

NORTHERN

# HEALTH

*Wellness for Life*

## TOP 50 CARDIOVASCULAR HOSPITAL IN THE NATION

### COLD WEATHER TIPS:

Sinus Infection Signs & Symptoms  
Top 5 Cold Weather Hazards

### ORTHOPEDIC CARE:

Expanding Services  
The Latest in Surgical Procedures



## On the Cover: CertaScan NEWBORN FOOTPRINTING

McLaren Northern Michigan

- has introduced CertaScan, the latest technology to identify infants with certainty — from the time of birth, throughout their hospital stay, and for life.
- The high resolution footprint scan allows 24/7 access to a baby's identity. "Providing the highest safety and security are top priorities for all patients," explains Karri Vandenbrink, BSN, RNC-OB, Clinical Nurse Manager for Women and Children's unit. "Offering the most advanced security technology is especially important for our youngest patients."



## Breathe Easily FROM DAY TO NIGHT

McLaren Northern Michigan  
Sleep Centers are well known for

- evaluating, diagnosing, and treating sleep disorders, such as apnea. However, pulmonology specialists also treat patients with breathing disorders that don't just occur at nighttime. Most recently, the Sleep Center in Gaylord introduced new technology to accurately identify patients with asthma.

- Talk to your primary care provider about whether a sleep or breathing test may be right for you, or call [800] 248-6777.

# DEAR FRIENDS:

I am particularly pleased to introduce this latest edition of Northern Health, because we have recently been named one of the **top 50 cardiovascular hospitals** in the entire country. Based on research comparing objective data from over 1,000 cardiovascular programs, ours was found to be among the highest performing. Significantly, hospitals do not apply to be part of this study, nor do they pay to participate. I cannot overstate the importance of this honor.



When we inaugurated our cardiovascular program, we fully intended to lead the way in safe, innovative procedures, and we've consistently received high state and national rankings. This newest honor is proof that our physicians, surgeons, nurses, and clinicians are among the best in the country, and I extend my sincere congratulations.

Of course, this level of dedication is matched throughout our organization, and we are pleased to continue growing and expanding our services. Our sleep centers now offer advanced pulmonary diagnostic technology. And, the obstetrics department has important new technology to aid and protect our youngest, most vulnerable patients. Find these stories, along with cold weather tips, all inside.

With warm regards,

David Zechman  
PRESIDENT AND CEO OF MCLAREN NORTHERN MICHIGAN



## SAVING LIVES EVERY DAY



### Welcoming ANDREW BAYCI, MD

General Surgeon, Andrew Bayci, MD, has joined the Medical Staff after practicing at Beaumont Health

System. A Troy, Michigan, native, Dr. Bayci started his medical career early. "I became fascinated with surgery at a young age, as it seemed a very unique way to help people," said Dr. Bayci. "I began working as a patient transporter in college and gained an appreciation for connecting with patients." He received his medical degree from Wayne State University School of Medicine. With a special interest in hernia surgery, complex wound care, and hemodialysis access, Dr. Bayci brings a personal approach to his patients at Petoskey Surgeons.



### Expanding Services NEW PRIMARY CARE LOCATION

A new primary care location with a new provider has been added to

the already well-rounded primary care team, making everyday wellness even more convenient. A graduate of Western Michigan University, Carolyn Wiese, PA-C (pictured above) joins Robert Allum, DO, at Mitchell Park Family Medicine [2390 E. Mitchell Park Drive, Suite D, Petoskey, MI]. Both Wiese and Dr. Allum are welcoming new patients, providing family medicine services for children and adults.

# STAYING SAFE in the Colder Months

A northern Michigan winter is a thing of beauty and a backdrop for many favored activities. But the season stops being fun and becomes a danger if we are unprepared or uninformed. Follow these 5 SAFETY TIPS and have a great time enjoying the winter.

## 1 HYPOTHERMIA

Hypothermia is a condition during which the core body temperature falls to 95° F or less. Anyone can fall victim to hypothermia, but infants and the elderly are especially susceptible, because their bodies do not readily adjust to changes in temperature. In the early stages, the body becomes cold and shivers. Unchecked, the condition leads to confusion, sleepiness, and slurring of speech. The heart rate can slow to dangerous levels.

