



THE PULSE

OF THE MUSKEGON GENERAL OSTEOPATHIC FOUNDATION

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MESSAGE FROM THE CHAIRMAN

The tradition of osteopathic medical education is based in volunteer community physicians, community hospitals, and ambulatory offices more than academic health centers and large referral hospitals.

Osteopathic physicians understand that teaching the next generation is part of our responsibility, and we readily accept the challenge.



DR. DORA

Many participate in the Mercy General Health Partners intern and resident training programs, and we're fortunate that many of the graduates of our program chose to establish their practices in the Muskegon area.

A number of osteopathic physicians also support this Foundation financially, and in doing so, they support medical students and up-and-coming young physicians through scholarships and other programs. You'll hear from both Dr. Barkett and Dr. DeBraber in this issue as they take the opportunity to tell you why they contribute to the Foundation, and why they hope you will, too.

Many local physicians play an important role as volunteer mentors to high school students participating in the successful OsteoCHAMPS program. As a mentor, they provide opportunities for students to shadow

See *Chairman*, page 2.

OBGYN RESIDENCY PROGRAM: EVERYBODY WINS!

Dr. Gus Barkett has been director of the ObGyn residency program at Mercy General Health Partners for five years, and he says it has a lot of winning elements.

It begins with a focus on the new physicians who have finished medical school and enter a four-year residency for their ObGyn speciality.

"The eight residents practice mainly out of the Mercy General Health Partners (MGHP) Special Delivery birthing center and take care of obstetric patients," explains Dr. Barkett. "They participate in labor and delivery and most gynecologic surgeries—either assisting or performing under the guidance of the attending physician. This is a typical training program in that they take care of both low and high risk patients starting from when the patient walks through the door. They do the work up on patients, take care of what's wrong, and follow them until they are healed."

The residents get a complete picture of the patients, and the patients get to work with the same physician from start to finish.

The residents also work at MGHP's Women's Health Center, an outpatient clinic where patients are referred when they have gynecological problems or need pre-natal attention. Most of the patients who come to the Center do not have insurance. A large percentage also have high risk lifestyles, and, as a result, their pregnancies are high risk.

"Not long ago, a lot of these women would have fallen through the cracks," recalls Dr. Barkett. "Pregnant women with no insurance and slim resources had few options to get the care they needed."

The problem was so serious that at one time Muskegon County had the highest number of deaths in Michigan for babies less than 28 days old.

Thanks to the Health Center, that has changed.

"This clinic fills a void," say Dr. Barkett. "Now, every woman in this community has access to good prenatal care."

The benefits of the residency program touch West Michigan in many positive ways. All women in this community, regardless of their ability to pay, can get ObGyn care, and their babies have a much better chance for survival. The residents who work with them, and with patients at the Special Delivery birthing center, get comprehensive training and valuable guidance from the nine participating ObGyn specialists. And as a bonus, many of the residents choose to stay and practice in West Michigan after they graduate.



DR. BARKETT CONVERSES WITH THIRD YEAR RESIDENT, DR. TAMI MICHELE, BEFORE A MORNING MEETING WITH ALL OBGYN RESIDENTS.

As the physician in charge, Dr. Barkett's job is to watch over and direct the students to be sure they are well trained. He also represents the hospital and the residency program at monthly meetings at Michigan State University. Fitting it all in with his private practice keeps him busy, but it's work he believes in and enjoys.

See *ObGyn*, page 2.

Chairman, from page 1.

them as they go about their work, and offer realistic perspectives of what students can expect if they choose a career in medicine.

This issue offers testimonies from three OsteoCHAMPS alums who write about the value and the impact of the program on them as they look to the future.

You'll also read about Dr. Kyle Pline, a first-year family practice resident, who describes the joys of working with Dr. Tim Beechnau, team doctor for Ravenna High School's football players. Dr. Pline has learned first-hand the value of serving in the community and working with established physicians.

Dr. Patrick Walsh adds his thoughts about supporting the community. He has accepted the challenge of meeting with each of you to talk about the important work of the Foundation. Please give him your ear when he calls.

