

# HealthWise

*Lifestyles for Good Health & Longevity*

A Publication  
of Ingham  
Health  
Education

## Ingham Regional Medical Center announces revolutionary new capabilities, expands robotic program

Ingham Regional Medical Center has greatly expanded its minimally invasive robotic program for physicians and patients in the Greater Lansing area by upgrading their current platform to include two of the most innovative da Vinci Surgical Systems, as well as a fellowship-trained cardiothoracic and robotic surgeon.

With the addition of Dr. Mohammed Hassan, Ingham Regional is the first and only hospital in the region to offer a robotic heart program, adding to Ingham's well-established legacy as the heart hospital.

"Robotic surgery is truly revolutionizing certain cardiac procedures," said Dr. Hassan. "Patients who have mitral valve repair using minimally invasive robotic surgery return to normal activities in three to six weeks on average, compared to three to six months for patients who have traditional surgery. And now, patients have access to this and other heart surgeries locally."

Another remarkable advancement in robotic surgery is now being offered right here in Lansing to treat cancer. Ingham Regional is the first hospital in Michigan to provide the da Vinci Si HD with the "Firefly" imaging unit, the most advanced robotic surgery technology available from Intuitive Surgical, Inc.

The state-of-the-art "Firefly" technology contains fluorescent imaging that directly illuminates malignant cancer cells differently than benign or healthy cells, allowing surgeons to target cancer cells and tissues with more accuracy, thus sparing healthy tissues.

"The technology at Ingham Regional allows us to better differentiate between cancerous and noncancerous tissue," said Rafid Yousif, MD, the first surgeon in Michigan to use the "Firefly" system. "Using the special fluorescent imaging, healthy tissue lights up a 'firefly' green while cancerous tissue appears darker, thus allowing for more precision during surgery and better patient outcomes."



**MOHAMMED HASSAN, MD**

"Minimally invasive and robotic surgery is the wave of the future," said Dr. Thomas Petroff, vice president of medical affairs at Ingham Regional Medical Center. "We're proud to be on the leading edge of this technology and to offer the advantages it can bring to our patients and physicians. Currently, 14 surgeons are performing a wide variety of surgeries robotically at Ingham. We expect that number to only increase over time."

Ingham will be using a new, fully equipped teaching console to train future robotic surgeons. This same console allows two surgeons to operate collaboratively, regardless of their specialty.

The da Vinci Si HD Surgical System provides surgeons with a 15-times magnified, three-dimensional view, enabling them to perform complex procedures through smaller incisions with great precision. Benefits to patients include less pain, shorter hospital stays and a quicker return to normal activities.

# Winter Events

**WEDNESDAY, JANUARY 11, 6 P.M.**



Dr. Zink

## Return from Malawi

*Presented by*  
**Andrew Zink, DO**

Dr. Zink recently visited Queen Elizabeth Central Hospital in Blantyre, Malawi, where he practiced obstetrics and taught at their medical school. Help us welcome him back and hear him discuss all the details of his trip, including how women's health differs across continents.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

**FREE**—To register, call 517.975.6600  
or email [Jessica.Nevins@irmc.org](mailto:Jessica.Nevins@irmc.org)

**TUESDAY, JANUARY 24, 7 P.M.**



Dr. Mesko

## Do You Suffer from Hip Pain?

*Presented by*  
**J. Wesley Mesko, MD**

Dr. Mesko, orthopedic surgeon, specializes in joint replacement surgery. He will discuss the finer points of the arthritic hip, how it can be treated without surgery, and when surgery is appropriate. He will also discuss the surgical techniques used to minimize post-operative pain and shorten recovery time.