*To prevent hypothermia, dress in dry, warm layers, cover the head and hands, and wear warm, waterproof footwear.*

*For someone already experiencing hypothermia, seek immediate medical attention; if care is not readily available, remove any wet clothing, wrap the victim in a blanket, and provide a warm non-alcoholic beverage. Avoid hot showers or baths to prevent shock.*

## 2 FROSTBITE

Frostbite is a loss of feeling and color in susceptible areas, especially the nose, cheeks, chin, ears, fingers, and toes.

Signs include numbness, tingling, stinging, aching pain, and pale waxy skin on the affected areas. Frostbite can permanently damage body tissue, and severe cases can lead to amputation.

*To prevent frostbite, dress in dry, warm layers and stay alert to changes in sensations of the skin. If symptoms do occur, go indoors, immerse the affected area in warm water or warm the area using body heat. Do not rub the frostbitten area as it can cause tissue damage. Avoid using heat sources such as stoves, fireplaces, heating pads, and heat lamps to prevent burns.*

## 3 HEART ATTACKS

Heart attacks are more common in colder months, because cold temperatures cause an increase in blood pressure, and the heart has to work harder to maintain body heat. Add the exertion that comes from shoveling snow, and the danger increases even more.

Warning signs include shortness of breath, sudden fatigue or dizziness, sweating, nausea, vomiting, irregular heartbeat, and a blue color to the skin. These signs are very important in recognizing a heart attack because chest pains are not always present.

*Dress warmly in layers and take frequent breaks to avoid exertion. "Remember," warns Physician Assistant Holly Swearingen, PA-C, "exertion is not the same as exercise. It is potentially a very dangerous condition and should be avoided."*

*If symptoms present themselves, call 9-1-1 immediately. For a full list of heart attack signs and symptoms, visit [heart.org/conditions](http://heart.org/conditions).*

4

## DEPRESSION | SEASONAL AFFECTIVE DISORDER

Shorter days, a lack of sunlight, and the resulting lower Vitamin D levels can have an unfavorable effect on many individuals, especially women. Seasonal affective disorder (SAD) symptoms can mimic other types of depression including sadness, difficulty concentrating, sluggishness, fatigue, excessive sleep, and crying spells. Individuals can also gain weight due to carbohydrate cravings.



**Holly Swearingen, PA-C**  
PHYSICIAN ASSISTANT  
McLaren Northern Michigan -  
Charlevoix Family Medicine

*"This is the time to add a vitamin supplement and establish a regular exercise routine," Swearingen says. "Some people also benefit from the use of a light box or lamp specifically designed for seasonal affective disorder." Antidepressants and counseling have also proven effective for some.*

5

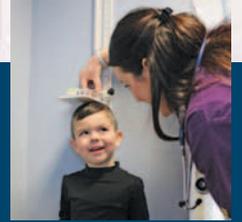
## CARBON MONOXIDE POISONING

Carbon monoxide (CO) is a colorless, odorless gas that can be deadly, and incidences of CO poisoning increase in the colder months because homeowners are using their furnaces, fireplaces, and gas stoves.

Symptoms of carbon monoxide poisoning include dizziness, nausea, and shortness of breath.

*If CO poisoning is suspected, move the victim from the area into fresh air, and call 9-1-1 immediately.*

*Have appliances and heat sources checked annually, and install CO monitors in the home. Avoid sitting in a running vehicle in a garage or carport, and always clear exhaust pipes if a vehicle has been stuck in the snow.*



COLD, FLU,  
EVERYDAY  
HEALTH CARE:

## Seven Convenient Primary Care Locations

### CHEBOYGAN

- McLaren Northern Michigan -  
Internal and Family Medicine  
740 S. Main Street Suite 2D | (231) 627-1282

### ROGERS CITY

- McLaren Northern Michigan - Rogers City Family Medicine  
573 N. Bradley Highway | (989) 734-2171

