

# Living It Up North

FALL 2016



## October is Breast Health Month *Time to Schedule Your Mammogram*

It's never been easier to have a mammogram. Kalkaska Memorial Health Center's beautiful mammography suite offers many same-day appointments. You also can schedule early or late appointments to accommodate your schedule, and screenings are done seven days a week.

Board-certified technologists who care about your comfort and your privacy use advanced diagnostic equipment to perform digital mammography screening and diagnostic exams.

"We have invested in advanced technology so residents in our area can stay close-to-home for care," said Kevin Rogols, administrator of the hospital.

Images are interpreted by board-certified radiologists from Grand Traverse Radiologists in Traverse City – the same group that interprets images for the Smith Family Breast Health Center.

Breast cancer continues to be the most commonly diagnosed cancer in women and the second leading cause of death among women. If detected early, the five-year survival rate for breast cancer is 98 percent. Two important ways to detect breast cancer are self-exams of the breast and a mammogram, based on a woman's age and history. Take-home pamphlets on how to do a self-exam are available in Kalkaska Memorial Health Center's mammography suite waiting room.

For more information on mammography services at the hospital, call **231-258-7510**.



## Live Well Kalkaska!

LiveWell4Health was formed in response to health survey results published last year by District Health Department #10. The community group is working on developing resources for the community to increase overall health, with a special focus on weight management, healthy eating, exercise and tobacco cessation.

Visit [livewell4health.org/kalkaska](http://livewell4health.org/kalkaska) for information on farmers markets, food pantries and assistance, exercise opportunities, tobacco cessation programs, diabetes prevention and education, and weight loss support groups in the Kalkaska area.

# Easy Weekday Breakfast

## Overnight Oatmeal



From Christina Weasel Brege, PA-C, RD, Teen Health Center

Breakfast is the most important meal of the day. It not only jump-starts our metabolism, studies have

shown eating breakfast improves memory and concentration. This is especially crucial for our school-age children. One of the most common barriers to eating breakfast is time. With a little planning the night before, this overnight oatmeal could be the perfect solution when you or your child is starting a new day.

**1/2 cup old fashioned oats**

**1/2 cup low-fat milk**

**Dark cherries**

**Spoonful of low-fat vanilla yogurt**

**2 teaspoons ground flax seed**

Mix oats and milk in a pint jar. Add layer of cherries and dollop of yogurt. Cover with lid and refrigerate overnight. The next morning, add flax seed and small amount of sweetener, if needed, such as honey.

**Other combinations:** Tropical fruit and chia seeds, banana and peanut butter, blueberries and sliced almonds, dried cranberries, apple and cinnamon.



## New Evidence-based Concussion Program Helps Students Safely Return to Play

A new program called Concussion Recognition and Neurological Intervention, United Management (CRANIUM) is being launched to help students with concussions heal completely before returning to education and sports activities. It all started with one question asked by Kalkaska Memorial Health Center Emergency Department physician Sally Ansel, DO.

“She asked how we were handling high school athletes with concussions, in terms of giving them clearance to return to sports,” said Daniel Conklin, DPT, director of ambulatory services at KMHC. Conklin did some research and learned there was a lot of variation in how area health care providers cleared students to return to play.

Now, the five-stage CRANIUM program provides the most evidence-based approach to standardizing concussion care – from sideline screenings through post-concussion testing and a progressive return to activity.

“It’s very exciting,” Conklin said. “We may be on the cutting edge of the most comprehensive return-to-play program in the state.”

Concussion is a form of a traumatic brain injury. Because the frontal lobes of the human brain continue to develop until age 25, it is vital to manage youth concussions very conservatively to ensure the best neurological development and outcomes.

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## Free Screening Tests at Senior Meal Sites

Did you know you can have high blood pressure or high blood sugar without any symptoms? That’s why Kalkaska Memorial Health Center provides free screenings for hypertension (high blood pressure), hemoglobin, and diabetes (high blood sugar). Early detection and early treatment can prevent life-threatening complications.

