

WEST BRANCH REGIONAL MEDICAL CENTER

Health Report

SPRING 2009

- Addressing the season's health issues
- WBRMC's leadership in diagnostic imaging
- Medical Center goes "smoke free"





CEO BRIEFS

WBRMC PLAYED HOST TO A WELL attended symposium on “The Role of 64 Slice CT for the Evaluation of Coronary Arterial Disease” by Dr. Ramakrishnaya Gadam of Advanced Diagnostic Imaging, PC. Dr. Gadam is a world-renown expert on CT imaging and we are thrilled he could share his expertise with so many of the region’s physicians and healthcare professionals. We are proud Dr. Gadam is part of our diagnostic team.

SPEAKING OF CTs, WBRMC

recently added the region’s newest and lowest-dose radiation 64-slice CT scanner to its imaging arsenal. This new scanner allows our highly-skilled technicians to perform a new service: coronary angiography. The medical center now has two CT scanners in place to meet the demands of this important service.

IF YOU SUSPECT SOMEONE IS

having a stroke, immediately take them to the WBRMC emergency department. Time is of the essence and can mean the difference in a person’s outcome. When suspected stroke patients arrive at WBRMC, an on-site robot helps an off-site stroke specialist perform a neurological assessment to determine the appropriate treatment. Working with our emergency department physicians, the stroke specialist determines the appropriate treatment. Thanks to the generosity of the Michigan Stroke Network, the \$250,000 robot was provided to us free of charge.

Good day and welcome to



spring time and the inaugural issue of *Health Report* published for the residents of Northeast Michigan by West Branch Regional Medical Center (WBRMC). As one of the leading medical centers in the region, WBRMC feels a responsibility to keep area citizens informed, fit and healthy. We hope this report will help by providing you with information to help you understand the most serious health risks and to provide you with tips on how best to live a healthy life.

In this first issue, we will be speaking about several subjects of importance.

The feature story is titled “Keeping asthmatic kids in the game.” This is one of our most uniquely beautiful seasons; but it also brings serious health threats. Our hope is to provide you with information that can help you get the most enjoyment from this magical time of year.

There are also stories on hay fever and allergies, what you need to know and how you can best protect yourself; as well as stories about taking your indoor workouts outdoors and senior fitness, all subjects of critical importance in a Northeast Michigan spring.

In each edition, we will feature a different aspect of the medical center, introducing you to our doctors, staff and care offered right here at home. In this edition of *Health Report*, we are highlighting our diagnostic imaging staff and technology. Please take time to familiarize yourself with how our many cutting-edge technologies and professional staff can improve your quality of life.

Health Report will come to you quarterly. We hope you will find the publication easy and interesting to read; and that you will come to consider it an important tool for keeping you and your family informed, safe and healthy.

We also hope that you will take it as an invitation to learn more about West Branch Regional Medical Center; and to feel more *a part of* your community medical center.

If you have a comment about the publication, or any interests or questions you would like to have addressed in future issues, please let us know by emailing the editor of *Health Report*, Sally Ann Whitener, at sawhitener@wbrmc.org.

Thanks for your interest.

Douglas E. Pattullo
Chief Executive Officer
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Keeping asthmatic kids in the game

THE LONG AWAITED SPRING DAYS ARE FINALLY HERE, bringing out daffodils, robins and young athletes eager to compete in their favorite sports—soccer, baseball, softball, golf, tennis and more. The spring sports season is kicking off at school, and if your child suffers from asthma, you may be concerned that the disease may keep your player on the sidelines.

Five percent of Michigan children 15 and younger experience an asthma attack each year. But with careful management, young asthmatic athletes can take on the competition, enjoying the many benefits of teamwork and physical activity.

Choose an appropriate sport: There are a few things to keep in mind before fitting your child into his or her jersey. According to the Mayo Clinic, endurance sports such as soccer, basketball and long distance running are more likely to cause attacks than sports like baseball, golf, sprinting and swimming.

Develop or update the action plan: Before getting on the field, parents should make sure their child's Asthma Action Plan is in place and up to date. An action plan provides a personal management strategy to reduce or prevent flare-ups

and typically identifies triggers, medications and emergency contacts. Schools, coaches and other responsible adults should be provided copies of the plan.

Monitor the environment: Other prevention strategies for athletes include efforts to monitor environmental conditions, including air quality and pollen counts, and adjusting activity levels if conditions warrant. Restrict active play if your asthmatic child has a cold or other upper respiratory infection until he or she has been well for a few days.

