

# 2018

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DENTAL  
OPTICAL  
CHIROPRACTIC



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### YEARS OF PRACTICE: 7

### HOURS:

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## HURLEY MEDICAL CENTER



**DR. SIERRA CUTHBERT, DO**

### SPECIALIZING IN:

Obstetrics & Gynecology  
in order to provide  
complete overall health  
services to women at  
every stage of life and  
their pregnancies.

### PROCEDURES OFFERED:

- OB/GYN Care
- Contraception Counseling
- Hysterectomy
- Preventive Care

### EDUCATION:

Michigan State University,  
College of Osteopathic  
Medicine and Hurley  
Medical Center as her  
Residency.

### CERTIFICATIONS:

Obstetrics & Gynecology

### YEARS OF PRACTICE | 5

### HOURS:

Mon. – Fri. 9:00-5:00pm



Hurley Medical Center  
South  
810-262-2330  
6140 Rashelle Dr.  
Flint, MI 48507  
www.hurleymc.com

## MICHIGAN VISION INSTITUTE



**DR. EDWARD P. STACK**

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the highest quality contact  
lenses and eyeglasses.

### PROCEDURES OFFERED:

- Comprehensive eye care
- Traditional cataract surgery
- LenSx-laser assisted  
cataract surgery
- Glaucoma Surgery
- IStent-trabecular micro-  
bypass surgery for open  
angle glaucoma
- Diabetic laser eye surgery
- Pediatric eye surgery

### EDUCATION:

Stritch School of Medicine  
at Loyola University

### CERTIFICATIONS:

American Board of  
Ophthalmology

### YEARS OF PRACTICE | 22

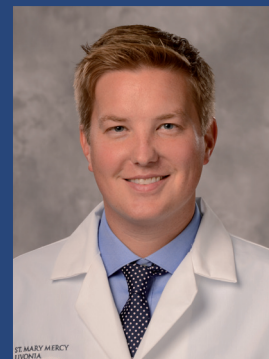
### HOURS:

Mon.-Thur. 8:00am-5:00pm  
Fri. 8:00am-2:00pm



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Flint, MI 48507  
(810) 720-9111  
www.michvision.com

## ST. JOSEPH MERCY LIVINGSTON



**DR. MARK JONKER**

### SPECIALIZING IN:

General and Bariatric  
Surgery

### PROCEDURES OFFERED:

- Advanced laparoscopic  
surgery for treatment of  
gastroesophageal reflux  
disease, achalasia, hiatal  
hernia, inguinal hernia,  
incisional hernia, umbilical
- Laparoscopic bariatric  
surgery including gastric  
bypass and sleeve  
gastrectomy

### EDUCATION:

Minimally Invasive  
General and Bariatric  
Surgery, University of  
Massachusetts Medical  
School. Residency at  
University of Wisconsin  
Hospital and Clinics

### CERTIFICATIONS:

American Board of Surgery

### YEARS OF PRACTICE | 2



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# MEDICAL PROFILES

THE TIMES

PATRICIA A. MCGARRY, D.D.S.  
FAMILY DENTISTRY



DR. PATRICIA A. MCGARRY

**SPECIALIZING IN:**

Preventive & Cosmetic Dentistry.

**PROCEDURES OFFERED:**

- Filling
- Regular Dental Check-ups
- Oral Surgery
- Crowns/Bridges
- Invisalign
- Digital X-rays
- Partial/Dentures
- Sealants & Fluoride

**EDUCATION:**

University of Michigan  
Ann Arbor

**CERTIFICATIONS:**

Doctor of Dentistry

**YEARS OF PRACTICE** | 28

**HOURS:**

Mon. - Wed. | 11am - 7pm  
Thursday | 8am - 3pm



Patricia A.  
McGarry, D.D.S.  
Family Dentistry

810.735.9426  
200 Lindenwood Dr.  
Linden, Mi 48451  
www.drmcgarry.com

HURLEY MEDICAL CENTER



DR. LYRIC WALSH, MD

**SPECIALIZING IN:**

Annual care of women, diagnosis and treatment of disorders of the female reproductive system, pregnancy, OB Triage, Labor & Delivery with bedside support, Natural Family Planning.

**PROCEDURES OFFERED:**

- OB/GYN Care
- Contraception Counseling
- Hysterectomy
- Preventive Care

**EDUCATION:**

University of Michigan

**CERTIFICATIONS:**

Obstetrics & Gynecology

**YEARS OF PRACTICE:** 10

**HOURS:**

Mon. - Fri. 9:00-5:00pm



Hurley Medical Center  
810-262-9000  
1 Hurley Plaza  
Flint, MI 48503  
www.hurleymc.com

FENTON MEDICAL CENTER



DR. RACHEL YOUNG, DO

Dr. Young joined the practice in 2016. She's an active member of the Michigan Osteopathic Association and is the current President Elect for the Michigan Association of Osteopathic Family Practice.

