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KNOW YOUR HEALTH NUMBERS

Stress vs. Burnout:
What’s the Difference?

Summer Fun While Staying Safe
As women feel their bodies start to change during pregnancy, there is a lot of joy and perhaps a few challenges at any time of year. The biggest complaint we hear during the summer is dealing with the heat. Soothe your symptoms. Having a baby in your belly can feel a bit like having a built-in furnace, so staying well-hydrated is key. Dehydration can cause contractions and cramping, so it’s important for you to monitor yourself and notice if you’re getting too warm. Take a rest when you can, and carry a water bottle with you to avoid uncomfortable symptoms.

You may notice some swelling in your legs, which is common for pregnant women year-round. Consider buying compression stockings next time you’re at the pharmacy to help with circulation in your legs. These work best if put on first thing in the morning before you get on your feet. Elevating your feet or relaxing in a bath with Epsom salts can also take down the swelling.

Stay active. Certain summer activities, such as amusement park rides, should not be enjoyed while pregnant, but take advantage of the warmer weather and don’t be afraid to take a dip in the pool. Swimming is great when you’re pregnant, as it allows you to be somewhat weightless and takes the pressure off your back. It can also provide a way to exercise while still beating the heat. Just be careful getting in and out of the pool, using designated stairs and ladders and not pulling yourself up where your belly could hit the side of the pool.

We encourage pregnant women to exercise regularly, even in the summer, but you may want to modify your normal routine. You should not push yourself to the point of breathlessness. Talk to your care provider about the type and intensity of exercise that is right for you.

**Ask an expert**

Keep cool and comfortable through your summer pregnancy

**Q** I’m expecting my first child. Amid the excitement, I’m worried about being in my last trimester over the summer. Any advice?

**A** As women feel their bodies start to change during pregnancy, there is a lot of joy and perhaps a few challenges at any time of year. The biggest complaint we hear during the summer is dealing with the heat.

Soothe your symptoms. Having a baby in your belly can feel a bit like having a built-in furnace, so staying well-hydrated is key. Dehydration can cause contractions and cramping, so it’s important for you to monitor yourself and notice if you’re getting too warm. Take a rest when you can, and carry a water bottle with you to avoid uncomfortable symptoms.

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**Kristie Blake,**
**APRN-CNM, is a nurse midwife at Kettering Health Network.**

**HERE FOR YOU**

For additional support during your pregnancy, visit ketteringhealth.org/maternity
2019 SUMMER

Tips for summer pregnancies
Stay safe during summer activities
Hot topic: Warm up before you rev up your workout
Know your health numbers
What is burnout, and how do I prevent it?
Personalize your birth experience
Easing mammogram anxiety
Your heart as a house
Chronic pain: Prevention and intervention

Information in KETTERING HEALTH CONNECTION FOR BETTER LIVING comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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Emergency CARE

WATER YOURSELF

Maintain your fluid intake to avoid dehydration while you’re spending time outside this summer.

“Dehydration and heat-related illnesses are a big problem in the summertime,” says Michael Good, MD, medical director of Kettering Health Network Emergency – Franklin.

In addition to water, Dr. Good recommends sports drinks with electrolytes that will replace the electrolytes you lose when you sweat.

Consuming water or a sports drink is especially important when you’re exercising or in a hot climate. Signs you aren’t staying hydrated may include dry mouth, dizziness, light-headedness, nausea, and, in more extreme cases, confusion.

YOUR GUIDE TO A FEEL-GOOD SUMMER

Bright ideas to stay safe and well

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2 **KEEP IT COOL** Those same symptoms could also indicate heat exhaustion, a sign that your body is overheating and unable to cool itself down.

“Dehydration may progress into heat exhaustion, and heat exhaustion into heat stroke,” says Dr. Good. “Signs and symptoms associated with heat exhaustion include sweating, dizziness, light-headedness, fast heart rate, fatigue, and muscle cramps.”

If someone near you is experiencing heat exhaustion, be sure to get them out of the heat and lay them down. You can fan them or spray cold water to help cool them, and make sure to keep them hydrated. If the heat causes vomiting, seizures, or unconsciousness, call 911 or go to the nearest emergency center.

3 **PREP FOR PLAYTIME** While the rubber cushion or mulch-filled flooring of a typical playground helps protect children if they fall, pavement or concrete pose a higher risk of more serious injuries.

“If you’re biking or skateboarding, make sure you’re wearing a helmet,” Dr. Good says. “Wear knee and elbow pads for extra protection.”