We know that the future of osteopathic medicine depends on our ability to foster, train and recruit high quality physicians to carry on this vital work. The Foundation remains committed to support medical education and to increase understanding of osteopathic medicine in this community, and we are grateful for all it does. Thank you to those of you who lend your time and your resources to support the next generation of doctors.

It has been a good year, and I wish you all the best in 2006.

ObGyn, from page 1.

"We have the opportunity to take these young doctors from a point of knowing very little to knowing a lot, and that's very satisfying," says Dr. Barkett, who is proud of the quality of doctor that the residency program is turning out. "I couldn't do it by myself. Having multiple physicians involved is important. Everyone has a different strength and they all bring something to the program. All the students who graduated in the last five years have told me they have been highly complimented for their skills and knowledge. That's a positive reflection on all of the physicians teaching them."



FROM DAVID WELLS, EXECUTIVE DIRECTOR

SUPPORTING YOUR INTERESTS THROUGH DONOR-ADVISED FUNDS

Do you like the idea of creating a scholarship fund in the name of someone important to you? Would you like to make sure that your support of a certain program or initiative continues long after your passing? Did you know you can do all that through the Muskegon General Osteopathic Foundation?

Leaving a legacy like those described above can be accomplished easily by creating a donor-advised fund. With this type of fund, a single donor, a group of donors or an organization begins by

making a tax-deductible donation to the Foundation for a specific purpose. Then, based upon a written agreement, the donor provides instruction and guidance to the Foundation on how and when the funds are to be used.

The fund is commingled with all of the Foundation's other assets in order to take advantage of the professional investment management, and the funds grow at the same rate as all of the Foundation's other invested assets.

The James Rosema Scholarship Fund is the Foundation's oldest donor-advised fund. It was established in May 2000 by Kathy Rosema, DO, and Mark Fazakerley, vice chair of this Foundation.

"Kathy and I both grew up on Wolf Lake and attended Oakridge High School in Muskegon," remembers Mark. "When I joined the Foundation's board of directors, I began thinking about ways we could pool our resources and channel a gift for the school through the Foundation."

The two former schoolmates decided to create a scholarship for students who have struggled academically but show promise—those who may have scored poorly in the first two years of high school but have demonstrated determination and improvement in their last two years. These are the "late bloomers" for whom there is seldom scholarship support, and Mark and Kathy wanted to change that.

They approached the Foundation with their plan and an initial \$10,000 donation, which funds an annual \$500 scholarship for an Oakridge senior. They also chose to put the fund in the name of James Rosema, Kathy's father. They felt it was a wonderful way to honor a man who was a past president of the Oakridge school board and who believed a good education was essential to success in life.

At any time, Mark and Kathy can add to their initial donation, which will increase the amount of the scholarship funds that can be awarded.

If you are interested in learning more about donor-advised funds with the Muskegon General Osteopathic Foundation, please call me at 231-894-5211. I'll be happy to explain the program and discuss the options it offers you.

PATRICK WALSH ENCOURAGES, “PUT THE FOUNDATION ON YOUR SHORT LIST”

Patrick Walsh, DO, knows that after being in the area for 36 years, his name is pretty recognizable among his colleagues. So when he was asked to accept the challenge of coordinating fundraising for the Foundation, he says, “I happily accepted! It just made sense, since I’m on the board of the Foundation and I passionately believe in the mission of the Foundation. I knew it would be a worthwhile challenge.”

Now retired from a career in emergency medicine, Dr. Walsh’s goal is to help physicians understand the importance of the Foundation and how it supports their work. He believes those who fully grasp what the organization is doing will want to make a commitment to it.

“The Foundation’s mission is to support osteopathic medicine in this area, and it does that very well through support of the osteopathic graduate medical education training programs and by funding programs that work to improve the health of those in Muskegon, Oceana and Ottawa County,” says Dr. Walsh. “This is an unusual opportunity that physicians have—to come together and do something to benefit people in the communities where they work.”

He cites some of his favorite programs that are funded by the Foundation and making a difference in West Michigan.

“Osteochamps is very successful and we can point to it with pride,” says Dr. Walsh. “It involves young, often disadvantaged people who are interested in a career in medicine, and helps inspire and support them as they move toward their goals.”

Muskegon Family Care also pleases him because it helps people who often don’t have medical care readily available to them—those who are uninsured or can’t pay.

