



IN GOOD HEALTH

Fall 2017

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PORT HURON



135 Years of Service

to St. Clair and Sanilac Counties

President's Message

From the Desk of Jennifer Montgomery



Mclaren Port Huron opened on November 7, 1882, as the result of the commitment of a group of individuals who created a legacy of partnership and health care in the community. For generations, we have always believed our purpose is to be a partner in creating and maintaining a healthy community. As a staple in the community, we look to the past with pride.

I feel privileged to be part of the current evolution of McLaren Port Huron and, as we mark 135 years, I would like to recognize all of those people who have made this anniversary a reality – our medical staff, employees,

volunteers, donors and all of you who have shown your belief and confidence in McLaren Port Huron. I want to assure you that we will continue to shape our future, as we always have, with your vision, input and support.

Jennifer Montgomery
MSA, RN, FACHE

*President and Chief Executive Officer
McLaren Port Huron*



THE BEGINNINGS

In the late 19th century, families cared for the very sick at home. Doctors, if available, would provide care traveling by horse and buggy to individual homes. As Port Huron grew, the community vowed to provide a small hospital facility to maximize the talents of the short supply of caregivers.

Fundraising began, and in 1882 Port Huron Hospital and Home opened on White Street. Back then, the hospital was more a place for providing comforting care than a place to cure those suffering from outbreaks of cholera and yellow fever.

EARLY GROWTH, HARDSHIPS AND HOPE

In 1905, a new era welcomed a new, larger hospital built on Richardson Street. During the next decade, the Spanish Flu epidemic ravaged the nation. Through the panic and unprecedented need for medical care, the courage and skill of hospital caregivers sustained the health of the survivors and the hope of the community. New diagnostic technology, including a laboratory and X-ray equipment, contributed to this hope and fueled a need for expansion.

In 1937, a new hospital opened on neighboring Willow Street. Five years later, a ramp was built to connect the Willow and Richardson street buildings. During World War II, the hospital survived shortages of supplies and human resources as it faced new challenges.



DISASTER AND SURVIVAL

In the early 1950s, polio was annually claiming over 20,000 victims, many of them children, in the United States. The hospital met the challenge by converting the Margaret Jenks Pediatric Unit into a treatment unit for polio victims. This unit used state-of-the-art respirators called “iron lungs” and recruited health providers from across the nation. Three years later, the hospital met the medical needs of the community resulting from two category four tornados that touched down within three weeks of each other, leaving two dead and 68 badly injured.

The next 50 years brought advanced services in pediatrics and neonatal special care, critical/intensive care, mental health, orthopedics and groundbreaking advances in women’s health

THE LEGACY CONTINUES

Today, McLaren Port Huron is consistently recognized for excellence. We recently earned state designation and national trauma verification status. This means we have capabilities to care for serious injuries right here in Port Huron. We’ve also earned or renewed accreditations in diabetes, stroke care, maternity care and bariatric surgery within the last year.

We’ve introduced new tools and equipment, including 3D mammography and low dose lung cancer screening. More surgeons have been trained to use the da Vinci® robot, which means more types of surgeries – including colon resections, gall bladder, hernia repair and lung surgeries – can be performed through three tiny incisions. This means less pain, less scarring, less blood loss and quicker recovery times for the patient.

Since we joined McLaren Health Care three years ago, our facility has grown to serve the community by expanding our campus footprint and offering new services. We opened the new Barbara Ann Karmanos Cancer Institute at McLaren Port Huron in July 2016, and construction for the next phase of the



and senior services. With the launch of Internet access, the hospital reached the community in ways that could not have been fathomed in those beginning years.

\$162 million campus expansion – the new four-story patient tower – is underway and should be completed in the fall of 2018.

All of these achievements add to our ability to provide the highest quality patient care experience for our community. We have proudly offered all of this right here in the Port Huron community for 135 years – and that is the greatest achievement of all. We will continue doing what’s best as we plan for the future.





Donor Spotlight: Tee It Up To Beat Cancer Golf Outing

The 4th Annual Tee It Up To Beat Cancer Golf Outing at Lakeview Hills Golf Club was, again, a huge success! The weather was perfect as 148 golfers took to the north course and raised over \$35,000, doubling the amount raised last year. Each team dressed in their cancer color and brought to life the vision that first started this outing. Funds from this year's event completed an infusion bay sponsorship at the Barbara Ann Karmanos Cancer Institute (KCI) at McLaren Port Huron and set a new goal of purchasing a piece of radiology equipment needed at the KCI.