Make sure each member of your family who participates in these outdoor activities has a helmet that fits their head and fastens correctly. Avoid skating or biking in areas with uneven terrain, wet surfaces, or a lot of pedestrians.

4 **BE SWIMMER-SAVVY** Avoiding shallow water when you’re looking to take a dive is easy at the pool where water depth is clearly marked. But if you’re planning a trip to a local lake, beware of what lies below the water.

“With ponds, lakes, and creeks, it can be hard to see what’s under the water, and hazardous debris may cause injury,” Dr. Good says.

If you want to pull off the perfect cannonball this summer, wade into the water first to check the depth and look for any unforeseen objects.

5 **SAVE YOUR SKIN** It’s no secret that the sun poses a threat to skin of all types when left unprotected, which is why Dr. Good recommends using sunscreen with an SPF of 30 or greater. But did you know that people taking certain medications may have an increased risk of sunburn?

“Some patients are on medications that make you more susceptible to sun damage, such as some antibiotics, anti-inflammatories, or antihistamine drugs,” says Dr. Good.

If you’re taking one of these types of medication, check the side effects to see if photosensitivity is listed. In addition to staying out of the sun and wearing sunscreen, talk to the prescribing physician about ways you can protect your skin from sunburn or other skin conditions.

**KNOW WHERE TO GO**

In the event of an emergency, get to the nearest emergency center or call 911. Visit ketteringhealth.org/emergency to find the emergency center closest to you.
An increase in temperatures means an increase in outdoor jogging, recreational sports, and running around with your kids at the park. But jumping into activities with cold muscles can lead to a higher rate of injury.

**The weekend warrior**

“Warming up is one of the easiest things to overlook, especially for the recreational athlete,” says Blake Daney, MD, a Kettering Health Network orthopedic surgeon fellowship-trained in sports medicine. “We see an increased rate of injury when people skip their warmup and jump into activity cold.”

Dr. Daney says that he sees warmup-related muscle injuries commonly in people who are “weekend warriors.”

“It’s easy for people to sit at a desk job all week, then jump into a game of pickup basketball on the weekend,” he says. “But because the body hasn’t been doing activity consistently, it isn’t ready to undergo the force you’re about to put it through.”

And warming up isn’t only important for injury prevention. Dr. Daney also notes that not warming up properly can have a direct link to struggling to meet performance goals.

**Goals of warming up**

Warming up before activity should help to accomplish a couple objectives. First, the warmup should mentally prepare you for the activity at hand.

“Professional athletes always do some sort of warmup, both to prevent injury and improve performance,” Dr. Daney shares. “There’s also a key component of getting psychologically ready for the activity.”
Second, any warmup should help you do just that—warm up. “There are many different ways to warm up, but a good rule of thumb is to aim to break a light sweat,” says Dr. Daney. “When you increase your body temperature, you’ll get more oxygen to the muscles that need it. If the muscles are warm before jumping into activity, we see lower rates of injury.”

Components of the warmup
How long should a warmup last? It comes down to the activity you’re going to be participating in and your physical condition. “For someone in good physical shape, it might take a little longer to break a sweat,” says Dr. Daney. In general, warmups last around five to ten minutes. However, looking for a light sweat is a more reliable indicator than time.

Dr. Daney also notes that the most effective warmups focus on dynamic stretching and functional movements: “For example, if you’re going to the gym for a leg workout, focus on dynamic lower body movements like body-weight squats.”

Incorporating static stretches into a warmup can be helpful, but static movements should not make up the entire warmup.

Better focus = better performance
Dr. Daney shares that many people overlook the value of mentally preparing for physical activity. “Often, people just jump into their workout right away,” he says. “But the warmup is a time to slow down and focus on what you’re about to do. Ultimately, this helps the athlete. When you get your mind focused to perform better, you’ll be more in tune with your body and less likely to get injured.”

Try these moves for a dynamic warmup

Spiderman Lunges Place the left knee on the ground and bring the right foot firmly on the ground in front of you, with the right knee bent at a 90-degree angle. Lean forward past 90 degrees and hold. Repeat on the left side.

Open the Gate/Close the Gate Stand on your left leg while lifting your right leg up. Raise the knee to hip level, turn it out, and open away from the body. Bring the knee back to center and lower leg. Repeat 10 times and switch legs.

High Knees From standing position, lift the right knee as high as you can while raising the left arm. Switch quickly to bring the left knee and right arm up before the right foot lands on the floor. Continue for 30 to 60 seconds and repeat.

