

Caring for the Community

winter 2012

Look inside
for a chance
to win a
solar-powered
safety radio!

Sturgis Hospital
Recognized for
Excellence

Prevent Frostbite
This Winter

The Latest Advancement in Hip Replacement: Anterior Approach

Sturgis Hospital

Count the Kicks!

For pregnant moms, the occasional kick or jab from the baby may seem like nothing out of the ordinary. However, these seemingly innocent activities may provide valuable information regarding your growing infant's health.

Counting kicks is a simple way for a mother to ensure her baby's health. Counting your baby's kicks should begin in the 28th week of pregnancy (or 26th if it's a high risk pregnancy or multiples), and can help identify developmental disorders or other potential health concerns such as the risk of stillbirth, which occurs in one out of every 150 pregnancies in the U.S. Download the Kicks Chart from www.countthekicks.org, and follow these tips to get started:

- Count the kicks every day, preferably at the same time.
- Pick the time your baby is usually active.
- Make sure your baby is awake by taking a short walk or having a cold drink.
- Try lying on your side or sitting with your feet elevated when counting kicks.
- It should typically take about 30 minutes, but shouldn't take longer than two hours.

No Kicks Today? Call Right Away.

Using the chart, indicate the times you started and stopped counting kicks, and place a mark next to the amount of time it took for you to feel 10 kicks. Although there may be some daily variation in how long it takes to feel these movements, they should remain fairly steady. If it consistently takes more than two hours to feel enough kicks or you notice a significant change in your child's behavior, contact your physician immediately.

🔗 For more information, visit www.countthekicks.org.



Sturgis Hospital Receives 5-Star Recognition

We know your family's health is your top priority, and it's ours, too!
Sturgis Hospital has been ranked 5-Stars by Cleverley + Associates.

Using a Community Value Index Score® (CVI), Cleverley + Associates has ranked Sturgis Hospital as a Community Value Five-Star® Hospital—a title that represents the high level of care Sturgis Hospital provides patients. The CVI was created based on four areas of assessment, including:

- financial viability and plant reinvestment
- hospital cost structure
- hospital charge structure
- hospital quality performance

“Designation as a Community Value Five-Star Hospital is a great honor for Sturgis Hospital,” says Rob LaBarge, CEO of Sturgis Hospital. “The recognition reinforces our commitment to providing superior health services, while playing an active role in the wellness of the Sturgis community.”



🔗 For more information, log on to www.SturgisHospital.com or email cvi@cleverleyassociates.com.



Sturgis Hospital wants to ensure your family is prepared for this year's wintry weather. In this issue of *Caring for the Community*, we are giving away a solar-powered safety radio to one lucky reader. Be sure to **“Like” Sturgis Hospital on Facebook for your chance to win** this vital piece of emergency preparedness equipment.

A New Approach to Orthopaedic Care

When Shirley Schrock visited James Grannell, DO, orthopaedic surgeon at Sturgis Hospital, last August, she never suspected she would be the first patient in the Sturgis area able to undergo a breakthrough new surgery.

With 22 grandchildren, countless great grandchildren, and even a few great great grandchildren, Shirley is truly a matriarch of the Sturgis area. But at 75, she was finding it difficult to run around with her many grandkids. Years of cartilage deterioration from osteoarthritis had left Shirley's right hip bone-on-bone, resulting

in significant pain and discomfort. Medication alone wasn't offering the relief she needed, so Shirley turned to Sturgis Hospital for help.

"I asked Dr. Grannell if he could do anything about the joint pain in my hip," Shirley says. "I had no idea he was trained in a brand new kind of surgery, or that I would be the first in the area to have it."

Since Shirley's operation, many residents in the Sturgis community have benefited from Dr. Grannell's skill with the anterior hip replacement procedure.