**SERVICES OFFERED:**

- Preventative Medicine
- Osteopathic Manipulative Medicine (OMM)
- Family Medicine

**EDUCATION:**

Michigan State University  
College of Osteopathic Medicine, Undergraduate training at Central Michigan University

**CERTIFICATIONS:**

Board Certified  
Osteopathic Family Physician

**YEARS OF PRACTICE:** 2

**HOURS:**

Mon.-Fri. 8:00am - 5:00pm  
Sat. 9am - noon



Fenton Medical Center  
810-629-2245  
102 N. Adelaide St.  
Fenton, MI 48430  
www.fentonmedical.com

HURLEY MEDICAL CENTER



DR. MOHAMED SATTI, MD

**SPECIALIZING IN:**

Obstetrics & Gynecology in order to provide complete overall health services to women at every stage of life and their pregnancies.

**PROCEDURES OFFERED:**

- OB/GYN Care
- Contraception Counseling
- Hysterectomy
- Preventive Care

**EDUCATION:**

University of Kassala in Sudan, Internship at Federal Ministry of Health, Residency at Sudan Medical Specialization and Hurley Medical Center

**CERTIFICATIONS:**

Obstetrics & Gynecology

**YEARS OF PRACTICE** | 5

**HOURS:**

Mon. - Fri. 9:00-5:00pm



Hurley Medical Center  
South  
810-262-2330  
6140 Rashelle Dr.  
Flint, MI 48507  
www.hurleymc.com

# MEDICAL PROFILES

THE COUNTY TIMES

## MICHIGAN VISION INSTITUTE



**DR. ATHEAR M. ALRAWI**

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### PROCEDURES OFFERED:

- Comprehensive eye care
- Traditional cataract surgery
- LenSx-laser assisted cataract surgery
- Glaucoma Surgery
- IStent-trabecular micro-bypass surgery for open angle glaucoma
- Diabetic laser eye surgery

### EDUCATION:

University of Michigan School of Medicine

### CERTIFICATIONS:

American Board of Ophthalmology

**YEARS OF PRACTICE** | 15

### HOURS:

Mon.-Thur. 8:00am-5:00pm  
Fri. 8:00am-2:00pm



5300 Gateway Centre  
Flint, MI 48507  
(810) 720-9111  
www.michvision.com

## FENTON MEDICAL CENTER



**DR. KATIE NOLEN, DO**

Dr. Katie Nolen joined the practice in September of 2016.

### SERVICES OFFERED:

- Osteopathic Manipulative Treatment (OMT)
- Women's Health
- Holistic Medicine
- Family Medicine

### EDUCATION:

Michigan State University School of Osteopathic Medicine, Undergraduate degree from the University of Michigan. Residency training at William Beaumont Hospital

### CERTIFICATIONS:

American Board of Osteopathic Family Physicians, American Board of Family Medicine

**YEARS OF PRACTICE:** 1

### HOURS:

Mon.-Fri. 8:00am - 5:00pm  
Sat. 9am - noon



Fenton Medical Center  
810-629-2245  
102 N. Adelaide St.  
Fenton, MI 48430  
www.fentonmedical.com

## HURLEY MEDICAL CENTER



**LORI GLENN, RN MS CNM**

### SPECIALIZING IN:

The independent management of women's health care, focusing particularly on pregnancy, childbirth, the post partum period, care of the newborn, and the family planning and gynecologic needs of women. In addition to midwifery, Lori is an associate professor of nursing. She has published research and given presentation on a variety of topics.

### EDUCATION:

Degree in nursing at Mercy College of Detroit, midwifery at the University of Illinois at Chicago, and Doctor of Nursing Practice at the University of Detroit Mercy.

### CERTIFICATIONS:

Doctor of Nurse Practice, Nurse Midwife

**YEARS OF PRACTICE:** 24

### HOURS:

Mon. - Fri. 9:00-5:00pm



Hurley Medical Center South  
810-262-2330  
6140 Rashelle Dr.  
Flint, MI 48507  
www.hurleymc.com

## FENTON MEDICAL CENTER



**RYAN STROM, P.A.-C**

Ryan joined the Practice in August 2017.

### SERVICES OFFERED:

- Family Medicine
- Preventative Medicine

### EDUCATION:

Indiana State University, MS, Physician Assistant Studies, Undergraduate degree from Marian University in Indianapolis

### CERTIFICATIONS:

Certified Physician Assistant

**YEARS OF PRACTICE:** 3

### HOURS:

Mon.-Fri. 8:00am - 5:00pm  
Sat. 9am - noon



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810-629-2245  
102 N. Adelaide St.  
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# NOW HEAR THIS!

