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wellaware

FALL 2006

URGENT CARE NOW OPEN!
1140 Charles Lane in Marysville

Technology of the Future, Here Today

**Kidney Care at
a Higher Level**

**A Reason to
Celebrate**
Meet Our Young
Huggable Hero


MEMORIAL HOSPITAL
UNION COUNTY
Committed to care. Devoted to caring.

A Focus on Well-Being

Memorial Hospital of Union County is pleased to welcome John Tzagournis, MD, gastroenterologist, to the medical staff. A native of Columbus, Dr. Tzagournis attended Ohio State University to obtain both his undergraduate and medical degrees. He completed his residency at Mount Carmel Medical Center, where he served as chief resident, and received fellowship training in gastroenterology



at The Ohio State University Medical Center.

Dr. Tzagournis says the satisfaction of helping others drew him to the medical field, and he enjoys the variety of inpatient and outpatient procedures associated with gastroenterology.

“Memorial Hospital offers a range of gastroenterological procedures including screening colonoscopy, which should be performed annually for everyone beginning at age 50 to help diagnose and prevent colon cancer,” Dr. Tzagournis says. “I look forward to caring for patients in and around the Marysville area for many years to come.”

Dr. Tzagournis is currently accepting new patients. To schedule an appointment, call (937) 578-2275.

◀ John Tzagournis, MD



It's Less than an Emergency... but More than a Problem that Can Wait

Somewhere between the need for an emergency room and a regular doctor visit is the need for urgent care. That's why we opened our new Urgent Care Center. When you come here, you'll be seen quickly by a physician. We can do lab tests, X-rays, and other diagnostic procedures, as well as treat you for minor injuries, aches and pains, colds, sore throats, upset stomach, and a host of other problems.

Our Urgent Care Center is especially helpful when you need medical attention after hours or if you don't have a family physician. Plus, a visit here may require a lower co-payment than an emergency room visit.

So if you need fast medical attention, but don't need an emergency room, we'll see you at 1140 Charles Lane, next to the Union County Family YMCA.



Kathy McAninch and her golden retriever, Jewels, share some time with Mattie Sellers, a resident of The Gables at Green Pastures.

Here's a Paw for Happiness

For eight years, residents at The Gables at Green Pastures have enjoyed occasional visits from a few furry friends.

Flash, a German shepherd, and Jewels, a golden retriever—as well as a few cats—often bring a sparkle to the eyes and a smile to the faces of residents as they stroke, cuddle, and mingle with the pets.

“We love to bring these animals to visit because of the happiness it gives to the residents,”

says Karen Stillings, Activities Coordinator at The Gables at Green Pastures. “It's also a great way to soothe pain in arthritic hands and fingers, bring a sense of calm to anxious residents, draw patients out of their rooms to socialize, and give them something to look forward to.”

For more information about The Gables at Green Pastures, call (937) 642-3893.

ON THE COVER: Gregory Knudson, MD, and Michael Conrad, MD, board-certified urologists on staff at Memorial Hospital of Union County, now offer an exciting advancement in kidney surgery. Read more on page 6.



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Taking Steps for Faster Quality Care

This October, Memorial Hospital of Union County will begin staffing an innovative hospitalist program that helps streamline hospital care for patients while making their care more manageable for primary care physicians.

Under this new program, a group of physicians known as hospitalists concentrate their work within the hospital, providing 24-hour a day, seven day a week care to patients who either don't have a primary care physician or whose primary care physician prefers their in-hospital care be overseen by a hospital-based physician.

"Hospitalists are devoted to caring for patients only from the time they're admitted to the hospital until the time they're discharged and return to the care of their primary care physician," says Spence Fisher, Vice President of Physician Relations and Business Development for Memorial Hospital. "As a result, the primary care physicians are able to concentrate on their office patients, and the patients in the hospital have the expertise of someone who is in-house and available at a moment's notice."

ADDED FAMILIARITY

Because the hospitalists work only in the hospital, they're familiar with the hospital's organization and resources and can provide efficient care. As a result of the hospitalist's expertise,

the average patient stay is decreased by 30 percent and the patient's hospital cost is reduced by 20 percent.

"Because the hospitalist is here all the time, he or she can review test results as soon as they're available and then order follow-up tests or recommend discharge as needed," Fisher says.

MORE OPTIONS

All primary care physicians do not rely on hospitalists to care for their in-hospital patients. Some choose not to use hospitalists at all and continue visiting hospitalized patients daily while maintaining their office practices, while others use hospitalists only while on vacation or out of town. Either way, hospitalists remain in constant communication with the primary care physicians to ensure patients get the immediate care they need.

