

Inside Information

Metro Health

Get moving with annual Metro Way 5K

Join us for the sixth annual Metro Way 5K at Metro Health Hospital. This family fun run makes it easy for community members of all athletic abilities to get active.

Never participated in a 5K before? Don't worry. The Metro Way 5K is a great event for first-timers because it's all about finishing, not how or what place you finish in. The goal of the 5K is to get you and your family active. So, this event welcomes all ages and abilities: walkers, beginning runners, seasoned runners, children and even stroller-pushing parents.

Because the 5K is an event for the whole family, there also are free Kids Races for ages 3 to 13, with varying distances and prizes for each child who competes. The Kids' Races begin at 6 p.m., and

IF YOU GO

METRO WAY 5K

When: July 30; 5K run/walk starts at 6:30 p.m.

Where: Metro Health Hospital, 5900 Byron Center Ave. SW

Registration: \$30 per person

you can register for the Kids' Races, as well as the 5K itself, online.

"The Metro Way 5K and the Kids' Races are a great way for the entire family to get outdoors, get active and to stay well together," said Dr. Adam Kilkenney, of Metro Health Hudsonville. "I enjoy participating with my family and seeing all the other families walking, running and even hopping!"

Visit metrohealth.net for more information about the Metro Way 5K and the free Kids' Races.

Mercy Health St. Mary's

Treatment is available for varicose veins

By John Morris, DO

Varicose veins and venous dysfunction affect 25 percent of the population.

Varicose veins are bulging veins under the skin usually located in the legs.

Causes: Valves in your veins help coordinate blood flow to the heart. Valve dysfunction causes blood to pool, leading to increased venous pressure and vein enlargement over time.

Symptoms: Swelling, discomfort, heaviness, skin discoloration, ulceration, itching and cramping.

Diagnosis: Examination and vein ultrasound performed in the office at your initial visit.

TREATMENT FOR VARICOSE VEINS

Conservative treatment with compression stockings and leg elevation can be used for temporary relief.

Minimally invasive procedures are avail-



Morris

able to almost all patients and provide immediate long-term relief of symptoms. Office-based procedures take less than one hour and are performed with local anesthesia. These procedures include ultrasound guided radiofrequency vein ablation, microphlebectomy and sclerotherapy injections.

Complications: Untreated varicose veins can lead to chronic pain, permanent skin changes, bleeding, ulceration or blood clots. Most vein treatments are covered by insurance.

Mercy Health Physician Partners Vascular Surgeons are board-certified and provide comprehensive diagnostic and therapeutic services. Call 616-685-7850 for a consultation.

Spectrum Health

Helen DeVos Children's Hospital wins awards

Spectrum Health Helen DeVos Children's Hospital was ranked in three specialties by U.S. News & World Report's 2015 Best Children's Hospitals rankings for a fourth consecutive year.

Helen DeVos Children's Hospital ranked among the best nationally in the following categories:

- Pediatrics: cancer
- Pediatrics: nephrology
- Pediatrics: pulmonology

"Being recognized among the best hospitals across the U.S. is an honor, and is a direct reflection of the commitment to excellence at Helen DeVos Children's Hospital," said Dr. Bob Connors, president, Helen DeVos Children's Hospital.

"This distinction signifies the high quality care and excellent patient experiences that our physicians and staff provide for patients and families on a regular basis."

U.S. News introduced



Connors

the Best Children's Hospitals rankings in 2007 to help families of

children with rare or life-threatening illnesses find the best medical care available.

The rankings open the door to an array of detailed information about each hospital's performance.

Helen DeVos Children's Hospital is a 236-bed regional referral center and teaching hospital.

It offers advanced pediatric specialty care with more than 200 pediatric physicians who practice in more than 50 pediatric specialties and programs. Helen DeVos Children's Hospital is Michigan's largest neonatal center. More information is available at helendevochildrens.org.



