services at McLaren Port Huron, we want to bring every opportunity for our patients to have advanced screening, diagnostics, and treatment for cancer,” says Dr. Matthew Johnson, radiation oncologist at the Karmanos Cancer Institute. “Lung cancer screening is particularly important for the local community because lung cancer is the second most common cancer in St. Clair County.”

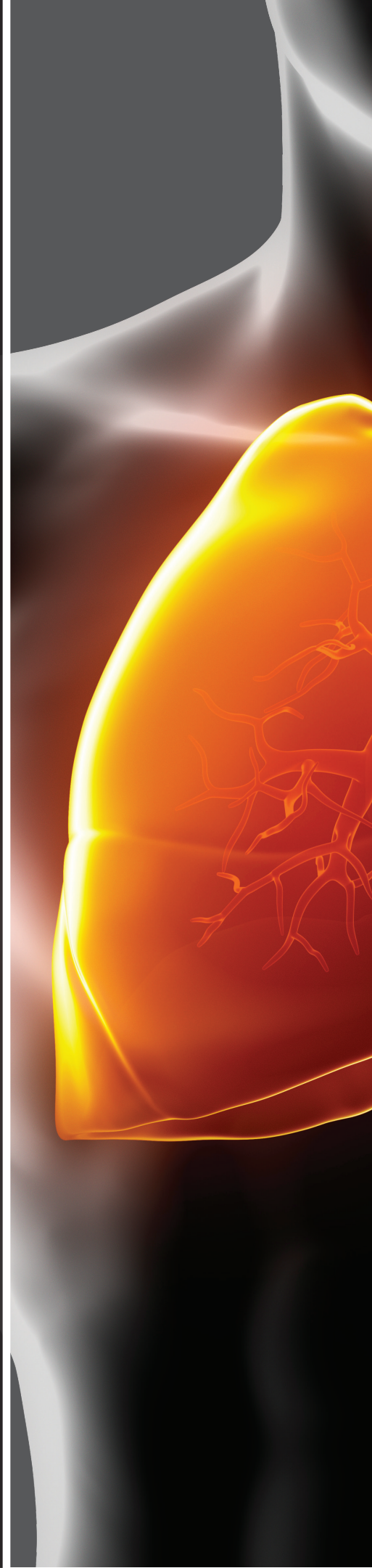
You might be a candidate for a lung screening if you:

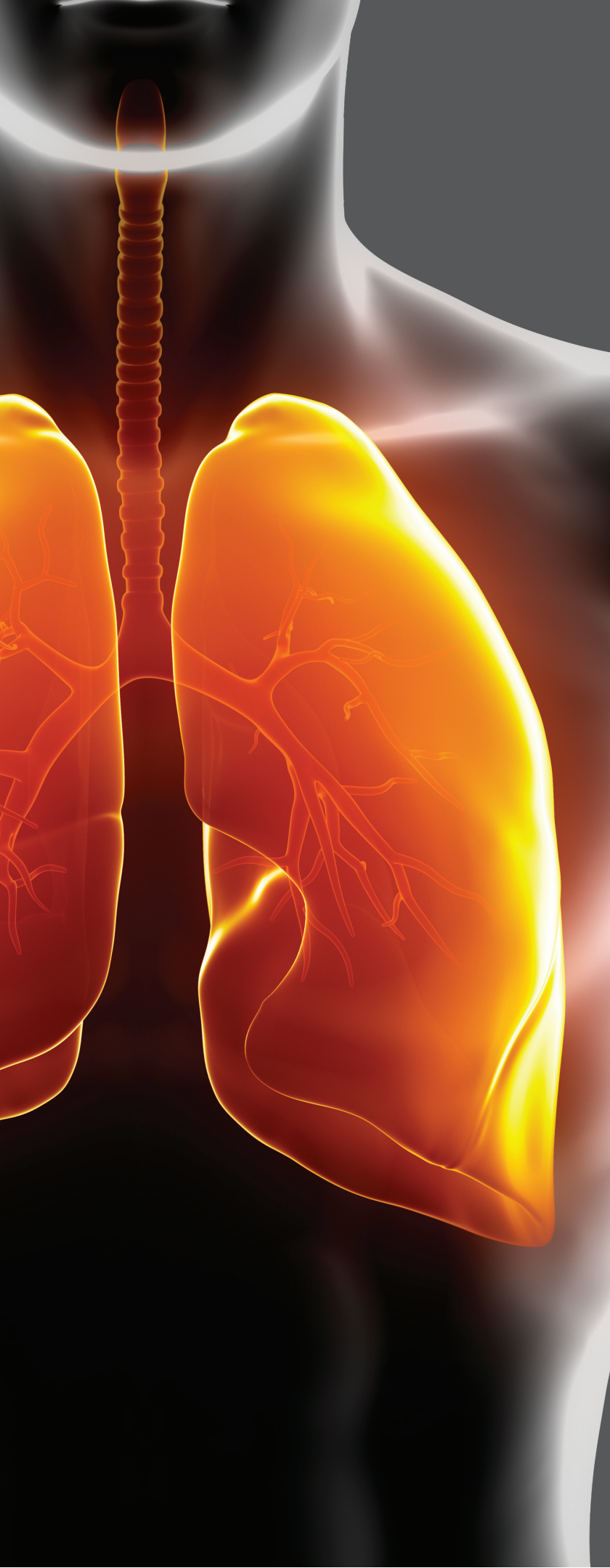
- Are between the ages of 55 and 77
- Have no signs or symptoms of lung cancer
- Are a current smoker or former heavy smoker who has quit within the past 15 years
- Have a 30+ pack-year tobacco smoking history (pack-years formula: number of years smoked x average number of packs per day = pack years)
- Have not had a chest CT in the past 12 months

An order from your physician is required to schedule the screening. To receive an order for the screening, patients must meet with their physician to discuss potential risks, benefits, further work-up and annual follow-up as a result of the low-dose CT scan. Talk with your physician to see if you are a candidate for the screening.

Low-dose lung cancer screening is covered by Medicare and some private insurance plans. Check with your insurance provider to see if the cost of the test will be covered.

For more information about low-dose CT lung cancer screening, call our Oncology Nurse Navigator at 810-989-1003.





ENHANCING OUR LUNG CANCER PROGRAM

Proceeds from the 2020 Festival of Trees were used to purchase of an endobronchial ultrasound bronchoscopy (EBUS). This equipment allows for early detection and treatment for lung cancer, improving the patient's survival rate. McLaren Port Huron's Pulmonary Critical Care Team – Dr. Vasken Artinian, Dr. Ali Haidar, Dr. Michael Basha, Jody Britz, DNP, Khalida Graham, NP – stated the following:

"Lung cancer is by far the leading cause of cancer deaths among both men and women, making up almost 25% of all cancer deaths. We believe adding this technology at McLaren Port Huron will enhance our overall patient care. It will empower our diagnostic process and improve care and outcomes for lung cancer patients in our community. We are very passionate about this technology and the impact it can have on our patients and appreciate your consideration in supporting it."



CANCER GENETIC COUNSELING COULD SAVE YOUR LIFE

A family history of cancer can increase your own risk for developing the disease. While most cancers occur by chance, it is estimated that 5-10% of cancer cases are hereditary.

The Barbara Ann Karmanos Cancer Institute at McLaren Port Huron now offers cancer genetic counseling. This service can help you learn about the impact your personal medical history, family history and genetics may have on your risk of developing cancer, as well as the risk to other family members. It can also help you understand your options for prevention, early detection and treatment.

The goal of cancer genetic counseling is to help you understand your cancer risk and become more involved in ways to reduce your risk by modifying your lifestyle and developing a personalized screening and treatment plan.

