

Better Breathing

An Educational Series for the Community

*Presented by Munson Medical Center Community Education
via REMEC TeleHealth Network (March 2010)*

March 1	Breathing Devices & Exercise; Pulmonary
Hygiene;	Travel Tips
March 8	Panic Control, Stress & Relaxation
March 2	Psychological Aspects of Chronic Illness;
	Intimacy
March 22	Nutrition & Lung Disease
March 29	Building Strength & Endurance

Time: 1:30 pm – 3:00 pm

Cost: No Charge for REMEC Member sites
There is a charge for Non-REMEC Member sites,
Contact REMEC at 231-935-7944 for details

*For information and to register:
Call Karen Kain, Respiratory Care at 231-935-6736*

Confirm broadcast with your hospital & site contact listed below

Munson Locations:
MCHC Classrooms A & B

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program availability in your area. _____

Michigan State University-School of Human Medicine, Michigan
Center for Rural Health and
Geriatric Education Center of Michigan Present:
Geriatric Grand Rounds
via The REMEC TeleHealth Network

Topic: Alcohol and Substance Abuse in the Older Adult
Speaker: Mark Ensberg, MD
Date: Wednesday, March 3, 2010
Time: 12:00 Noon - 1:00 PM
Audience: General Medical Staff, Nurses



Accreditation Statement: **CME:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Michigan State University College of Human Medicine, Michigan Center for Rural Health, and Geriatric Education Center of Michigan. The Michigan State University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Michigan State University designates this educational activity for a maximum of 1 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. **Social Workers:** Michigan State University School of Social Work (Provider No. 1136) is approved by the Association of Social Work boards (ASWB) approved continuing Education (ACE) program: www.aswb.org. 1-800-335-6880. MSU maintains responsibility for this conference. ASWB ACE-approved programs are recognized in Michigan. In addition, Wisconsin, Illinois, and Indiana recognize ACE-approved providers. Social workers should verify recognition of ACE approval with their state boards. Approval #012210-20

MNA: Michigan State University College of Nursing (OH-294, 81409) is an approved provider of continuing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Faculty Disclosures will be made prior to the start of these activities

CONTACT MCRH @ 517-355-8250 or visit
www.mcrh.msu.edu
For Objectives and Program Information

Sign-in sheets, program evaluations & any available handouts will be posted 2-3 days prior to the program at the above website.

Munson Locations:
MMC REMEC D6 Classroom and MCHC Classrooms A & B
Contact REMEC at 231-935-7944

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____

2010 Orthopaedic Grand Rounds

March 3, 2010

Location: REMEC D6

April – No Conference

May 5, 2010

Location: REMEC Classroom (Pavilion Area)

June 2, 2010

Location: REMEC Classroom (Pavilion Area)

July – No Conference

August 4, 2010

Location: REMEC Classroom (Pavilion Area)

September 1, 2010

Location: REMEC Classroom (Pavilion Area)

October 6, 2010

Location: REMEC Classroom (Pavilion Area)

November 3, 2010

Location: REMEC Classroom (Pavilion Area)

December 1, 2010

Location: REMEC Classroom (Pavilion Area)

1st WEDNESDAY OF THE MONTH

TIME: 7:00 AM – 8:00 AM

PROGRAM OBJECTIVE: This Grand Rounds Series is an educational tool that is used to link CME with clinical performance improvement throughout the region with this, areas, orthopaedic surgeons and their physician extenders. These CME activities continuously allow surgeons to assess gaps between ideal standards and their own practices. Our goal is to bring these surgeons together from various practices across northern Michigan to discuss clinical cases, recommendations are intended to improve clinical practice, acknowledge that all treatment options were considered and include advice from peers that have sound clinical application based upon experience, learning from each other about best practices, new techniques and procedures, and research

PLANNING COMMITTEE: Disclosure Declarations are on file in the CME Office.

CO-COURSE DIRECTORS: Brent Wiersma, DO, Andrew Boyce, DO & Scott Groseclose, MD
Committee John Bruder, MD, Medical Director, General Orthopedics and Robin Graham, RN Orthopedic Outreach and CME Activity Coordinator

FACULTY DISCLOSURE: Participants have completed Disclosure Declarations and Conflicts will be reported prior to the start of each CME activity.