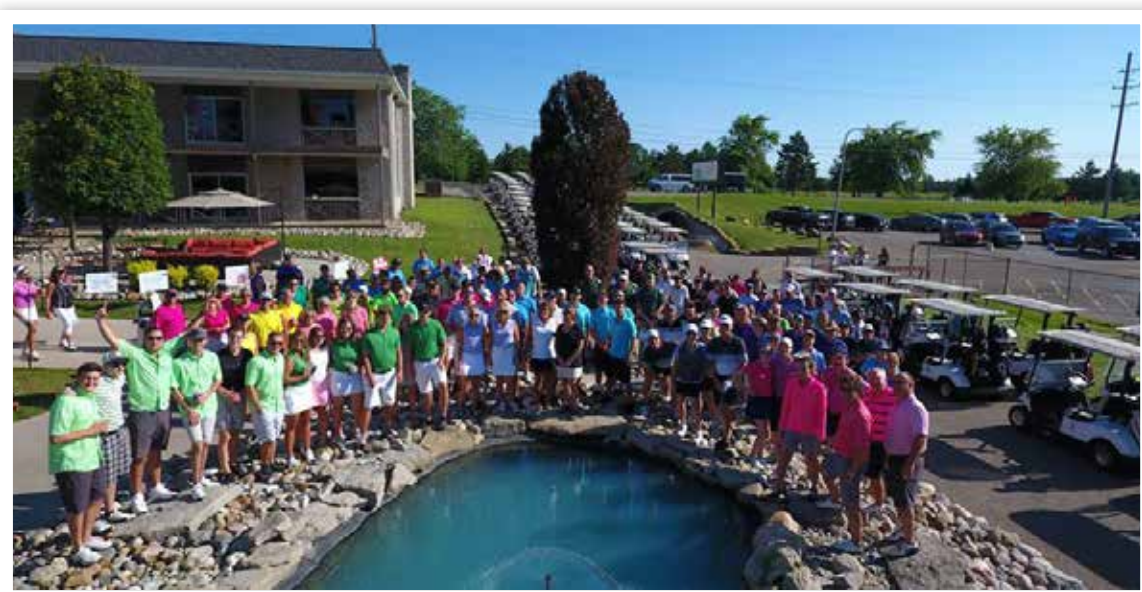
Thank you to Dana and Dennis Fabbri for their commitment to making a difference in the health of our community for years to come!



Dennis and Dana Fabbri present their donation to Sara Tait, McLaren Port Huron Foundation.

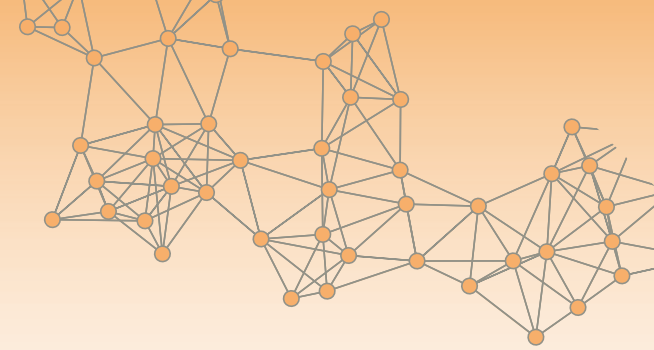


Mark your calendar for July 14, 2018, for the 5th Annual Tee It Up to Beat Cancer Golf Outing.



Teams dressed in their cancer colors at the outing.

New Board Members



MCLAREN PORT HURON FOUNDATION BOARD CONTINUES TO GROW

We pleased to welcome Janal Mossett as Chairman of the McLaren Port Huron Foundation. In addition to serving on the McLaren Port Huron Planned Giving Committee, Janal is Vice Chair of the VNA/ Blue Water Hospice Board, Vice President of the St. Clair County Bar Association and a member of the Community Foundation Board of Trustees.

Janal is a member of the Kelly Law Firm and resides in Clyde with her husband, Chip, and their three children.