Anterior is Superior

The newly implemented hip replacement procedure uses an anterior technique that approaches the joint from the side. Unlike traditional replacement surgeries, which require large, 10 to 12-inch incisions, this new technique takes a much less invasive route to make a smaller incision and separate, rather than

cut, the muscle and surrounding tissue. For patients, this means:

- less postoperative pain
- shorter hospital stays
- minimal damage to surrounding muscle, tendons, and nerves
- smaller scars
- quicker recoveries

"The anterior approach is a new, highly specialized technique currently offered in only a few hospitals across the country," Dr. Grannell says. "For residents in the Sturgis area, having this surgery available at their own community hospital is a great convenience. It means patients can receive the best and latest in medical care, right here at home and from people they know."

Dr. Grannell, who is one of the first orthopaedic surgeons nationwide to offer this procedure, says many patients avoid having a hip replacement because of the lengthy rehabilitation required after the surgery. Patients who elect to undergo the anterior approach can leave Sturgis Hospital within two days and perform daily activities without pain in as little as one week.

One Hip (Great Great) Grandma

Shirley underwent surgery on August 22 and was able to climb the stairs to her apartment within two days. After only eight physical therapy sessions, Shirley is doing her own housework again and can finally keep up with her grandkids.

"Looking back, I realize I didn't need to put off surgery so long, thinking I could live with the pain," Shirley says. "I would tell anyone in my situation to see Dr. Grannell at Sturgis Hospital."

◆ Dr. Grannell is accepting new patients. To learn more, call Sturgis Orthopaedics at 269-659-4210.



James Grannell, DO



(From left to right) Kristine Kirsch, RN, PhD, BC, Surgical Services Manager; Elizabeth Kinder, Certified Scrub Tech; and James Grannell, DO, Orthopaedic Surgeon

"The anterior approach to hip replacement has revolutionized the procedure for many patients. Recovery periods are now shorter, and individuals can get back to the people they love and activities they enjoy more quickly."

—James Grannell, DO, orthopaedic surgeon at Sturgis Hospital

Sturgis Hospital

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To Your Health!

Ah, the holidays—family, food, and fun! If you are entering the new year with fond memories and a tighter waistband, you might benefit from expert nutritional counseling at Sturgis Hospital.

The Medical Nutrition Program at the Hospital can help anyone looking to lose extra holiday pounds by teaching a healthy approach to eating that promotes overall health. The program can also educate people

living with diabetes, heart disease, and cancer on healthier ways to eat and live.

“We answer questions about fad diets and debunk weight-loss myths while stressing the importance of exercise, portion control, and nutritional balance,” says Sarah Clark, RD, Dietitian at the Hospital. “Participants learn how to read labels, modify recipes, and make smart choices at every meal.”

➤ For more information about the Medical Nutrition Program at Sturgis Hospital, call Sarah Clark at 269-659-4433.

Keeping Frostbite at Bay

Don't let dropping temperatures put a damper on your child's outdoor play. Take a stand against the cold this winter, and protect your child from frostbite.

“Children are at increased risk for frostbite compared to adults,” says Sharon Cabansag, MD, family medicine physician at Sturgis Hospital. “Children lose body heat more easily than we do, and are often less likely to leave playtime to head indoors.”

To keep your child safe outside, dress him or her in layers, and use protective gear for sensitive areas, such as the ears, feet, hands, and head. Make sure your child takes short breaks inside to warm up. Once playtime is over, put dry, warm clothes on your child.

➤ To learn more about staying safe this season, visit www.SturgisHospital.com.



PMcare

1717 E. Chicago Rd., Sturgis, MI | 269-651-3554
(S.E. corner of Franks Ave. and U.S. 12)

Monday through Friday 9:00am to 9:00pm
Saturday 11:00am to 3:00pm

- Appts.: Walk-in basis only — no appointment necessary
- Providers: Physicians, Physician Assistants and Nurse Practitioners
- Insurances: Accepting most insurances including Medicare & Medicaid
- Cost: Services are charged at typical office visit rates with a 20% discount for self-pay patients paying total bill at time of service. Normal office visit co-payments apply.

PMcare is a walk-in clinic intended for non-emergency care when your physician is unavailable.