Lateral Shuffles With feet hip distance apart, bend the knees into a squat. Bring hands up into a guard position in front of the chest. Start by shuffling quickly to the right for four steps, then to the left for four steps. Keep the core engaged and the chest lifted. Continue for 30 to 60 seconds and repeat.

Routine provided by Kettering Health Network Sports Medicine.
GOOD HEALTH BY THE NUMBERS

Whether it’s the fitness tracker on your wrist or the health app on your smartphone, you probably use some sort of product that helps track your health-related data. Tech-savvy or not, people today are often influenced by our information-driven society to start being conscious and making sense of their personal health numbers.

“Patients often ask what they should check and how often,” says Jonathan Hutcheson, DO, family medicine physician with Kettering Physician Network. “The answer depends on a person’s health status and medical history.”

Dr. Hutcheson warns that because health is so individualized, there isn’t a one-size-fits-all approach to knowing your health numbers.

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BLOOD PRESSURE

- WHAT’S NORMAL?
  The desired range for adults: Under 129/80 mm Hg

- STAGES OF HYPERTENSION, OR HIGH BLOOD PRESSURE:
  Stage I: 130-139/80-89 mm Hg
  Stage II: Higher than 140/90 mm Hg

- HOW OFTEN SHOULD I BE CHECKED?
  The recommended frequency is different for each patient and is influenced by whether they have previously had abnormal blood pressure or have been diagnosed with hypertension. Those who historically have had normal blood pressure and are not on medications should be checked at least once a year. People who are taking medications for blood pressure or who have other chronic medical conditions require much more frequent monitoring, as determined by their medical provider.

RESTING HEART RATE

- WHAT’S NORMAL?
  The desired range for adults: 60 to 100 beats per minute

- WHAT DOES IT MEAN?
  Typically, a resting heart rate in the lower part of this range is reflective of an efficient heart and/or good cardiovascular fitness, but that’s not always the case. If your resting heart rate falls outside of this normal range, you should consult your medical provider.

FIND A PHYSICIAN

Need a primary care provider? Visit ketteringhealth.org/findaphysician or call 1-888-726-2372.
GLUCOSE LEVEL

WHAT IS IT?
A glucose test measures the amount of sugar present in your blood.

WHAT’S NORMAL?
Total cholesterol: Under 200 mg/dL
Triglycerides: Under 150
LDL cholesterol: Under 100
HDL cholesterol: Over 40

HOW OFTEN SHOULD I BE CHECKED?
Fasting glucose levels should be checked yearly. People with diabetes or prediabetes should have blood glucose tests more frequently. If multiple fasting tests come back between 100 and 125, the person is considered to have prediabetes. Fasting values higher than 125 on multiple occasions is consistent with diabetes.

CHOLESTEROL

WHAT IS IT?
A cholesterol test measures the amount of a few types of cholesterol and fats in your blood, which could indicate risk of heart disease.

WHAT’S NORMAL?
Total cholesterol: Under 200 mg/dL
Triglycerides: Under 150
LDL cholesterol: Under 100
HDL cholesterol: Over 40

HOW OFTEN SHOULD I BE CHECKED?
People without underlying heart disease or high cholesterol should be tested every five years. Those with these risk factors or other indications will require lipid screening every year, or sometimes even more frequently.

While it’s a good idea to be aware of your health numbers, they can be difficult to understand and track. The best course of action is to regularly see a primary care provider who can guide you in understanding what your results mean and how to proceed.

BODY MASS INDEX (BMI)

WHAT IS IT?
BMI is a measure of fat based on a person’s height and weight. There are simple online calculators that can be used to determine BMI.

WHAT’S NORMAL?
Once you’ve calculated your BMI, use the chart below to determine if you’re in the normal range.

Underweight
Less than 18.5

Normal weight
18.5 to 24.9

Overweight
25 to 29.9

Obese
30 and above

KNOW WHERE YOU STAND—BRING IT UP WITH YOUR DOCTOR.
THERE ISN’T A ONE-SIZE-FITS-ALL APPROACH TO THESE HEALTH NUMBERS, SAYS JONATHAN HUTCHESON, DO.

THERE ISN’T A ONE-SIZE-FITS-ALL APPROACH TO THESE HEALTH NUMBERS, SAYS JONATHAN HUTCHESON, DO.
Focus on self-care to help banish burnout.
Stress is a part of human nature—
it’s the body’s response to perceived challenges. Though not a particularly pleasant sensation, stress can be helpful to our daily functioning. Without stress, we would probably miss many deadlines and may even find ourselves in danger.