### **Okemos Health and Rehabilitation Center**

5211 Marsh Rd., Okemos  
7 p.m., doors open at 6:30 p.m.

**FREE**—To register, call 517.975.6600  
or email [Jessica.Nevins@irmc.org](mailto:Jessica.Nevins@irmc.org)

**WEDNESDAY, JANUARY 18, 6 P.M.**



Dr. Cochran

## Oh, My Aching Knee!

*Presented by*  
**Jason Cochran, DO**

Dr. Cochran, orthopedic surgeon, specializes in joint replacement surgery. He will discuss the finer points of the arthritic knee, how it can be treated without surgery, and when surgery is appropriate. He will also discuss the surgical techniques used to minimize post-operative pain and shorten recovery time.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

**FREE**—To register, call 517.975.6600  
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**MONDAY, JANUARY 30, 6 P.M.**



Dr. Wilhelm

## Macular Degeneration

*Presented by*  
**Joseph Wilhelm, MD**

Dr. Wilhelm, ophthalmologist, will discuss age-related macular degeneration, the difference between wet and dry macular degeneration and factors affecting all forms. He will also go over the past and current technologies for diagnosis and treatment for wet and dry macular degeneration.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

**FREE**—To register, call 517.975.6600  
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# Winter Events

**TUESDAY, JANUARY 31, 6 P.M.**



Dr. Bez

## Do You Need Help Managing Your Pain?

*Presented by*  
**Joel Bez, DO**

If you suffer from pain in your neck, back, joints, or nerves, there are options to help relieve your aching. Join Dr. Bez as he discusses how Ingham Regional's Pain Management Center can help control your pain, and when medication therapy for pain management may be appropriate.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

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**MONDAY, FEBRUARY 6, 6 P.M.**



Dr. Yousif

## Urinary Incontinence

*Presented by*  
**Rafid Yousif, MD**

Join Dr. Yousif, urologist, as he reviews the causes of female and male urinary incontinence. He will also discuss a variety of treatment options, including the latest in minimally invasive procedures and robotic-assisted surgeries using the da Vinci Surgical System.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

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**FEBRUARY 3 - 5**

## Mid-Michigan Women's Expo

The 12th Annual Mid-Michigan Women's Expo brings over 10,000 women from the Greater Lansing area together to provide a weekend of education, entertainment and enjoyment. As the title sponsor, Ingham Regional Medical Center will provide several health screenings and assessments.

### **SCREENINGS & ASSESSMENTS**

- Blood Pressure
- Cholesterol
- Diabetes
- Sleep Disorder
- Stroke Risk
- 3D/4D Ultrasound
- And more!

### **LANSING CENTER**

Feb. 3: 10 a.m. - 8 p.m.  
Feb. 4: 10 a.m. - 6 p.m.  
Feb. 5: 11 a.m. - 5 p.m.



Dr. Hornbach

## Do You Experience Hand or Wrist Pain?

*Presented by*  
**Erich Hornbach, MD**

Are you tired of pain, tingling or numbness you've had in your hands and wrists for months? Do you have sharp piercing pains shoot through your wrist and up your arm? You may have carpal tunnel syndrome or arthritis in your hands. Dr. Hornbach, a hand and wrist surgeon will discuss the causes of carpal tunnel syndrome and hand arthritis. He will also go over early prevention measures, diagnosis, non-surgical treatments, and when surgery may be appropriate.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

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**WEDNESDAY, FEBRUARY 8, 6 P.M.**

# Winter Events

**WEDNESDAY, FEBRUARY 15, 6 P.M.**



Dr. Landay

## Cataracts

*Presented by*  
**Stuart Landay, MD**

Cataracts don't have to be the end of your life as you currently see it. Join Dr. Landay, ophthalmologist, as he discusses the effect cataracts can have on your life and the various treatment options which may be available to you.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

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**WEDNESDAY, FEBRUARY 22, 6 P.M.**



Dr. Messina

## Coping With Headaches

*Presented by*  
**Edmund Messina, MD**

If you are one of the millions of sufferers who are frustrated by frequent or severe headaches, this talk is for you. Dr. Messina, headache specialist, will explain how even the most troubling headaches are treatable. He will discuss the causes of headaches and how you can avoid them with common sense and evidence-based therapies. He will clarify common myths and misconceptions about headaches and review how medical and lifestyle interventions can get you back in control of your life.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

**FREE**—To register, call 517.975.6600  
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**TUESDAY, FEBRUARY 21, 6 P.M.**