Once patients under hospitalists' care are discharged, they return to their primary care physician for follow-up needs. If the patient doesn't have a primary care physician, the hospitalist will refer the patient to a physician within the community who will help with all future healthcare needs.



"The hospitalist program helps us make sure everyone gets expert care from a physician, whether it's from one of our hospitalists or another physician in the community," Fisher says. "It's a 'win-win' program for patients, the hospital, hospitalists, and primary care physicians."

For more information on the Memorial Hospital of Union County continuum of care, visit www.memorialhosp.org.



Victor Trianfo, DO »

Familiar Faces

Two physicians who have long-standing relationships with the local community will be among the faces serving Memorial's inpatients through its hospitalist program. Victor Trianfo, DO, and Philip Garber, MD, will be part of the team providing 24-hour coverage. Together, the pair offers 17 years of experience caring for patients in the area—Dr. Trianfo as an emergency room physician and both serving as evening house officers, providing overnight care to the hospital's inpatients.

The Wave of the Future... in the Present

When you think of storing medical images, do you picture a warehouse packed with alphabetized folders of film? If so, Memorial Hospital of Union County will soon revolutionize the way you look at record keeping.

Many X-rays, magnetic resonance imaging (MRI) and computed tomography (CT) scans, along with other medical film images, need to be kept on file for at least five years—much longer in some cases. Scarcity of space forces many healthcare providers to

spend a considerable amount of money to preserve hard copies of the film in storage facilities.

Thanks to an innovative picture archiving and communication system (PACS) at Memorial Hospital, digital images of patient films will eliminate the need to send hard copies of records off-site for storage. More importantly, with data compression and digital capabilities, patients, radiologists, and referring physicians will find imaging services more convenient and efficient than ever before.

“Advancing from a film-based environment to a digital one with our imaging services has enabled us to treat patients faster, more conveniently, and more effectively,” says

Mareva Page, Director of Imaging Services at Memorial. “We are always on the forefront of the advances in medical imaging technology because we anticipate the needs of community members and bring them the highest possible level of care.”

PICTURE-PERFECT IMAGING

Before the implementation of PACS, if you arrived at the Emergency Department (ED) in the middle of the night and needed a chest X-ray, an ED physician would perform an initial reading of the film. However, a diagnosis would not be available until the next day after the radiologist’s review of the film.

Now, if necessary, the radiologist can access your scan immediately from home and provide a reading much more quickly. PACS makes digital images of your X-ray, MRI, or CT scan easily accessible



Charles Muncrief, DO, board-certified radiologist on staff at Memorial Hospital of Union County, views medical images on the dual monitor picture archiving and communication system.

Advanced Care, Close to Home

In addition to implementing a digital picture archiving and communication system (PACS), Memorial Hospital of Union County is making other changes to ensure that we continue to provide world-class care that's not a world away.

A new 64-slice computed tomography (CT) scanner soon to be at Memorial will offer unprecedented image quality and unparalleled speed, making diagnostic scans more convenient and effective than ever before. Also, a sleep lab expansion project will allow more local residents to find a better night's rest. Here's a closer look at the benefits of these developments.

ENHANCED CARDIAC CARE



The 64-slice CT scanner will gather a high-resolution, credit-card-thin image of a heart, brain, or pair of lungs in only five seconds. The scanner will dramatically change diagnostic imaging by giving technologists and radiologists the first clear, noninvasive means of viewing the beating heart and major vessels.

The new scanner will also assist cardiologists at Memorial in viewing images of the coronary arteries without catheterization—yielding diagnostic information faster and less invasively—and facilitating timelier, more effective treatment for many patients whose symptoms suggest serious cardiovascular disease.

“In addition to the new scanner’s potentially lifesaving cardiac diagnostic capabilities, its incredible speed will decrease anxiety for patients during the exam,” says Mareva Page, Director of Imaging Services at Memorial. “Our 64-slice CT scanner will require patients to hold their breath for a much shorter period of time than older technology.”

SAY GOODBYE TO SLEEPLESS NIGHTS

If you need relief from chronic snoring, headaches, daytime sleepiness, or trouble falling asleep, look no further than Memorial.

Continuing the Greater Columbus area’s tradition as a hotbed of sleep medicine, Memorial’s sleep lab will double in size, growing from two to four beds by the end of 2006 to meet the community’s increasing need for sleep disorder diagnostic and treatment services.

New, hotel-like rooms with all the amenities of home (including a refrigerator, desk, and extra bed to accommodate a family member) will provide a peaceful atmosphere for sleep studies performed by highly skilled staff and interpreted by neurologists and pulmonologists.