And at the top of Dr. Walsh’s list is the community-wide project funded in part by the Foundation, to reduce unnecessary use of antibiotics.

“We’ve seen so much lately on the emergence of antibiotic resistance due to inappropriate use,” says Dr. Walsh. “Thanks to the initiative here, we were able to muster the forces needed to make a change, and Muskegon County was the most successful county in the state for reducing

inappropriate antibiotic use. It demonstrated that both physicians and patients will change behavior as a result of new information.

When Dr. Walsh talks to physicians, he finds that many are still not familiar with how the Foundation came to be or what it does. They talk about the many changes that have taken place in medicine over the years, especially how DOs are no longer concentrated in one hospital like they used to be. That hospital was like their clubhouse—it was the focal point of their professional lives and facilitated daily communication.

“There was a strong sense of family and a network of news about osteopathic programs and people,” says Dr. Walsh, who feels that the Foundation newsletter has taken over that role in many ways. “The Foundation is the avenue we have now to come together as a professional family and do something worthwhile in our communities, beyond our delivering of good medical care.”

As a former director of medical education at Mercy General Health Partners, and as current director of Continuing Medical Education, educating is still in Dr. Walsh’s blood. That’s one of the reasons he welcomes the opportunity to educate his colleagues about the Foundation.

“I’m hopeful that physicians will put the Foundation on their “short list” of organizations and causes they contribute to every year, and I also suggest that they consider naming the Foundation in their will or trust,” he says. “It’s a wonderful way to leave a percentage of your assets to the Foundation after you no longer need them. As an osteopathic physician, it just makes sense.”

If you haven’t already talked with Dr. Walsh, give him an ear when he calls. And if you’ve already talked but weren’t ready to commit, please reconsider. You can catch Dr. Walsh easiest at Walshp@trinity-health.org, or call him this winter at 239-561-3044.

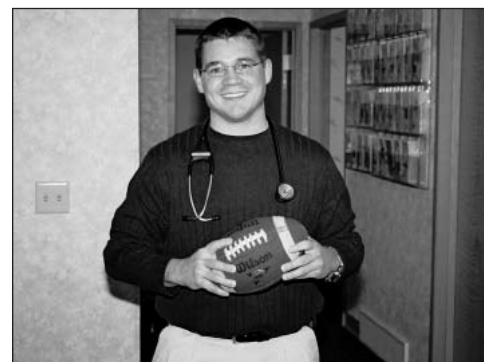
RESIDENT ENJOYS ASSISTING HIGH SCHOOL TEAM DOC

Dr. Kyle Pline is a long-time fan of football.

“I played in high school, and I just love the game!” says the first-year osteopathic resident with enthusiasm.

When he learned that Tim Beechnau, DO, is the team physician for Ravenna High School, he asked if he could tag along, and Dr. Beechnau happily accepted his offer.

That was midway through the 2004 season, and Dr. Pline has attended every football game since then, when he wasn’t on call. He says it’s been great fun and a good experience.



DR. PLINE

“I’ve taped a few ankles and elbows, and taken care of all kinds of bleeding cuts and scrapes and some head injuries,” recalls the Portland, Michigan native, who enjoys being on the sidelines with the players.

When the action is slow during a game, he values his opportunity to talk with Dr. Beechnau about all kinds of subjects, and it’s not surprising that one topic they have covered is the benefit of working with the local high school in the town where a physician has a practice.

“Dr. Beechnau has many of the football players in his regular practice, so he takes care of them both when ill and at play,” says Dr. Pline. “That allows for a more holistic view of the individual. It provides seamless continuity of care, especially when they present during the week for an injury sustained during a game.”

“I admire Dr. Beechnau, and I would like to extend my appreciation to him for allowing me this experience,” says Dr. Pline, who will

OSTEOPATHIC HISTORY BOOK UNDERWAY

We are pleased to announce that the Foundation is funding the research and writing of a history book chronicling the development of osteopathic medicine in Muskegon County, and the men and women who made it happen.

Susan Newhof, who works with the Foundation to produce the Pulse and the annual reports, is writing the book. Research will continue through 2006, with publication expected in 2007.