Dr. Gandhi

## Do You Have An Irregular Heartbeat?

*Presented by*  
**Divyakant Gandhi, MD**  
**John Ip, MD**



Dr. Ip

Your irregular heartbeat could be due to atrial fibrillation (a-fib), the most common heart arrhythmia linked with over 70,000 strokes each year. Drs. Gandhi and Ip will discuss how they work together to perform a minimally invasive a-fib surgery that uses small incisions between the ribs instead of the open-chest method.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

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**TUESDAY, FEBRUARY 28, 6 P.M.**



Dr. Biscette

## Diabetic Retinopathy

*Presented by*  
**O'Neil Biscette, MD**

Diabetic retinopathy can be a complication of uncontrolled diabetes. Join Dr. Biscette, ophthalmologist, as he focuses on diabetic retinopathy, how it affects your eyes, symptoms, diagnosis, and treatment options.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.

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# Winter Events

**WEDNESDAY, FEBRUARY 29, 6 P.M.**



Dr. Hassan

## Minimally Invasive Heart Surgery

*Presented by*  
**Mohammed Hassan, MD**

Join Dr. Hassan, cardiovascular surgeon, as he discusses minimally invasive cardiac procedures such as mitral valve surgery, coronary artery bypass, and robotic surgery. Less pain, shorter hospital stay and faster recovery time are just some of the advantages over open techniques that Dr. Hassan will explain in his in-depth, visual presentation.

**Ingham's New Dawe Auditorium**  
401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.  
**FREE**—To register, call 517.975.6600  
or email [Jessica.Nevins@irmc.org](mailto:Jessica.Nevins@irmc.org)

**WEDNESDAY, MARCH 7, 6 P.M.**



Dr. Thomson

## Do You Have Foot or Ankle Pain?

*Presented by*  
**Matthew Thomson, DPM**

Do you suffer from foot or ankle pain? Dr. Thomson, podiatrist, specializes in the treatment of foot and ankle ailments. He will discuss a variety of topics, including ankle pain, bunions, plantar fasciitis, heel spurs, and metatarsalgia.

**Dimondale Nursing Care Center**  
4000 N. Michigan Rd., Dimondale  
6 p.m., doors open at 5:30 p.m.  
**FREE**—To register, call 517.975.6600  
or email [Jessica.Nevins@irmc.org](mailto:Jessica.Nevins@irmc.org)

**MARCH 1 - 31**



## Are You at Risk for Colorectal Cancer?

March is Colorectal Cancer Awareness Month. If you are 50 or older, or have a family history of colorectal cancer, you need to get tested.

**Free Colorectal Screening Kits will be offered to your community. Watch for registration information on March 1 in your local news.**

You need to know.

**TUESDAY, MARCH 13, 6 P.M.**



Dr. Lewis

## Aging Eyelids

*Presented by*  
**Craig Lewis, MD**

Aging, heavy eyelids can affect your vision, the comfort of your eyes, and your appearance. Dr. Lewis is a board certified ophthalmologist specializing in plastic and reconstructive surgery of the eyelids. He will review common causes of aging eyelids and discuss treatments, including surgical and nonsurgical options.

**Ingham's New Dawe Auditorium**  
401 W. Greenlawn Ave., Patient Entrance  
6 p.m., doors open at 5:30 p.m.  
**FREE**—To register, call 517.975.6600  
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# Winter Events

**WEDNESDAY, MARCH 14, 6 P.M.**



Dr. Beecroft

## Alzheimer's Disease

*Presented by*  
**William Beecroft, MD**

Though caring for someone with Alzheimer's can be complicated or frustrating, there are many options to help relieve the stress for you and your loved one. Dr. Beecroft will share his knowledge and insight about the disease, including how Alzheimer's affects thinking, problem solving, judgment and personality. He will also discuss how treatment of depression or behavioral symptoms can reduce the suffering of a patient, why palliative care and end of life planning is especially important and how to decrease your risk for developing Alzheimer's.

### **Holt Senior Care and Rehab Center**

5091 Willoughby Rd., Holt

6 p.m., doors open at 5:30 p.m.

