

- Thomas DeFauw, President and Chief Executive Officer

Community connection is a natural for

Port Huron Hospital is fortunate to have many friends and supporters in the community. One such friend is Pat Moran, known by many as the owner of Moran Automotive in Fort Gratiot and Clinton Township. In addition to past leadership roles on the hospital's Board of Trustees and the foundation's Board of Directors, Pat is a strong

JOIN US FOR A FEW HOURS OF CARS, FOOD, INFORMATION AND HEALTH SCREENINGS!

Keep Your Motor Runnin'

Tuesday, September 21 5:30 to 8 p.m. Moran Automotive, Fort Gratiot

Vendor displays and free screenings - 5:30 to 7 p.m.

Dinner provided by Port Huron Hospital - 6 to 7 p.m.

Speakers on men's health topics - 7 to 8 p.m.

Screenings:

PSA (Prostate-Specific Antigen) Cholesterol

Foot screening

Blood pressure checks Body Mass Index checks

This is a free event!

Register through HealthAccess at 1-800-228-1484

supporter of Port Huron Hospital's annual men's health event. So is the staff at Moran Automotive.

"Pat and his staff go all out for this," says Sara Tait of the Port Huron Hospital Foundation. "Everything is top notch – you can tell they really believe in promoting men's health."

Moran Automotive in Fort Gratiot will host **Keep Your Motor Runnin** again this year. The location is a natural, providing a comfortable environment for men to meet.

"I think the key with a lot of guys is to have it off-premises (somewhere not associated with healthcare)," says Pat. "Let's face it; there are a lot of guys like me who don't like to go to the doctor. Because this is a relaxed setting, not in a hospital or doctor's office, the guys take advantage of screenings they might not otherwise seek out."

Community involvement is ongoing for the Moran Automotive staff. "For 26 years this community has been so good to us. We like to give back," says Pat. "When you are in a community business, it should go both ways. Plus, it's very cool to see the interaction

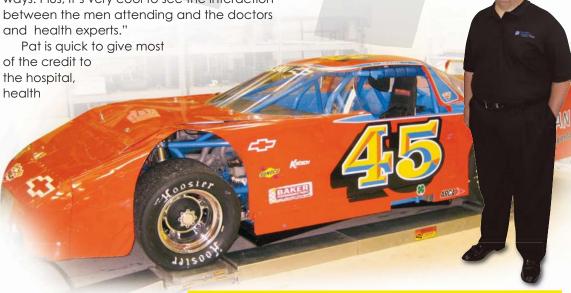
and health experts." Pat is quick to give most of the credit to



providers and physicians who present this event at no cost. But he is gratified when someone from the community shakes his hand and thanks him for hosting. "It's been great to hear back from men who attended the event and have them say, 'Hey thanks, I had some issues I really wouldn't have known about, or done something about, if it weren't for this kind of event.""

In addition to the health screenings and discussions, participants can also take in some of the automotive sights and atmosphere. They can enjoy a display of collector cars including the Magic Racing-Moran Motorsports Late Model Racer; a fully restored '63 Corvette split window coupe; and hot rod pickups. Also on display will be some of Moran's hottest new vehicles.

"Let's get the word out about this," urges Pat. "We've been averaging 130-150 attending in past years. I'd love to see a couple hundred this year."



Pat Moran and the Moran Motorsports race car

Men's health event reduces common healthcare stigmas



Physical Therapist Kurt Brinker

We all hear the messages that we should get physical exams and recommended screenings on a regular basis. But the fact is, for annual visits and preventive care, women are 33 percent more likely to see a doctor than men – this number doesn't include pregnancy-related visits.*

There are many theories why men are reluctant to see a doctor. One thought is that men aren't socialized to routinely visit the doctor- especially after they reach puberty. Women establish a lifelong pattern for seeing physicians for preventive gynecologic or maternity care. Men don't establish such a healthcare pattern.

"Sometimes men don't want to feel there's anything 'wrong' with them," says Kurt Brinker, Physical Therapist at Port Huron Hospital. "I think many men are taught to work through it, but it's always better to see a health professional, figure out what's wrong, then get it taken care of. We tune-up our cars, we also need to keep our bodies in

As a speaker at *Keep Your Motor Runnin*, Kurt advocates how proper body mechanics can keep men physically functional and fit. He's also a health advocate within his own family and brought his

dad, uncle, and brother to last year's event. "My dad and uncle are prime examples of men who avoid the doctor and ignore physical pain," says Kurt. "My family comes from a background where 'you work through the pain.' But with preventive steps, you can actually accomplish more."

At the event there are informational stations and opportunities to ask questions of health professionals. Kurt says the hospital's rehabilitation services station attracts a lot of questions about

staying healthy in both work and recreational settings. Many men have the upcoming hunting season in mind.

"Because of the timing, a lot of guys want to know about body mechanics for bow hunting," says Kurt. "They want to know how to strengthen



Hospital President Tom DeFauw has his cholesterol checked

the muscles needed to pull back the bow, or the best body mechanic for the action of bow hunting. Others want similar information about tennis and golf."

This event is open to all men, but pre-registration is required (see the information box for details).

"It really is a good event," says Kurt. "It has a light, casual feel to it. Bring a friend - hey you'll even get a free dinner! You can feel comfortable asking questions. It's definitely worth going "

*Based on 1997-1998 data from the Centers for Disease Control and Prevention



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