We encourage you to sort through your files for photos and documents that may be helpful for research, and for items that may be used as illustrations for the book—board minutes, ticket stubs, medicine bottles, medical tools, books, etc. We're particularly interested in getting photos from the 1940s and 50s when the Muskegon Osteopathic Hospital was created and housed in the 31-room granite mansion at the corner of Webster Avenue and Third Street, and photos of doctors with patients.

Susan is also eager to hear first-hand accounts of osteopathic medical training in the 40s, 50s and 60s, as well as stories and anecdotes from those of you who practiced here in those early years—or stories your parents told you.

To reach Susan, call her at 231-894-5383 or e-mail her at newhofcollins@aol.com.

Pline, from page 3.

graduate from the Mercy General Health Partners Family Practice Residency in 2007. "Having this opportunity to question and gain practical experience is unrivaled. This kind of fostering and encouragement is integral to the development of new physicians, and it reminds me of the importance of making myself available to students and trainees when I am established."

OSTEOCHAMPS ALUMNI WEIGH IN ON THE EXPERIENCE

"...GREATEST POSITIVE IMPACT ON MY LIFE..."

In the summer of 2001, this newsletter introduced you to a brand new program called OsteoCHAMPS and to 16 promising high school juniors.

Developed by the Michigan State University College of Osteopathic Medicine, OsteoCHAMPS was designed to identify under-represented minority high school students with an interest in health-related careers and provide them with a variety of tools to help them along in their career path. Creators of the program also hoped that giving the students an introduction to osteopathic medicine would help steer their choices in that direction.

The program has continued successfully each year since that first, with groups of hand-selected students joining as high school juniors and continuing as seniors. They begin activities in July by attending a two-week academic enrichment program at MSU. They move into a dorm and spend their time in classrooms and on field trips studying a variety of related subjects from human anatomy and sports medicine to physiology and computer science. They also participate in practical, hands-on sessions and study actual medical cases.

During the school year, the high school students are paired with medical students and physicians who serve as mentors to inspire and support them, and they receive information about financial aid opportunities. These experiences all work to reduce some of the obstacles the students face as they head toward college, and increase the likelihood that they will be well prepared and successful in whatever career they choose. In addition, it gives the students a rich orientation to osteopathic medicine.

Every year the Foundation gives the program a grant for \$2,000 for each student participating.

"Every single one of these young people are special and deserve accolades for their determination, dedication and commitment," says Margaret Aguwa, DO, MPH, Associate Dean for Community Outreach and Clinical Research at MSU's College of Osteopathic Medicine and coordinator for OsteoCHAMPS since its inception. "West Michigan can be proud of them, and we'll benefit from the overall good that will come from having supported and mentored each of them."

So, where are these students today?

We caught up with a few this fall and here's what they said about their OsteoCHAMPS experience.

David Hotwagner, OsteoCHAMPS class of 2001, a junior at CMU preparing to apply to Michigan State University College of Osteopathic Medicine

OsteoCHAMPS basically MADE my career. I was unaware of osteopathic medicine prior to, but after participating in the program my goal has always been to become an osteopathic physician. The introduction that Dr. Aguwa and the others at MSUCOM gave me was a spark to start my career. I adore Dr. Aguwa's commitment to her students. She still keeps in touch with me.



Presently, I am the Peer Mentor for the Health Professions Residential College Executive Board here at CMU. This is a tutoring position that offers academic help to about 150 students in the health professions. Because of the community and the opportunities that this Residential College offers, I have whole-heartedly committed myself to this position next year also.

I am currently doing impulsivity vs. self control research in a behavioral analysis lab. I also have a position on the board for the Premedicine and Osteopathic Society. I will apply to med school next fall after taking my MCATs in June.

Dustin Miller, OsteoCHAMPS class of 2001, a junior at MSU studying Science

It will be hard for me to put this in a few sentences, because the OsteoCHAMPS program meant so much to me. It opened my eyes, not only into the medical field, but specifically to the osteopathic areas of medicine. It helped me so much in deciding what path I plan to take, as well as what steps to take in order to do so. There were so many helpful people and more information than one pre-college teen could ever ask for.