**FREE**—To register, call 517.975.6600  
or email [Jessica.Nevins@irmc.org](mailto:Jessica.Nevins@irmc.org)

**MONDAY, MARCH 19, 6 P.M.**



Dr. Searls

## Why Won't This Wound Heal?

*Presented by*  
**Leslie Searls, DO**

Do you have a wound that just won't heal? Join Dr. Searls, wound care physician, as he discusses the most common wounds that may have delayed healing such as diabetic, vascular and lower leg ulcers. Interventions and the latest advances in wound healing practices will be presented, with a focus on hyperbaric oxygen therapy as a treatment for difficult-to-heal wounds. Tour the Wound Care Center after the presentation to see Lansing's only hyperbaric oxygen chamber.

### **Ingham Regional Orthopedic Hospital**

2727 S. Pennsylvania Ave., Visitor Entrance

Take elevator to ground floor, follow signs to Classroom F  
6 p.m., doors open at 5:30 p.m.

**FREE**—To register, call 517.975.6600  
or email [Jessica.Nevins@irmc.org](mailto:Jessica.Nevins@irmc.org)

**WEDNESDAY, MARCH 21, 6 P.M.**



Dr. Stockall

## Female Incontinence and Overactive Bladder

*Presented by*  
**Eric Stockall, MD**

Join Dr. Stockall, urologist, as he reviews the causes of female incontinence and overactive bladder. He will discuss a variety of treatment options, including the latest in minimally invasive procedures and the da Vinci surgical system.

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance

6 p.m., doors open at 5:30 p.m.

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**TUESDAY, MARCH 27, 6 P.M.**



Dr. Cotroneo

## PAD Raises Your Risk of Heart Attack and Stroke

*Presented by*  
**Joseph Cotroneo, MD**

One in 20 Americans over age 50 has PAD (peripheral arterial disease). PAD occurs when the arteries in your legs become clogged with plaque or fatty deposits like cholesterol. This plaque reduces the blood flow to your legs and increases your risk of heart attack and stroke. Unfortunately, many people with PAD do not have symptoms. Join Dr. Cotroneo, a cardiovascular surgeon, as he discusses how early diagnosis and treatment of PAD can improve your quality of life, reduce your risk of heart attack and stroke, and save your life!

### **Ingham's New Dawe Auditorium**

401 W. Greenlawn Ave., Patient Entrance

6 p.m., doors open at 5:30 p.m.

**FREE**—To register, call 517.975.6600  
or email [Jessica.Nevins@irmc.org](mailto:Jessica.Nevins@irmc.org)

# Community Support

## Support Groups

### Diabetes Support Group.

Ingham offers a diabetes support group for participants who have taken the Diabetes Education self-management class. Free. Please call 517.975.2270 for more information.

### Heart Failure Support Group.

The first Wednesday, every other month. Free. For more information, please call 517.975.2220.

### Internal Cardiac Defibrillator Support Group.

For patients, family and friends of those with implanted cardiac defibrillators. For our quarterly meeting schedule, contact nurse Denise Grimes at 517.483.7554.

### Leukemia and Lymphoma Society Family Support Group.

An ongoing support group that meets Thursdays at 6 p.m. in the Breslin Cancer Center lobby. For more information, please call Heather Spotts, oncology social worker, at 517.975.9598.

### Postpartum Depression Support Group.

An ongoing support group for new mothers. Children and other support persons are welcome. Meets every second and fourth Monday of the month. Classes are free. Space is limited. Please call 517.975.7773.

### Women Heart Support Group.

A monthly support group specifically for women with heart disease. Meetings alternate between Ingham Regional Medical Center and Sparrow Hospital. For more information, please call Judy Nash at 517.694.3900 or e-mail [mail@womenheart.org](mailto:mail@womenheart.org).

### Grief Education Support Group.

McLaren Visiting Nurse & Hospice offers an ongoing free grief education and support group for those who have experienced the death of a loved one. Offered four times a year for eight weeks. Meetings are held every Tuesday from 10:30 a.m. to 12:30 p.m. For more information, please contact Monica Parker, bereavement coordinator, at 517.975.9909.