We are also excited to announce that Stefanie DeNardin will join our Board as Chair of the Community Outreach Committee. Stefanie has been an active member of the Marysville Community Health team and helped bring the Teen Heart Screening to the area.

Stefanie works as the Recreation Director for the City of Marysville. She is also involved with the Marysville Lions Club, Blue Water Young Professionals, the Marysville High School girls basketball program and the Marysville volleyball AAU program.

Please join us in welcoming Janal and Stefanie!



Stefanie DeNardin and Janal Mossett.

38th Annual Golf Classic Was a Success



Team Orthopedic Associates at the 38th Annual Charity Golf Classic

The 38th Annual McLaren Port Huron Charity Golf Classic was held Tuesday, July 11, at Port Huron Golf Club. We welcomed 42 teams to a beautiful day on the course.

Thank you to all of the sponsors, golfers and volunteers that made the event a great success. Over \$77,000 was raised to benefit McLaren Port Huron. A special thank you to our chairman, Christine Shigley, and vice-chairman, Lisa Motte, for their dedication to this outstanding event.

Teen Heart Screening Helped Youth in the Community

McLaren Port Huron Foundation's Marysville Community Health Team held Teen Heart Screening program on Saturday, August 12, at Marysville High School. The event was a success, with 126 area high school students screened for heart conditions that could lead to sudden cardiac arrest (SCA). Of those screened, 17 students were referred to their primary care physician for follow-up care.

A special thank you to all of the individuals who volunteered their time at this event. It would not have been a success without their help.



Front: Community Outreach & Education Coordinator Kelly DiNardo, RN, BSN, and McLaren Port Huron Foundation Community Health Team Representative Heather Hayes.
Back: Dr. Ajay Krishen, Cardiology Associates of Port Huron, and Pattie Munoz, RN, BSN, Manager of McLaren Port Huron's Cardiovascular and Electrophysiology Labs and Extended Stay Unit.

Thank you to our sponsors who made this event possible:

- McLaren Port Huron
- McLaren Port Huron Foundation
- GE Medical
- Boston Scientific
- Abbott
- Community Foundation of St. Clair County
- Medtronic

29TH ANNUAL

McLaren
PORT HURON FOUNDATION

Festival OF TREES

BENEFIT FOR
MCLAREN PORT HURON

DECEMBER 2 & 3

BLUE WATER CONVENTION CENTER
SATURDAY & SUNDAY: 10 A.M. - 5 P.M.

TICKETS AVAILABLE NOW!



mclaren.org/phfestival • (810) 989-3776

20
17



FALL

Locations

McLaren Port Huron (MPH)
1221 Pine Grove Ave.,
Port Huron

**McLaren Port Huron (MPH)
Jefferson Building**
1320 Washington Ave.,
Port Huron

Registration is required for all programs, unless stated otherwise. Register online at www.mclaren.org/phevents, or call HealthAccess at (810) 989-3199 or (800) 228-1484 with credit card information. Refunds cannot be given unless there is 48-hour notice or McLaren Port Huron cancels the program.

Programs — Registration required.

Bariatric Informational Seminars
Upcoming seminar dates and information about surgeons and surgery options is listed at www.mclaren.org/phbariatric.
MPH Duffy Classrooms
Cost: Free

Diabetes Workshops
Learn to manage diabetes in this one-day, 2.5 hour workshop. Registration and a physician order are required. Call (810) 989-3362 for dates and times.
MPH Diabetes Education Classroom
Cost: Varies

Art Therapy
Cancer survivors and those undergoing treatment are invited to work with an art therapist to find ways to express their experiences. Participants do not have to attend all sessions.
October 3, 6 p.m.
MPH Karmanos Cancer Institute Lobby
November 7, December 5; 3 p.m.
MPH Jefferson Building
Cost: Free

Creating Confident Caregivers
A six-week series where family members caring for a loved one with dementia at home learn how to manage stress and increase effective caregiving skills. Registration required. Call (800) 852-7795 to register.
Thursdays, October 5 - November 9; 10 a.m. - noon
MPH Jefferson Building
Cost: Free

National Depression Screening Day
Free, confidential depression screenings with a mental health professional.
October 5; 9 a.m. - 5 p.m.
St. Clair County Community College Center
323 Erie St., Port Huron
Cost: Free