There's a range of hearing instruments for every lifestyle and budget.



Hearing loss can have a lot of impact on a person's life. It can sneak up on someone, gradually over time regressing, in some cases quite rapidly. Hearing loss affects approximately 35 million Americans in all age groups. Most of these individuals suffer from sensorineural hearing loss, which occurs due to nerves weakening within the inner ear. All too often we see patients that have known of a hearing problem for some time but have had their hearing tested or pursued treatment. This is a problem not just for the individual's quality of life, but because our ears and auditory system bring sound to the brain, but we actually "hear" with our brain, not with our ears. Unaddressed hearing loss not only affects the listener's ability to perceive the sound accurately, but it also affects higher-level cognitive function. Specifically, it interferes with the listener's ability to accurately process the sounds and make sense of it. Typically, the ability to process high frequency tends to go first causing the individual to complain that others are "mumbling" all the time, or that sounds are muffled or unclear, especially in noise. Even with what would be considered a mild loss within the high frequencies, communication with others becomes more difficult. Many studies have shown that early detection and proper treatment leads to greater quality of life, cognitive ability and a much higher audibility in the future.

At Professional Hearing Clinic, we are "here so you can hear", our practice specializes in treating individuals with sensorineural hearing loss due to noise exposure. We strive to achieve the very best results possible, so our patients can have the best quality of life possible. From a mild to severe loss people who wear hearing aids can significantly clarify their understanding of speech in all situations. Which begs for the question to be answered...when you can't see clearly you get glasses, why not treat your hearing when you're not hearing as well? Fortunately, with early

detection and today's technology in most cases the solution is corrected through a device, not a procedure.

Professional Hearing Clinic offers a range of hearing instruments from industry leading manufacturers to meet every lifestyle and budget. Products range from invisible in-the-ear hearing aids or very small behind-the-ear instruments with cutting edge digital

technology. Today, we have microchips that allow us to process sounds in ways that we couldn't even imagine having even a few ago. We are getting tremendous results in a package that's very discrete and attractive.

Give Professional Hearing Clinic a call today to schedule a FREE hearing screening from one of our Board Certified Hearing Specialist!

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## YOU'RE INVITED!

To Our Better Hearing

### GRAND OPENING SPECIAL EVENT

Opening In Fenton!

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HURLEY SOUTH LOCATION  
OFFERS



OB/GYN  
& Midwifery Services

Photo by Doug Pike

The newest satellite office of Hurley Medical Center-affiliated Mid-Michigan Midwifery is now up and running at 6170 Rashelle Drive. Conveniently situated at the intersection of Hill Road and US-23, the location's menu of OB/GYN services includes annual exams, family planning, parenting education, reproductive health and treatment for menopause, among other vital services for all ages of women. Appointments can be made by calling 810-969-4501 during the office hours of 8:30 a.m. - 5:00 p.m.

**Mid-Michigan  
Midwifery**

Hurley South  
6170 Rashelle Drive  
(Hill Road & US-23)  
Flint, MI 48507  
Phone: 810-969-4501  
Fax: 810-969-4114

**MID-MICHIGAN MIDWIFERY**

The staff consists of eight Certified Nurse Midwives, who, in addition to the services listed above, provide comprehensive care throughout a woman's pregnancy, labor and delivery. Their patients have the added benefit of delivering at Hurley Medical Center, giving their newborns access to the area's only Level III Neonatal Intensive Care Unit, the highest-level NICU in Genesee, Lapeer and Shiawassee Counties.

**WHAT IS A CERTIFIED  
NURSE MIDWIFE?**

Certified Nurse Midwives are advanced practice nurses with specialized training to care for women and their families throughout their lives.

All of Hurley's Certified Nurse Midwives are registered nurses with continuing education in midwifery from an accredited program. After passing the national certification exam, they work closely with Hurley obstetricians and other members of the healthcare team to provide expert care not only through maternity, but over the entire course of a woman's life. In an environment devoted to women's concerns, the staff of Mid-Michigan Midwifery is looking forward to continuing the Hurley tradition of providing the best, most compassionate care to both current and new patients.

