

Caring for the Community

winter • 2011

HPV Vaccine +
Your Male Teen =
A Healthy Combination

Don't Let SAD
Bring You Down

Thinking About **Joint
Replacement
Surgery?**

Sturgis Hospital

Look inside
this issue of
*Caring for
the Community*
to learn how
you and your
family can be
safe this season
and shake those
winter blues.



Ever Wished You Had Your Own Assistant?

Sturgis Hospital has a program to help make sure you or your employees get those health appointments made.

WellnessWorksSM is a new program offered by the Hospital for local employers. It is designed to help area workers make the most of their wellness and prevention benefits. WellnessWorks gives individuals a way to schedule medical appointments around-the-clock—and so much more.

Employers can use WellnessWorks to create employee-specific health and wellness programs that make sense for their business and their workers. Best of all, enrollment in WellnessWorks is free. For more information about a full list of benefits and how companies can enroll, contact Amanda Senecal, Corporate Health and Wellness Consultant at the Hospital.

◆ Call Amanda Senecal at 269-659-4383 to schedule a WellnessWorks consultation.

Feeling SAD?

Do you lose interest in normal activities as temperatures drop and daylight hours grow shorter? You could be experiencing seasonal affective disorder (SAD).

According to the American Academy of Family Physicians, up to 20 percent of Americans experience a mild case of SAD each year. The condition is characterized by fatigue, social withdrawal, cravings for carbohydrate-loaded foods, and weight gain, among other symptoms. SAD typically occurs when seasons change and the circadian rhythm, or the body's internal clock, adjusts to limited sunlight.

Don't Be SAD... Get Glad!

According to Robert Perra, EdD, clinical psychologist on staff at Sturgis Hospital, there are steps you can take to overcome symptoms of SAD. Dr. Perra encourages:

- **Exercise.** Simply walking for 20 minutes a few times a day is a great way to obtain much-needed exercise.
- **Hydration.** Divide your body weight by two and drink that many ounces of water over the course of a day (but never all at once).
- **Nutrition.** Dr. Perra recommends consuming five to six small, balanced meals each day, rather than two or three large ones.
- **Sleep.** Try to obtain six to 10 hours each night.

"If these suggestions don't help, consult your family physician," says Dr. Perra. "In many cases, an antidepressant medication can be very helpful."

◆ *Suffering from SAD? Contact the Sturgis Hospital physician referral line at 269-659-9853 to find a physician who can help.*



Put the Spring Back in Your Step

As we age, our joints naturally wear out and cartilage breaks down. Thankfully, modern medicine enables us to turn back the clock, so to speak, with joint replacement surgery.

Joint replacement surgery allows aging patients to live without pain so they can be more active and flexible. The hip, knee, and shoulder joints are the areas most commonly affected by degenerative conditions such as arthritis and are most frequently replaced.

“Arthritis is the number one cause of hip and knee pain that requires surgery,” explains James Grannell, DO, orthopaedic surgeon at Sturgis Hospital. “The second most common reason for surgery is trauma, such as from sports-related injuries during youth.”

Do I Need Surgery?

If you have been considering a joint replacement surgery but are still unsure of your decision, ask yourself the following questions:

- » Are you able to sleep through the night without waking because of joint pain?
 Yes No
- » Has your pain improved with medication or injections?
 Yes No
- » Have you been seeing a physical therapist for more than six months and experienced significant relief?
 Yes No
- » Are you able to complete daily activities, such as bathing, household chores, climbing stairs, cooking, or getting out of a chair or bed without great pain?
 Yes No

If you answered “no” to two or more of the questions above, speak with your physician about having joint replacement surgery.

➤ *For more information about joint replacement surgery, visit www.SturgisHospital.com or call Sturgis Hospital's physician referral line at 269-659-9853.*

Sturgis Orthopaedics

A Michigan State University alumnus, James Grannell, DO, completed his internship and residency in orthopaedic medicine at Botsford General Hospital in Farmington Hills, Michigan. During his residency, he served as Chief Surgical Resident and Senior Chief Orthopaedic Resident while undergoing specialized training in hand surgery, arthroscopic surgery, sports medicine, and total joint arthroplasty.

With nearly 30 years of experience, Dr. Grannell is board certified in orthopaedic surgery and is a member of numerous professional medical societies, including the American College of Osteopathic Surgeons and the American Osteopathic Association.



James Grannell, DO, orthopaedic surgeon

His specialties include:

- arthroscopic rotator cuff and shoulder surgery
- Oxford® unicompartmental knee arthroplasty (partial replacement)
- total joint replacement
- reverse total shoulder arthroplasty (replacement)
- endoscopic carpal ligament surgery
- computer-navigated knee arthroplasty (replacement)
- sports medicine and fracture care
- hand surgery

Sturgis Hospital

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Protection Against HPV for Men

You've probably heard that genital human papillomavirus (HPV) is a leading cause of cervical cancer in women—but did you know men can become infected and experience symptoms as well?

According to the Centers for Disease Control and Prevention, the majority of sexually active people will be exposed to a form of HPV at some point in their lives. In most cases—for both women and men—the virus causes no symptoms. However, HPV can lead to complications such as genital warts, as well as anal or penile cancer.

“GARDASIL[®], a vaccine that fights against four common types of HPV, has now been approved for males,” says James Phillips, MD, Medical Director of the Branch-Hillsdale-St. Joseph Community Health Agency. “Speak with your primary care physician or contact your local health department to find out if the HPV vaccine is right for you.”

◆ To learn more about HPV, contact Branch-Hillsdale-St. Joseph Community Health Agency at 269-659-4013.

Because There's No Good Time for the Flu

Cold and flu season is in full swing, and physicians' offices have become increasingly busy. If you or your child requires medical attention for a non-emergent illness, getting an appointment with your primary care physician or your child's pediatrician may be difficult.

To help better serve the needs of our community, Sturgis Hospital offers PMcare, a walk-in, after hours clinic providing non-emergency care. PMcare is open from 5 p.m. until 9 p.m. Monday through Friday and 11 a.m. until 3 p.m. on Saturday. No appointment is necessary.

◆ PMcare is located at 1717 E. Chicago Road at the corner of U.S. 12 and Franks Avenue in Sturgis. Call 269-651-3554 for more information.



Bundle Up for Safety this Winter

While we all get chilly from time to time, being cold is more dangerous for older adults during the winter because seniors tend to lose body heat faster—especially during frosty weather. A decrease in body temperature increases the risk of hypothermia, a serious problem that can cause severe health issues, such as heart attack and liver damage.

Follow these tips to stay warm this winter—whether you're outside or in a very chilly house.

- Dress in loose layers of clothing.
- Stay indoors when it's very windy outside.
- Wear long johns under clothes or pajamas.
- Put on a cap or hat to help contain body heat.
- Keep a warm blanket handy.

◆ Contact Sturgis Home Health at 269-651-2348 for a list of tips on how to stay warm and safe in your home this winter.