**Savvy Seniors Series
Maximizing Your Health**

➤ **Lunch with the Doctor:**
Sleep for Seniors
October 6; 11:30 a.m. - 1 p.m.
MPH Duffy Classrooms
Cost: Free

➤ **Making the Most of Your Doctor Visits**
November 14; 2 - 3 p.m.
MPH Jefferson Building
Cost: Free

➤ **Immunizations and Your Health**
December 5; 11 a.m. - noon
MPH Jefferson Building
Cost: Free

Walk to Remember
5K walk for suicide prevention. Call (810) 966-7830 for more information.
October 8; 11 a.m. registration, noon walk
East China Park
511 River Rd., East China Twp.
Cost: Free

Memory Loss and Meaningful Activities
Explore meaningful activities to engage people with memory loss and dementia.
October 10; 1 - 2 p.m.
MPH Jefferson Building
Cost: Free

No Butts About It: Smoking Cessation for Adults
Learn tips and strategies to help you quit smoking for good!
October 11, November 6, December 13; 2 - 3 p.m.
MPH Jefferson Building
Cost: Free

Medicare Counseling - Open Enrollment
Schedule a one-hour appointment with a Certified Medicare Counselor to review your choices for health and drug coverage.
October 17, October 25, November 2; 9 a.m., 10 a.m., 11 a.m., 1 p.m., 2 p.m., 3 p.m.
MPH Jefferson Building
Cost: Free

Relax, Refresh, Renew: A Night For You!
Women are invited to learn new ways to manage stress and revitalize the body.
October 10; 5:30 - 7:30 p.m.
Lexington United Methodist Church
5597 Main St., Lexington
October 26; 5:30 - 7 p.m.
Knights of Columbus Hall
Cost: Free

Look Good, Feel Better
This program teaches techniques to help individuals undergoing cancer treatment combat the appearance-related side effects. Call the American Cancer Society at (800) 227-2345 to register.
October 26, November 16; 1 - 3 p.m.
MPH Jefferson Building
Cost: Free

Joint Connections
Learn about hip and knee pain and treatment options with Dr. Scott Heithoff and Kurt Brinker.
November 8; 5:30 - 6:30 p.m.
MPH Jefferson Building
Cost: Free

Rheumatoid Arthritis Answers
Learn what you can do to ease the pain of rheumatoid arthritis. Lunch provided. Call (877) 261-5230 to register.
November 9; 12:30 - 1:30 p.m.
MPH Jefferson Building
Cost: Free

Step Up Your Diabetes Care
Learn about the importance of foot care, enjoy a live cooking demonstration and have your diabetes questions answered.
November 10; 10 - 11:30 a.m.
MPH Duffy Classrooms
Cost: Free

Childbirth Education

Several courses are offered for Childbirth Education. For more information or to register for the following classes, call HealthAccess at (800) 228-1484.

Saturday Express
October 7, November 11, December 9; 8:30 a.m. - 4 p.m.

Comfort and Relaxation During the Birthing Process
October 2, December 4; 6:30 - 8:30 p.m.

Breastfeeding
November 18; 10 a.m. - noon

Childbirth Education Online
Call HealthAccess for more information.

Screenings Offered by 55 Plus

Blood Pressure Screenings
October 4, November 1, December 6; 8:30 - 10 a.m.
MPH Jefferson Building
Cost: Free

Hearing Screenings*
November 8; 12:30 - 3 p.m.
MPH Jefferson Building
Cost: Free

Foot Screenings*
October 13, December 8; 9 a.m. - noon
MPH Jefferson Building
Cost: Free

*Appointment required.