**HURLEY**  
MEDICAL CENTER

# COLON CANCER

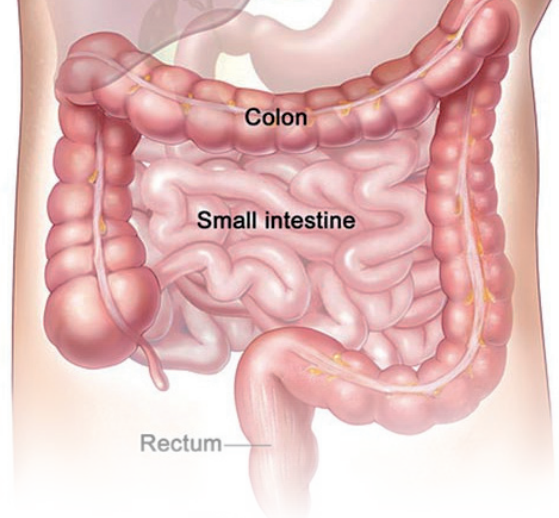
Colon Cancer is the second leading cause of cancer deaths in United States. However, this can be completely prevented. With a simple screening test, colon cancer does not have to be a killer of thousands of people every year.

## SCREENING FOR COLON CANCER CAN BE EASY AND DONE IN 30 MINUTES.

■ **The best screening test is a colonoscopy.** When somebody hears the term "colonoscopy" they usually have misconceptions and become fearful. Many times I hear, "well that's an exit only, Doc!" Aside from all the jokes however, this simple test can actually save your life.

■ **So who should be screened for colonoscopy?** If you're over 50 you should have a colonoscopy. If you're African-American you should start your testing at age 45. Also if you have diseases like Crohn's disease or Ulcerative Colitis, you may have to start your screening colonoscopies earlier. Ask your doctor if you have a family history of colon cancer or have any genetic problems that could increase the risk of colon cancer.

■ **So remember to make the decision to save lives.** If you, a family member or loved one is over 50 or is at increased risk for colon cancer, talk to your doctor and schedule a colonoscopy. We can literally eradicate colon cancer with proper screenings.



## COLON CANCER SCREENING SAVES LIVES!

- **Colonoscopy** is the best screening test for detecting colon cancer.
- **Everyone over 50** should be screened today.
- **If you have** close relatives with colon cancer, you should start earlier. Check with your doctor.
- **If you have** Inflammatory bowel disease, you should be screened earlier.
- **If you have** a genetic condition that increases your chance of colon cancer, screening should be done earlier.
- **Polyps are precancerous** growths that can be taken out with a colonoscopy, preventing them from going on to become cancerous.
- **Most insurances** cover colon cancer screenings, often without a deductible or extra cost to you!

### Live Life To The Fullest!

At The Oaks at Woodfield, residents delight in the fact that they don't have a To-Do list a mile long. Living here, they can begin using the phrase "I want to" more often than "I have to." That's because we take care of the day-to-day tasks, such as housekeeping, that can hinder their ability to do the things they enjoy the most.

Whether residents spend time gardening, reading, going for a walk, or doing nothing at all, the options are endless. They can pursue the passions they've had since they were young, and our Life Enrichment team is dedicated to helping them discover new talents, cultivate new hobbies, and explore new surroundings.

Call today to learn more about The Oaks at Woodfield and the exceptional services we offer.

✦ A Trilogy Senior Living Community



#### Services Include:

Assisted Living • Memory Care • Long-Term Care Short-Term Rehab • Adult Day and Respite Services And so much more!



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Surgeons of Michigan  
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Visit [www.ofsmi.com](http://www.ofsmi.com) for other convenient locations!

Four ways to ease

# ANXIETY

**Anxiety can creep up on us when we least expect it.**

One minute, you're calm and in control. The next, your fight or flight response kicks in and throws you off your game.

The next time you feel anxiety taking over, try one of these simple ways to ease the panic and find your center. The more you practice these techniques, the more naturally they'll come when you need them most.

## CONTROLLED BREATHING.

Sit with your back straight and your feet resting on the floor. Inhale slowly and deeply through your nose for 3 seconds. Hold that breath for 2 seconds. Exhale fully through your mouth for 4 seconds and repeat. After two or three rounds let your breathing go back to normal. This simple practice brings you back to the present moment and can lessen anxiety immediately.

## PROGRESSIVE MUSCLE RELAXATION.

Take turns tensing – and then relaxing – each muscle group one at a time (abdomen, chest, shoulders, left leg, right hand, etc.). Inhale slowly as you

tighten that muscle as hard as you can for 5-8 seconds. Then, quickly release the tension as you exhale. Focus on the difference between the tension and relaxation. Your body will feel much more relaxed.

## DISTRACTION.

Anxiety likes to control your thoughts, so focus your thoughts elsewhere. Watch TV, listen to music, talk to a friend or get your body moving with some healthy exercise. Focusing on the present moment will improve your ability to reduce anxious thoughts.

## EXERCISE REGULARLY.

Never underestimate the benefit of exercise on your mental health. The more you move, the better your blood flows. This improves neurotransmitter production and regulation and reduces anxiety symptoms. It can actually be as powerful as some medication when you do it consistently!