### CHARLEVOIX

- McLaren Northern Michigan - Charlevoix Family Medicine  
1404 Bridge Street | (231) 237-9537

### GAYLORD

- McLaren Northern Michigan - Gaylord Family Practice  
1320 E. M 32 | (989) 731-5092

### INDIAN RIVER

- McLaren Northern Michigan - Indian River Family Medicine  
6135 Cressy Street | (231) 238-8908

### PETOSKEY

- McLaren Northern Michigan -  
Mitchell Park Family Medicine  
2490 Mitchell Street, Suite D | (231) 487-7200
- McLaren Northern Michigan - Petoskey Family Medicine  
820 Arlington Avenue | (231) 487-9355

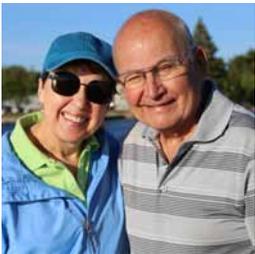
# HEART & VASCULAR

*"I'm glad my son and daughter-in-law sang the praises of the McLaren Northern Michigan heart and vascular program. I think it saved my life."*

— Quadruple bypass patient  
WALTER FRASZ offers a few fishing tips to his granddaughter, Norah, on the docks in Boyne City.

## THE HEART CARE CONTINUUM: Now, with Friendship

Two men, unknown to each other, had similar cardiac events and found themselves together through the McLaren Northern Michigan care continuum. In the process, they discovered that they had much more in common.



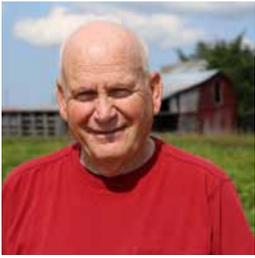
WALTER (WALT) FRASZ and his wife Alice were enjoying a northern Michigan vacation, first at the home of their son and daughter-in-law in Boyne City, and then in the Upper Peninsula. That's when Walt began experiencing unusual health symptoms. He attributed his breathing difficulty and shortness of breath to just a part of aging, and to compensate, he took frequent breaks. But his condition worsened to such a degree that, while checking into their hotel, he couldn't even push the baggage cart. After two days in the Upper Peninsula, the Frasz's decided to return to their Cranberry Lake cottage near West Branch.

Walt, however, remembered something that his son and daughter-in-law told him about the high quality of heart and vascular care at McLaren Northern Michigan. That was all he needed to detour to the Emergency Department (ED) in Petoskey. It was a smart move. The next day, Walt received a heart catheterization that determined his condition was serious. Two days later, Cardiothoracic Surgeon J.D. Talbott, DO, performed quadruple bypass surgery. "It's lucky that Mr. Frasz did not proceed to their cottage, because he would have had a much more difficult and circuitous route to an appropriate facility," explains Interventional Cardiologist Harry Colfer, MD, who performed the heart catheterization. "A quick and accurate assessment in our ED sent Walt on his way to life-saving surgery and into our continuum of care."

*The Care Continuum is a seamless, dynamic set of protocols able to function singularly and in tandem to follow patients from primary care to treatment and from discharge beyond.*

Pictured from Left to Right: Gerald Gadowski, MD, Harry Colfer, MD, and J.D. Talbott, DO.





RICHARD (RICH) KNIGHT, of Afton, had a family history of heart disease and had undergone previous stent procedures. In late November, he began to notice that he started to tire easily.

“I was short of breath,” he explains, “even going out to get the mail.” A follow-up appointment

with Cardiologist Gerald Gadowski, MD, at Cheboygan Community Medical Center revealed a new issue, and he was scheduled for a stent procedure in Petoskey with Dr. Colfer. But the night before the scheduled procedure, things began to change, and fast. “I broke out in a sweat, and I knew something wasn’t right,” Knight says. His wife Jacky called 9-1-1, and after ambulance transport and assessment at the McLaren Northern Michigan-Cheboygan Campus ED, he was transferred to the Petoskey Campus.