TARGET AUDIENCE IS RESTRICTED: This program is restricted to Orthopaedic Surgeons, invited Physician Extenders and invited guests from restricted sites.

CASE SUBMISSIONS: Cases/research should be submitted one week prior to presentation date(s). Please contact Robin Graham at (231) 935-6723.

TEACHING METHOD: Clinical Case presentation followed by small group discussion.

Munson Locations:

See Above for Room Location at Munson Medical Center

For participation at all other REMEC sites:

Contact the site coordinator at your facility to confirm program availability in your area. _____

ACCREDITATION – DESIGNATION STATEMENT

AOA: Munson Medical Center is an accredited AOA sponsor. This activity will be submitted to the American Osteopathic Association-Division of Continuing Medical Education. Assignment of credit will be awarded pending approval of the AOA-CME.

AMA: Munson Medical Center is accredited by the Michigan State Medical Society Committee on CME Accreditation to provide continuing medical education for physicians. Munson Medical Center designates these educational activities for a maximum of 1 “AMA PRA Category 1 Credit [™]” each. Physicians should claim credit commensurate with the extent of their participation in the activity.

CME OFFICE: Sandra Somers, RN, CME Coordinator / 231-935-6546 - Tammie Budrow, Department Assistant / 231-935-2953

Sponsored by: Munson Medical Center, 1105 Sixth Street, Traverse City, MI 49684

2010 Tumor Board Conference

EVERY FRIDAY

TIME: 7:30 AM – 8:30 AM

MUNSON LOCATION: REMEC Classroom

COURSE DIRECTOR: Michael Aja, M.D.

PROGRAM OBJECTIVE: To provide participants with the most recently validated treatment and management regimens practiced by the oncologic physician diagnostic and treatment group.

FACULTY DISCLOSURE: Disclosures will be made prior to the start of all CME Accredited Activities.

TARGET AUDIENCE IS RESTRICTED: This program is restricted to all medical staff involved in the care of cases being discussed.

CASE SUBMISSIONS: Cases should be submitted one week prior to presentation date(s). Please contact Mary Drog, Tumor Registry at (231) 935-6376.

TEACHING METHOD: Case presentation followed by small group discussion.

Munson Locations:

MMC, REMEC Classroom – Basement Pavilion Area

For participation at all other REMEC sites:

Contact the site coordinator at your facility to confirm program availability in your area. _____

ACCREDITATION – DESIGNATION STATEMENT

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Sponsored by: Munson Medical Center, 1105 Sixth Street, Traverse City, MI 49684

2010 Vascular Conference

January 20, 2010

February 17, 2010

March 17, 2010

April 21, 2010

May 19, 2010

June – No Conference

July – No Conference

August - No Conference

September 15, 2010

October 20, 2010

November 17, 2010

December 15, 2010

3rd WEDNESDAY OF THE MONTH

TIME: 7:00 AM – 8:00 AM

MUNSON LOCATION: REMEC D6 Conference Room

COURSE DIRECTOR: Michelle Lung, M.D.

PROGRAM OBJECTIVE: To link national standards of care and current clinical outcomes through education and discussion of options for Vascular Surgery, Endovascular Care and/or non-invasive management of Vascular Cases.

FACULTY DISCLOSURE: Disclosures will be made prior to the start of all CME Accredited Activities.

TARGET AUDIENCE IS RESTRICTED: Interventional Radiologists, General & Vascular Surgeons, Cardiothoracic Surgeons, Invited PA's and Guests.

CASE SUBMISSIONS: Cases should be submitted at least one-week prior to presentation date(s). Please contact Michelle Lung, M.D. in Radiology.

TEACHING METHOD: Case presentation followed by small group discussion.

Munson Locations:

MMC, REMEC D6 Conference Room

For participation at all other REMEC sites:

Contact the site coordinator at your facility to confirm program availability in your area. _____

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Sponsored by: Munson Medical Center, 1105 Sixth Street, Traverse City, MI 49684



Munson Healthcare
Community Health Library



Living with Pain: Ask the Doctor

Howard J. Beck, MD

**Tuesday
March 9, 2010**

Noon – 1:30 pm

*Presented live via the REMEC
TeleHealth Network from
Munson Community Health
Center (MCHC) Classrooms A & B
550 Munson Avenue
Ground Floor
Traverse City, MI 49684*



The Burden of Pain

The American Pain Foundation reports that more than 25% of Americans suffer from persistent pain. Chronic pain affects not only body and soul, but healthcare costs, lost income and lost productivity.