“After the completion of the sleep lab expansion, luxurious suites will complement services comparable to those in the finest sleep medicine programs in major metro areas of the country,” says David Gleeson, RRT, Director of Cardiopulmonary Services and the Sleep Lab at Memorial. “We’re raising the bar for sleep medicine disorder diagnoses to the next level.”

For more information about Imaging Services at Memorial, call (937) 578-2377. If you have received a physician referral and would like to schedule a sleep study at Memorial, call the Sleep Lab at (937) 578-2366.

in seconds through a secured network on a computer in your doctor’s office, at home, or in the hospital—eliminating the time barrier that accompanies the traditional film-based image retrieval and interpretation process.

Additional benefits of PACS include selectable routing of images to specialists, cost reduction of film supplies and processing services, decreased number of lost films and retakes, shorter exam waiting times, and timelier treatment.

“With each year that goes by, Memorial evolves with the advances in medical technology to provide excellent services,” says Page. “Our dedicated team is excited about having this new tool to better care for our patients. We’re moving into the future.”

For more information about this and other new technologies in Imaging Services at Memorial, call (937) 578-2377.

An Exciting Advancement in Kidney Care



Gregory Knudson, MD, and Michael Conrad, MD, are board-certified urologists on staff at Memorial Hospital of Union County.

The next level of kidney care has arrived.

When cancer or another disease attacks the kidneys, the only solution is often surgical removal of the affected kidney. Fortunately, Memorial Hospital of Union County now offers hand-assisted laparoscopic nephrectomy—a new way to remove cancerous kidneys that allows patients to get back to everyday life fast.

“Hand-assisted laparoscopic nephrectomy is a state-of-the-art procedure,” says Michael Conrad, MD, board-certified urologist on staff at Memorial Hospital. “Offering this close to home gives our community access to the latest and greatest advance in kidney removal that many hospitals the size of Memorial Hospital don’t provide.”

BEHIND THE SCENES

Traditional nephrectomy (surgical removal of the kidney) typically requires an 18-inch incision, up to five days in the hospital, and six or eight weeks to recover. With hand-assisted laparoscopic nephrectomy, two tiny incisions and one three-inch incision are used to achieve the same results—with half of the hospital stay and recovery time.

During the procedure, the urologist inserts a laparoscope (thin tube with a tiny video camera attached) into the abdomen. This scope acts as a guide as the urologist uses tiny tools to carefully cut the diseased kidney away and remove it from the body.

JUST WHAT THE DOCTOR ORDERED

Following hand-assisted laparoscopic nephrectomy, patients can take comfort knowing the condition has been treated appropriately. They can then focus their energies on what matters—recovering from the surgery and getting back to an active, healthy life.

“Patients who undergo hand-assisted laparoscopic nephrectomy are surprised at how fast they can return to normal activities,” says Gregory Knudson, MD, board-certified urologist on staff at Memorial Hospital. “I’m very impressed with how well patients do following the procedure, and I’m glad to offer such a beneficial procedure to the community.”

For more information or to schedule an appointment with Drs. Conrad or Knudson, call (937) 644-5240.

This Is My Story

by Nancy Smith-Jones, Plain City resident and satisfied hand-assisted laparoscopic nephrectomy patient



With no symptoms except minor back pain on and off throughout the winter of 2004, I noticed blood in my urine the following April. A couple of days later, the bleeding became profuse and I was diagnosed and treated with antibiotics for a bladder infection.

The blood disappeared for a day when debilitating pain struck my lower right side with accompanying fever, chills, and nausea. Included in the tests ordered to determine the cause of the blood was a computed tomography (CT) scan with contrast, which indicated kidney cancer.

My only treatment option was removal of the kidney (nephrectomy). Due to no prior abdominal surgeries except a C-section, I was determined to be a good candidate for a hand-assisted laparoscopic nephrectomy. I walked the day after the surgery, stayed in the hospital for only three days, took pain medications for three days at home, and was back to work and my everyday life in three weeks.

Legacy

Leaving a Legacy at Memorial



Harold and Viola Burns, who are seen here delivering Mobile Meals to clients in their homes, have dedicated more than 7,500 hours to Memorial Hospital of Union County as volunteers. Their gift to Memorial through the Family Legacy program will enhance the healthcare of future generations.

For Harold and Viola Burns, leaving a bequest to Memorial Hospital of Union County was an easy decision. Volunteers since 1992, the couple decided to leave a planned gift to Memorial Hospital as a way to give back to the community.

“We wanted a portion of our money to be divided between our two most loved charities—our church and Memorial Hospital of Union County,” says Harold. “We chose to leave the gift not for publicity, but to do the most good for our community as we could. It is a good feeling to know that we are helping people.”