Once in Petoskey, Knight had a heart catheterization procedure by Dr. Colfer and was told that he needed triple bypass surgery and a valve replacement. Dr. Talbott performed the surgery. “As part of McLaren Northern Michigan, our Cheboygan team moves quickly to evaluate and stabilize patients who need more advanced care in Petoskey,” states Dr. Colfer. “The parts of the whole work together for favorable outcomes.”

## GETTING TO KNOW YOU

Throughout the evaluation and treatment process in Petoskey, Walt and Rich stayed in a room together. There, they learned that they had more in common than their upcoming bypass surgeries: both were retired tool and die workers; both had four children and multiple grandchildren; both shared a love of tinkering, gardening, and northern Michigan. It wasn’t long before they were watching holiday football games together and giving each other culinary recommendations on the hospital menu. “I don’t think I ever hit it off with anyone that quickly in my life,” says Rich. And, when Walt was offered a bayside room of his own, he opted to stay with his new friend. “I didn’t want to move,” Walt says. “I liked sharing a room with Rich.” After their discharge, both men were headed to 10 weeks of outpatient rehabilitation — Rich to Cheboygan Campus and Walt to McLaren Flint, near his hometown — but the families plan on having a northern Michigan reunion soon.



# HEART ATTACK? OR INDIGESTION?

*The most common sign of a heart attack — for both men and women — is chest pain. Knowing the difference between the pain of a heart attack or a bout of indigestion, it not always obvious.*

## RECOGNIZE SYMPTOMS

Discomfort in the center of the chest lasting more than a few minutes or that goes away and comes back is the true sign of a heart attack. This can feel like squeezing, pressure, fullness, or pain. People often describe a wide range of symptoms, many of which don’t seem to relate to the heart.\* Visit [heart.org](http://heart.org) for more.

## KNOW YOUR BODY

If the pain you think is just heartburn and seems worse or different than normal, you should seek emergency help. This is especially important if pain occurs during exercise or if symptoms include shortness of breath, sweating, dizziness, nausea, or pain that moves into your shoulder and arm.\*

## TRUST YOUR INSTINCTS

“We know our bodies best,” explains Gretchen Lamarche, RN, BSN, BA, Cardiac Cath Lab Manager at McLaren Northern Michigan. “And when something doesn’t seem right, it’s important to trust your instincts. It is better to be safely evaluated in the Emergency Department rather than staying at home without help,” she adds. “With a heart attack, time is muscle, so minutes matter. Act quickly!”

\* SOURCE: IAMPROHEART.COM



# OH, MY ACHING HEAD: Is It a Sinus Infection?

Most sinus infections begin with the common cold, which is caused by a virus, and usually clear up in a week to ten days. In some instances, however, a bacterial infection also develops. The discomfort is well-known; only the degree varies. A sinus infection, or acute sinusitis, is uncomfortable for most; debilitating for some; and serious for others. But relief is available; learn the signs and the treatments.

## Who is an ENT?

An otolaryngologist (or ENT) is a speciality physician who treats issues of the ears, nose, and throat, and related head and neck conditions.

## When to see an ENT?

If you have problems related to your head or neck, it may be time to schedule an evaluation. Talk to your primary care provider or call (800) 248-6777 for details.

Conditions may include:

- ❖ *Persistent ear infections, hearing loss, or balance issues*
- ❖ *Sleep conditions caused by narrowing or blocked airways*
- ❖ *Persistent tonsillitis, vocal issues, or swallowing difficulties*
- ❖ *Head and neck infections or tumors*
- ❖ *Allergies, sinusitis, or nose/nasal growths*
- ❖  *ringing in the ears*
- ❖ *Thyroid disorders*
- ❖ *Skin cancers*

## THE CONDITION AND SYMPTOMS

The sinuses are cavities around the nasal passages. When they are compromised by bacteria, the passages become swollen and inflamed. As a result, drainage is impaired and mucus and pressure build in the cavities, causing discomfort.

Those who suffer from sinus infections:

- ❖ will have difficulty breathing through the nose,
- ❖ feel swelling, pressure, or tenderness around eyes and face,
- ❖ and may experience serious facial pain or headache.

