

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

# wellaware

SUMMER 2007



## A Better View:

Our New  
Dual Source  
Computed  
Tomography  
Scanner

Help for  
Fibromyalgia  
Sufferers

Your  
Answer to  
Incontinence

# Honoring THE ALLEN FAMILY

**M**emorial Hospital of Union County is proud to announce its Medical Office Building, located at 660 London Avenue will now be named the Allen Family Medical Building, in honor of David and Ann Allen.

David Allen is a 12-year veteran of the Memorial Hospital Board of Directors as well as a past Board Chair. The building is also named in memory of his wife Ann, who passed away in October after a hard fought battle with cancer. Ann served 12 years on the Board and had served as Chair for nearly five years.

"Naming the building after David and Ann is in recognition of their commitment to not only Memorial Hospital, but to the health and well-being of our community," says Nancy Conklin, Vice President of Marketing and Development.

The Allen Family Medical Building houses specialties including internal medicine, dermatology, cardiac services, pulmonology, physical medicine, and rehabilitation.

A naming ceremony is to be held to honor the Allen family, including David and Ann's son David and wife Darlene and daughter Kathy, who has two children, Claire and Kate.

"Much of what we do here at Memorial today in terms of increased community giving and involvement dates to the Allen family," says Chip Hubbs, President and CEO of Memorial Hospital. "We thank the Allen family for all that they have shared with us."



## An Enhanced Web Site for You

For years, Memorial Hospital of Union County has been at your doorstep via the Internet. Now, we're looking better than ever.

[www.memorialhosp.org](http://www.memorialhosp.org)

**W**hen you need to know what's going on at your community hospital, [www.memorialhosp.org](http://www.memorialhosp.org) is the place to turn. Soon, the site will include enhancements designed with you in mind.

The new and improved Web site will make it even easier to learn about Memorial's services—from stress-reduction education to cardiology—and view your loved ones' newborn babies. Our MyHealth Library feature allows you to select the health topics you want to learn more about from reliable sources, and can even regularly deliver topics via e-mail. As an added benefit, online bill pay will soon be available, allowing you to pay for your hospital visits from the comfort of your own home, saving you time and stamp money.

**To learn more about Memorial Hospital's changing Web site, make regular visits to [www.memorialhosp.org](http://www.memorialhosp.org).**



ON THE COVER: Rocky Greer, DO, cardiologist; Douglas Magorien, MD, cardiologist; and Charles Muncrief, DO, radiologist, with Memorial Hospital of Union County's new dual source computed tomography scanner—one of only two in Ohio. Read more on page 4.



**Chip Hubbs**, CEO/President  
**Dennis Stone**, Chairman,  
Board of Trustees

**Nancy Conklin**, Vice President,  
Marketing and Development  
**Melanie Ziegler**, Editor  
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wellaware is published quarterly by the  
Public Relations, Marketing, and Development Office  
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# Incontinence:

## One Problem, Many Solutions

**Bladder conditions are common medical problems that affect 13 million Americans each year. Thanks to treatment options available at Memorial Hospital of Union County, patients are reclaiming control over incontinence.**

**M**any women incorrectly believe that incontinence is a fact of life that comes with aging—this couldn't be further from the truth.

"We've found that women will discuss incontinence with their family members or close friends but very few will actually discuss the condition with their physicians," says Neil Niemi, MD, OB/GYN on staff at Memorial Hospital of Union County. "If they would talk to their physicians about it, they would learn that there are plenty of medical, behavioral, and surgical treatments out there that can help with incontinence."

The two main forms of incontinence are **stress** and **urge**. **Stress incontinence**—the most common type of incontinence in women—is caused by conditions that can stretch the muscles of the pelvic floor such as childbirth or weight gain. The bladder then drops out of its correct position, away from the muscles that tighten and close off the urethra. As a result, the pressure produced during activities such as laughing or sneezing allows urine to leak from the bladder.

In comparison, **urge incontinence** (commonly called overactive bladder) is not the result of any anatomical problems. It is caused by damage to the nerve that passes from the bladder to the brain. This type of incontinence

affects adults of all ages, but occurs most commonly in women age 60 and older.

### FINDING A SOLUTION

After your physician takes a complete medical history and performs a physical exam to determine the cause, several treatment options are available. Patients with urge incontinence are typically treated initially with medicine, followed by bladder training, if necessary. For those with stress incontinence, two forms of surgery—tension-free vaginal tape (TVT) and transobturator tape (TOT)—are available at Memorial Hospital to move the bladder into the correct position so the muscles can function correctly to close off the urethra.