Support Groups

Alzheimer's Support Group
October 24, November 28; 1 - 2:30 p.m.
MPH Jefferson Building

Heart to Heart Support Group
October 18, November 15, December 20; 5:30 - 7 p.m.
MPH Duffy Classrooms

Bariatric Surgery Support Group
October 17, November 21, December 19; 6:30 - 8 p.m.
MPH Duffy Classrooms

Multiple Sclerosis Support Group
October 14, November 11, December 9; 10 a.m. - noon
MPH North Classroom

Cancer Support Group for Women
October 10, November 14, December 12; 6 - 7:30 p.m.
MPH Jefferson Building

Parkinson's Support Group
October 4, November 1, December 6; 2 - 3:30 p.m.
MPH Jefferson Building

Care Partner Support Group
October 10, November 14, December 12; 6 - 7:30 p.m.
MPH Jefferson Building

Stroke Survivors' Support Group
October 4 & 18, November 1 & 15, December 6 & 20; 10 - 11 a.m.
MPH Gathering Place

Depression and Bipolar Support Alliance
October 12 & 26, November 9 & 23, December 14 & 28; 6:30 - 8 p.m.
MPH North Classroom

Diabetes Support Group
October 17, November 21, December 19; 2 - 3 p.m.
MPH Diabetes Education Classroom



What to Expect During Your Mammogram

Mammograms can be stressful and even a bit scary. However, mammograms are an important step in taking care of yourself and your breasts. Mammography plays a central part in the early detection of breast cancer and other diseases of the breast because it can show changes in the breast up to two years before you or your physician can feel them. Whether you have had a mammogram before or not, knowing what to expect at McLaren Port Huron Women's Wellness Place may help the process go more smoothly.

A mammogram is an X-ray that is used to check for changes in the breast. Women who have no clinical concerns in their breast are scheduled for a screening mammogram. During a screening mammogram, at least two images are taken of each breast. These appointments are about 20 minutes long, and a physician's order is needed. It is recommended that women who are at average risk of breast cancer should begin to get screening mammograms once a year, starting at the age of 40, for as long as a woman is in good health.

A radiologist will review the images from a screening mammogram the next business day. He or she is looking for anything new or changes that may have occurred since the last mammogram. If there are no significant changes or nothing new in the images, the patient will receive a letter from Women's Wellness Place letting them know the mammogram was normal.

After a screening mammogram, a patient may get called back if the radiologist requests additional images. Women's Wellness Place will call the patient within five days of the screening mammogram to schedule this 45-minute appointment. The radiologist will review the images and the patient will be given results at the time of the appointment. A physician's order is not needed for a call back appointment.

If a woman has a breast concern, she is scheduled for a diagnostic mammogram. During these 40-minute appointments, the patient receives a clinical breast exam by a Women's Wellness Place registered nurse, and images are taken of the area of concern. The images are shown to the radiologist the same day and the patient is given the radiologist's recommendation at this visit.

Breast changes are common throughout a woman's life, so it is important to see your physician regularly and schedule any breast exams or procedures that are recommended.

Women's Wellness Place offers more than just mammograms. We provide comprehensive women's health services to all women in our community, including:

- Biopsies
- Bone Density Exams
- Cancer Services
- Lab Services
- Marketplace
- Massage Therapy
- Mammograms
- Ultrasounds
- Well Woman Care with Dr. Peter Tseng

Women's Wellness Place is proud to offer uninsured women financial assistance for mammograms and other breast health services through the Women In Need Program. Just ask for an application when making your appointment. Assistance is based on availability of funds and meeting criteria. This program is presented free of charge through the generous community donations to the Donna Niester Breast Cancer Fund and the Free Mammogram Fund at McLaren Port Huron. For more information about the Women In Need Program or to make an appointment, call Women's Wellness Place at **(810) 985-2663**.

For more information about our services, contact Women's Wellness Place at **(810) 985-2663** or visit www.mclaren.org/phwwp.



Treat Your Cancer, Protect Your Heart

Radiation is a powerful tool in breast cancer treatment. Some of the temporary physical side effects of radiation therapy are well known, like fatigue and skin problems. However, what most women don't know is the long-term damage radiation therapy can do.

High doses of radiation therapy are used to destroy cancer cells in the breast. However, the radiation can also damage healthy cells and tissues near the treatment area. When cancer is located in the left breast, radiation is delivered close to your heart, which can cause complications down the road.

McLaren Port Huron looks out for your heart - while still treating your breast cancer. We use AlignRT®, the premier radiation therapy guiding system, which has been shown to

reduce radiation exposure to your heart while you're treated for left breast cancer.

Before treatment begins, we use AlignRT to take 3D images of your body as you take and hold a deep breath - a technique called Deep Inspiration Breath Hold (DIBH) that helps ensure your breast area is as far as possible from your heart. During treatment, you'll take and hold deep breaths as well, and AlignRT will ensure you are in the best position before starting radiation. AlignRT can also detect if you move out of position and immediately turn off the radiation beam.