Memorial Hospital is currently building the Family Legacy program with the names of those who have or plan to leave the hospital a planned gift. If you are interested in becoming a family legacy member by providing a planned gift, please contact the Development Office at (937) 578-2573.



After being nominated by his sister, Ted Cox is now a Huggable Hero.

Memorial’s Own Huggable Hero

Volunteers are an important part of Memorial Hospital of Union County, no matter how young or old they are. 15-year-old Ted Cox has been a junior volunteer at Memorial since 2004 and was recently named a Huggable Hero by the Build-A-Bear Workshop company.

Huggable Heroes was a nationwide contest to find the top 12 young volunteers from across the country. Out of a pool of more than 1,400 applicants, Ted was chosen as one of the 12 finalists, and received \$2,500 to be donated to the Memorial Hospital Auxiliary. Ted was nominated for the award by his sister.

“I was very surprised to receive the recognition,” says Ted, who volunteers in the Patient Care department. “I didn’t think I had a chance against so many talented contestants. I just enjoy helping others and bringing smiles to the faces of patients when I am making my rounds.”

Ted, who hopes to eventually work at Memorial as a sports medicine physician, has volunteered every Sunday at the hospital since he was 13—including on Christmas mornings—and is a valuable part of the Memorial Hospital family.

An Enchanting Affair

Memorial Hospital of Union County is able to provide the highest quality of healthcare due in large part to the fundraising efforts by the hospital’s Auxiliary.

The most anticipated fundraiser of the year, the Auxiliary Gala, will take place on November 4 at Made From Scratch in Dublin.

With the help of generous donations from local business and community members, Auxiliary President Marianne Berbee hopes the event will raise \$50,000 for the hospital, which will in turn benefit the health of local residents. The theme of this year’s event is “From Your Heart to Ours.”

“The Auxiliary Gala is an enchanting affair that will be remembered for years to come,” says Marianne. “It gives community members the chance to dress up, enjoy a gourmet meal, and bid on wonderful items—all while helping the Memorial Hospital Auxiliary.”

Seating is limited, so if you plan on taking part in the event, call (937) 578-2360 to reserve your table.

Reap the Benefits of *Breakfast*

You know that breakfast is important, but fitting a healthy meal into an already hectic morning routine can be a challenge. Before you race out the door on an empty stomach, consider these breakfast benefits.

According to a study published in the February 2005 issue of the *American Journal of Clinical Nutrition*, those who eat breakfast weigh less and have healthier hearts than those who don't. The study also indicated that people who miss breakfast tend to

consume more calories during the rest of the day, which can lead to weight gain and, ultimately, heart disease. In fact, another study from the University of Massachusetts found that people who regularly skipped breakfast were four times more likely to be obese.

BRAIN BENEFITS

Eating breakfast improves brain function, and people who eat a morning meal tend to be more alert and even have better memories. This breakfast benefit is especially important for school-aged children, as they are more likely to demonstrate stronger memories and longer attention spans on days when they eat breakfast.

To reap all the benefits of eating breakfast, follow these three guidelines.

- Avoid sugary foods.
- Eat before 10 a.m.
- Consume about 25 percent of the day's food at breakfast.

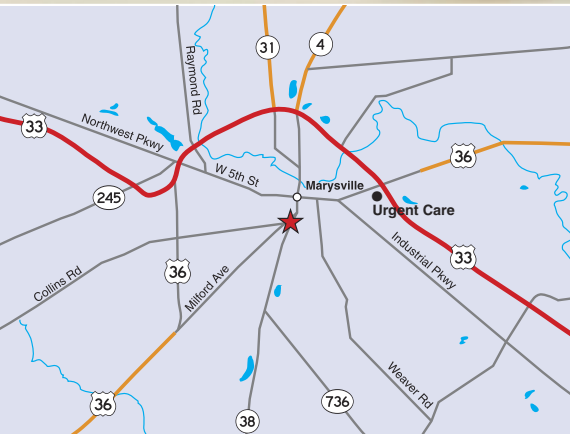
ANYTHING GOES

Breakfast can be any combination of protein, fruits, vegetables, whole grains, dairy, and healthy fats like those found in olive oil, nuts, and avocados. A smoothie made with fresh fruit and plain yogurt tastes sweet without any added sugar. For variety, try reheating dinner leftovers, sautéing veggies, or making a quick omelet.

To speak with a nutritionist at Memorial Hospital of Union County, call (937) 578-2444.



Christopher Carroll, a preschooler enrolled at KidzLink, Memorial Hospital of Union County's daycare, knows the value of a healthy breakfast.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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