## PARTHA'S PRESCRIPTIONS



*Dr. Nandi*  
ASK DR. NANDI

Ask Dr. Nandi is an Emmy Award-winning physician talk show that digs deep into medical topics. Partha Nandi, MD FACP is a practicing gastroenterologist in the suburbs of Detroit, Michigan.

## PRACTICE THESE TECHNIQUES ...

EVEN WHEN YOU'RE NOT FEELING ANXIOUS. YOU'LL CONDITION YOUR BODY TO EASILY AND NATURALLY TAKE ACTION WHEN ANXIETY DOES KICK IN.

- ✓ Get centered. Focus on your breathing, your surroundings or any healthy distraction, and you'll calm your mind and body.
- ✓ Accept. Acknowledge that anxiety is normal and does not lessen who you are. If your anxiety is heavily interfering with your life, consider speaking with a medical professional.
- ✓ Practice. The more you do something, the more it becomes second nature. Preparing for an unexpected wave of anxiety in advance will help you ease your symptoms more quickly and calmly when it hits.

# HURLEY

OCTOBER 2017



## SURGICAL SERVICES

Our Surgeons = Trauma Surgeons

## WOMEN'S SERVICES

**NOW OPEN!** New Hurley South off of Hill Rd. offering OB/Gyn and Midwifery

810.262.9000 | [hurleymc.com](http://hurleymc.com) | [#THISisHurley](https://twitter.com/THISisHurley)

# MID-MICHIGAN MIDWIFERY

Hurley Mid-Michigan Midwifery provides expert comprehensive and compassionate care which includes delivery at Hurley Medical Center, a state of the art facility with access to the region's highest and only Level III Neonatal Intensive Care Unit in Genesee, Lapeer, and Shiawassee Counties.

## What is a Certified Nurse Midwife?

Certified Nurse Midwives are advanced practice nurses with specialized training to care for women and their families throughout their lives.



Lori Glenn, CNM



Lyric Walsh, CNM

**HURLEY**  
MID-MICHIGAN  
MIDWIFERY

[www.hurleymc.com](http://www.hurleymc.com)

To schedule an appointment, call: 810.969.4501

# OB/GYN

Almost 3,000 babies are born at Hurley every year, and our team of obstetricians, maternal fetal medicine specialists and neonatologists (specialists in sick or premature newborns) are here to help make the birth of your baby a pleasant, safe experience for you, your family members and your newborn.

Dr. Cuthpert and Dr. Satti of Obstetrics & Gynecology Health Care Associates are now seeing patients at Hurley South, in Grand Blanc just off Hill Rd. on Rashelle Dr.



Mohamed Satti, MD



Sierra Cuthpert, DO

**HURLEY**  
MEDICAL CENTER

[www.hurleyhealthservices.com](http://www.hurleyhealthservices.com)

Obstetrics & Gynecology Health Care Associates

To schedule an appointment, call: 810.262.6743



# SURGICAL SERVICES

Hurley Medical Center is a leader in innovative, advanced surgical techniques, coupled with a commitment to the highest quality patient- and family- centered care.

As part of the region's only certified Level 1 Trauma center team, our acute care surgeons are board-certified in a range of surgical disciplines, such as hernia repair. Each year, more than 5 million people in the United States are treated for hernias – that's

why we established the region's only Hernia Center of Excellence. Recognized as leaders in this specialty, our surgeons are experts in developing effective, minimally invasive hernia repair procedures based on each patient's individual needs.

Along with clinical excellence, technical expertise, and advanced surgical technology, we consider patient safety, quality, and the patient and family experience as our highest priorities.

**Learn more about our Surgical and Hernia Repair Services,  
Thursday, November 2 at Lapeer Country Club at 6:30 pm.  
To Register, call: 810.262.4855.**

**HURLEY**  
MEDICAL CENTER  
[www.hurleymc.com](http://www.hurleymc.com)

# NEW PROTOCOL FOR BACK PAIN AND SCIATICA

BY SAM POTTER

**If you suffer from low back pain and sciatica, you are one of over 20 million adults in the US with this often crippling spinal condition.**

Shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerve often called "sciatica".

In severe cases, it can lead to muscle wasting, numbness and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

**That is, until now...**

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. With success rates as high as 90% of back surgeons recommending their patients try this treatment first before having back surgery.

In Fenton MI, you can try Non-Surgical Re-constructive Spinal Care at Painless Chiropractic – the office of low back pain and sciatica relief expert Dr. James Ide.

Dr. Ide and his team of fully trained spinal care specialists have helped over 3,000 patients find relief from their agonising back pain and sciatica.