Many conditions cause chronic pain, including low back pain, shingles, fibromyalgia, arthritis and cancer. Many therapies are available to alleviate and palliate pain.

Howard J. Beck, MD

Howard J. Beck, MD, a physician with Munson Spine and Nerve Pain Treatment Center will hold an informal Question & Answer session for people interested in finding out more about pain, conditions related to pain, pain treatments, and ways of coping with chronic pain.

**Open to the public
Free of charge.**

***Registration is required for participants
attending at MCHC***

To register for participation at Munson Community Health Center:
Call Munson Community Health Library at 231-935-9265

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____



Munson Healthcare
Community Health Library



Osteoarthritis Update

Dr. Sarah Bancroft-Treadway

**Tuesday
March 16, 2010**

6:00 – 7:30 pm

*Presented live via the REMEC
TeleHealth Network from
Munson Community Health
Center (MCHC) Classrooms A & B
550 Munson Avenue
Ground Floor
Traverse City, MI 49684*



A Baby Boomer Disease

Osteoarthritis, the most common form of arthritis, is called a “Baby Boomer Disease.” It afflicts more than 20 million people nationally. It strikes not only older people, but also hits people in their 30’s and 40’s who have had damage from accidents or sports-related injuries. Although not all individuals experience symptoms, pain from Osteoarthritis can be debilitating and interfere with activities of daily living. Joint replacement may be needed in several cases, but several medical therapies exist to manage pain and may delay the need for surgery.

Sarah Bancroft-Treadway, MD

Dr. Bancroft-Treadway attended medical school at Wayne State University. She did her residency and Sports Medicine fellowship at Oakwood Healthcare Annapolis. She practices at Creekside Clinic in Traverse City.

**Open to the public
Free of charge.**

***Registration is required for participants
attending at MCHC***

To register for participation at Munson Community Health Center:
Call Munson Community Health Library at 231-935-9265

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____



Munson Healthcare
Community Health Library



Eating Healthy on a Budget

Laura McCain, Dietitian

Thursday
March 18, 2010

Noon – 1:30 pm

*Presented live via the REMEC
TeleHealth Network from
Munson Community Health
Center (MCHC) Classrooms A & B
550 Munson Avenue
Ground Floor
Traverse City, MI 49684*

March is National Nutrition Month

In celebration of National Nutrition Month, bring your sack lunch and join us to learn about how to eat healthy on a budget. Many of us want to eat healthy but often don't know how we can do it on a limited budget. We tend to feed our families lots of filling, less expensive foods that may not be the healthiest choices.

Laura McCain, Registered Dietitian

Laura McCain, Munson dietitian, will present a community program discussing tips on making healthy food choices for your family that are also inexpensive. Learn ways to provide healthy meals and stay within your food budget.

Open to the public
Free of charge.

***Registration is required for participants
attending at MCHC***



To register for participation at Munson Community Health Center:
Call Munson Community Health Library at 231-935-9265

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____

Michigan Center for Rural Health and
the MSU School of Social Work Present:
MSU SOCIAL WORK GRAND ROUNDS
via The REMEC TeleHealth Network

Topic: *Reflective Supervision*

Speaker: Cheryl Williams-Hecksel, LMSW, ACSW;
JoAnn McFall, LMSW, ACSW, RN
Julie Navarre, LMSW

Date: Thursday, March 4, 2010

Time: 12:00 Noon - 1:00 PM



Objectives: Upon completion of this presentation, the audience should be able to:

1. Define reflective supervision.
2. Identify the benefits of reflective supervision as a tool for supporting professional development
3. Understand the influence of professional development stages on supervisory processors.

Accreditation Statement: Michigan State University School of Social Work (Provider No. 1136) is approved by the Association of Social Work boards (ASWB) approved continuing Education (ACE) program: www.aswb.org. 1-800-335-6880. MSU maintains responsibility for this conference. ASWB ACE-approved programs are recognized in Michigan. In addition, Wisconsin, Illinois, and Indiana recognize ACE-approved providers. Social workers should verify recognition of ACE approval with their state boards.