"Because we realize every patient has different needs and goals for treatment, we offer a wide variety of treatments," Dr. Niemi says. "This common problem has many solutions—and the medical staff is here to help."

*For more information, please call (937) 644-1244.*

## The Therapy Option

Thanks to the addition of a physical therapist with a special interest in women's issues, the Rehabilitation Services Department at Memorial Hospital of Union County now offers these options for women with stress incontinence and pelvic floor disorders:

- musculoskeletal exams
- personalized exercise programs to strengthen pelvic floor muscles
- assistance with lifestyle modifications
- electrical stimulation and biofeedback to help women learn to control their pelvic muscles
- development of home exercise programs

"This type of rehabilitation is something that is unique to our area, and we're pleased to provide it to our patients," says Rebecca Kely, PT, who offers specialized care for women at Memorial.

**For more information, call (937) 578-2261.**

## Want to Learn More?

Attend our next Memorial Health Forum Seminar, where you can learn more about overcoming incontinence.

"Women shouldn't be ashamed of incontinence," says Trista Schrickel, MD, OB/GYN on staff at Memorial Hospital of Union County. "A number of effective treatment options are available today—including many that don't require surgery."

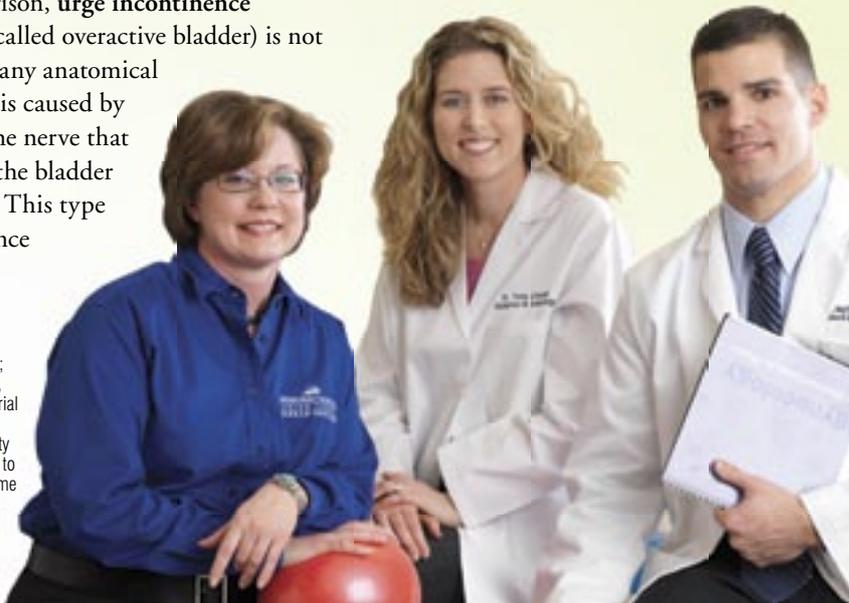
Physicians from Marysville OB/GYN and therapy professionals from Memorial Hospital will discuss causes and solutions, both surgical and therapeutic, as well as answer questions.

**Monday, June 4, 2007 at 7:00 p.m.**

Village and Civic Rooms near the hospital cafeteria

**Please call (937) 578-2573 to make a reservation. For more information, visit [www.memorialhosp.org](http://www.memorialhosp.org).**

Rebecca Kely, PT;  
Trista Schrickel, MD;  
and Neil Niemi, MD,  
all on staff at Memorial  
Hospital of Union  
County, offer a variety  
of treatment options to  
help women overcome  
incontinence.



# The Future of Imaging Has Arrived

For the fastest imaging scans and clearest resolution, come to Memorial Hospital of Union County, home to the new dual source computed tomography (CT) scanner—one of only two in the state of Ohio.

Computed tomography (CT) is the most advanced form of diagnostic imaging available, capable of producing crystal-clear images of the human body in a matter of seconds. Memorial's new dual source CT scanner is twice as fast as standard CT scanners. With a single rotation, the scanner can acquire more than 6,000 images of the heart in ten seconds.