What’s not helpful, however, is when that stress builds up over time, a phenomenon commonly referred to as burnout.

When it all gets to be too much
“The biggest difference between stress and burnout is that stress is an everyday feeling, a sudden reaction to circumstances. Burnout creeps in over time with a buildup of stress,” says Julie Manuel, MSEd, LPCC, NCC, psychotherapist with Kettering Behavioral Medicine Center. “Typically, our bodies will give us clues when we’re burned out. With stress, we can’t foresee or control it happening.”

Knowing the signs of burnout is critical. If you can recognize burnout when it’s happening, you can take steps to intervene. Symptoms may include:

- Trouble falling or staying asleep, especially waking in the night with ruminating thoughts
- Loss of energy
- Loss of interest in activities you typically enjoy
- Nausea
- Headaches
- Exhaustion
- Heart palpitations

The importance of self-care In addition to speaking with a doctor, when you start to feel these symptoms, try to take a step back from whatever it is you’re doing.

“The biggest thing is to practice self-care—whatever that looks like to you,” Julie advises. “If you enjoy going for walks or jogs, do it at a convenient time. Step away from your desk at work and don’t eat lunch there. Get support, make sure you have a good social network, and practice positivity.”

Julie emphasizes the importance of finding people to connect with who understand you. They can stay in tune to what’s going on with you and may be able to detect your symptoms before you can.

What is causing your burnout?
Whether you’re already feeling burned out or just want to prevent it from happening, focusing on self-care can vastly improve your situation. But you may also want to look deeper into what’s causing your burnout in the first place.

“What we have seen—I think more times than not—is that work is causing burnout,” Julie says. “Especially in our society, expectations and demands are really high, and sometimes finding the time to make sure both are met can be challenging.”

Family is also a common cause of burnout, especially in young families with multiple kids, as taking care of small children doesn’t often lend itself to a lot of time for oneself.

Whatever the cause, finding time to take a step back is the best solution. Even if that’s just a few minutes spent doing breathing exercises or in prayer.

“Take time every day to think about what you’re grateful for and not just focus on what you have to do today,” Julie says.

HELP IS HERE
For additional mental health resources, visit ketteringhealth.org/mentalhealth
HEALTHY LIVING EVENTS

Meet our physicians and medical experts to get your health questions answered. All presentations and events include lunch or appetizers.

Register online at ketteringhealth.org/healthcalendar or call toll-free 1-844-883-3420.

BRAIN & SPINE

Advanced Brain Tumor Treatment
Join our experts to learn about advancements in treatment options for brain tumors.
Kettering Medical Center
Aug. 14, 6–7 p.m.

Is Spine Surgery Right for You?
Back pain, neck pain, and other spine conditions can make life difficult. Learn from our specialists about treatment options and find a new normal.
Greene Memorial Hospital
Aug. 27, 6–7 p.m.

HEART & VASCULAR

Know Your Risk Factors
A heart screening could save your life. Learn about the signs and symptoms of heart disease, as well as prevention and treatment options from our cardiologist.
Sycamore Medical Center
Aug. 6, 6–7 p.m.
Southview Medical Center
Aug. 20, 6–7 p.m.

Vascular Care
Learn about the latest technology and comprehensive vascular care for all stages and types of peripheral arterial disease.
Fort Hamilton Hospital
Aug. 8, 6–7 p.m.

Peripheral Vascular Disease
From varicose veins to atherosclerosis, our physicians are here to help. Learn about peripheral vascular disease and how to keep your blood and body moving with ease.
Soin Medical Center
Sept. 5, 6–7 p.m.

Electrophysiology and Atrial Fibrillation (AFib)
Is your heart having trouble keeping rhythm? Learn from our cardiologist about AFib symptoms and electrophysiology treatments to get back to a regular heartbeat.
Grandview Medical Center
Sept. 10, Noon–1 p.m.
ORTHOPEDICS
Endoscopic Carpal Tunnel Surgery
We use our hands for tasks big and small. Don’t let pain get in the way. Learn from our hand surgeon and find out if endoscopic carpal tunnel surgery is right for you.
Southview Medical Center
July 24, Noon–1 p.m.

Joint Pain Treatment Options
Back cracking, knees aching, or hands stiff? Come hear from our orthopedic surgeon and learn about treatments for joint pain to find relief.
Kettering Health Network
Middletown
Aug. 20, Noon–1 p.m.

WOMEN’S HEALTH
Hysterectomy Surgery
Join our OB-GYN to learn about hysterectomies and find out if the surgery is right for you—so that you can get back to enjoying your healthiest life.
Hilton Garden Inn–Beavercreek
Aug. 14, 6–7 p.m.