A 30-room rehabilitation unit, Mary Free Bed at Sparrow, recent opened at Sparrow Hospital in Lansing. Phase two of the expansion, which includes 10 additional beds and two therapy gyms, is slated to open early next year. (Submitted photo)

Mary Free Bed

Facilities improve access to rehabilitation statewide

By Beth Loechler Cranson

The expansion of Mary Free Bed at Sparrow, an inpatient rehabilitation unit jointly run by Mary Free Bed Rehabilitation Hospital in Grand Rapids and Sparrow Hospital in Lansing, is the most recent sign that Mary Free Bed's name and reputation are growing across Michigan.

But Sparrow isn't the only hospital outside of Grand Rapids where you might see the Mary Free Bed name or benefit from Mary Free Bed's expertise in caring for children and adults who have experienced a brain injury, spinal cord injury, stroke, amputation or other injury or illness requiring physical rehabilitation.

Twenty-seven hospitals in the Lower Peninsula are members of the Mary Free Bed Rehabilitation Network.

The relationships, which range from joint operating agreements to shared educational opportunities and collaboration, were created to help patients receive the most appropriate type and intensity of physical rehabilitation so they can achieve the best possible outcomes.

"It's all about function and return of function and the return of ability so people can get their lives and their futures back. That's why we do this," said Mary Free Bed CEO Kent Riddle, who led the creation of the Mary Free Bed Network in 2011.

This new and deeper relationship with acute-care hospitals allows clinicians to share ideas, combine efforts and exchange best practices, said Paula Hendriksen, director of network development at Mary Free Bed.

"The goal is to spread the expertise of Mary Free Bed around the state — to educate patients, hospital care management teams and leadership about the kinds of patients who will benefit from acute rehabilitation and then help them get to the right place for care," she added.

For example, moving a stroke



The Mary Free Bed Rehabilitation Network encompasses 27 hospitals throughout Michigan's Lower Peninsula. (Submitted photo)

patient from an acute-care hospital into a skilled nursing facility can be much quicker and easier than moving that same patient into an acute-care rehabilitation unit or hospital like Mary Free Bed, Hendriksen explained. That's because health-care regulations say admission to an acute-care rehabilitation hospital must include a discharge plan, a doctor's determination that the patient can tolerate three hours of therapy per day and other information and assessments.

Nurse liaisons and rehabilitation doctors from Mary Free Bed may visit network hospitals and get involved as early as possible to help determine if acute-care rehabilitation is the best option for a patient who isn't ready to head home after

a hospital stay. They also work to make the transition as seamless as possible for patients and their families.

In cases where the patient is a child or has suffered a traumatic brain or spinal cord injury, the nurse liaison is likely to recommend transfer to Mary Free Bed in Grand Rapids.

In other cases, patients might not need the amount of therapy or level of intensity offered in an acute-care rehabilitation setting and other options are more suitable.

"The network wants to improve patient outcomes, improve patient care and improve patient access," Hendriksen said. "We want patients to get the most appropriate care. One size doesn't fit all."

MICHIGAN BLOOD

Michigan Blood handles most of the blood collection for Kent County. The Grand Rapids Press publishes lists of blood donors as they reach gallon milestones.

1 gallon donors: Kelsey Demull, Coopersville; Lindsay Nichols, Freeland; Colin Bloemendaal, Grand Rapids; Scott Corwin, Greenville

2 gallon donors: Kathryn Merritt, Greenville

4 gallon donors: Ella Cousineau, Jennifer Varner, Allendale

6 gallon donors: Kenneth Nelson, Grand Rapids

10 gallon donors: Michael Bolek, Belmont



1 gallon donors: Justin Witkowski, Clarksville; Juane Vanduine, Dorr

2 gallon donors: William Graham, Cedar Springs; Kelly Becker, Comstock

10 gallon donors: Michael Bolek, Belmont

Lowell

3 gallon donors: Jennifer Dougherty, Alto; Ronald Baker, Jeffery Trytko, Grand Rapids

4 gallon donors: Carolyn Kuiphoff, Caledonia; Debra

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7 gallon donors: Lisa Brown, Greenville

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11 gallon donors: Diane LaWarrre, Lowell; Sandra Brooks, Wyoming

14 gallon donors: Daniel Kent, Walker

For information, contact Michigan Blood, 1036 Fuller Ave. NE, Grand Rapids, MI 49503, go to miblood.org, or call 866-642-5663.