

ISSUE NO 20

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my Three Rivers Health

A bimonthly publication providing the latest information to support the patients and employees of Three Rivers Health.

river**REPORT**

Family Care *Personal, Accessible, Affordable Health Care for Your Family*

With so many places available, it's hard to know where to turn for exceptional health care. Thankfully, there's Three Rivers Health Family Care in *your* neighborhood. Our staff includes experienced providers who are committed to your health and well-being.

Marcellus Family Care – 110 E. Main, Marcellus, MI • 269.646.0443

Part of the community for over three years, our dedicated staff has hometown connections. We focus on children's well-care, student sports physicals and wellness and disease prevention for all ages. Blood draws are offered by appointment so you don't have to drive out of town.

White Pigeon Family Care – 601 E. Chicago Rd., White Pigeon, MI • 269.483.7624

For over 20 years we have been providing care to all ages. Lynn Egyed, PA, has been a provider to families since year one. Our staff also includes Pediatrician Dr. Evans and Family Care Physician Dr. Cervin. We offer blood draws by appointment.

Three Rivers Family Care – 721 6th Ave., Suite B, Three Rivers, MI • 269.273.9782

Home of the PAWS Adolescent Clinic, Three Rivers Family Care is conveniently located across from the High School and houses the largest Pediatric staff in the area. With services to middle and high school students from all areas, we also offer both a Pediatrician and Internal Medicine Physician on staff. Our team includes a Social Worker on site provided through a collaboration with Community Mental Health.

Center for Family Medicine – 850 S. Health Parkway, Three Rivers, MI • 269.279.5240

Located a block from the hospital, we have a friendly hometown staff to serve you. Anil A. Patel, M.D., is a Family Practice specialist with over 34 years of experience, seeing patients throughout the Kalamazoo and Three Rivers areas. We offer early morning appointments for your convenience 5 days a week, plus family care and diabetic foot care.

Veera Patel Internal Medicine – 1021 Hill Street, Suite 100, Three Rivers, MI • 269.273.8511

Also located conveniently a block down from the hospital, Dr. Veera Patel is Board Certified in Internal Medicine and has been serving patients for over 25 years.

Three Rivers Internal, Family and Women's Services – 711 S. Health Parkway, Three Rivers, MI • 269.273.6400

We have an all-female staff at our Women's Health department with two OBGYNs, three Nurse Midwives and a Nurse Practitioner. Conveniently located adjacent to the hospital, we are open 5 days a week for women's health needs. The Internal Medicine office has three Internal Medicine physicians and a Nurse Practitioner to assist in your health and wellness needs.

Family health care that's close to your home. Since 1995, this has been part of our mission and long-term commitment. Please call for an appointment or visit one of our locations – in Marcellus, Three Rivers, or White Pigeon.

THIS MONTH'S ISSUE:

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Three Rivers Health does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-269-278-1145.

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THREE RIVERS HEALTH WELCOMES NEW FOOT AND ANKLE SPECIALIST



*Maire K. Howell, DPM
Foot and Ankle Specialist*

Three Rivers Health is pleased to welcome Maire K. Howell, DPM, Foot and Ankle Specialist. Dr. Howell is accepting new patients at Three Rivers Bone and Joint as well as Three Rivers Center for Wound Healing.

She graduated Magna Cum Laude from Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin University. Following her time in Chicago, she completed residency training at Level 1 trauma hospital at the University of Pittsburgh Medical Center. Her training includes both conservative and surgical management of all forefoot, hindfoot, and ankle pathologies, including but not limited to:

- Heel & arch pain (including plantar fasciitis, Achilles tendonitis)
- Bunions & hammer toes
- Diabetic foot conditions (Charcot deformity, ulcers, infections)
- Arthritis & Chronic foot pain
- Trauma (fractures, sprains)
- Flat feet & associated pain/deformity
- Dermatologic conditions including ingrown toenails

Dr. Howell also has significant exposure to Diabetic Charcot deformity with complex reconstruction. She is a current member of the American College of Foot and Ankle Surgeons and the American Podiatric Medical Association.

**To schedule an appointment,
call 269.858.3024.**



HEALTHTRAC OPEN GOLF OUTING

Huge Success



The 6th annual 2017 HealthTRAC Open was deemed to be a tremendous success story, with both record golfers and revenues recorded. Some 260 golfers participated and revenues from sponsors and golfers increased over 70% from 2016. Former Major League Baseball player and Centreville native Matt Thornton headlined the event, and Modern Woodmen Fraternal Financial was the lead tournament sponsor. All proceeds went to benefit the Three Rivers Health Foundation.