Because of this, I am now on my way to taking the MCAT (hopefully August 2006) and applying to a few medical schools including Western University of Health Sciences College of Osteopathic Medicine of the Pacific in California, Michigan State University's College of Osteopathic Medicine, and possibly University of North Texas Health Science Center at Fort Worth.

I am in my third year at MSU studying psychology and human biology. Chances are I will only major in psychology, but after fulfilling my pre-med requirements I may choose to stay an extra semester to double major in human biology. I work in a biochemistry and molecular biology lab on campus. Along with school and work, I currently start as an Outside Hitter for MSU's Men's Volleyball team and have been in this too, for three years.

Overall, I can honestly say that my two years in OsteoCHAMPS had one of the greatest positive impacts on my life with regard to both my current education and my future.



Ben Visger, OsteoCHAMPS class of 2002, a senior at MSU, will apply to MSUCOM in 2007

OsteoCHAMPS gives students the truth behind osteopathic medicine, and it does that extremely well — so well, in fact, that it made me realize at the time that becoming a D.O. was not the right future for me. I wasn't thrilled with the idea of blood, guts, and sick people filling each of my workdays.

When I transferred to MSU as a junior, I declared psychology as a major. I love people, but mostly I love figuring out why people think the way they do. When I discovered I could do this as a psychiatrist rather than a clinical psychologist, I was intrigued. Dr. Aguwa, one of my mentors from the OsteoCHAMPS program, introduced me to Dr. Jed Magen, a psychiatrist who works with MSU's College of Osteopathy Medicine (MSU COM.) He educated me on the differences between psychology and psychiatry, and since then, I have been completely sold on becoming a D.O. again — this time, as a psychiatrist.

I owe it all to OsteoCHAMPS and the wonderful people who are part of it. They are some of the most encouraging and inspirational people I've ever met. When I decided, once again, that I wanted to be a D.O., they were there waiting for me with open arms.

I am a senior, but I will go an additional year at MSU to earn the rest of my premed prerequisites. I'll enter MSU COM in the fall of 2007.



HOSPICE BUILDS NEW RESIDENTIAL FACILITY

AND RECEIVES GRANT FOR A VERY SPECIAL BATH TUB

“For almost 25 years, as we have cared for patients in their homes, we’ve noted their nearly universal desire for a ‘good soak in the tub,’” recalls Susan McGarry, development director of Hospice of Muskegon-Oceana. “Unfortunately, the lifting involved and the potential for slipping or falling makes tub baths unlikely for most patients in the final days of their illness.”

Now, thanks to a grant of \$20,000 from the Foundation, the newly opened Leila and Cyrus Poppen Hospice Residence in Muskegon has a specialized tub that makes those comforting baths possible once again.

“The single best thing about this special tub is access,” says Susan. “It comes with a lift that takes the patient from their bed and lowers him or her into the warm bath. There are jets for added comfort, and it’s long so residents can stretch out under the heat lamps mounted in the ceiling above!”



DAVID WELLS, EXECUTIVE DIRECTOR MGOF, AND RICK AMIDOM, PRESIDENT AT BAKER COLLEGE AND HOSPICE CAPITAL CAMPAIGN CHAIR.

The Hospice residence, which opened this fall, provides hospice accommodations for an estimated 200 to 250 individuals annually. Susan reports that Hospice of Muskegon-Oceana is within 3% of the \$3.7 million campaign for the project, and that the first residents have moved in.

“This center gives people who need it one more option for hospice care,” says Susan. “We’re very grateful for the great support this building campaign received from the community, and for the generosity of the Muskegon General Osteopathic Foundation.”

FRIENDS OF THE FOUNDATION

On behalf of the programs and the people served by the Muskegon General Osteopathic Foundation, we thank our Foundation Friends for their generous donations in 2005.

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has.”