We're excited to offer this new technology to ensure women get the breast cancer treatment they need without putting their heart at risk.



Learn more about AlignRT and cancer services at McLaren Port Huron by talking with your doctor or visiting www.mclaren.org/phcancer.

Painting a Picture of Hope

Art therapy can be defined simply as the use of art to promote healing. Art in this sense addresses the physical, emotional, as well as spiritual needs that accompany a cancer diagnosis.

For many people living with cancer, art therapy may be helpful in many ways. In addition to providing a relaxing escape from treatment, anxiety and fear for the future, painting or drawing may help you understand the difficult emotions that go along with a cancer diagnosis. It may also provide an opportunity for your loved ones to better understand your experience and help give you the support and comfort you need. It may even allow you to express emotions that you weren't already aware of.

Cancer survivors and those who are currently undergoing cancer treatment are invited to participate in an art therapy program offered this fall. Participants will work with certified art therapist Sara Sharp, M.Ed., MAAT, in a safe, private and relaxing environment to find ways to express their experiences through art. You don't have to be an artist or even like art to benefit. The only requirement is an open mind and the ability to hold a pencil or paintbrush. Participants are not required to attend all sessions.

Through the process of viewing and creating images with art therapy, patients are able to take their mind off of their diagnosis as well as help individuals:

- Improve quality of life
- Express fears, anxieties and other emotions that are often difficult to portray in words
- Understand the ongoing process of personal growth and transformation
- Find new insight about cancer experiences
- Communicate and interact more effectively with others
- Reduce stress
- Connect with others in treatment and recovery

This program is made possible through the McLaren Port Huron Foundation's Survivorship Fund. The Survivorship Fund provides an opportunity to support patients and their caregivers through their cancer journey by helping to give them the best possible experience throughout their treatment.



Art Therapy Sessions

October 3; 6 p.m.
McLaren Port Huron, Karmanos
Cancer Institute Lobby

November 7, December 5; 3 p.m.
McLaren Port Huron
Jefferson Building

Call (800) 228-1484 to register.



Step Up Your Diabetes Care

Friday, November 10, 10 - 11:30 a.m.

McLaren Port Huron Duffy Classroom

Cost: Free

Registration required. Call HealthAccess at (800) 228-1484 to register.

Successful diabetes management is a collaboration between your physician, your diabetes care team and, most importantly, you. Self-care is one of the most important ways to keep your diabetes under control. Read on to find out about the most common causes of blood sugar level (BSL) fluctuations and what you can do to manage the effects.

Diet: How much and what you eat largely affects BSL. Create a routine by eating the same amount at the same time every day. Pay special attention to regulating the amount of carbohydrates you eat because they affect blood glucose more than fat and protein.

Exercise: Regular cardio and weight-bearing exercises will help keep your BSL steady because muscles use glucose for energy. After getting your doctor's OK to exercise, carefully monitor your blood glucose to learn how your body reacts to increased exertion.

Alcohol: While drinking alcohol, your liver struggles to release enough sugar to counteract falling BSL. This can result in lower-than-normal blood glucose levels. If your diabetes is under control and your doctor has given you the OK to drink, stick to light beers, dry wine and sugar-free mixers.



Smoking: Tobacco greatly increases your risk of diabetes complications such as heart disease, nerve damage, stroke and kidney disease. If you smoke, talk to your doctor about ways to quit.

Stress: When life becomes stressful, it is easy to get off schedule and derail your diabetes management plan. Talk to your doctor about ways to control stress. Exercise, meditation and breathing exercises are all popular ways to reduce tension. Keeping your stress in check makes maintaining a routine much easier.

Diabetes Education Week takes place November 5 - 11. During this week, individuals with diabetes are encouraged to work with a diabetes educator to learn ways to manage the disease. McLaren Port Huron's Diabetes Education team has put together a fun and informative program to celebrate Diabetes Education Week. *Step Up Your Diabetes Care* takes place Friday, November 10, 10 - 11:30 a.m., in the Duffy Classrooms. Attendees will learn about the importance of proper foot care with Sara Schoenberg, McLaren Port Huron Wound Healing Center's program director, and observe a live cooking demonstration with Edmund Campbell-Webb, McLaren Port Huron's Grove Café retail manager. Endocrinologist Dr. Shamsa Ali will be on hand to answer all of your diabetes questions. Registration is required to attend this free program.