Coach the coach: While younger children are more likely to slow down when experiencing signs of discomfort, teens under pressure to perform may have a harder time calling a time out. Get your coach onboard with a 30-minute online training program for coaches produced by the Minnesota and Utah departments of health. The free program is found at www.winningwithasthma.org.

With a good offense, your athlete can look forward to being a part of the team and all the benefits of participation. ♦

RESOURCES

ASTHMA INITIATIVE OF MICHIGAN
www.getastmahelp.org

AMERICAN ACADEMY OF ALLERGY,
ASTHMA AND IMMUNOLOGY
www.aaaai.org

ASTHMA & ALLERGY FOUNDATION
OF AMERICA, MICHIGAN CHAPTER
www.aafamich.org

AMERICAN COLLEGE OF ALLERGY,
ASTHMA & IMMUNOLOGY
www.acaaai.org



Global warming linked to increase in hay fever



POLAR BEARS STRESSED AMIDST THE LOSS OF SEA ICE aren't the only ones with rights to complain about climate change. Many hay fever sufferers are experiencing symptoms earlier in the season than ever before.

Hay fever or allergic rhinitis affects about 10

percent of the American population. Pollen from trees and plants is a major trigger, beginning in spring, but rising global temperatures means earlier peaks in the pollen season and intensified levels of airborne pollens.

Higher carbon dioxide levels (CO₂) created by burning fossil fuel and loss of forest land is considered the major cause of global warming and may be responsible for doubling the amount of ragweed pollen during the past four decades, according to researchers with the U.S. Department of Agriculture (USDA). Scientists found pollen production rose almost 400 percent with a 200 percent increase in the amount of CO₂. The worst may be yet to come. The USDA study also suggests pollen levels could again double by the end of this century.

"In this area of Michigan trees begin to pollinate in late March through May," said allergist/immunologist Dr. Duane Harrison, affiliated with West Branch

Regional Medical Center. "We see birch, poplar, oak and maple and pine pollen, although pine pollen is heavy and won't fly far."

In late May grass pollen, which can fly several miles, becomes a problem for allergy sufferers, according to Harrison.

"We also see allergies to mold. They are present most of the year near West Branch, except when snow is on the ground," he said.

Dr. Harrison suggests allergy sufferers avoid triggers by staying indoors on days when pollen counts are high. Over-the-counter (OTC) allergy medications, drops and sprays can be helpful, depending on the allergic severity and other existing health conditions. Check with your doctor to make sure OTC medications are right for you.

You can keep tabs on local pollen levels at www.pollen.com. ♦

Spring cleaning for allergy sufferers

IF YOU OR YOUR FAMILY MEMBERS SUFFER FROM allergies, one of the best things you can do is to reduce or eliminate allergens from your home, according to the American Academy of Allergy, Asthma and Immunology. Now is the perfect time to get a jump on spring cleaning and rid your house of the common allergens, dust, animal dander, mold and mildew, which have been silently gathering all winter. ♦



CLEANING TIPS

Tools:

- Use electrostatically charged cleaning cloths or damp dust
- Make sure your vacuum has a HEPA filter
- Use hypoallergenic household cleaners or a mixture of equal parts of vinegar and water; baking soda works as an abrasive cleaner

What to Tackle:

- Vacuum, steam clean or use dry cleaners on all upholstery, carpet and drapes
- Damp dust, disinfect or clean window sills, light fixtures, fan blades, blinds, bedding, garbage cans, shower curtains, bathroom vents and under the refrigerator

Remember:

- Cleaning the yard can help prevent airborne mold and spores from entering your home
- Tune-up the air conditioner and change filters
- Bathing the family pet weekly may help reduce allergic reactions to pet dander



Diagnostic imaging

Advanced imaging tools improve patient care

CHARLES*, A 54-YEAR-OLD MAN FROM OGEMAW COUNTY, ARRIVED at West Branch Regional Medical Center (WBRMC) for a test to determine if he suffered from blockage in his arteries. Cardiovascular physicians, enabled by the new state-of-the-art medical center's catheterization laboratory, were able to determine that he did not suffer from a cardiac blockage but did have a severe blockage in the main artery of his right leg. This blockage, known as arteriosclerosis, could well have resulted in a complete blockage and the loss of a limb.

Instead, physicians were able to repair the blockage, through an outpatient procedure known as peripheral vascular stenting. Charles was treated in a timely, cost-effective manner reducing further health risk and returning him back to his favorite activities.

