



### Surgeons Choice Medical Center & Oakland Nursing Center

22401 Foster Winter Drive  
Southfield, MI 48075  
(248) 423-5100

### Surgeons Choice Macomb Center

11012 E. Thirteen Mile Rd  
Warren, MI 48093  
586-751-9800

### Surgeons Choice Dearborn Center

22731 Newman St  
Dearborn, MI 48124  
313-359-9540

### Surgeons Choice Imaging Center

11012 E. Thirteen Mile Rd,  
Suite 111  
Warren, MI 48093  
586-558-8470

### Surgeons Choice Medical Clinic

Call for an appointment to be seen by a specialist within 24-hours  
248-485-8300



## Coronavirus Safety Tips for Everyone

*According to the CDC, COVID-19 symptoms include fever, coughing and shortness of breath, plus others. Symptoms may appear 2-14 days after exposure. Call your doctor for medical advice if you think you have been exposed to COVID-19 or develop symptoms.*

### How Does COVID-19 Spread?

- According to the CDC, the virus is thought to be spread mainly from person-to-person. This means it may spread between people who are in close contact with one another (within about 6 feet), or through respiratory droplets when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 may be spread by people who are not showing symptoms.
- The CDC also reports that it may be possible for someone to get COVID-19 by touching a surface or object with the virus on it, and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
- The best way to prevent illness from COVID-19 is to avoid being exposed to the virus, as there is currently no vaccine to prevent COVID-19.

### Use Healthy Practices to Protect Yourself

The best way to stay healthy is to follow these steps from the CDC:

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick, and practice social distancing by keeping at least 6 feet away from others if you must go out in public.
- Wear a cloth face covering to cover your mouth and nose when around others and when you must go out in public. The cloth face cover is meant to protect other people in case you are infected. Don't place one on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Learn more.
- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after use. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, faucets and countertops.

### Follow these five easy steps to help prevent the spread of COVID-19

- Sneeze or cough? Cover your nose and mouth with a tissue or use your elbow.
- Wash your hands often with soap and water for at least 20 seconds.

- Clean and disinfect surfaces around your home and work frequently.
- Keep at least 6 feet between yourself and others if you must be in public.
- Wear a cloth face covering over your mouth and nose when around others.

\*Coronavirus Safety\* Tips & Precautions, Red Cross, 25 June 2020, [www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety.html).

## Back pain at work: Preventing pain and injury

**Heavy lifting, repetitive movements and sitting at a desk all day can take a toll on your back. Get the facts about back pain at work and how to prevent it.**

Whether it's dull and achy or sharp and stabbing, back pain can make it hard to concentrate on your job. Unfortunately, many occupations – such as nursing, construction and factory work – can place significant demands on your back. Even routine office work can cause or worsen back pain. Understand what causes back pain at work and what you can do to prevent it.

### Common causes of back pain at work

- A number of factors can contribute to back pain at work. For example:
- Force. Exerting too much force on your back – such as by lifting or moving heavy objects – can cause injury.
- Repetition. Repeating certain movements, especially those that involve twisting or rotating your spine, can injure your back.
- Inactivity. An inactive job or a desk job can contribute to back pain, especially if you have poor posture or sit all day in a chair with inadequate back support.

### Back pain and lifestyle factors

Of course, factors such as aging, obesity and poor physical condition also can contribute to back pain. While you can't control your age, you can focus on maintaining a healthy weight, which minimizes stress on your back.

Start by eating a healthy diet. Make sure you get enough calcium and vitamin D. These nutrients can help prevent osteoporosis, a condition that causes your bones to become weak and brittle and is responsible for many of the bone fractures that lead to back pain.

Combine aerobic exercise, such as swimming or walking, with exercises that strengthen and stretch your back muscles and abdomen. Exercises that increase your balance and strength can also decrease your risk of falling and injuring your back. Consider tai chi, yoga and weight-bearing exercises that challenge your balance.

For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity – preferably spread throughout the week – and strength training exercises at least twice a week.

Also, if you smoke, quit. Smoking reduces blood flow to your lower spine, which can contribute to spinal disc degeneration and slow healing from back injuries. Coughing associated with smoking can also cause back pain.

