

# Caring for the Community

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**Colon Medical Clinic's  
Jonathon N.  
Schumaker, MD,  
Fulfilling His Dream**

**A Test for Cardiac Stress**

**Bonding With Your Baby**

*Sturgis Hospital*

# Is My **BMI** Healthy Enough for PREGNANCY?

For women planning to have children, weight is a factor to take into consideration prior to conception.

Being overweight or obese can negatively affect fertility and increase a woman's risk for spontaneous miscarriage, gestational diabetes, and preeclampsia during pregnancy. Other potential complications include prolonged labor and a greater need for induction and cesarean section.

## Healthy Start

Women can measure their preparedness for pregnancy by checking their body mass index (BMI)—a general estimate of healthy weight based on age and height. Weight gain is part of a healthy pregnancy, but the amount differs based on the mother's starting weight.

The following are guidelines for a woman's weight gain during pregnancy, based on her starting weight.

- 11 to 20 pounds if BMI is 30 and higher (obese)
- 15 to 25 pounds if BMI is 25 to 29.9 (overweight)
- 25 to 35 pounds if BMI is 18.5 to 24.9 (normal)
- 28 to 40 pounds if BMI is less than 18.5 (underweight)

"Weight loss is not recommended during pregnancy, so it's important to achieve a healthy weight before becoming pregnant," says Wilson Sawa, MD, obstetrician/gynecologist. "We provide education and other resources to help women reach their weight goals for optimal preconception health."

◆ For more information about preconception health, contact Dr. Sawa at Michiana Women's Health at 269-651-8071.



## Put Your Stress to the Test

If you struggle with high blood pressure, diabetes, or another cardiovascular disease, it's important to undergo cardiac stress testing before it's too late. According to the National Institutes of Health, heart attacks most often occur as a result of coronary artery disease.

While certain lifestyle factors play a major role in developing coronary artery blockage, undetectable genetic risk factors prove hard to detect.

"Cardiac stress testing evaluates the lack of blood supply to the heart due to coronary artery blockage," says Bharat Vakharia, MD, internist at Sturgis Hospital. "When we can detect potential cardiac or cardiovascular problems early, we can reduce your risk of heart attack, heart failure, and sudden cardiac death."

### How It Works

Two approaches are used to assess whether your heart is at risk of developing a heart attack. For many, a physical stress

test can be administered. If physical (caused by walking on a treadmill) overexertion might endanger your health, a chemical cardiac stress test is used instead. Accuracy of either test can be increased by injecting radioactive dye and scanning the heart after the test.

"During a routine exercise stress test, an EKG [electrocardiogram] monitors a patient's heart rate and rhythm while he or she exercises," says Dr. Vakharia. "During a chemical cardiac stress test, a patient is injected with a medication that produces the same effect on the heart as physical exercise. Both of these tests can be followed by injection of radioactive dye and scanning of the heart with a camera. Both tests are highly monitored and safe procedures."

◆ Ask your doctor if a stress test is right for you.

# Fulfilling His Dream

For Jonathon Schumaker, MD, board-certified family medicine physician at Colon Medical Clinic, becoming the sole physician at a rural practice was the fulfillment of his dream to return to family medicine.

Dr. Schumaker began his medical journey in Ohio, where the Buckeye State native dreamed of becoming a physician as a child, even though his family couldn't afford to send him to medical school. While serving in the Army, Dr. Schumaker gained valuable scientific experience working in a laboratory, an occupation he continued in a histology lab in Toledo, Ohio, after he was discharged.

"By the time I was in my late 30s and married with children, I had no more goals to achieve in the lab, so I asked the pathologist what he thought I should do," Dr. Schumaker says. "He recommended I go to medical school, because he thought I would make a good physician. After discussing it with my wife, I decided to give it a shot."

## Making His Way to Michiana

Dr. Schumaker was accepted to the Medical College of Ohio at age 40. After receiving his medical degree, he sought a residency on the Upper Peninsula of Michigan—where he vacationed with his family as a child—and completed a family practice program in Marquette. Dr. Schumaker practiced family medicine in Munising and worked in the emergency department (ED) at a hospital in Escanaba. He focused exclusively on ED work for several years before moving to Michiana with his wife after the couple's sons enrolled at Michigan State University.



Jonathon Schumaker, MD

"I worked in an emergency department at a hospital in LaGrange before learning about Sturgis Hospital," Dr. Schumaker says. "It has been great to get back into family medicine in a small-town clinic."

## A Lifelong Partner in Patients' Health

Dr. Schumaker assumed his role at Colon Medical Clinic, which is located at 121 Franklin Street in Colon, in June. He says he has felt very welcomed by the community and enjoys caring for patients ranging from newborns to the elderly.

"One thing I'd like to focus on is bringing pediatric and adolescent care back to Colon Medical Clinic," Dr. Schumaker says. "It is very gratifying to care for the whole family."

◆ *Colon Medical Clinic is accepting new patients. To schedule an appointment with Dr. Schumaker, call 269-432-3221.*



Dr. Schumaker enjoys treating entire families. His patients at the Colon Medical Center include Jason and Lisa Wagner, shown here with children Trey, Ella, and Rylan. Lisa and Ella are also featured on the cover.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



## Fight the FRESHMAN 15

Most new college students worry about the dreaded “Freshman 15”—the extra pounds often gained during the first year of college.

Along with the excitement of living in a new environment, colleges often provide an abundance of food options—not all of them as healthy as Mom’s home cooking. Here are some ways to have a more healthful first semester:

- **Don’t view the dining hall as an “all you can eat” buffet.** Although most college dining facilities offer unlimited quantities of food, remember you do not have to taste everything or overload your plate.
- **Don’t forget to exercise.** Intramurals and other athletic activities on campus facilitate both exercise and social interaction.

• **Shop healthfully.** Choose to stock your dorm room with foods that offer substance rather than high amounts of calories, fat, salt, and sugar.

“The excitement of being in college can make eating, sleeping, and exercising low priorities for some,” says Kellie Sanders, MD, family practice physician of Sturgis Medical Group. “However, healthy decisions will ultimately make you a better student.”

• **For more information, contact Sturgis Medical Group at 269-651-1471.**



## Building the Bond

Having a child is one of life’s most precious gifts. A strong bond between parent and infant provides many physical and emotional benefits.

Research suggests that the way parents respond to their baby’s needs influences the child’s cognitive and social development.

You can bond with your baby by making eye contact, speaking softly, and providing soothing touches. Your baby will respond positively by mimicking your movement and following you with his or her eyes.

As you spend time together, you and baby will become better at “reading” each other. Playing together is a fun learning opportunity for both of you.

• **For more information, contact Melanie Mann, Manager, The Birthing Center at Sturgis Hospital, at 269-659-4242.**