West Branch Regional Medical Center's \$7.3 million investment in its peripheral vascular and cardiac catheterization lab and other advanced technologies added over the past two years has improved care and treatment for thousands of patients like Charles. The collection of imaging equipment represents the gold standard in medical diagnostic tools. This array of innovative noninvasive technologies is impacting every medical specialty and providing patients more successful outcomes.

"The recent advancements in existing technologies and the addition of new technologies has enabled us to make more accurate diagnoses in a wider range of studies," said Matthew Waack, Medical Director at WBRMC for Advanced Diagnostic Imaging (ADI), PC.

In addition to the new catheterization lab, the medical center has added 40-slice and 64-slice CT scanners. These new scanners provide highly detailed 3-D images of the body in a matter of seconds, improving the quality of the results while significantly reducing patient scan times. The addition of these scanners has brought two new services to the area: coronary angiography and bone and body part reconstruction.

Other advanced technologies added include a fixed Magnetic Resonance Imaging (MRI) unit, a state-of-the-art nuclear medicine camera, Positron Emission Tomography (PET) scanning, and a Picture Archive Communication System (PACS). (Please see page 5 for descriptions of each.)

PACS is not an imaging unit but rather the state-of-the-art vehicle used by physicians to interpret and diagnose exam results. It allows for digital communication, archiving, processing and electronically viewing of the body.

LEADERS IN ADVANCED TECHNOLOGY

WBRMC introduces cutting edge diagnostic equipment

WEST BRANCH REGIONAL MEDICAL CENTER IS COMMITTED TO providing patients the many benefits of advanced technology. During the past two years, the medical center has invested more than \$7.3 million in state-of-the-art diagnostic imaging tools and systems improving diagnostic capabilities and lowering patient risk.

- **Fixed Magnetic Resonance Imaging (MRI) unit:** A diagnostic tool that produces computerized images of internal body tissues.
- **Nuclear Medicine Camera:** A specialized camera that is capable of detecting radiation and of taking pictures from different angles.
- **40-slice and 64-slice Computed Tomography (CT) scanner:** Produces highly detailed, high quality images of the anatomy without the need for invasive procedures.
- **Mobile Positron Emission Tomography (PET) scanning:** Measures important body functions, such as blood flow, oxygen use and glucose metabolism to evaluate how well organs and tissues are functioning.
- **Picture Archive Communication System (PACS):** Hardware and software that enables digital communication, archiving, processing and viewing of images and image-related information, aiding informed decision-making and provision of care.
- **Peripheral Vascular and Cardiac Catheterization Lab:** Provides state-of-the-art diagnostic and interventional care for the heart and circulatory system.

Dr. Waack uses the PACS to collaborate long-distance with colleagues. ADI, headquartered in the tri-cities, has 30 physicians who are able through the PACS to view images and reports online from their offices offsite.

"It's allowed for further subspecialties in the interpretation and diagnosing we do and for a greater range that I could have done in the past," he said. "Each of us has our own area of expertise. With PACS, other physicians can access the image

and it makes for more sophisticated diagnosis."

WBRMC's new diagnostic imaging arsenal validates its commitment to leadership in high technology.

"The new equipment and the partnership with the larger group of radiologists allow the medical center to be more of a true regional medical center," Dr. Waack said. ♦