According to Dr. Ide, "We use a combination of ultra-advanced technology, not found elsewhere in Fenton MI, for precisely diagnosing the cause of your low back pain and sciatica; and a unique programme for reconstructing the damaged area causing the pain; this means superior long-term results for most people."

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

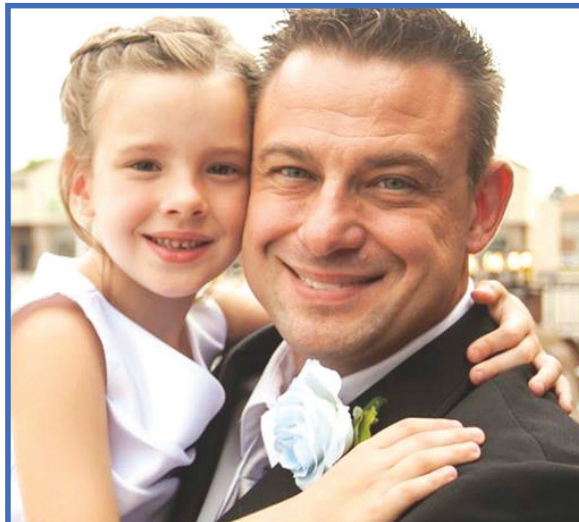
Patient Bill D. from Grand Blanc says, "My back had been getting bad for years but the worst thing was the pain was shooting down my leg and I wasn't able to golf at all.

Eventually I couldn't work around the house and my MD just kept prescribing drugs that hardly did anything. My next step was surgery and I have heard far too many stories about that not working out.

My wife insisted I call after seeing one of these ads, I didn't really think it would help, but I'm so glad she kept on at me.

Thank god I called, I'm 95% better in just a couple of weeks."

**Your invitation for a comprehensive consultation and examination to pinpoint the cause of your low back pain and sciatica...**



**Sciatica Relief Expert James Ide, says:**

In 6 years of practice, I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain.

The Times has teamed up with the spine therapy specialists at Painless Chiropractic, to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call 810-771-3677.

**Mention this article (CODE: LIVELIFE) and Dr. Ide will happily reduce his usual consultation and exam fee of \$195 to just \$27. But hurry, due to obvious reasons – this is a limited time offer – with only**

**100 reader consultations available at this exclusively discounted rate.**

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Dr. James Ide and his team now by calling 810-618-6380, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms. That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated thousands of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

**Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$27, the normal cost of such an exam is \$195 so you will save \$168!**

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

**Call them now on 810-771-3677** and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe,

lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

Call 810-771-3677 NOW and leave a message if it's the weekend or the line is busy - they promise they will get back to you as soon as possible.

# A SURGICAL APPROACH TO TREATING OBESITY



**Diet, exercise, medically-supervised weight loss programs — there are many options to lose weight. However, even with these options, some find it hard – maybe even impossible – to lose extra pounds.**

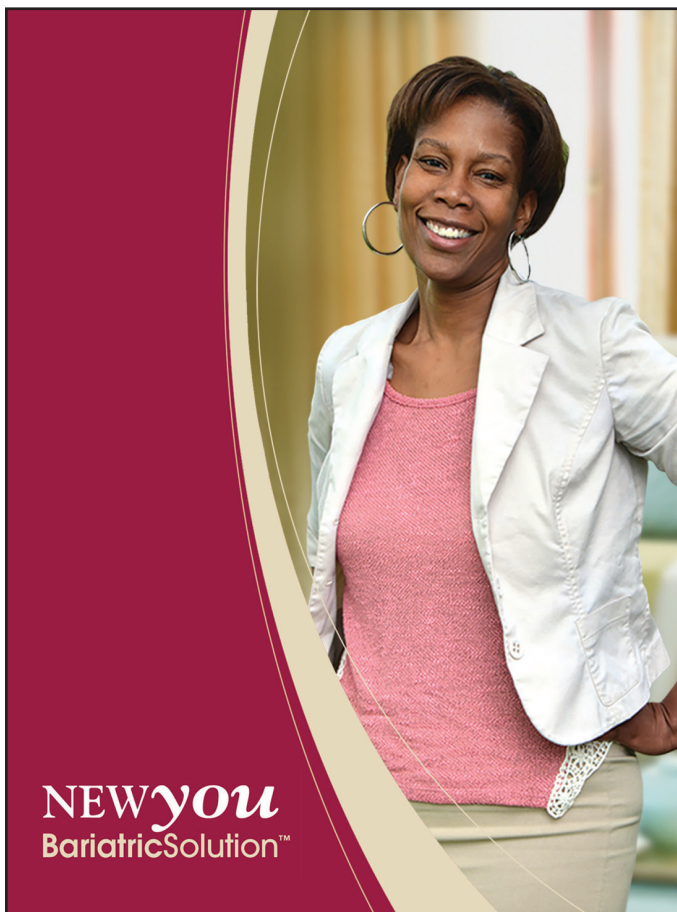
Although diet and exercise are the first steps that need to be taken, you may need extra help to lose weight. If you have a Body Mass Index (BMI) between 35 and 39 with obesity-related health risks or have a BMI greater than 40 and have tried other means of losing weight, talk to your physician and ask for a referral to a bariatric center such as Michigan Bariatric Institute.

