

No Bones About It

*A Quarterly Patient Newsletter from Advanced Center for Orthopedics
(formerly Orthopaedic Surgery Associate of Marquette, PC)*

We Are Now ... Advanced Center for Orthopedics

We have officially changed our name to "Advanced Center for Orthopedics". This name change follows our expansion efforts that began in 2008 when we moved into our new suite within the Upper Peninsula Medical Center. Along with our state-of-the-art facility, we have added three new subspecialty trained surgeons to our practice, specializing in hand and wrist; shoulder and upper extremity; foot and ankle; as well as plastic and reconstructive surgery. These new surgeons are a great compliment to our existing specialists in spine; hip and knee; sports medicine and trauma.

While our name has changed, current and prospective patients can be assured Advanced Center for Orthopedics will continue to deliver the same great care it has since 1966. We specialize in developing individualized orthopedic non-surgical and surgical treatment plans tailored to your specific orthopedic needs.

Body Composition Scanning Now Offered

Most people are used to stepping on a scale to determine if they are "over" or "under" weight, but monitoring weight alone, while helpful, is at best a crude and imprecise way to assess their health. We now offer body composition measurement that provides for more complete and precise information.

Body composition scanning uses small amounts of x-ray to produce a total body image. The x-ray is composed of two energy levels that are absorbed differently by bone, lean and fat tissues. These differences are used to determine bone mineral density and body composition values. A computer software application assists in determining the amount of bone, lean and fat tissues across the whole body in specific regions (arms, legs, trunk, total). Results are displayed for percent body fat, fat mass, and lean muscle mass. Over time, these results can be monitored to better understand how changes in diet, lifestyle, exercise or other interventions are influencing your body composition.

Single or multiple scan packages are available. Call 906-225-1321 for more information or to schedule your body composition scan.

PROVIDER STAFF

Kenneth A. Davenport, M.D.

General Orthopedics

Matthew N. Songer, M.D.

Spine

Wallace G. Pearson II, M.D.

General Orthopedics

Robert H. Blotter, M.D.

Trauma & General Orthopedics

Matthew B. Colligan, D.O.

Total Joints

Nathan S. Taylor, M.D.

Hand Surgery

Jason D. Doppelt, M.D.

Shoulder & Elbow

Zachary C. Leonard, M.D.

Foot & Ankle

J. Bryan Dixon, M.D.

Family Practice/Sports Medicine

MGHS-Employed

Robert Rutkowski, PA-C

Physician Assistant

Brian R. Weatherdon, PA-C

Physician Assistant

Victoria N. Asmus, PA-C

Physician Assistant

Sandra Pritchett, FNP-C

Nurse Practitioner

Carrie E. Iskra, PA-C

Physician Assistant

Diane J. Reetz, PT

Physical Therapist/Manager

Cathy A. Ruprecht, PT

Physical Therapist

Joe Lewis, PTA

Physical Therapy Assistant

For Appointments Call:

906-225-1321

800-462-6367

*Conveniently located in Suite 190
of the Upper Peninsula Medical
Center 1414 W. Fair Avenue
Marquette MI 49855*

What Does Your Posture Say About You

Like a new name gives new identity, your posture is your billboard. Have you ever looked at a loved one and without asking could tell they have had a bad day? Rounded shoulders, slouched posture, and forward head are all signs of a body out of balance.

Good posture matters because bone and muscle are in balance, movements require less energy, and breathing is enhanced. To improve posture, think of your body as three boxes interconnected by your spine/pelvis, ribcage and head. Each box, for most of us, is capable of tipping forward, backward, and side to side. Think of balance for each box as the middle position. If either the pelvic box or the ribcage are placed in a balanced or middle position, the others will align themselves in better posture.

Try sitting in a chair with your feet on the floor or standing with your feet shoulder to hip width apart and knees soft-not locked. Lay the palm of your right hand across your chest as if saying the "Pledge of Allegiance". Place your other palm across your abdominal area. Now slouch slightly. Feel your hands move toward each other and feel your abdomen protrude? Now sit or stand upright and feel your hands move apart, your abdomen pulls up and in. Lean back slightly and feel your hands move further apart and your lower back begin to arch. Return to the upright position. You have now placed your ribcage in a more balanced posture.

When sitting, you should sit on your "sit-bones", not your back pockets. Sitting or standing, you will need to turn your head to see the ends of your collar bones and your elbows will be under your shoulders and less visible. You will feel air space between the front of your shirt and your abdomen. If your ribcage was a vase full of water, there would be no water spilling out the front or back. If your head were the flowers in the vase, they would be standing centered and upright. From the side view, your ears would be aligned over your shoulder, elbow and hip.

Good posture should feel comfortable and balanced. Postural re-checks throughout the day will help to put you back into balance. Your chair may need adjustment to help support your new posture. The weight of the world has now fallen off your shoulders.

Check us out at our new website URL

www.AdvancedCenter4Orthopedics.com
(Totally new website coming soon!)

Business Corner

New Questions To Be Asked & Clinical Summary To Be Offered

The Center for Medicare & Medicaid Services (CMS) has implemented a program related to the implementation of our new electronic health record (EHR). To meet program requirements, we must show evidence that we are using our EHR in a "meaningful" way. Thus, the program has been dubbed the "Meaningful Use" Program.

As part of this program's requirements, we must expand the questions we ask of you when scheduling or checking-in for your appointment. We must also offer you a printed "clinical summary" of our appointment when checking-out.

The questions we must now ask are:

- Patient demographics: Name; Date of Birth; Gender; Primary Language; Race (American Indian or Alaskan Native, Asian, Black or African American, Native Hawaiian or other Pacific Islander, or White); and Ethnicity (Hispanic or Latino; Not Hispanic or Latino)
- Smoking status for ages 13 and up: Current every day smoker; Current some day smoker; Smoker-current status unknown; Never smoker; Former smoker; Unknown if ever smoked.

While this is a CMS (Medicare/Medicaid) program, these new questions must be asked of all of our patients, regardless of insurance type. If you find these questions to be too personal or offensive, you may choose to decline to answer them.

While at our check-out counter, we must now offer you a printed summary of your appointment. Information provided will include your diagnosis and any medication(s) prescribed. You may also choose to decline the summary.

We will begin these new requirements starting April 1, 2012. We appreciate your assistance and understanding in helping us meet them.