**NOTE: Name has been changed to protect patient privacy.*

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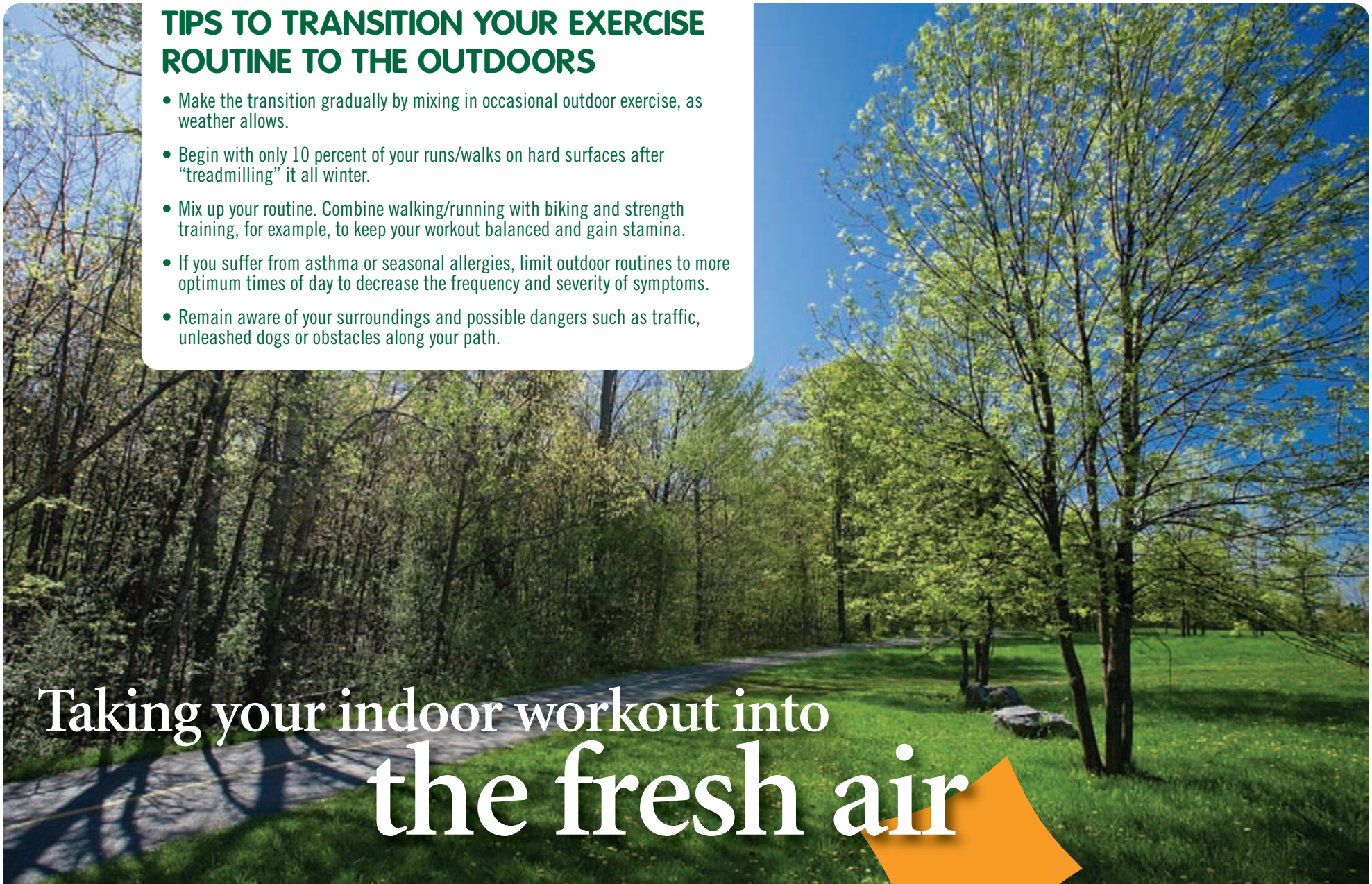


**The Knowledge
to Heal**



TIPS TO TRANSITION YOUR EXERCISE ROUTINE TO THE OUTDOORS

- Make the transition gradually by mixing in occasional outdoor exercise, as weather allows.
- Begin with only 10 percent of your runs/walks on hard surfaces after “treadmilling” it all winter.
- Mix up your routine. Combine walking/running with biking and strength training, for example, to keep your workout balanced and gain stamina.
- If you suffer from asthma or seasonal allergies, limit outdoor routines to more optimum times of day to decrease the frequency and severity of symptoms.
- Remain aware of your surroundings and possible dangers such as traffic, unleashed dogs or obstacles along your path.



Taking your indoor workout into the fresh air

AS THE DAYS GROW LONGER AND MILDER, YOU TAKE A break from indoor exercise routines and move your fitness regime into the great outdoors. A few precautions can make your transition safe, productive and rewarding.

If you’ve spent the winter working out on a treadmill, the machine’s shock absorbent surface has decreased the pounding on your legs and back. You’ll find roads and nature trails less forgiving.

“The secret to a smooth transition is to gradually increase our body’s exposure to the new activity by mixing in occasional outdoor runs, as weather allows,” said Dr. Patrick Morse, orthopaedic surgeon with West Branch Orthopaedics. “As a general rule, you should begin with only 10 percent of your runs/walks on hard surfaces after “treadmilling” it all winter, and transition gradually to all outdoor running.”