One of our nurses visits each senior meal site in Kalkaska County, as well as sites in Fife Lake, Mancelona, and Bellaire to perform blood pressure and blood sugar tests at no cost. Scheduled dates and times are posted in senior newsletters throughout the area. Our Community Outreach nurse also provides flu shots each fall at Kalkaska County senior meal sites, as well as the Fife Lake meal site and Fife Lake American Legion.

Are you interested in blood pressure or blood sugar screening and/or education for your group? Call **231-258-7538**.



## Concussion (cont.)

The Michigan High School Athletic Association estimates that 5-10 percent of teenage athletes will experience a concussion in any given sport season. Five Kalkaska students with concussions were already enrolled in the CRANIUM program by the first day of school, which Conklin attributed to better awareness and education in the community. "Our ultimate goal is to ensure student athletes are safe to return to play," he said. "Parents and coaches don't need to be experts on concussions – they just need to be aware that the resources are there to help."

Up to 70 percent of student concussions heal in 7 to 10 days, Conklin said. For those that don't heal in that time, one-third can take up to six months for all post-concussion symptoms to resolve. Returning to activity too soon could result in neurological damage. The new five-stage protocol requires students to be symptom free for 24 hours before moving onto the next level of activity.

### The five stages are:

1. Complete brain rest: Immediately after a concussion, students should have no physical or cognitive activity. They should have minimal stimulation and limited use of cell phones, video games and TV.
2. Light cardiovascular exercise: 15-20 minutes of biking or treadmill at less than 70 percent of heart rate maximum
3. 45-minutes of sport-specific activity (no head contact) at 80 percent of heart rate (students under 13 must be symptom free for 72 hours to move to next stage)
4. One hour of non-contact training drills and resistance training at 90 percent of heart rate
5. Return to full practice following evidence-based testing: Sports Concussion Assessment Tool, 3rd Edition (SCAT-3); vestibular ocular motor screen (VOMS); and Balke treadmill. If the student remains symptom free after a full practice, they are released to return to competition.

"We have strong backing from the medical staff and a lot of great community provider feedback as well," Conklin said. "By standardizing assessments and tests, across our community, athletes are going to get the exact same screening and care."

## Teen Health Corner: It's Time to Check Your Teen's Immunizations

The start of a new school year is a great time to make sure your preteen or teenager is up to date on all of his or her vaccines and booster shots. For example, teens who received the meningococcal vaccine at age 11 or 12 to protect them against meningitis and sepsis are due for a booster at age 16. Teens and young adults are at increased risk for meningococcal disease, which can become very serious, very quickly. All preteens and teenagers also should have an annual flu shot.

Talk to your child's health care provider to find out if he or she is due for any immunizations. If so, they can conveniently receive them at the Teen Health Corner in Kalkaska or at Forest Area School.

For more information about services available at the Teen Health Corner, call **231-258-7791, 231-369-2000**, or go to **[munsonhealthcare.org/teenhealthcorner](http://munsonhealthcare.org/teenhealthcorner)**.

## Say 'Hello' to Geoffrey

Don't be surprised if you encounter a giraffe the next time you visit Kalkaska Memorial Health Center. A special piece of equipment affectionately known as "Geoffrey the Giraffe" can be seen throughout the hospital. This mobile X-ray machine can go wherever it is needed. It can be taken into the Emergency Room or long-term care so patients don't have to be moved to the fixed X-ray machine in Radiology. Patients of all ages smile when Geoffrey comes into their room!



## POSTAL CUSTOMER

### Convenient Services

Aquatic therapy  
Assisted living and long-term care  
Dialysis Center  
State-of-the-art diagnostics  
Emergency Care  
Cardiac and pulmonary rehabilitation  
Occupational, speech, and physical therapy  
Outpatient surgery  
Primary care  
Munson Healthcare specialists at KMHC:  
- Ear, Nose, Throat  
- Gastroenterology  
- Gynecology  
- Ophthalmology  
- Orthopedics  
- Pediatrics

### 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  
(Stone House)  
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**

### Upcoming Events

#### Concussion Management & Education Town Hall Meeting

Wednesday, October 26, 6 pm  
Dr. William Kitti Education Center (Stone House)

Free and open to all community members. Parents of kids in sports are encouraged to attend. No registration is necessary. For additional information, contact Daniel Conklin at **231-258-3620**.