Other symptoms include ear pressure, aching in the upper jaw, bad breath, impaired sense of smell and taste, cough, fatigue, and fever.

## TREATMENT OPTIONS

"In most cases, over the counter medications are all that is needed to treat acute sinusitis," explains Otolaryngologist (ENT) James Slater, DO. Saline nasal spray, a Neti Pot, and nasal corticosteroids such as Flonase or Nasonex will clear the nasal passages and treat inflammation.

Decongestants can be used for several days, but should not be overused, because they can cause a rebounding effect. Aspirin and non-aspirin pain relievers including Tylenol, Advil, and Motrin will soothe headaches.

"Bed rest, sleeping with the head elevated, drinking plenty of fluids, using a vaporizer or taking a hot shower, and applying warm, damp compresses can all help relieve the discomfort," suggests Dr. Slater.

## WHEN TO CALL THE DOCTOR

A persistent fever, symptoms that do not improve after several days or worsen, or a history of chronic or recurring sinus infections all necessitate a doctor's care. "Most sinus infections will clear up on their own," adds Dr. Slater, "and antibiotics should not be freely prescribed. When symptoms persist, further treatment such as a balloon sinuplasty or even surgery might be an option. Contact your primary care provider or ENT specialist for an evaluation.



**James Slater, DO**  
BOARD-CERTIFIED  
OTOLARYNGOLOGIST

# AHHH, SOUP...

## A Perfect Warm-me-up

With the changes in temperatures, it's time to start thinking about ways to stay warm and healthy throughout the wild weather of wintertime.

What better way to beat the winter cold than a simple cup of soup?

A quick batch of soup is easy to prepare and can be frozen away for future warmth throughout the season. Add a nice, steamy cup of tea, some warm bread, and voila! A healthy and cozy meal.

### BROTHY, SAUSAGE AND KALE SOUP

#### GATHER

- 2 large sweet onions, diced small
- 1 large carrot, diced small
- 2 pounds ground Italian or turkey sausage
- 2 tablespoons butter or olive oil
- 2 tablespoons flour
- 1 bunch kale, stems removed, sliced thin
- 2 pounds Yukon Gold potatoes, halved and sliced
- 2 tablespoons fresh oregano, minced
- 2 tablespoons fresh basil, minced
- 5 quarts chicken stock
- salt and pepper to taste

#### MAKE

In a large soup pot, brown and drain the sausage. Remove the sausage and place it on a towel-lined plate. On medium heat, sauté the onions and carrot in butter (or olive oil) until soft. Add the kale and potatoes and cook a few minutes more. Add the herbs, salt, and pepper; then the flour. Stir constantly for a few more minutes then slowly pour in the stock while stirring. Add the sausage back in and simmer until the potatoes are fork tender. Adjust the seasonings to taste. Enjoy!

*Recipe provided by Nathan Bates,  
Boyne Falls Schools Food Service Director  
and Founder of Eat Nicely.*



### SUPPORTING ENDOCRINOLOGY PATIENTS THROUGH DISEASE MANAGEMENT



Embracing a philosophy of sharing, the Endocrinology Services program at McLaren Northern Michigan is proud to offer Shared Medical Appointments (SMAs), allowing patients to spend time with a provider and other people with the same condition. The goal is to encourage questions and concerns amongst others with the same condition, combined with the best in medical care — all in a relaxed, friendly, and informative setting. “Through education and support, patients learn skills for managing daily living and for controlling their health,” explains Michael Valitutto, DO (above). Patients may also receive nutritional counseling by a Registered Dietitian for pre-diabetes and conditions such as stomach disorders, heart conditions, and obesity.

#### RELATED CONDITIONS

- Diabetes — Type 1 and Type 2 <
- Pregnancy-related Diabetes and Pre-diabetes <
- Endocrine Conditions <
- Thyroid Disease <
- Obesity <

Contact your primary care provider with questions, or call (800) 248-6777 to schedule an appointment.