Surgery
Treatment for Incontinence
Do you plan your day around the nearest bathroom locations? Join us for a conversation about pelvic health and learn about lasting solutions for managing incontinence.
Years Ahead Health Center
Aug. 15, 6–7 p.m.

Baby Fair
Kettering Medical Center
July 14, 2–4 p.m.
Southview Medical Center
Sept. 29, 2–4 p.m.
For the COMMUNITY

YOUR HEALTH CALENDAR

Register online at ketteringhealth.org/healthcalendar or call toll-free 1-844-883-3420.

CLASSES & SCREENINGS

Call 1-844-883-3420. Registration required unless otherwise noted.

DIABETES

Duck Diabetes
Learn how to reduce the risk of getting diabetes and enjoy better health in this free, one-hour presentation. Get practical tips for grocery shopping, eating out, losing weight, and increasing physical activity. Call for dates and locations.

Diabetes Support Groups
If you are living with diabetes, you are not alone. Free diabetes support groups meet each month in Beavercreek, Centerville, and Hamilton. Led by a certified diabetes educator, these groups allow participants to gain knowledge as they share information and ideas. Call 1-888-822-4114 for more information.

EXERCISE & FITNESS

Adult Fitness
This program provides one hour of one-on-one instruction to work toward your specific goals or on overall fitness.

The program can accommodate all levels and goals, including post-rehabilitation, weight loss, and performance. Call 1-855-583-9991.

Kettering Sports Medicine

Powerful Tools for Caregivers
This free, six-week educational workshop is for people who are taking care of a family member or friend. It is designed to support the family caregiver and improve his or her well-being. Call for more information.

Years Ahead Health Center
Thursdays, Sept. 5–Oct. 10, 5:30–8:30 p.m.

Ohio Means Jobs, Greenville
Tuesdays, Sept. 10–Oct. 15, 6–8 p.m.

Pavilion at Kettering Medical Center Community Room
Tuesdays, Oct. 1–Nov. 5, 6–8 p.m.

Metabolic Efficiency
This program determines how many calories your body burns and assists you in balancing calories consumed with calories used. Staff will then help you personalize a plan. Call 1-855-583-9991.

Kettering Sports Medicine

Dartfish Movement Analysis
Use video motion-analysis software to improve your gait pattern and other motions to prevent injury and improve sport performance. Call 1-855-583-9991.

Kettering Sports Medicine

Get Moving/Get Fit
Individuals of all skill levels will focus on strength, flexibility, and form in this six-week program. Reduce your risk for common running-related injuries, improve your running and lifting mechanics, and increase your fitness in weekly small-group training sessions led by exercise physiologists, athletic trainers, and fitness specialists. Call 1-855-583-9991 to register.

Kettering Sports Medicine

Wednesdays, Sept. 4–Oct. 9, 6–7 p.m.
**JULY, AUGUST, SEPTEMBER 2019**

**HEART & STROKE**

**Nutrition Consultation**
Experts teach and coach individuals of all ages to reach their goals. Learn about fitting healthier foods into a busy lifestyle, recovering from illness, optimizing athletic performance, or managing a chronic disease. Call 1-855-583-9991.

**Kettering Sports Medicine**

**Sports Acceleration**
This training program is uniquely designed for individuals ages 10 and up for targeting specific training needs and goals. Call 1-855-583-9991.

**Kettering Sports Medicine**

**Tai Chi/Chi Gong**
Tai chi promotes physical health through slow, even movements and breathing exercises. Call for more information.

**Years Ahead Health Center**
Thursdays, Sept. 5–Oct. 3, 5:30–7 p.m.

**HEART & STROKE**

**Blood Pressure Screenings**
Know your numbers and get your questions answered. No registration required.

**Charles I. Lathrem Senior Center, Kettering**
Aug. 6, Sept. 3, Oct. 1, 11 a.m.–1 p.m.

**Miamisburg Community Center**
Aug. 16, Sept. 20, 11:30 a.m.–1 p.m.

**Town & Country Shopping Center, Kettering**
Aug. 23, Sept. 27, 9:30–11:30 a.m.

**Years Ahead Health Center**
First and fourth Monday of every month, 10 a.m.–Noon

**SAFETY**

**Fall Risk Assessment**
As we age, we become more prone to falls, which can result in injury. Determine your fall risk and learn tips to help you stay safe. Cost: $5 for Years Ahead members; $8 for all others.