For more information or to register, contact HealthAccess at (800) 228-1484 or visit www.mclaren.org/phevents.

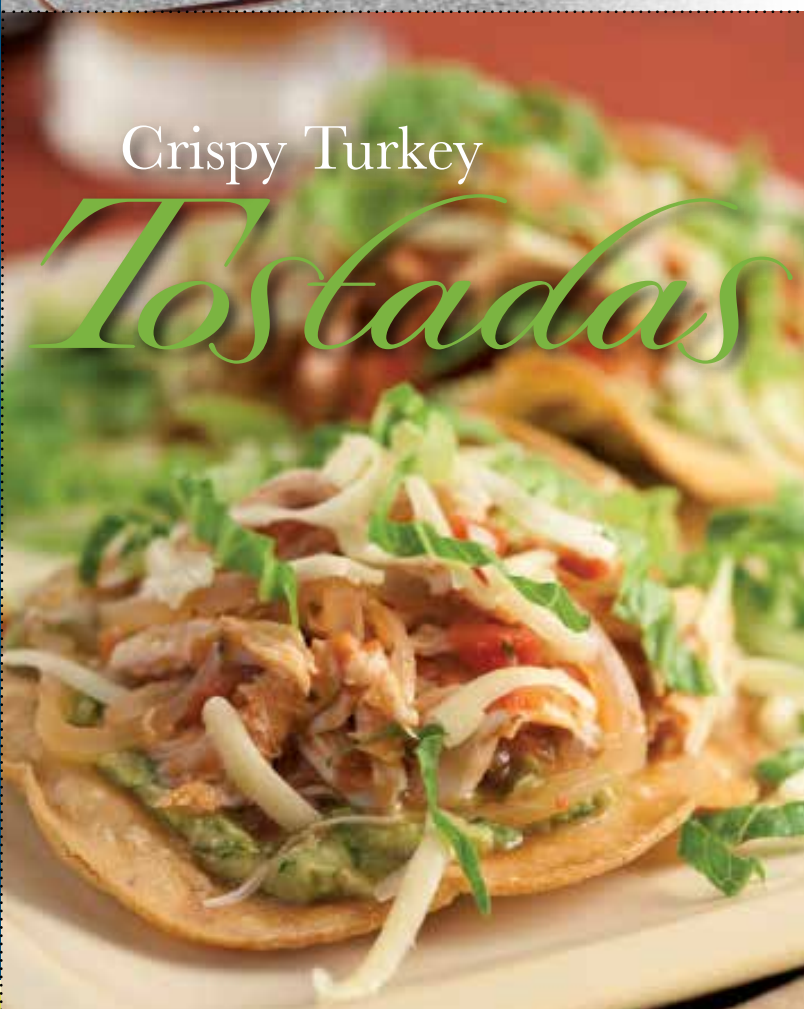


Meet Ruger

OUR NEW MEMBER OF THE SECURITY TEAM

Ruger, a two-year-old German Shepherd, is the newest addition to McLaren Port Huron's security team. Ruger has completed training and is certified by the K9 Academy Training Facility, a Michigan-based company. McLaren Port Huron acquired Ruger because we recognize both the deterrence value and the therapy value of having a working dog in the hospital. Ruger has been trained in obedience and aggression and is scent-trained for explosives. Ruger also provides pet therapy for patients.

Ruger lives with his handler, Officer John Hill. John and Ruger always patrol the hospital together, primarily working in the emergency center and responding to codes. Visitors may pet Ruger, but please ask his handler John for permission first. Please do not feed Ruger - he is on a special diet.



