

PREP ATHLETES

- Week 1:**
Nathan Siegrist, Football, Junior, East Jackson High School
- Week2:**
Lelund Weatherspoon, Football, Senior, Napoleon High School
- Week 3:**
Kelsey Dillon, Volleyball, Senior, Lumen Christi High School
- Week 4:**
Allie Hogan, Volleyball, Junior, East Lansing High School

CONGRATULATIONS
to the November Prep Athletes of the week!

Log onto our website to listen to the ESPN Radio spot at www.orsmi.com

Thanks to ESPN radio 1450 WIBM and WVFN 730AM The Game with Tim Staudt

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November 2011



Orthopaedic Rehab Specialists, P.C.



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Orthopaedic Rehab Therapists

- Aaron Holly, MSPT
- Brandon Klump, MPST,AT,ATC
- Lisa McCarrell, PT
- Kim Cwynar, PT
- Cheryl Kennedy, DPT
- Barb Wilcox, PT
- Emily Klump, DPT
- Dave Polson, MSPT
- Becky Bowman, MSPT
- Adrienne Tawney, DPT
- Pamela Gordon, PT
- Michelle Moraska, DPT
- Leslie Kenney, PTA
- Michelle Dominick, PTA
- Angie Fiedler, PTA
- Taryn Holt, PTA
- Shayna Phillips, PTA
- Jason Sheets, PTA
- Julie Albin, PTA
- Bre Russel, PTA
- Erika Gerding, PTA
- Katie Vasko, DPT
- Alison Jacokes, PTA,AT,ATC
- Tara Beebe, PTA
- Morgan Martin, PTA
- Joanna Poynter, PTA
- Pedro Lopez, PTA
- Mark Marshall, PTA

Jerome Malone
PT/Founder
Chief Executive Officer
Kevin Barclay
PT, AT, ATC, SCS
Chief Operating Officer

ORS now has online scheduling!
www.orsmi.com



AMERICAN DIABETES MONTH NOVEMBER 2011

Take action against a killer.
Join us at facebook.com/AmericanDiabetesAssociation
and pledge to end an epidemic that strikes every 17 seconds.



November employee of the month:

Angie Leslie

Angie is amazing. Her ability to multi-task in the clinic helping with front office, billing, PQRS, and much more! She also has worked hard on the social-committee, coordinating events, and always does it with a smile! She is an inspiration to us all. Thanks for all you do, Angie!



Angie Leslie

November patient of the month:

Blake S.

He is a Lumen Christi athlete. He always has a smile and is a courteous young man. He is up for any exercise we give him. He has fun in therapy and we enjoy having him!

November News

Orthopaedic Rehab Specialists is giving away a complete turkey dinner for its patient appreciation giveaway!

Stop by one of our four locations to sign-up for our newsletter for a chance to win!



FREE CONSULTATIONS TO ANYONE LIMITED BY PAIN OR INJURY



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LIVING WITH FOOD ALLERGIES

When I was growing up, the phrase “Food allergies are all in your head” was repeated so often in my house that I truly believed that food allergies were a made-up thing. That would explain why I continued to eat kiwi well into my twenties. I did not recognize the symptoms that I was experiencing as a food allergy. I can clearly remember the first time I ever ate a kiwi fruit. I remember my tongue itching like I had never felt before, my ears itched on the inside where I could not scratch them. I remember getting in trouble for acting goofy. I can remember getting physically sick after eating the fruit, but I always figured the fruit must have been over-ripe. I never even considered that I was allergic. It wasn't until I had graduated from college and had a roommate that was also a health care professional that witnessed my “kiwi dance” and wanted to know what I was doing. I explained to her that I was always like this after I ate kiwi. I remember her asking me if I was allergic and my response was, “Food allergies are in your head.” She asked me if I could tell that my breathing was labored, that's when the realization hit me, I do have an allergy to kiwi! The scary thing about this is that unless you or someone close to you has a food allergy, would you be able to recognize the symptoms?

When my son was two we started to notice things like if he had a peanut m&m®, he would go stand over a trash can and continually spit. It was a strange behavior for a little one. I was giving him some Carmel corn and he reached in and helped himself and got one with a peanut attached, immediately he ran to the toilet and stood over it spitting over and over until I wiped his tongue off with a wet paper towel. At this point I suspected that he had a peanut allergy but he was so young I did not want him to endure the testing so we were diligent to avoid peanut products with him. At my husband's work a co-worker asked if our son could have a cracker, not thinking to ask if there was anything on the cracker we said it was fine. We should have asked because the crackers had peanut butter in them. Suddenly my young son was spitting up all over the newly cleaned carpet. I ran him outside and when we went back later he was saying to himself, “Don't get sick, don't get sick.” At this

point we were pretty sure that he was allergic to peanuts, but our proof came just about a month later. My husband grabbed a candy bar that is normally peanut free, but there was a “special peanut edition” out for Halloween. My husband gave our son the first bite and then took a bite himself, and knew right away that this was not good. Within a mile of our home my son was getting sick. My husband took him right up to the bath and when he took his shirt off, some of the remnants of the candy bar got on his face, which caused swelling and redness in the area. We immediately took him to an allergist who confirmed



our suspicions. Our son had a peanut allergy.

Knowing about an allergy and avoiding the allergen are two very different things. We are well aware that with each exposure our son's reaction will get worse. As parents, we feel that our number one duty is to protect him, and to avoid such exposures. This takes a lot of time and diligence. We do not have any peanut products in our home. We read every label of every food item that we buy. Our normal 15-minute grocery run is now more like 45. I have researched restaurants to find out which cook with peanut oil, and which serve peanuts to patrons as they wait. There are restaurants that my family will never dine in. We ask at every restaurant before we order do you cook in peanut oil? Often times a server will immediately respond with a quick yes, but then scurry off to the back to double check. More often than not, the answer comes back a “no”, but you can never be too sure. If the answer is “yes”, we do not stay.

I have trained my son to recognize what the packaging of certain products look like so that he knows these items are “poison” to him. Until he learns to read the labels for himself, I have to ensure that he can recognize a Reese's® or Snickers® package. He can walk into a room and tell you that he smells peanuts. I have also trained him to never accept a snack without knowing if there are peanuts in it. This has proven to be successful thus far. More than once this year we have had snacks come to school that he can not have because they contain peanuts. The parents of the other children do not think about it because their child is not affected, nor do they consider that the treat that they just offered can harm or kill my son. Just this

week I received a call from his school about a snack that came in that had “processed in a facility that also processes peanuts” on the package. I also have teachers from the school where I work come and find me to tell me that my children had asked if a particular food or snack was safe for their brother, yet another line of defense that they found to be impressive. For my son, this is a matter of his health and well being, it is not an optional thing. Being allergic to foods can be a life-threatening situation for the person involved. Being aware of the symptoms of a food allergy can help catch an allergy early and lead to an accurate diagnosis that will be beneficial for all involved.



By Carrie Stevens, ATC