Margaret Mead

GIFTS \$1,500 AND GREATER

Gus Barkett, DO and Deborah Barkett
David Dora, DO and Sara Dora

GIFTS \$1,000- \$1,499

Willard DeBraber, DO
David M. Krencik, DO and
Lynn P. Krencik

GIFTS \$500 - \$999

James R. Lucie, DO
Robert H. Pierce, DO
Raymond Rabideau, DO
Patrick Walsh, DO and Judy Walsh

GIFTS \$250 - \$499

Mark and Christine Fazakerley
Jon Hinderer, DO
James Jackson, DO
Katherine Jawor, DO
Donald Jones, DO and
Maryvic Cuison, DO
Ned Krohn, DO and Donna Krohn
Paul Lomeo, DO
Patricia Roy, DO

GIFTS TO \$249

Joni Allore
Lisa Bartlett
David and Ruth Crouch
Richard Huff, D.O. and Patricia Huff
Ed and Mary Kaminski
John King, DO
Janice MacDonald, DO
Roger and Jan Spoelman
Thomas Watkins, DO
David and Nancy Wells
Williams, Hughes & Stapleton, PC
Lorraine J. Wells
Jamie Wright, DO
Douglas Zwemer, MD

SUPPORTING THE FOUNDATION — TWO FOUNDATION FRIENDS TELL YOU WHY IT MAKES SENSE.

Two major donors talk about why they support the Muskegon General Osteopathic Foundation and why they would like you to support it, also.

Dr. Willard DeBraber, Urologist

The future of osteopathic medicine is in the hands of today's students and trainees, and it's important for current osteopathic physicians to give them the same kinds of opportunities that we had. As students and new physicians, we were encouraged by our mentors, who contributed time and money toward our education and experience, and we should continue that tradition.



Choosing a career in medicine means traveling a difficult road these days, given decreased reimbursements, increased regulations and all the other changes that we've seen in the last decade. More than ever, those who want to follow in our path need support.

The Osteopathic Foundation is doing just that by providing scholarships to help with the high cost of medical school, and funding programs that support medical education. The Foundation is also helping identify and mentor high school students who have an interest in a medically-related career, with its support of the hugely successful OsteoCHAMPS program.

I enjoy working with young people and encouraging them as they plan a career in medicine. By contributing to the Foundation, I can help foster opportunities for them as well, and help make the road to becoming an osteopathic physician a little easier. My support of the Foundation is also one way I can pay back those who helped me along the way.

I urge you to share your success and help support up and coming young physicians. Make a contribution to the Muskegon General Osteopathic Foundation.

Dr. Gus K. Barkett, Director of the ObGyn residency program

When I accepted my position as director of the ObGyn residency program, I had no idea how much I would enjoy it. It's extremely rewarding, and there are so many benefits that come from it.



The quality of the medical education we offer makes a difference in the lives of the interns and residents who participate. The community also benefits because many of our students stay around to practice right here. That's helpful because we've been able to have input in their development as doctors, and because we know them well. We know what kind of people they are and what kind of physicians they are.

Medical education benefits established physicians as well. When I first came to town, there was a feeling of family among the medical staffs here that has faded over the years. But through the vehicle of medical education, we are building that closeness of colleagues, that sense of community and family once again. Because of the involvement of physicians in the medical education program, we are rekindling the camaraderie that we once had, and that adds greatly to our enjoyment of our profession.

My wife and I have a plan for our charitable giving every year. A certain amount goes to our church and to work around the world. And we have an amount that we dedicate for supporting this community. We have chosen the Osteopathic Foundation as one of the “at home” places we want to give to because of its support of medical education.

I urge you to consider giving to the Foundation. And get involved in the medical education that's going on here. Give of your time—there are so many opportunities—and you'll rediscover the fun of being part of a cohesive, engaged medical community.

DR. SAHLHOFF'S PATIENTS GET RELIEF FROM PAIN

Richard Sahlhoff, DO, is grateful he learned how to give osteopathic manipulative treatments years ago as a medical student. He sees a lot of patients suffering with pain these days, and he often uses manipulation to give them much-needed relief.

“Patients get many benefits from osteopathic manipulation (OM),” says Dr. Sahlhoff, who estimates that he treats 30 to 40 percent of his patients with manual medicine for pain relief at his Twin Lake practice. “For all kinds of musculoskeletal pain, it’s an effective modality, and depending on the diagnosis, I often use it in partnership with other treatments.”

For some, only one treatment is needed and the patient leaves the office already pain free. In other cases, such as chronic pain, many treatments may be needed to make a significant difference in the patient’s comfort.