Contact MCRH @ 517-355-8250 or visit

www.mcrh.msu.edu

For Program Information and Learner Objectives

Sign-in sheets, program evaluations, & any available handouts will be posted 2-3 days prior to the program at the above website. It is the responsibility of the participant to access and print this information.

Munson Locations:

MMC REMEC D6 Conference Room

Contact REMEC at 231-935-7944

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program availability in your area. _____



PRE-HOSPITAL TRAUMA CONFERENCE

Continuing pre-hospital education is vital to improving patient outcome and provides an excellent opportunity to review and refine patient pre-hospital care initiatives. The Trauma Burn Pre-Hospital Trauma Conference is designed to meet the educational objectives of pre-hospital and hospital personnel. This quarterly free conference is targeted statewide to all pre-hospital and hospital healthcare providers including RN's, EMT's, Paramedics, Firefighters, and First-Responders. Topics are presented by experts in the fields of trauma and burns, injury prevention, workplace safety, and emergency medicine.

Date: Tuesday, March 2, 2010
Time: 8:45 am – 12:00 Noon
Topic: Shock Management

Schedule for March 2, 2010 Pre-Hospital Trauma Conference: Shock Management

- 8:45 – 9:45** **Shock and traumatic arrest in the pre-hospital and ED setting**
Discussion of traumatic arrest and shock management in trauma patients
Christopher Wagner, Trauma Program Manager
UMHS
- 9:45 – 10:45** **Fluid resuscitation strategies in shock**
Discussion of current guidelines for fluid resuscitation in shock
Melissa Brunsvold, MD, Trauma Surgeon, UMHS
- 10:45 – 11:00** **Break**
- 11:00 – 12:00** **Pediatric Shock – diagnosis and Management**
Review management of shock in pediatric patients
Dr. Stuart Bradin, DO, Pediatric Emergency Dept. Physician, UMHS Pediatric Emergency Dept.

*University of Michigan Health System's Educational Services for Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. 3.0 contact hours will be provided.

Continuing educational credits for EMT's (1 CEU per hour) have been approved by the State of Michigan.

Upcoming Dates & Focus

Tuesday, May 25, 2010 – Airway

Tuesday, August 10, 2010 – Burns

Tuesday, November 9, 2010 – Pediatric Trauma

Participants are responsible for printing their own program materials.
Once available, they will be posted on the REMEC web site at the following address:
<http://www.remectelehealth.com/UofMPreHospitalTrauma.htm>

Munson Medical Center Location:
REMEC D6 Annex
Contact REMEC at 231-935-7944 for directions

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____

March 2010 Friday Medical Conferences

March 5, 2010

TOPIC: *“Physician Order Entry ; The Process”*

SPEAKER: David Friar, MD
Hospitalist/Internal Medicine, Munson Medical Center
Barbara Peterson, RN
Senior Project Redesign Specialist, Munson Medical Center
Peter W. Springsteen, MD
Occupational Medicine, Munson Medical Center

March 12, 2010

TOPIC: *“Evidence for a Coordinated Diabetic Foot Team/Service”*

SPEAKER: Jeffrey M. Robbins, DPM
Podiatry,
Louis Stokes Cleveland VAMC

March 19, 2010

TOPIC: *“Lung Transplantation”*

SPEAKER: Lisa Allenspach, MD
Pulmonary-Critical Care medicine, Lung Transplantation
Henry Ford Health System

March 26, 2010

THERE WILL BE NO CONFERENCE DUE TO SPRING BREAK

TIME: Luncheon (*At Munson Medical Center Only*), 12:00 PM

Educational Presentation: 12:30 – 1:30 PM

HOST LOCATION: Munson Medical Center, Conference Center, Lower Level

COURSE DIRECTORS: Charles J. Gwizdala, M.D. and Daniel M. Navin, M.D.