**Yankee Medical Center, Suite 230**
July 19, 9 a.m.–Noon

**KETTERING HEALTH NETWORK SPEAKERS’ BUREAU**
Kettering Health Network Speakers’ Bureau provides informational health and wellness presentations for the community, organizations, churches, and other audiences. We have a variety of health speakers and topics to motivate and educate your group in order to achieve and maintain optimal health. To schedule a speaker, call 1-888-546-0662. Certain criteria may apply.

**STOP SMOKING**

**Stop the Bleed**
Learn how you can save a life. This one-hour class prepares bystanders to stop uncontrolled bleeding until help arrives.

**Kettering Medical Center, Dining Room #3**
July 22, Aug. 26, Sept. 23, 7–8 p.m.

**Years Ahead Health Center**
Sept. 12, 2–3 p.m.

Prices and availability are subject to change without prior notification. Unless otherwise noted, registration is required for all classes and screenings.

Visit ketteringhealth.org/healthcalendar for more classes and screenings.
Maternity CARE

Best of both worlds

Safety and support for the birth you want
For many women, giving birth is a deeply personal experience. Though everything may not go according to plan, women often spend the weeks leading up to their due date contemplating many decisions: what kind of pain relief to use, labor techniques to try, and even who they want to be present when it happens.

For Juliana Mosher, the plan was to go as low intervention as possible—avoiding any kind of medication or epidural if possible. Juliana even joked with her husband that she would prefer to have the baby at home, but her husband, who is a nurse anesthetist with experience in labor and delivery, was more comfortable with her delivering in the hospital. “I wanted to accommodate my desire to have a natural birth while still being in the hospital, but I didn’t realize that was a possibility,” Juliana says.

Juliana chose to see a physician for her prenatal appointments for the first 28 weeks of her pregnancy. It wasn’t until she attended a Meet a Midwife event at Kettering Health Network that she discovered a midwife might be her answer. “I thought midwives were only for home births, and I didn’t think I could find them in the network,” Juliana says. “I came across the event on Facebook and decided to see what it was about. It was an opportunity to combine what I wanted and what my husband wanted.”

Juliana met Darla Baker, APRN-CNM, a nurse midwife at Kettering Health Network, and saw her for her prenatal appointments from then on. Working with Darla helped Juliana express her desires for an unmedicated birth and also gain an understanding of what is medically necessary to have a safe birthing experience. “Darla was very knowledgeable and open-minded about my requests,” Juliana says. “Every time I wanted something, she gave me her recommendations but still gave me a choice.”

Welcoming baby When Juliana began to feel contractions, she arrived at the hospital and progressed into active labor. Darla was with her from that point, observing her condition and safeguarding the normal process of labor using almost no medical intervention. Eventually, Juliana gave birth on her due date to a baby boy.

For those considering a natural labor and birth experience, a midwife may be a good option. “For someone who has low to moderate risk factors, allowing labor and birth to happen with very minimal intervention but within the hospital—with everything we would need in the event of an emergency—is just the best,” Darla says. While midwives can’t exactly replicate a home birth, they try to provide as much of a home environment as they can at the hospital. Though they can accommodate a woman’s desire to have an unmedicated birth, midwives support the woman’s choice with regard to pain relief options in labor. So for women seeking midwifery care, the desire to have an unmedicated birth is not a requirement for having a midwife. “I would absolutely recommend this experience,” Juliana says. “Knowing that the network provides midwife services is such a relief. It allows you to create a natural birth plan to have the labor experience you desire, while still being in the safety of the hospital.”

More to midwives

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To learn more about the labor and delivery options Kettering Health Network offers, visit ketteringhealth.org/maternity
It’s normal to feel a bit of anxiety creep in with the thought of getting a mammogram, especially if you haven’t had one before. However, mammograms are proven to be the best screening for early diagnosis of breast cancer. For this reason, it’s vital not to let anxiety stop you from getting one done.

If you are age 40 or older, you should be scheduling a mammogram annually. And if you have particular risk factors for breast cancer, you may even need to begin them earlier—something you and your doctor can determine. Unfortunately, some women don’t follow this recommendation due to fear. Meghan Musser, DO, radiologist at Kettering Health Network and medical director of Kettering Breast Evaluation Centers, addresses some of the most common concerns so you can confidently and regularly attend mammogram appointments.

According to Dr. Musser, one of the most common fears women have is that their mammogram is going to hurt. For some patients, mammograms aren’t comfortable, but there are steps you can take to reduce any potential pain.