Dr. Morse also recommends increasing your mileage no more than 10 percent each month, keeping in mind that one mile on the treadmill is not equal to one mile on a trail or road. Treadmills require moving only the legs over a moving belt to maintain stride. Outdoor conditions require our legs and core muscles to propel our entire bodies forward, demanding greater energy.

More is better when it comes to the number of activities. Dr. Morse encourages expanding your workout routine. Concentrating on only one activity may have a negative impact.

“This can lead to a significant imbalance in your strength development and subsequently lead to injuries,” he said. “Alternating between two or three different types of workouts throughout the week can improve your chances of remaining injury-free and continuing the activities you enjoy.”

Combining walking/running with biking and strength

training, for example, can keep your workout balanced and provide significant gains in stamina.

If you suffer from asthma or seasonal allergies, Dr. Morse suggests limiting outdoor routines to more optimum times of day to decrease the frequency and severity of symptoms. Those with exercise-induced asthma should carry a rescue inhaler when participating in strenuous activities. Extreme cold and high humidity levels tend to aggravate asthma symptoms. Over-the-counter medications for allergies can be helpful in providing relief, allowing you to exercise in comfort.

“Inhalers are generally quite successful at alleviating the symptoms that can make it difficult to continue sports participation,” Dr. Morse said. “Quite a few of these preparations contain decongestants as well as anti-allergy medication. Decongestants can cause interactions with certain medications and even increase your blood pressure.”

The easily available medications can be helpful, but check with your healthcare provider before using them.

Fresh-air workouts require a few other preparations. You’ll want to protect your skin with sunscreen and possibly a hat, and make sure to stay hydrated. Always remain aware of your surroundings and possible dangers such as traffic, unleashed dogs or obstacles along your path.

If you find you’re not ready to pursue a regular workout regime, making even a few adaptations to your daily life can generate benefits. Park farther from your workplace and stores to increase walking opportunities. Take the stairs instead of elevators or move at a brisk pace when pushing the fertilizer spreader, lawn mower, vacuum or walk the trash to the curb.

Make the move. Every increase in activity level can provide long-term benefits and help you improve your quality of life. ◆

GO FLY A KITE

Building an active family life

WHO CAN RESIST THE BEAUTY OF A COLORFUL KITE soaring through sweet spring breezes and clear blue skies? It’s the season’s answer to getting your child off the couch and an easy lesson in embracing an active lifestyle.

A recent study released by The Outdoor Foundation shows youth participation in outdoor activities dropping. Girls had the biggest decline, falling from 77 percent to 61 percent while boys fell from 79 percent to 72 percent. The sharpest decline was in youth ages 6 to 12. For young people, fun is the most common motivator for participating in outdoor activities, followed by discovery, exploration, new experiences and exercise.

Building a fun and active lifestyle for your children and family takes only a little effort and imagination. It can be as simple as running across green fields to launch kites or taking the dog on a walk. The U.S. Department of Community Health recommends using the framework of activity to provide community service by signing the family up for a litter patrol or raking an elderly neighbor’s yard. Try planning your vacation this year around family hikes or bicycling. By keeping a box filled with balls, jump ropes and Frisbees in the family car, you can stir up a little action for a break from the road.

On the next fine day, take your children to the park to fly a kite and you’ll have taken the first step toward building a stronger, more fit family. ◆

Senior fitness

What's age got to do with it?

TODAY'S SENIORS ARE TAKING ON THE WORLD, tackling new challenges and pursuing engaged lifestyles. Exercise is an important aspect of maintaining physical and mental vitality as we age, allowing us to continue to enjoy the activities we love and remain independent. The loss of strength and stamina in older adults is often associated with inactivity, according to the American Heart Association (AHA). With regular moderate exercise, older adults can maintain muscle strength, reducing risk of falling and improving the ability to perform daily tasks.



Exercise doesn't need to be strenuous to maintain a healthy vigor. The AHA suggests moderately intense activities, such as walking and swimming, paired with shorter sessions of vigorous exercise such as fast-walk or stair climbing. Moderate activities most preferred by seniors include walking, gardening, yard work, golf, shuffleboard, badminton and table tennis.

Check with your doctor if you are over 50 before starting an exercise regime. Other reasons to check with your doctor before you exercise, according to the U.S. National Institute on Aging, include:

- Any new symptom you haven't discussed with your doctor
- Dizziness or shortness of breath
- Chest pain or pressure, or the feeling that your heart is skipping, racing, or fluttering
- Blood clots
- An infection or fever with muscle aches
- Unplanned weight loss
- Foot or ankle sores that won't heal
- Joint swelling
- A bleeding or detached retina, eye surgery, or laser treatment
- A hernia
- Recent hip surgery

Your "script" for stress relief

TAKE ONE SCENIC RIVER MEANDERING THROUGH LUSH woodlands, add a canoe or kayak and a few friends and you have the prescription for not only a relaxing adventure, but also the opportunity to build physical strength and lose excess weight.