A referral for cancer genetic counseling could benefit you if you have:

- Several relatives with cancer
- One or more relatives who have or have had more than one type of cancer
- One or more relatives who have cancer presenting under the age of 50
- Two or more relatives on one side of the family with the same cancer
- A personal or family history of a rare or unusual cancer, such as ovarian cancer, pancreatic cancer, male breast cancer, or metastatic prostate cancer
- A family history of a known hereditary mutation in a cancer gene, such as BRCA1, BRCA2, MLH1 or MSH2

During an appointment, a thorough evaluation of your personal medical history and family history, as well as a risk assessment, will be performed by a genetic counselor who specializes in cancer genetics. If appropriate, genetic testing options, including the risks, benefits, and limitations will be discussed. The information gained during your appointment can help you understand your own cancer risk and ways to reduce this risk. It may also help your doctor to develop a management program unique to you. Finally, this information can help identify family members who may be at an increased risk of developing certain cancers and could benefit from additional or increased cancer screening.

The Karmanos Cancer Institute participates with most health insurance companies, and self-referrals for genetic counseling are accepted. Insurance coverage and cost for genetic testing will be discussed during your visit.

Due to the coronavirus pandemic, appointments are currently being conducted virtually, either by telephone or video conference. For more information about cancer genetic counseling at McLaren Port Huron or to make an appointment, call 810-989-1006.

MIRIAM F. ACHESON FAMILY BIRTH PLACE

Thanks to the generosity of the members of McLaren Port Huron Foundation's Cornerstone Club, proceeds from the 2020 annual Golf Classic and funds from Dr. James C. Acheson were used to purchase/replace much needed items for the Miriam F. Acheson Family Birth Place, along with updating flooring and providing a new nurses station.

If you are interested in making a difference in the health of our community by becoming a member of our Cornerstone Giving Club, go to www.mclaren/phfoundation and sign up today!



The bassinets purchased were designed specifically for McLaren Port Huron. The company worked directly with Family Birth Place staff to develop a bassinet unique to our needs and use.



REPLACED ITEMS:

- 22 new bassinets
- Overhead bili light
- Pulse oximeters
- Infant warmer
- Overhead warmer
- Vital sign machine



MARK YOUR CALENDAR:

**MARCH 5, 2021
6 P.M.**

Cancer does not stop for COVID. In the past several months our world has changed dramatically, but one thing that persists are the diagnoses, treatments, and even losses of those with cancer in our community. Through these times, the Betty Kearns Cancer Fund has moved forward to make remarkable strides to help those in our community.

It has been decided that the show must go on, as so many depend on this fund for support. The Little Black Dress event will be held in a unique setting. Instead of the usual large sellout gathering, it will be hosted as a live virtual event and raffle with opportunities to win several exciting prizes. It may be different, but we encourage participants to still wear your black dress, or black loungewear, gather in small groups in your home and enjoy the evening with us. **Details can be found at www.bluewaterlittleblackdress.org.**



2020 Little Black Dress committee check presentation to McLaren Port Huron. Pictured from left to right: Andrea Napolitan, ML Kraft, Debbie Reynolds, Carolyn Bonacci, Jennifer Montgomery (McLaren Port Huron past CEO) and Amy Andrews.

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“**IN GOOD HEALTH**” is published quarterly by the Marketing Department at McLaren Port Huron. It is designed to provide readers with the latest, most accurate information regarding health and hospital news and events. If you would like to receive this publication, visit mclaren.org/phsubscribe to sign up.

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THANK YOU

You're working together to meet the needs of our community.

You're taking on new assignments and roles, to make sure the work gets done.

You're working in ways you've never had to work before.

We're grateful for your continued sacrifices. For being versatile, courageous, resilient and extraordinary.

**THANK YOU, TO ALL OUR
HEALTH CARE HEROES, FOR
DOING WHAT'S BEST®
FOR OUR COMMUNITY,
AND EACH OTHER.**