*The Endocrinology Services team offers over 40 years of combined expertise. Leading the program is Board-certified Internist Michael Valitutto, DO, specializing in care to patients with diabetes, hormone disorders, metabolism imbalance, and additional endocrine conditions.*



## HIP REPLACEMENT OPTIONS: Choosing the Best for Each Patient

ORTHOPEDIC SURGEON  
**Austin McPhilamy, MD,**  
performed both left and right  
ANTERIOR HIP REPLACEMENT  
surgeries for Leo Simon, Petoskey  
resident and maple syrup hobbyist.

*“Regardless of the surgical approach, every patient must be motivated to participate in follow-up care and physical therapy,” explains Dr. McPhilamy. “We see positive outcomes, especially in patients who are active in post-surgical care and rehabilitation.”*

**B**y his own admission, Leo Simon’s health issues were caused by “many years of hard physical labor.” The 62-year-old Petoskey resident spent 23 years as a firefighter and EMT for Bear Creek and Resort Townships, followed by 18 years as a contractor, all demanding professions known for taking a toll on the body.

Back surgery and several years of back injections helped, but chronic hip pain was compromising his ability to function. “I felt like I was trying to put a new foundation on a crooked basement,” he explains. Clearly, his hip problems were affecting his spine and causing increased discomfort, making Simon a good candidate for total hip replacement. Neurosurgeon David Morris, MD, suggested that Simon see Orthopedic Surgeon Austin McPhilamy, MD.

After evaluation with Dr. McPhilamy, Simon’s first hip replacement surgery was performed in September of 2016, and his second procedure in December, 2016. Both surgeries used the anterior approach, a method that is not new, but requires specialized surgical skills.

Simon’s incisions were just 4” long, and his recovery was rapid. “I got up two hours after surgery, and I felt great. I noticed the difference right away, and I used a cane for just three days after surgery.”

"I felt even better after the second surgery; the procedure is pretty painless." Simon spent just one night in the hospital after each of his hip surgeries. "Dr. McPhilamy told me what to expect and there weren't any surprises," he adds. "The surgeries went just like he said."

Now, Leo Simon is feeling good and is looking forward to tapping maple trees in the spring on his wooded property, enjoying his grandchildren, and planning for his next procedure. "I plan to go back to Dr. McPhilamy for a knee replacement next," he says.

## UNDERSTANDING HIP REPLACEMENT SURGERY



Hip replacement surgery is one of the most commonly performed procedures in the country. (Knee replacement surgery is the other.) In fact, a 2014 Mayo Clinic report states that 2.5 million Americans have undergone total hip arthroplasty (THA) and are living with implants.

The need for partial or total hip replacement increases with age because of osteoarthritis and rheumatoid arthritis; however, other conditions such as heredity, injuries, and decreased blood flow due to osteonecrosis can also cause joint problems. Surgery becomes an option when an individual experiences chronic pain that limits or completely restricts everyday activities such as standing, walking, or using stairs, and when medications and walking aids fail to provide relief.

While the posterior approach for hip replacement has been the norm for years, the anterior, or frontal approach, has become a viable option — both are performed at McLaren Northern Michigan. Though there are significant differences in the approach, both the anterior and posterior procedures have positive outcomes, and surgeons conduct a thorough evaluation and consultation with each patient to determine the best option for the individual patient.

*Drs. McPhilamy, Bozzio, and Mancini perform surgeries at McLaren Northern Michigan in Petoskey and Cheboygan.*

*For more information about specialty orthopedic services, talk to your primary care provider about a referral, call (800) 248-6777, or visit [mclaren.org/northern](http://mclaren.org/northern).*

# KEEP MOVING: EXPANDING ORTHOPEDIC SERVICES

*Two new physicians have joined the Medical Staff of McLaren Northern Michigan, practicing at Bay Street Orthopaedics. The addition of spine and sports medicine specialties round out the services already in place through McLaren Northern Michigan, giving residents and visitors a full line of orthopedic services. "With the addition of Drs. Bozzio and Mancini, we can address virtually all orthopedic condition," explains David Zechman, McLaren Northern Michigan President and CEO. "Our focus is on providing a complete spectrum of quality services, and welcoming highly skilled physicians helps us fulfill that goal."*