If you notice increased breast pain or tenderness during your menstrual cycle, schedule your mammogram at other times of the month so that it doesn’t coincide with your period.

When you do go in for your appointment, don’t be afraid to speak up.

“Give feedback to the technologist in the room with you,” says Dr. Musser. “They will be able to help with positioning to get you as comfortable as possible.”

Because of the nature of mammography, women are required to undress to some degree, but it’s important to keep in mind why you and the person administering the test are there.

“We strive to treat every patient with the utmost respect,” Dr. Musser says. “While being unclothed is not comfortable, we aim to create a comfortable and professional environment.”

Patients are only asked to expose one breast at a time during the mammogram and are able to keep the rest of themselves covered.

It’s true that there is radiation with every mammogram; however, the amount to which you are exposed is extremely small.

“The amount of radiation per mammogram is equivalent to about seven weeks of normal radiation we are exposed to just from the atmosphere,” Dr. Musser says. “It’s a very small amount of radiation and highly regulated to make sure the levels are safe.”
Comfortable and custom

With advanced technology, Kettering Health Network provides an environment of comfort and healing for women receiving mammograms. With the new sensory suite, you are given an interactive experience in which you choose the sights and sounds used to create an ambiance of relaxation. Pristina mammography units offer additional comfort during compression, using Dueta technology, which puts the power of mammography back in your hands. With patient-assisted compression, you finish your mammogram, making you feel more in control.

I don’t want to receive poor results.

It’s very understandable that a woman wouldn’t want to find out she has breast cancer. However, mammograms are the best way to detect cancers early.

Mammograms are essential to detecting cancer early if there’s anything to detect at all. Most of the time, only about 10% of patients get called back after a mammogram, and an even smaller percentage of those called back actually have an abnormality such as cancer.

“Our goal is to find cancers at their earliest stage,” Dr. Musser says. “We understand the fear of an abnormal result, but our goal is to try and find cancer when it’s small, so you would need the least amount of surgery or treatment and would have the best possible outcome.”

Schedule your mammogram today. Call 1-888-382-0627 or visit ketteringhealth.org/breasthealth
WE all know that cardiovascular health is important. But do you know how your heart works? As an illustration, Mark Moronell, MD, cardiologist with Kettering Physician Network Heart & Vascular, explains how your heart is just like your house.

THE ROOMS OF THE HEART
“Your heart has rooms, just like your house,” Dr. Moronell says. “It has four rooms: the two chambers on top are the atria and the two on the bottom are the ventricles. They are separated by doors, called valves.”

When blood comes into the heart from the rest of the body, that blood goes through the valves into the lower chamber of the heart. When the lower part of the heart squeezes and the heart beats, these valves—or doors—slam shut and two more open to let the blood flow out to your lungs.

GOOD NEWS! You can lower your heart disease risk by as much as 80% by:
- Eating right
- Exercising
- Staying at a healthy weight
- Avoiding smoking
**PLUMBING AND ELECTRICITY** Just like a house has plumbing pipes, your heart has arteries. “When people have heart attacks, they have a sudden blockage in one of their main arteries,” says Dr. Moronell.

The heart, just like a house, also has an electrical system. “The electrical system starts in the right upper chamber of your heart and, as it works its way through, is very similar to taking a pebble and dropping it in water so that ripples move out.”

Dr. Moronell explains that atrial fibrillation (AFib) can be thought of as a problem with the electrical circuitry of the heart. “AFib is a very common irregular heartbeat problem where the top part of your heart is beating very fast and irregularly and the bottom is trying to keep up.”

**A HEART IN NEED OF REPAIR** A heart that isn’t working properly can look a few different ways.

**LEAKY HEART VALVES:** In these cases, Dr. Moronell explains, a person’s heart door, or valves, might look more like a western saloon door. “It’s not quite this dramatic, but it’s a door that’s supposed to slam shut and often doesn’t. And when those doors don’t shut right, blood can go the wrong way and back out the door that it just came in.”

**HEART MURMURS:** “If you stand in your garden with a hose in your hand, the water will flow out of the hose. But if you put your finger over the opening, it will make a different sound. Why? Because you’ve narrowed the opening of the hose. The same amount of water is coming out, but it has to go more forcefully and faster. This is the same with a heart murmur,” explains Dr. Moronell. “If you have a narrowed valve, the blood flowing sounds different, like if you had your finger over the hose in your garden.”

**KNOW YOUR NUMBERS** Dr. Moronell stresses the importance of knowing your heart health numbers: “There are two blood pressure numbers we check. The systolic component is the top number, when your heart is squeezing, and the bottom number is for diastolic, when your heart relaxes for the next fill.”