Munson Locations:

MMC, Conference Center, Lower Level, MCHC, Classrooms A & B

For participation at MCHC, please contact REMEC at 57944

For participation at all other REMEC sites:

Contact the site coordinator at your facility to confirm program availability in your area. _____

ACCREDITATION

AOA: Munson Medical Center is an accredited AOA sponsor. This activity will be submitted to the American Osteopathic Association-Division of Continuing Medical Education. Assignment of credit will be awarded pending approval of the AOA-CME.

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AAFP: Application for CME credit will be filed with the American Academy of Family Physicians for Friday Medical Conference, Primary Care Journal EBM Series and Tuesday Grand Rounds. Determination of credit is pending.

CME OFFICE: Sandra Somers, RN, CME Coordinator / 231-935-6546 - Tammie Budrow, Department Assistant / 231-935-2953

Sponsored by: Munson Medical Center, 1105 Sixth Street, Traverse City, MI 49684

March 2010 Tuesday Grand Rounds

March 2, 2010

TOPIC: *“New Pathway for Image Guided Breast Biopsies”*

SPEAKER: Charles J. Weitz, MD
Radiology
Munson Medical Center

March 9, 2010

TOPIC: *“Fine Needle Aspiration (FNA)”*

SPEAKER: Kyle A. Carr, MD
Pathology
Munson Medical Center

March 16, 2010

TOPIC: *“Signaling Molecules and Advances in the Treatment of Rheumatoid Arthritis”
(Discussion includes patients who are receiving drugs that inhibit biologic signaling; those molecules apply to a variety of disease including inflammatory bowel disease, psoriasis and MS, etc.)*

SPEAKER: James C. C. Leisen, MD
Rheumatology, Henry Ford Hospitals

March 23, 2010

DOCTORS DAY CELEBRATION – NON INTERACTIVE PROGRAM

March 30, 2010

THERE WILL BE NO CONFERENCE DUE TO SPRING BREAK

TIME: Luncheon (At Munson Medical Center Only), 12:00 PM

Educational Presentation: 12:30 – 1:30 PM

HOST LOCATION: Munson Medical Center, Conference Center, Lower Level

COURSE DIRECTOR: Kyle Karr, M.D.

Munson Locations:

MMC, Conference Center, Lower Level

For participation at MCHC, please contact REMEC at 57944

For participation at all other REMEC sites:

Contact the site coordinator at your facility to confirm program availability in your area. _____

ACCREDITATION

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CME OFFICE: Sandra Somers, RN, CME Coordinator / 231-935-6546 - Tammie Budrow, Department Assistant / 231-935-2953

Sponsored by: Munson Medical Center, 1105 Sixth Street, Traverse City, MI 49684

Cardiac Imaging Conference

Sponsored by Munson Medical Center
via the REMEC TeleHealth Network
MARCH 2010

DAY/DATE

Wednesday, March 3, 2010

Wednesday, March 10, 2010

Wednesday, March 17, 2010

Wednesday, March 24, 2010

TOPICS

Current Case Discussions

Current Case Discussions

Current Case Discussions

Current Case Discussions

COURSE DIRECTOR/MODERATOR

Kevin Clayton, DO

TIME

12:00 NOON – 1:30 PM

HOST LOCATION

Munson Medical Center, REMEC Classroom

FACULTY DISCLOSURE

Disclosures will be made prior to the start of these CME Activities

TARGET AUDIENCE IS RESTRICTED:

Cardiothoracic Surgeons, Cardiologist and Medical Staff working with the Cardiac Cath Lab

CASE SUBMISSIONS

Paul Koss, MMC Cardiac Cath Lab at 231-935-6365

TEACHING METHOD

Case presentation followed by small group discussion

ACCREDITATION – DESIGNATION STATEMENTS:

AOA: Munson Medical Center is accredited by the American Osteopathic Association to award continuing medical education to physicians. Munson Medical Center anticipates each of these activities being approved for 1 hour of AOA Category 1A CME credits each pending approval by the AOA CCME.

AMA: Munson Medical Center is accredited by the Michigan State Medical Society Committee on CME Accreditation to provide continuing medical education for physicians. Munson Medical Center designates these educational activities for a maximum of 1 “AMA PRA Category 1 Credit TM” each. Physicians should claim credit commensurate with the extent of their participation in the activity.