Among Dr. Sahlhoff’s patients likely to receive manual medicine treatments are those who suffer from migraine headaches. OM helps relieve the muscle tension that can trigger the intense pain. Patients with asthma get help with their breathing when Dr. Sahlhoff can loosen their upper back muscles with manipulation.

Children, too can benefit from OM, and they require a special touch.

“I’m very gentle with children,” says Dr. Sahlhoff, “and the results are often spectacular. Children don’t have the history of injuries that many adults have. Their tissue is young and pliable, and it responds quickly.” He recently used OM on a boy who had pain from a football injury. By the time the boy left the office, he was “pretty much pain free!”

While it can be extremely effective, people are not always sold on manipulative treatment at first.

“Sometimes patients are frightened initially,” explains Dr. Sahlhoff. “OM mobilizes an area and sometimes those changes can result in a temporary soreness. Depending on the technique I use, there might be a sound or an unfamiliar feeling that can frighten a person.”

But relief from pain is a strong convincer. If Dr. Sahlhoff can give relief, he finds that the patient usually accepts the treatment quite well and any fear can be put aside.

Time and reimbursement have always been a problem, but the family practice physician believes it’s worth it to pursue OM for the sake of his patients. He has also observed that patients who have pain relieved tend to be very loyal.

“I encourage other physicians to take the time to become proficient in manual medicine,” says Dr. Sahlhoff, recognizing that it’s sometimes a challenge to help younger physicians develop their skills. “Fortunately, we have physicians like Dr. Carnes and Dr. Huff who are teaching it to others. And our patients will be better off because of it.”

If you would like more information, you may contact Dr. Sahlhoff at his office.



The Muskegon General Osteopathic Foundation is a public charitable foundation that supports programs designed to produce advances on problems and issues of importance to osteopathic medicine and the community’s health and welfare. We accomplish this by expanding and improving the quality and scope of osteopathic medical education and services in our community, improving the public’s understanding of osteopathic medicine, and improving the health and well-being of the community.

As a non-profit organization, the success of our programs rests on the shoulders of our board and staff, but soars on the generosity of those of you who contribute to the foundation—our Foundation Friends. As this year comes to a close, please consider a gift to the area’s only Osteopathic Foundation. Use the convenient attached envelope or send your donation to 110 W. Colby St., Whitehall, MI 49461. Thank you!



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Osteopathic Foundation
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AFTER MORE THAN HALF A CENTURY IN PRACTICE, NED KROHN HEADS FOR RETIREMENT

West Michigan offers warmest congratulations to Dr. Ned Krohn who recently announced his retirement after practicing osteopathic medicine in West Michigan for 53 years.

Born and raised on a farm in Missouri, he attended Central Missouri University for medical school and transferred to Kansas City College of Osteopathy and Surgery in 1948. It was because of his kind heart that he ended up in Michigan.

“There was an internship opening in Missouri and I was going to take it,” Dr. Krohn mused, during an interview for the Pulse in 2002. “But a veteran in my medical school class told me he was having financial difficulties and couldn’t leave the state. He took the internship in Missouri and I took the one that was available in Muskegon.”

After maintaining a general practice in Whitehall for 23 years, Dr. Krohn became aware of a shortage of proctologists in Michigan. He left his general practice to take additional training in proctology, and has remained a specialist in that field.

“One of my biggest impressions was that my father’s whole life was set up to be a doctor,” recalls son, Michael, who became an osteopathic internist and practices in Muskegon. “He had a small office in the basement of our house where he could do minor medical procedures. People would show up on the weekends, and the police occasionally brought someone over who had lacerations and needed to be stitched up. He took them all to his basement office to help them.”

Michael’s mother, Mary Louise, who passed away in 1974, was a nurse and often assisted.

“Mom would help dad, and I got to watch,” says Michael, with a smile. “That’s what made me think about being a doctor.”

“My father loves being a doctor,” says Michael. “Aside from working on a farm, this is probably the only thing he would be satisfied doing.”

Congratulations to Ned and his wife, Donna. We wish all the best to one of Muskegon’s great doctors.

For more information about Dr. Krohn, see the August 2002 issue of *The Pulse*, or call the Foundation office at 231-894-5211 for a reprint.

