

Living It Up North

Long-time Smokers May Qualify for Low-Dose CT Scan Screens

If you have a history of smoking a pack of cigarettes a day for 30 years, you are at high risk for lung cancer and may be eligible for low-dose CT scan screening. "Lung cancer is the second most common cancer for both men and women," said Christa Kiessel, ANP, APRN-BC, director of Cancer Services at Munson Medical Center. "Until now, there was not really a good way to detect early lung cancers. With the use of low-dose CT screening, we may detect lung cancers earlier, increasing the chance of cure."



Patients must be referred by their doctor. Criteria for low-dose lung cancer CT scan screening includes:

- Between 55 and 77 years old
- Current smoker or former smoker who has quit within the past 15 years
- Smoking history of at least 30 pack years*

*Pack years = Maximum number of packs smoked per day multiplied by total years smoked

A National Lung Screening trial in 2011 showed screening high-risk cancer patients decreased cancer death by 20 percent.

Kalkaska Memorial Health Center offers low dose CT scans.

Most private insurers cover lung cancer screening in high risk individuals. If insurance does not cover this service, patients can contact an oncology financial navigator at **231-935-2750** to discuss payment options. Resources are available.

Effective January 2016, Medicare also provides coverage for lung cancer screening. Medicare requires a dedicated lung cancer screening counseling and shared decision-making visit from a physician or nurse practitioner. This visit is available through Munson Medical Center's Multidisciplinary Thoracic Oncology Clinic. The lung cancer screening nurse practitioner will work with the referring provider and pulmonologist to facilitate education and shared decision making, testing, and follow-up.

For more information on low-dose CT and Lung Cancer Screening, call Kalkaska Memorial Health Center Central Scheduling at **231-258-7533**.

Ready to Quit?

Pick a Plan that's Right for You

The Michigan Tobacco QuitLine offers free telephone coaching, tips, and motivational emails and/or texts, an online quit program, and even a mobile app. Pick one, some, or all of these tools to help you quit.



Call **800-QUIT-NOW (784-8669)** or enroll online at michigan.quitlogix.org/enrollment/default.

Living with Diabetes?

If you or someone you know is living with diabetes, the Northern Michigan Diabetes Initiative is a great resource for you. This regional collaboration is dedicated to the prevention, early detection, and management of diabetes.

Visit nmdi.org for information on preventing and living with diabetes. You'll find a lot of resources, such as tips on finding affordable testing supplies, events, classes and seminars, support groups, recipes, carbohydrate counters, Medicare coverage, and more.

"Like" the Northern Michigan Diabetes Initiative Facebook page for breaking news about diabetes and diabetes-related activities in your area.

KMHC has a diabetic support group that meets the second Wednesday of each month. Call Connie at **231-258-7520**.

Ergonomics: We've Got Your Back (Safety)

Want to protect your employees from back and knee injuries? **Daniel Conklin**, director of Ambulatory Services at Kalkaska Memorial Health Center, is available to any organization or company interested in a back safety/workplace ergonomics presentation.



"Up to 85 percent of all Americans will experience back pain at some point in time," Conklin said. "Back injuries are estimated to cost more than \$7 billion a year. I am happy to visit a workplace, assess the ergonomics of work stations, and offer some tips for how people can keep their backs healthy."

Conklin's presentation provides an overview of back anatomy and addresses work station set-up, proper lifting techniques, and healthy back exercises.

For more information or to schedule a presentation, contact Conklin at **231-258-7534** or **dconklin@mhc.net**.

KMHC Athletic Trainer Serves Kalkaska High School Varsity Teams



Here's something to cheer about. Local student athletes are now safer on the field and court thanks to a new partnership between Kalkaska Area Public Schools and Kalkaska Memorial Health Center.



Certified athletic trainer **Kelli Arnold** recently began providing education and game-day care for Kalkaska High School athletes.

"Kelli's important game-side assistance includes taping, stretching, and exercises for athletes before, during, and after games," said **Leanne Berry**, director of Rehabilitation Services. "She can diagnose injuries and provide post-injury intervention and concussion management."

Under new Michigan High School Athletic Association rules, all varsity coaches are required to be certified in CPR, AED use, and first aid. "We knew there was a need and the importance for this type of training," Berry said. "We made the decision to donate 160 hours for a certified athletic trainer to be present and provide education for community athletic teams."

Under past practices, when a student athlete was injured, he or she would be helped off the court or field by a coach or parent, unless the injury was too severe. Kalkaska EMS provides onsite services to severe injuries during games. With a certified athletic trainer, student athletes will benefit from the support and level of care that her profession offers.

"We see this as a great benefit to student athletes, and a good example of how the hospital and school district can collaborate to meet a real community need," Berry said.