Winding through AuSable State Forest, the Rifle River is an ideal waterway to paddle yourself to fitness. One of the most scenic rivers in Northeastern Michigan, it is suitable for beginners and families.

If you're new to the sport, it won't be for long. Paddling skills can be learned in a day and enjoyed for a lifetime. You can learn from an experienced friend or a certified professional. Once on the water, you'll have so much fun you won't notice the workout you're giving your body. You'll use all the muscles of your upper body, making 500 strokes to paddle a kayak one mile. Moving at five miles per hour, you'll burn 400 calories in one hour.

Several area liveries provide rentals and access to the river. Paddling is a great way to explore Michigan's natural beauty. Give it a try. ♦



Smoke-free Medical center backs easy-breathing atmosphere

WEST BRANCH REGIONAL MEDICAL CENTER (WBRMC) IS JOINING THE MAJORITY OF Michigan hospitals and banning smoking on all WBRMC-owned properties.

Chief Executive Officer Douglas E. Pattullo said WBRMC is an institution dedicated to improving health and as such does not want to condone or support smoking, which is the leading cause of heart disease, lung disease and cancer. He also noted the negative effects of second-hand smoke.

"Our new smoke-free policy ensures that all who come to our campus to work, volunteer, visit or receive medical care can do so in a smoke-free environment," he said.

Support for smokers at the medical center, in the form of information about nicotine replacement therapy and smoking cessation programs, will be available to employees, volunteers, visitors and patients.

"We hope that those who smoke will take this opportunity to learn more about the benefits of 'kicking the habit,'" Pattullo said.

But for those not interested in quitting, smoking on any WBRMC campus—including the Medical Arts Center in West Branch and Lakeside Medical Arts Center in Prudenville—will not be allowed.

Pattullo said the Michigan Health & Hospital Association (MHA) initiated a campaign to get its 144 member community hospitals to voluntarily become smoke-free. To date, MHA is reporting 90 percent of Michigan hospitals have achieved that goal.

The medical center is part of a growing number of places that are instituting a smoke-free policy.

- More than 90 percent of Michigan hospitals are smoke-free
- The U.S. has 17 smoke-free states, with six states having pending legislation to become smoke free
- More than 50 percent of the country lives under some form of smoke-free ordinance
- Internationally, there are 12 smoke-free countries.



KICK THE HABIT

ONE OF THE BEST WAYS TO INVEST IN LONG-TERM health is to quit smoking. According to the American Lung Association, the following tips will help smokers garner the support they need to kick the habit:

- Join a stop-smoking program.
- Look into the different kinds of self-help options, such as free materials, websites, videos and audiotapes that can provide ongoing support and encouragement.
- Pick a good time to quit. Don't try to quit when you're under a lot of stress or around a holiday.
- Be aware that smokers have different experiences when they quit. They may feel sleepy or excited, lightheaded, nervous or irritable. Or they might crave tobacco or sweets or have headaches.
- Be sure to get some exercise every day. For example, walking is a great way to reduce the stress of quitting. Exercise is a big boost toward feeling better, improving spirits and keeping trim.
- Get plenty of sleep, eat a balanced diet and drink lots of water.
- Ask family, friends and co-workers to help. Having someone to take a walk with or just listen can give a needed boost.



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WBRMC HEALTH REPORT

MEET OUR DIAGNOSTIC IMAGING TEAM:

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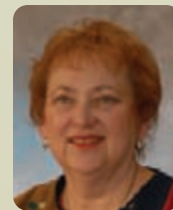
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Victoria Wolpert
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Physicians not pictured:

Mariana Ananich, MD
Ram Gadam, MD
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Gopi Nallani, MD
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Staff not pictured:

Carrie Boddy, Radiology Aide
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Joseph Green, Radiology Technologist
Nichole Hintz, Radiology Technologist
Kevin Modin, Radiology Technologist
Josephine Noble, Radiology Technologist
Darla Ponke, Radiology Aide
Edward Selinski, Radiology Technologist
Ricky Storms, Radiology Technologist
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Jody Yorton, MRI Technologist
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