"In the past, CT scanners were used to make images of the brain, chest, and other areas. Thanks to increased speed, it is now being used for cardiac studies," says Mareva Page, Director of Imaging Services for Memorial Hospital. "Because the scanner is fast enough to detect the presence of coronary artery disease, more invasive procedures such as cardiac catheterization may not be necessary."

## HOW DOES IT WORK?

Traditional scanners contain a doughnut-shaped ring with a single X-ray source, which rotates around a patient to produce an image. Dual source scanners, however, have two X-ray tubes, cutting down on the time between a scan and diagnosis.

"Dual source CT scanners contain double the parts of standard CT systems,



Rocky Greer, DO, cardiologist; Charles Muncrief, DO, radiologist; ShelleyWhite, RT, CT, MR, Imaging Supervisor; and Douglas Magorien, MD, cardiologist share news on the Dual Source CT.

allowing them to double the work," says Charles Muncrief, DO, a board-certified and fellowship-trained radiologist on staff at Memorial Hospital. "For example, instead of rotating 180 degrees around the patient to produce an image, the dual source only has to rotate 90 degrees."

## PATIENT-FRIENDLY SCANS

The dual source scanner is not only beneficial to medical professionals examining images—it benefits the patient as well.

"Before angiographies and other cardiac CT scans, beta-blockers—medications that slow the heart—were often administered so image quality could be improved," says Douglas Magorien, MD, board-certified cardiologist and Clinical Assistant Professor of the Internal Medicine Division of Cardiovascular Medicine at Ohio State University who is on staff at Memorial Hospital. "However,

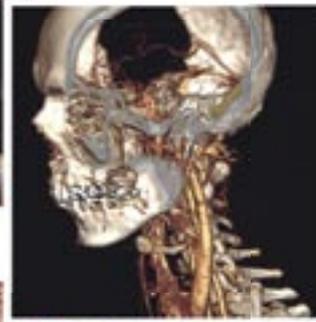
some patients are susceptible to allergic reactions, medication interactions, and other complications from the use of these medications—concerns that can be eliminated with the scanner."

The dual source CT scans also use 50 percent less radiation than traditional scanners for cardiac studies, according to Siemens.

"Above all, our top priority is the safety of our patients," says Dr. Muncrief. "We feel that the dual source CT scanner is the best choice because it is able to accomplish this mission—to produce images—while protecting from unnecessary medication and radiation."

## NEW AND IMPROVED

The scanner is not the only addition to the hospital: patients will now undergo scans in a completely renovated CT/MRI suite. Renovations include a new reception area and a bathroom added



The dual source computed tomography scanner provides some of the clearest images of the heart, brain, and lungs available today.

“With the dual source CT scanner, we will have the ability to perform cardiac scans without the use of beta-blockers and with less radiation exposure than in other systems.”

—Mareva Page, Director of Imaging Services for Memorial Hospital of Union County

for patient privacy. The entire project including renovations, the dual source CT and a new 16-slice CT scanner encompass an investment of nearly \$3.1 million.

“Undergoing a scan can be very stressful for the patient and we want to put the patient in as warm and comfortable of an environment as we possibly can,” says Page.

### A CARING COMMUNITY

As one of only a handful of healthcare providers in the country with dual source CT technology, Memorial Hospital administration recognizes the help they

received in bringing the cutting-edge system to Marysville.

“Without the generous support of the community and our development council, we would not have been able to secure the dual source CT system,” says Page. “We are both proud and honored to be a leader in healthcare for the area and look forward to continuing our tradition of excellence.”

*For more information on dual source CT technology call (937) 578-2589.*

## Did You Know?

Memorial Hospital of Union County’s Siemens dual source computed tomography (CT) scanner is one of only two in Ohio and one of only a handful in the country.



## Benefits at a Glance

Memorial Hospital of Union County’s new dual source CT scanner is faster and safer than all others on the market. Here are a few ways it may help you:

- no need for beta-blockers before cardiac studies
- faster scanning capabilities
- no need to wear a hospital gown
- less radiation exposure for cardiac scans
- better picture quality
- ability to scan arrhythmic patients



# New Solutions for Living Well with Fibromyalgia

For those with fibromyalgia, everyday life can bring many challenges. Memorial Hospital of Union County's Rehabilitation Department offers new, personalized therapies to improve a patient's quality of life.