Crispy Turkey

Tostadas



- 1 14-oz can petite diced tomatoes, preferably with jalapeños
- 1 medium onion, thinly sliced
- 3 c shredded cooked turkey, or chicken (12 oz; see Tip)
- 8 corn tortillas
- Canola or olive oil cooking spray
- 1 avocado, pitted
- ¼ c prepared salsa
- 2 T reduced-fat sour cream
- 2 T chopped fresh cilantro
- 1 c shredded romaine lettuce
- ½ c shredded Monterey Jack cheese

- 1 Position racks in the upper and lower thirds of the oven; preheat to 375°F.
- 2 Bring tomatoes and their juice to a boil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, until the onion is soft and most of the liquid has evaporated, 15 to 20 minutes. Add turkey (or chicken) and cook until heated through, 1 to 2 minutes.
- 3 Meanwhile, coat tortillas on both sides with cooking spray. Divide the tortillas between 2 large baking sheets. Bake, turning once, until crisped and lightly brown, about 10 minutes.
- 4 Mash avocado in a bowl. Stir in salsa, sour cream and cilantro until combined.
- 5 To assemble tostadas, spread each crisped tortilla with some of the avocado mixture. Top with the turkey (or chicken) mixture, lettuce and cheese.

Tip: To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle.

Makes 4 servings, 2 tostadas each. Per serving: 405 calories; 16 g fat (5 g saturated fat, 8 g mono unsaturated fat); 86 mg cholesterol; 34 g carbohydrates; 34 g protein; 8 g fiber; 660 mg sodium; 722 mg potassium. Nutrition bonus: Calcium, Magnesium, Potassium, Vitamin A & Vitamin C (20% daily value), Iron (15% dv).



1221 Pine Grove Avenue
Port Huron, MI 48060

PORT HURON

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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, email contactus@porthuronhospital.org. We value and respect your privacy. If you wish to be removed from the mailing list, please visit www.mclaren.org/phoptout and complete the form.

- Facebook: [McLarenPortHuron](#)
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First for *heart*



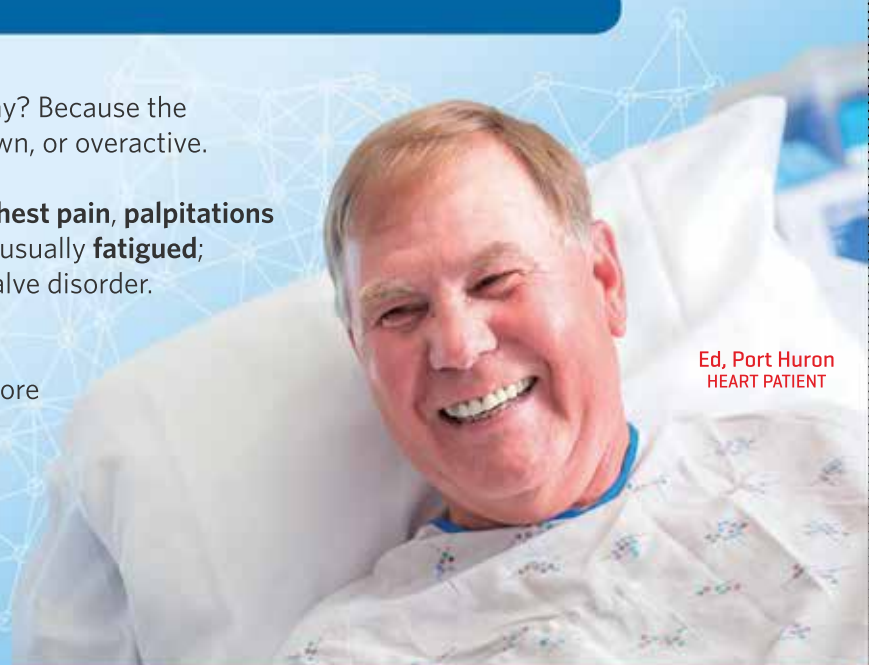
Know the symptoms of heart valve disease.

It's a common disorder that often goes unrecognized. Why? Because the symptoms are often dismissed as stress, or being run-down, or overactive.

But if you are feeling **dizzy** or **out-of-breath**; if you have **chest pain, palpitations** or **swelling** in your abdomen, legs or feet; or if you feel unusually **fatigued**; check with your doctor. These could be signs of a heart valve disorder.

Cardiac physicians and surgeons at McLaren Port Huron can diagnose and repair or replace heart valves. Don't ignore the symptoms - call your physician or cardiologist.

To learn more, go to
www.mclaren.org/phheart



Ed, Port Huron
HEART PATIENT