## Education Programs

### Asthma Education.

Classes by appointment only. The fee for this class may be covered by insurance. For more information, call 517.975.6400.

### Birthing Center Tours.

Expectant parents and their families are invited to tour Ingham's exclusive Birthing Center every Monday at 6 p.m. For more information, call 517.975.7300.

### Diabetes Education.

Ingham offers monthly diabetes education classes. Physician referral and registration are required. For more information, please call 517.975.2270.

### Heart Failure Education.

Offered 1 p.m. to 2:30 p.m., every other Monday. Free. No registration required. Please call 517.975.2220 for more information.

### Outpatient Nutrition Education.

Meet privately with a registered dietitian to learn about your nutritional needs. By appointment. The fee for this class may be covered by insurance. Please call 517.975.2217.

## Rehabilitation Services

### Cardiac Rehabilitation.

For those with heart disease, including bypass or valve surgery, stent placement and heart attack. Physician referral necessary. The fee may be covered by insurance. Offered Monday, Wednesday and Friday. Please call 517.975.7050.

### Pulmonary Rehabilitation.

Ingham offers a program for those who suffer from chronic respiratory disease. Physician referral required. Fee may be covered by insurance. Registration required. Call 517.975.6400 for details.

### Vascular Rehabilitation.

This program serves the needs of people who suffer from calf, thigh or other pain due to decreased blood flow in the legs. Monthly screening available. Physician referral required. Registration required. Please call 517.975.8304 for details.

## Compassionate Women's Care, Close To Home

Women of all ages need a compassionate health care practitioner who understands their concerns and needs. Our Women's Health services understand these needs and how they change over time.

Our board-certified physicians and highly trained staff provide for all aspects of women's health and offer a full range of obstetric and gynecological services including pregnancy care, overall gynecological health maintenance, adolescent gynecology and counseling, menopause therapy and hormone replacement therapy.

Our physicians are also extremely skilled surgeons specially trained in robotic-assisted and minimally invasive surgeries that cause less pain and scarring and reduce recovery time.

## Locations

### Charlotte Women's Health

111 Lansing St., Suite 230  
Charlotte, MI 48813  
517.543.9563

### DeWitt Women's Health

12805 Escanaba Drive, Suite 2  
DeWitt, MI 48820  
517.975.9750

### Lansing Women's Health

2316 S. Cedar St., Suite 400  
Lansing, MI 48910  
517.975.9875

### Meridian Women's Health

2104 W. Jolly Road, Ste. 220  
Okemos, MI 48864  
517.975.1400

# INGHAM

## REGIONAL MEDICAL CENTER

A McLAREN HEALTH SERVICE

401 W. Greenlawn Ave.  
Lansing, Michigan 48910-2819

If you do not wish to receive future communications,  
please call 517.975.1112 or email [marketing@irmc.org](mailto:marketing@irmc.org)

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## A Few Painless Tests Can Save Your Life!

Peripheral arterial disease (PAD) is a progressive "head-to-toe" disease primarily caused by plaque buildup in the arteries. PAD affects 8 to 12 million Americans, 70 percent of whom have no symptoms.

Ingham Regional Medical Center's PAD Plus is Michigan's only accredited PAD screening program and the only lab in Michigan to be "gold medal" accredited by the Inter-societal Commission for the Accreditation of Vascular Laboratories (ICAVL).

Three simple, painless tests at Ingham can detect your risk for PAD at about half the cost of comparable programs.

**Save \$5 on Ingham's  
Comprehensive  
PAD+™ Screening!**

**\$5  
OFF**  
(normally \$60)

**Appointment required, call 517.975.8304 to register  
or for more information.**

Testing is held at Ingham Regional Medical Center's Greenlawn campus and takes 30-45 minutes. A complete information packet will be sent to you upon registration. One coupon per person per visit. Offer is not good in conjunction with other offers. Limited time only.

**Offer expires February 1, 2012.**

HWCalendar.12.11

# INGHAM

## REGIONAL MEDICAL CENTER

A McLAREN HEALTH SERVICE