### ORTHOPEDIC SPINE CARE

Anthony Bozzio, MD, specializes in surgical treatment of cervical, thoracic, and lumbar spine, through both minimally-invasive and traditional procedures. Dr. Bozzio has extensive experience in disc replacement, decompression, discectomy, minimally

invasive spinal surgery, and fusion. Additionally, Dr. Bozzio will provide treatment of scoliosis and spine deformity, not previously available in northern Michigan. "I spent two clinical years in Traverse City and many rotations in Petoskey and the surrounding area," explains Dr. Bozzio. "I was impressed with the level of care for patients in the area, and I am pleased to bring my skills in comprehensive orthopedic spine care to the community."



### ORTHOPEDIC SPORTS MEDICINE

Eric Mancini, MD, specializes in sports medicine including: complex shoulder, hip, and knee replacement, repair, and arthroscopy; ACL reconstruction; rotator cuff repair; shoulder instability; and general orthopedic surgery. Dr. Mancini has worked

with college and professional teams as Assistant Team Doctor for the Los Angeles Dodgers, Rams, Kings, Sparks, Anaheim Ducks, USC Trojans Football, and Loyola Marymount University. He hopes to share his experience with area residents and athletes. "I look forward to helping people get back to doing what they enjoy and to working with the athletic community," Dr. Mancini explains. "I plan to reach out to coaches and trainers with clinics and educational opportunities."

# TOP 50 CARDIOVASCULAR HOSPITALS



# TOP 50 In. The. Nation.

McLaren Northern Michigan was recently named one of the nation's **50 Top** Cardiovascular Hospitals of 2018 by IBM Watson Health. The annual study, conducted by Truven Health Analytics (now part of IBM Watson Health), is widely regarded as the leading program for identifying the highest performing cardiovascular service lines in the nation.

**S**electing from 1,016 hospitals nationwide, the top 50 hospitals excelled in clinical outcomes for heart attack and heart failure treatments as well as coronary bypass and angioplasty surgeries. The top facilities also performed better with lower complications, lower 30-day mortality, and lower readmissions. And, on average, their procedures cost less and patients had shorter hospital stays.

Perhaps most significant, hospitals do not apply for this recognition, nor do they pay to participate. Researchers use objective public data and proprietary analytics to evaluate hospital performance.

"We have assembled an outstanding team of physicians, surgeons, nurses, and clinicians dedicated to superior cardiovascular care.

We are honored by this national recognition," expresses David Zechman, President and CEO of McLaren Northern Michigan, "and pleased to be able to provide this level of care to our patients in northern Michigan."

Cardiovascular specialists with McLaren Northern Michigan see patients across northern Michigan and the Eastern Upper Peninsula including Petoskey, Cheboygan, Charlevoix, Gaylord, Hillman, Newberry, Onaway, Oscoda, Rogers City, St. Ignace, Sault Ste. Marie, and Tawas.

To learn more about heart and vascular care, call (800) 248-6777, visit [mclaren.org/northernheart](http://mclaren.org/northernheart), or talk to your primary care provider. To learn more about the Watson Health 50 Top Cardiovascular Hospitals study, visit [100tophospitals.com](http://100tophospitals.com).

McLaren Northern Michigan cardiologists, cardiothoracic surgeons, and electrophysiologists pictured above, from left to right: Linda Gossett, MD, Daniel Buerkel, MD, Harry Colfer, MD, J.D. Talbott, DO, David Corteville, MD, Duane Schuil, MD, PhD, Chris Akins, MD, Thomas Earl, MD, Louis Cannon, MD, Jason Ricci, MD, Naomi Overton, MD.

Not pictured: Gerald Gadowski, MD,  
Dalton Miranda, MD, Sylvie Giroux, MD

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NORTHERN MICHIGAN

[800] 248-6777 | [mclaren.org/northern](http://mclaren.org/northern)