The care team at a bariatric center will walk you through the process of weight loss surgery and determine if

you are a good candidate for surgery. They will help you understand your options and provide a roadmap for the bariatric journey — surgery is just one of the many steps in the process.

Bariatric surgery isn't a quick fix but a lifelong commitment to a healthy lifestyle. A lifestyle that may provide freedom from other obesity-induced conditions such as joint pain, Type 2 diabetes and sleep apnea.

For more information, call Michigan Bariatric Institute at 734-655-2990.



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**2017**

**November 8, 6-7 p.m.**  
St. Joseph Mercy Livingston  
Board Room

**December 13, 6-7 p.m.**  
St. Joseph Mercy Brighton  
Community Rooms

**2018**

**January 18, 6-7 p.m.**  
St. Joseph Mercy Livingston  
Board Room

**February 15, 6-7 p.m.**  
St. Joseph Mercy Brighton  
Community Rooms

**Registration recommended.**

***It's time for a new you!***

**MICHIGAN BARIATRIC INSTITUTE**  
A Bariatric Surgery Center of Excellence  
[stjoeshealth.org/mbi](http://stjoeshealth.org/mbi) 734-655-2990

THE FACTS ABOUT

# Pneumonia



By Dr. Rachel Young

**Pneumonia is a common concern for patients during the winter season. Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. However, most deaths from pneumonia occur in the young and elderly. Each year in the US there are over 4 million office visits for community acquired pneumonia and 1 million hospitalizations. The estimated cost burden of pneumonia exceeds \$17 billion annually.**

“Getting a flu shot can help prevent pneumonia.”

- Dr. Rachel Young,  
Fenton Medical Center



Signs of pneumonia may include cough for several weeks, shortness of breath with activity, fevers or chills, and fatigue. It can be caused by viruses, bacteria, or fungus. Most individuals will require medical treatment which could include antibiotics, steroids, inhalers, breathing treatments, and even hospitalization. A chest x-ray is not always necessary to diagnose the disease, but sometimes pneumonia will reveal a consolidation on x-ray.

**To help prevent pneumonia you should follow good hand hygiene practices** to cut down the spread of infection between yourself and others in the workplace, at home, and in the community. You should try to stay in good health with diet, exercise, and good sleep and hydration. Managing your other health conditions, such as diabetes, can also reduce your risk of pneumonia. Those with immune

compromise may be more likely to get pneumonia. Smokers are at higher risk for respiratory illness, so quitting smoking can help decrease your risk of pneumonia.

**Influenza is one of the most common causes of pneumonia in America**, so getting a flu shot may help prevent pneumonia in addition to the influenza infection. In fact, pneumonia and influenza combined are the 8th leading cause of death in the US. About 50,000 people die from these conditions each year. Adults over 65 years old should receive a pneumonia vaccination; Pnevnar 13, followed by Pneumovax 23 a year later. Most healthy adults develop protection within 2 to 3 weeks of getting the shot. Certain individuals qualify for a second Pneumovax 23 vaccination before 65 if they suffer from diseases like heart disease, tobacco abuse, COPD, or diabetes.

# THE IMPACT OF TREATED HEARING LOSS ON QUALITY OF LIFE

Sergei Kochkin, Ph.D. - Better Hearing Institute, Washington, DC

It would seem that hearing is a second-rate sense when compared to vision in our visually oriented modern society. People with hearing loss delay a decision to get hearing help because they are unaware of the fact that receiving early treatment for hearing loss has the potential to literally transform their lives. Research by the National Council on the Aging on more than 2,000 people with hearing loss as well as their significant others demonstrated that hearing aids clearly are associated with impressive improvements in the social, emotional, psychological, and physical well-being of people with hearing loss in all hearing loss categories from mild to severe. Specifically, hearing aid usage is positively related to the following

quality of life issues. **Hearing loss treatment was shown to improve:**

- Earning power
- Communication in relationships
- Intimacy and warmth in family relationships
- Ease in communication
- Emotional stability
- Sense of control over life events
- Perception of mental functioning
- Physical health
- Group social participation

**And just as importantly hearing loss treatment was shown to reduce:**

- Discrimination toward the person with the hearing loss
- Hearing loss compensation behaviors (i.e. pretending you hear)
- Anger and frustration in relationships
- Depression and depressive

symptoms

- Feelings of paranoia
- Anxiety
- Social phobias
- Self-criticism

If you are one of those people with a mild, moderate or severe hearing loss, who is sitting on the fence, consider all the benefits of hearing aids described above. Hearing aids hold such great potential to positively change so many lives.