Munson Location:

MMC, REMEC Classroom, Basement Level

Outside participation in this program is restricted to Alpena Regional Medical Center and Mercy Hospital Cadillac. If you wish to participate at one of those facilities, please contact your site coordinator: _____



**NORTHERN MICHIGAN PRIMARY CARE
EVIDENCE-BASED MEDICINE REVIEW**
Live via the REMEC TeleHealth Network from
MUNSON FAMILY PRACTICE CLINIC CLASSROOM

TOPIC **Review and Critique of Studies on Gynecological Care**
SPEAKER **Roger Gerstle, M.D., Family Practice Medicine**
DATE **Wednesday, March 24, 2010**
TIME **7:00AM – 8:00AM**

LEARNER OBJECTIVES

- 1. Review up-to-date practice guidelines on a variety of topics that are pertinent to primary care.**
- 2. To improve physician skill at applying the principles of evidence-based medicine.**
- 3. To improve physician knowledge and improve patient outcomes.**

TARGET AUDIENCE

Primary Care Providers

COMMERCIAL DISCLOSURE

FACULTY DISCLOSURE

Current ACCME guidelines state that participation in CME Activities should be made aware of any affiliations or financial interest that may affect the speaker's presentation. Disclosures will be announced prior to this presentation.

CME ACCREDITATION

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AAFP: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending

COURSE DIRECTOR

Joseph Cook, D.O.
231-935-8013

CME OFFICE

Sandra Somers, RN, CME Coordinator
231-935-6546

Munson Locations:

Munson Family Practice Center and MMC REMEC South 6 Conference Room

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program availability in your area. _____

The Michigan Center for Rural Health and
the MSU College of Nursing Present:
**Coaching Not Backbiting: Creating Healthy
Work Environments for Nurses**
via the REMEC TeleHealth Network

Topic: Coaching Not Backbiting: Creating Healthy Work
Environments for Nurses

Speaker: Kathleen Kessler, RN, BSN

Date: Thursday, March 25, 2010

Time: 12:00 Noon - 1:00 PM

(Please feel free to bring your own lunch)



Objectives:

1. Discuss the increased role of the nurse as preceptor coach and mentor.
2. Explore how the culture of nursing healthcare organizations and individual style impacts creation of healthy work environments
3. Describe a model for coaching and communication strategies that support a healthy work environment for nurses.

Accreditation: Participants who attend the entire session and complete an evaluation form will receive a certificate for 1.0 contact hours. Michigan State University College of Nursing (OH-294, 081409) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

CONTACT MCRH @ 517-355-8250 or visit

www.mcrh.msu.edu

For Program Information

Sign-in sheets, program evaluations & any available handouts will be posted 2-3 days prior to the program at the above website.

Munson Medical Center Location:

MMC, REMEC D6 and MCHC Classrooms A & B

Contact REMEC at 231-935-7944

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program availability in your area. _____



Munson Healthcare
Community Health Library

Lumbar Spinal Stenosis: New Treatments



Dr. Zimmerman & Dr. Beck

Wednesday
April 28, 2010

6:00 – 7:30 pm

*Presented live via the REMEC
TeleHealth Network from*
Munson Medical Center
1105 Sixth Street
Traverse City, MI 49684
Conference Center 1- Basement Level

Open to the public
Free of charge.

***Registration is required for
participants attending at Munson
Medical Center***

What is spinal stenosis? As we age, our spines change. These normal wear-and-tear effects of aging can cause the space around the spinal cord to become narrow. This condition is called spinal stenosis. When stenosis occurs in the lower back it is called lumbar spinal stenosis (LSS). This puts pressure on the spinal cord and the spinal nerve roots, and may cause pain, numbness, or weakness in the legs.

Persons who have this condition may have tried treatments that don't give lasting pain relief. This program will discuss the latest non-surgical and surgical treatment options for LSS.

Dr. Eric Zimmerman & Dr. Howard Beck

Dr. Howard Beck, from the Munson Spine and Nerve Pain Treatment Center, will discuss non-surgical management for LSS. Dr. Eric Zimmerman, Neurosurgeon, will discuss surgical treatment options including a new minimally invasive alternative which is an interspinous process decompression device: the X-Stop spacer.



To register for participation at Munson Medical Center:
Call Munson Community Health Library at 231-935-9265

For participation at all other sites:
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