## Preventing back pain at work

You can take steps to avoid and prevent back pain and injuries at work. For example:

- Pay attention to posture. When standing, balance your weight evenly on your feet. Don't slouch. To promote good posture when sitting, choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Remove your wallet or cellphone from your back pocket when sitting to prevent putting extra pressure on your buttocks or lower back.
- Lift properly. When lifting and carrying a heavy object, lift with your legs and tighten your core muscles. Hold the object close to

your body. Maintain the natural curve of your back. Don't twist when lifting. If an object is too heavy to lift safely, ask someone to help you.

- Modify repetitive tasks. Use lifting devices, when available, to help you lift loads. Try to alternate physically demanding tasks with less demanding ones. If you work at a computer, make sure that your monitor, keyboard, mouse and chair are positioned properly. If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset. Avoid unnecessary bending, twisting and reaching. Limit the time you spend carrying heavy briefcases, purses and bags.
- Listen to your body. If you must sit for a prolonged period, change your position often. Periodically walk around and gently stretch

your muscles to relieve tension.

Back pain can plague your workdays and free time. You're not stuck with it, though. Examine your work environment and address situations that might aggravate your back. Even simple steps to ease back pain are steps in the right direction.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/back-pain/art-20044526>

**Surgeons Choice Medical Center hopes you and your family have a safe and happy summer!**

## In the Spotlight:

### Surgeons Choice Medical Clinic welcomes Dr. Mustafa A. Hares, M.D.

Dr. Mustafa Hares is a general surgeon specializing in spinal access surgery. He has been in practice for 38 years and is certified by the American Board of Surgery and a Fellow of the American College of Surgeons, a Member of the North American Society for Society for Metabolic and Bariatric Surgery. Dr. Hares is the leading access spinal surgeon in the nation, he has privileges at 11 hospitals and works with the top neuro and ortho spine surgeons in the Metro Detroit area.

**To make an appointment with Dr. Mustafa A. Hares,**

**please contact (248) 371-3199 today.**

### Surgeons Choice Medical Clinic welcomes Dr. Matthew J. Yousif, D.O.

Dr. Matthew Yousif is an Orthopedic Surgeon with additional training in Sports Medicine; specializing in injuries and illnesses of the Shoulder, Hip and Knee..

A native to Metro- Detroit, Dr. Yousif completed his medical school education at Michigan State University. He then went on to complete his residency in Orthopedic Surgery through the Beaumont Health System in 2019; primarily practicing at the Dearborn, Farmington and Royal Oak Campuses serving as Chief Orthopedic Surgery Resident. Post residency, Dr. Yousif completed his fellowship in Sports Orthopedic Surgery at the prestigious new IVY Strong Memorial Hospital. There, his fellowship training focused on shoulder, hip and knee injuries, treating patients of all ages from elderly to professional and adolescent athletes. His fellowship also included training in PRP and stem cell treatment, as well as hip arthroscopies, a procedure many other orthopedic surgeons do not have training to perform.

**To make an appointment with Dr. Matthew J. Yousif,**

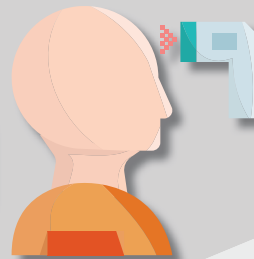
**please contact (586)573-6880 today.**

## How Surgeons Choice Medical Center is Keeping You Safe

Proper PPE for all team members



Screening for COVID-19 symptoms at the door



Face masks provided to EVERYONE (regardless of symptoms)



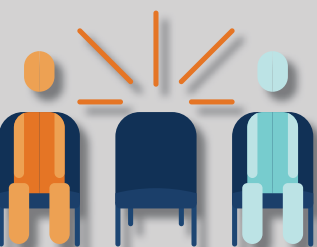
Sanitizing stations throughout the facility



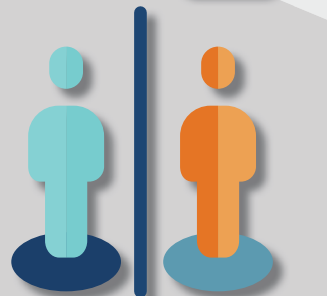
Frequent disinfecting and cleaning



Staggered appointments to minimize people in a given area



Chairs in public spaces spaced for social distancing



Separate care areas for COVID-19 and non-COVID-19 patients

**SURGEONS CHOICE IS THE SAFE CHOICE**