“What a great day for Three Rivers Health and our community, we could not have asked for more in terms of participation and revenues generated,” praised David Casterline, Executive Director of the Three Rivers Health Foundation. “This success was in large part due to an awesome team effort spearheaded by Three Rivers HealthTRAC Manager Russ Baxter and his incredible staff. We had numerous volunteers that made our day extremely special.”

One of the largest golf outings ever in the history of Pine View Golf Club in Three Rivers, included numerous prizes and autographed Major League Baseball game jerseys provided by Thornton.

“We are already looking forward to next year and growing our event,” said Casterline. “I just can’t say enough about this great community and the many residents who were a part of this successful event. Our sponsorship levels this year were overwhelming.”

PATIENTS SEEKING HIGH-QUALITY, LOW-DOSE CT IMAGING CAN NOW FIND IT AT THREE RIVERS HEALTH

Three Rivers Health is pleased to announce the recent installation of a Philips Ingenuity CT system at their site. Three Rivers Health is excited to offer the latest in CT imaging technology to better serve the needs of the community.



The Ingenuity CT features advanced capabilities that provide the highest level of patient care and comfort. With the installation complete, Three Rivers Health proudly offers the latest advances in low radiation dose imaging. In the past, radiologists had to use high radiation output to get high diagnostic image quality. Now, radiologists can use breakthrough technology to create quality images from a low radiation dose.

William Russell, CEO of Three Rivers Health, states the importance of low radiation dose technology in medical imaging, “Radiation dosage during CT scanning has been a major concern throughout the country, and this will put Three Rivers Health among the hospitals in the country that have addressed this concern.”

The Ingenuity CT includes sophisticated technology that helps correct imaging for patients with large metal implants, which in the past often ruled out CT scans for these patients. This is just one of the additional benefits to the patient community, which allows for more patients to utilize CT imaging. “With an aging patient population and increased use of metal implants to solve health issues, the ability to image patients with metal implants is a huge benefit,” added Russell.

Three Rivers Health is proud to bring the latest in medical technologies like these to its community. Russell concludes, “With the investment in quality imaging equipment like the Ingenuity CT, we reaffirm our commitment to provide the highest quality care to our valued patients and the Three Rivers community.”

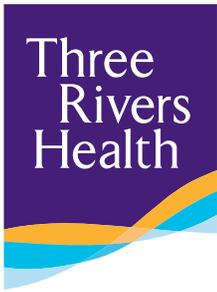
Three Rivers Health Proud to be Affiliate Site for Western Michigan University Homer Stryker School of Medicine

Physicians from Three Rivers Health now have the opportunity to give back to their profession by teaching the science, art and ethics of medicine to medical students, residents and fellows from the Western Michigan University Homer Stryker School of Medicine

Three Rivers Health is proud to be affiliated with WMed and their long legacy of medical education and look forward to their students working with our physicians.

“The primary focus of the medical school is to retain primary care providers in Southwest Michigan, particularly in rural communities. Extending our program to Three Rivers is exciting and consistent with our objectives.”

~ Hal Jenson, M.D., Dean of Homer Stryker M.D., Medical School



Three Rivers Health
701 S. Health Parkway
Three Rivers, MI 49093
Phone: 269.278.1145
www.trhealth.org

TRH IS CELEBRATING PT MONTH

with FREE community education on the following topics, times and dates:

Mondays at HealthTRAC Community Room

October 9 • 5:00-6:00 p.m.

Headaches!!! Ways a Physical Therapist Can Help Overcome Your Headaches

presented by Nitin Udhawani, PT, MS, C-OMT, CIDN, LSVT

October 16 • 5:00-6:00 p.m.

Endurance and the Multisport Athlete

presented by Katharine L Gaj, PT, DPT, OCS, COMT, ATC

October 23 • 12:00-1:00 p.m.

Watch Your Back! Tips and Tricks for Reducing and Preventing Back Pain

presented by Kelly Haseman, PT, DPT

October 30 • 12:00-1:00 p.m.

Knees: 5 Key Things You Can Do For Good Knee Health!

presented by Katharine L Gaj, PT, DPT, OCS, COMT, ATC

Three Rivers Health Mindset 365: Diabetes Prevention Program

Are you at risk for developing type 2 diabetes? People with prediabetes — higher-than-normal blood glucose (sugar) levels — are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. Research has shown that people with prediabetes who lose 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) by making modest changes reduced their risk of developing type 2 diabetes by 58 percent.

Three Rivers Health is now offering a Centers for Disease Control (CDC) lifestyle change program that has been proven to help reduce the risk of type 2 diabetes. Participants will learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. Mindset 365 groups meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months to maintain healthy lifestyle changes. The program's group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together participants celebrate their successes and find ways to overcome obstacles.

Contact a Registered Dietitian at Three Rivers Health by calling 269.273.9656.