

CATEGORIES

- Aging Well
- Cancer Care
- Cardiovascular Care +
- Children's Health
- Community
- Diet & Nutrition
- Digestive Health & Disorders
- General Health & Wellness
- Living with Chronic Conditions +
- Lungs, Breathing & Sleep
- Men's Health
- Neuroscience
- Orthopedics
- Pregnancy & Childbirth +
- Research & Technology
- Women's Health +

EXPLORE

- Infographics
- Patient Stories
- Photo Galleries
- Special Series

REGIONAL

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ARCHIVES

Choose a Month

Inspire. Innovate. Impact.

So you can live your best life, we are inventing a new, solution-based system of care. The Health Beat series below tell stories of ways we inspire people, innovate health solutions, and impact our community and beyond.



Inspire

Spectrum Health makes it easy and fulfilling for people to achieve their best health.


[READ OUR INSPIRING STORIES »](#)



Innovate

Spectrum Health invents health solutions and delivers inspired care.

[LEARN ABOUT OUR INNOVATIVE CARE »](#)



Impact

Spectrum Health offers world-class care with an unrivaled breadth and depth of clinical services.

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CHILDREN'S HEALTH



PATIENT STORY

'An amazing, selfless act'

A teen's need for a kidney transplant inspires a flood of volunteer donors.

May 6, 2016 14 3220

CARDIOVASCULAR CARE



PATIENT STORY

Young at heart

After narrowly escaping death, heart transplant patient Fred Nelis will swim competitively in the Transplant Games.

June 10, 2016 0 1430

CHILDREN'S HEALTH



PATIENT STORY

You're one in a billion, baby boy

Little Hayden, born with two rare disorders, might be the first of his kind. His parents treasure his uniqueness.

April 24, 2017 4 1900

CANCER CARE



PATIENT STORY

'Please don't count me out'

After one doctor told her the cancer had spread too far, she got a second opinion that would help her trade certain death for newfound life.

NEUROSCIENCE



PATIENT STORY

'She has a guardian angel'

When Brianna Laux, 12, faced a life-threatening brain condition, her mother believes "all the stars were aligned" for success.

CANCER CARE



PATIENT STORY

'I truly had God watching over me'

Facing a nightmare diagnosis of pancreatic cancer, Karyn Wolschleger finds something unexpected: Hope.