KMHC Opens Green House® Home

What is a Green House home and why did KMHC build two of them? Those are great questions!



The new 10-person skilled nursing facilities on the Kalkaska Memorial Health Center campus are designed to look and feel like private homes. Green House homes enhance the quality of life, helping elders grow and thrive by developing close relationships with others. They provide person-centered care in an inviting and safe combination of privacy (private bedrooms and bathrooms) and opportunities for socialization in spacious kitchen and living areas.

"The homes are designed to create a home where relationships are the focus of the environment," said **Renee Cunningham, RN**, service line director, Long-term Care. "Residents blossom from the autonomy they find in the home. The model is built on a holistic view of the residents' needs. The residents and families lead the care in the homes."

For more information about the Green House homes, contact Cunningham at rcunningham@mhc.net.

Try Something New!

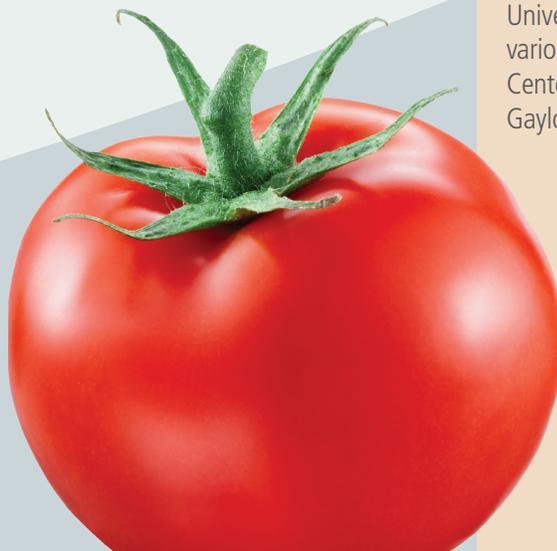
Bruschetta al Pomodoro

From **Amy Britton, RDN**, Director of Dining Services, KMHC

"This is my version of Italian salsa and chips. The tomato mixture is very versatile and could be used to top a broiled chicken breast, broiled salmon, or used as a salad dressing on a green salad. My favorite way to eat this bruschetta (pronounced *bru-sketta*) is to pair it with a whole grain, multi-grain baguette. This bruschetta packs a very bold flavor in a little bite."

3 cups diced, seeded Roma tomatoes
2 cloves garlic, minced
½ cup minced sweet onion
¼ cup Balsamic vinegar
¼ cup olive oil
2 Tbs. chopped fresh basil
Salt and pepper to taste
1 multi-grain baguette,
sliced into ¼ inch slices, lightly toasted

Mix all ingredients except the baguette in a bowl and let the flavors blend together for about one hour. Spoon topping on each slice of baguette.



Emergency Department Adds Two Physicians

Our Emergency Department will soon have two board-certified emergency medicine specialists to provide patient care seven days a week.

Sally Ancel, DO, joined Kalkaska Memorial Health Center as the hospital's first emergency medicine physician in November. She will be joined in May by **Edward Craven, MD**. We are delighted to have their expertise available to our community.



Dr. Ancel is the former medical director of Munson Medical Center's Emergency Department, where she worked since 2009. She also served as chief of the Emergency

Department section at Mercy Cadillac Hospital, now Munson Healthcare Cadillac Hospital. A graduate of Michigan State University School of Osteopathic Medicine, Dr. Ancel completed her emergency medicine residency at Genesys Regional Medical Center in Grand Blanc, Mich.



Dr. Craven received his medical degree from Case Western Reserve University School of Medicine and completed his residency at University of Chicago Hospitals. He served in

the United States Air Force in Kyrgystan and at Wright Patterson Medical Center and is an assistant clinical professor at Michigan State University. He has been on the medical staff of various hospitals, including Munson Medical Center and Otsego Memorial Hospital in Gaylord.

POSTAL CUSTOMER

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Podiatry
Women's Health / Midwifery

Support Groups

KMHC:

Breastfeeding Support Group

For individual sessions,
contact Joanna at **231-360-3242**.

Diabetics Support Group

Meets second Wednesday of the month
6 - 7 pm
Dr. William W. Kitti Education Center
Contact Connie at **231-258-7520**.

Yoga

Meets every Tuesday in Cardiac Rehab
4:30 - 5:30 pm
Contact Marianne at **231-258-7525**.
Free for community members.

Other Support Groups in Kalkaska:

Grief Recovery Group

For individual sessions, contact Sister Augusta
at **231-620-0375**.

Women's Empowerment Group

Meets every Monday at the Kalkaska Women's
Resource Center office
9:30 - 11 am
Contact Peggy at **231-258-4691**.

Women's Resource Center 24-hour crisis line:
800-554-4972