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- **Phone Surround** improves speech understanding while on a phone.



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**810-643-1028**

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. \*Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor.



*Our Surgeons  
= Trauma Surgeons*

**Hurley Medical Center is a leader in innovative surgical techniques, coupled with a commitment to the highest quality patient- and family-centered care. We offer a broad scope of services for the adult, adolescent and pediatric populations, with all the available resources and capacity to board patients for surgery immediately, if necessary. In fact, emergency surgical consults are available 24 hours a day.**

As part of a certified Level I trauma facility at Hurley Medical Center, our acute care surgeons are board certified in a range of surgical disciplines and can treat a broad spectrum of highly complicated cases. Recognized as leaders in their specialties they are dedicated to delivering the best outcomes possible for every patient.

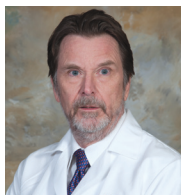
#### **WHY CHOOSE HURLEY?**

We understand that a successful surgery begins well before you enter the operating room and continues after you have been discharged and are at home recovering from the procedure. With this in mind, our physicians consult with patients and their families before surgery and maximize every effort to ensure they are fully aware of what the procedure entails. Staff is on hand to manage the patient's care in the office and to help develop a plan of care tailored to meet the individual needs of each and every patient. This plan helps keep everyone well-informed at every step in the process.

#### **MEET THE SURGEONS**

Meet Hurley Trauma Surgeons, Leo Mercer MD, Gul Sachwani, DO and Kristoffer Wong, DO at a free Hurley Healthy Living Series Event on Thursday, November 2, 6pm at the Lapeer Country Club in Lapeer.

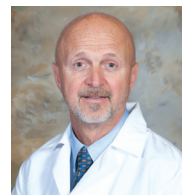
Our surgeons will discuss the latest minimally invasive techniques for hernia repair that result in smaller incisions, fewer stitches, less pain and much faster recoveries. As the region's only Hernia Center of Excellence, these highly skilled surgeons are the experts in developing effective, minimally invasive procedures based on each patient's individual needs. To register for this free event, please call 810.262.4855.



Dr. Leo Mercer, Jr., MD  
*Director of Trauma &  
Surgical Critical Care*



Dr. Gul Sachwani-Daswani,  
DO, FACOS  
*Director of Pediatric Trauma*



Dr. Donald Scholten, MD,  
FACS, FCCM  
*Acute Care Surgeon*



Dr. Kristoffer Wong, DO  
*Director of Hernia Center  
of Excellence*

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Laura Kovalcik, DO, clinic owner since 2004, is board-certified in Internal Medicine and a Fellow in the College of Osteopathic Internists, specializing in internal and functional medicine.

The clinic is well-known for their goal of seeking natural and nutritional solutions when possible. Patients also seek help for menopause and andropause symptoms via a personalized plan utilizing bio-identical hormones and other natural supportive therapies.

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# HEALTH & WELLNESS DIRECTORY



THE COUNTY  
**Times**

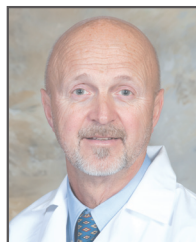
## OPTICAL



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**PHONE:** 810.714.2020

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**PRACTICE:** Hurley Medical Center  
**ADDRESS:** 2 Hurley Plaza | Flint  
**PHONE:** 810.262.7300

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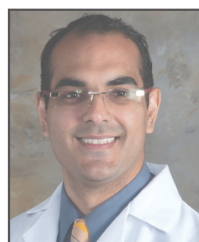
## MEDICAL



### DR. KRISTOFFER R. WONG, DO

**SPECIALTY:** Director of Hernia Center of Excellence  
**PRACTICE:** Hurley Medical Center  
**ADDRESS:** 2 Hurley Plaza Suite 109 | Flint  
**PHONE:** 810.262.7300

## TRAUMA



### DR. GUL SACHWANI-DASWANI, DO, FACS

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## TRAUMA



### DR. LEO C MERCER, JR., MD

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**PRACTICE:** Hurley Medical Center  
**ADDRESS:** 2 Hurley Plaza Suite 109 | Flint  
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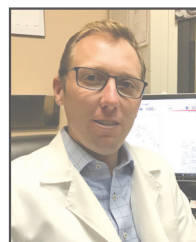
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- Dr. Katie Nolen
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