A high systolic blood pressure can lead to headaches, blurry vision, dizziness, and sometimes shortness of breath. A high diastolic blood pressure can cause swelling in the ankles, feet, and belly, shortness of breath, and exercise intolerance.

To lower your risk for heart disease, focus on a nutritious diet, get regular exercise, and reduce any risk factors, like losing weight or quitting smoking. “And if you have a family history of heart disease, you need to get on board with doing all you can to lower your risk now rather than later,” says Dr. Moronell. “You’re never too old and you’re never too young to start.”

**GET IT CHECKED** To learn more about your heart health, contact the Kettering Health Network Heart & Vascular team at ketteringhealth.org/heart
We all experience some aches and pains from time to time. But how do you know when pain requires medical attention?

What is chronic pain? “Chronic pain is typically defined as pain that has been present for three months or longer,” says Daniel Verrill, MD, interventional pain management specialist with Kettering Brain & Spine. “Chronic pain can be associated with signs such as lack of function, changes in activity, or neurological symptoms including decreased sensation, pins and needles sensations, or weakness. Immediate medical attention should be sought when pain is associated with new onset weakness, fevers, or unexplained weight loss, because this could be a sign of a serious underlying condition.”

Dr. Verrill commonly sees patients who have pain in the neck, back, lower back, legs, knees, arms, and feet. “My job is to focus on interventions that can help alleviate chronic pain,” says Dr. Verrill. “There are a wide range of pain management options available that don’t involve opioids. Part of what I do is educate patients on their options.”

Finding relief Dr. Verrill explains that there are multiple minimally invasive interventional strategies he uses to help patients find pain relief. Some of these include:

**EPIDURAL STEROID INJECTIONS:** One of the most common pain management options is steroid injections. In an epidural steroid injection, the doctor places a needle between the spine bones in the epidural space to inject steroid medications around irritated nerves and disks in the spine. This injection helps to manage pain by reducing inflammation and decreasing abnormal nerve firing.

**RADIOFREQUENCY ABLATIONS:** “We can actually burn the lining of the nerves that carry pain signals from certain joints, including the knee and the joints of the spine to interrupt the signal from getting to the brain,” Dr. Verrill explains. “This can be done for patients even after having a knee replacement.”

**NEUROMODULATION:** “Neuromodulation allows us to change the way that the body...
signals pain,” says Dr. Verrill. There are different types of stimulators, such as spinal cord stimulators, DRG stimulators, and peripheral nerve stimulators.

Stimulators involve two steps. “We start with temporary stimulator leads that are attached to an external battery,” Dr. Verrill says. “After five to seven days, the temporary leads are removed and the patient and I make a decision together on whether to pursue a permanent stimulator.” Permanent placement involves a small surgery to insert the leads of the stimulator and a permanent battery.

“There is a lot of customizability with this option,” he says. “We can change the stimulation pattern to change the sensation felt by the patient, which allows us to customize the results for each patient and their unique pain. It can be a great long-term solution for many debilitating pain conditions.”

Dr. Verrill shares that one patient who had a DRG stimulator implantation for diabetic neuropathy had a 95% improvement in their pain. “Neuromodulation is best for patients who suffer from nerve pain,” he says. “Good candidates include patients who have pain after spine surgery or who have chronic nerve pain from peripheral nerves due to diabetes, chemotherapy, or a damaged spine.”

Keep moving “Pain prevention will vary from person to person, but regular physical activity is really important,” Dr. Verrill says.

Often, people who are in pain will have a tendency to reduce physical activity. “But the more you move, the less you will hurt,” says Dr. Verrill. He also shares that maintaining a healthy weight is a key factor in pain prevention. For every pound of extra weight, the joints take on five pounds of pressure, so even small changes in weight can have a positive impact.

“There are a lot of factors that go into successful pain management,” says Dr. Verrill. “I work closely with patients to help identify their pain, develop a plan, and help them understand what treatments are going to help them manage pain best.”

To learn more about pain management treatment options, contact the Kettering Brain & Spine team at 1-855-786-2649.
Your health is more than how you feel physically. It’s your body, your mind, your spirit—all of you.

At Kettering Health Network, our primary care providers, specialists, caregivers, and Spiritual Services teams work together to provide team-based care rooted in kindness and compassion.

We combine state-of-the-art treatments and technology with our faith-based heritage because we believe that in order to heal, you need care for the whole person.

To learn more, visit ketteringhealth.org