Chrisanne Gordon, MD



Randy Moore, PT, MS, OCS



Angela Shick, PT, ATC

**F**ibromyalgia is a disorder in which irritation in muscle tissue causes chronic pain throughout the body. Scientists have found people with fibromyalgia have increased brain sensitivity to pain signals. As a result, pressure or touch to the body that would not hurt an average person causes intense pain to someone with the disorder.

Women of childbearing age are most commonly diagnosed with fibromyalgia, although it does affect men and children. The disorder can also be accompanied by headache, mental fog, or irritable bowel syndrome.

“Because fibromyalgia symptoms vary, many patients mistake it for other disorders—that’s why it is important to see a physician for diagnosis,” says Chrisanne Gordon, MD, Medical Director of Rehabilitation Services at Memorial. “While fibromyalgia has no known cure, Memorial has treatments that reduce pain and restore mobility.”

## RELIEVING PAIN

Originally invented by a French engineer to soften his scars from an accident, a treatment known as Endermologie® has proven highly beneficial for fibromyalgia. Computer-guided rollers on the device gently pull and roll skin, reducing pain and soreness caused by scar tissue or adhesions on the muscles.

Memorial Hospital uses an Endermologie device developed by LPG systems, and Dr. Gordon supervises the treatment. In addition, Dr. Gordon has conducted a pilot study on the Endermologie’s effectiveness in fibromyalgia patients, which was recently published in the Archives of Physical Medicine.

## PERSONALIZED SERVICES

Memorial also has initiated a Fibromyalgia Program, which is designed based on each patient’s need. Lasting four to eight weeks, the program begins with an assessment by a physical therapist to set goals and determine what exercises or therapies are most appropriate.

Exercises and Endermologie therapy are both optional components of an individual plan. Cardiovascular exercises, such as exercising in a pool, walking, or biking also are helpful. Patients are encouraged to continue strengthening exercises at home after the initial session is complete to keep muscles healthy.

“We want to improve the condition of those suffering from fibromyalgia so they can tolerate movement long term,” says Randy Moore, PT, MS, OCS, Director of Rehabilitation Services at Memorial. “We teach them ways to get stronger without negatively affecting their condition.”



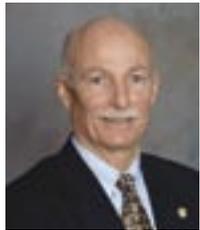
For more information about Rehabilitation Services and available treatments, call (937) 578-2261.



# Welcome Aboard!

## RICK SHORTELL

Meet Rick Shortell, a new member of the Memorial Hospital of Union County Board of Trustees. As the Vice President of Marketing and Economic Development for Union Rural Electric Cooperative,



Inc., Rick began his career in the electric cooperative industry four years after graduating from Eastern Mennonite College in 1975.

Rick and his wife Ruth, a Reading Recovery Specialist with Marysville Schools, have three children and two grandchildren. As a family, they are very active and enjoy snowboarding and other outdoor activities. Rick also participates in sprint triathlons in the summer.

Rick has served the community as a past President and board member of the Union County Chamber of Commerce, past President and board member of the Logan Union Champaign Regional Planning Commission, and member of the Community Improvement Corporation Board.

## THOMAS RANNEY

Thomas Ranney, a Research Scientist for the Transportation Research Center (TRC) in East Liberty, also joins the board. He conducts behavioral research to determine how driving performance and safety are degraded by factors such as headlight glare, driver fatigue, aging, alcohol impairment, and driver distraction.

Thomas is a member of the Human Factors and Ergonomics Society, the

Society of Automotive Engineers, and has been involved extensively in the technical and executive committees of the Transportation Research Board of the National Academies. He is a certified Human Factors Professional.



Tom shares his life with his wife, Debbie, their daughter, and their son who resides in Providence, R.I. He has coached

youth soccer and hockey. In addition to music and reading, he enjoys staying fit through skating, ice hockey, bicycling, and gardening. He looks forward to the challenge of helping the hospital sustain its important role in the community.



## Welcome, Dr. Hammash

On February 1, 2007, Muhannad Hammash, MD, internal medicine physician, joined Memorial Hospital of Union County as a hospitalist, a physician who specializes in inpatient care at a hospital.

Dr. Hammash completed his residency in internal medicine at Wright State University in Dayton, Ohio, and recently served as medical co-director of Good Samaritan's hospitalist program in Dayton, Ohio.

"I'm excited to be here," says Dr. Hammash. "I enjoy the personal touch that smaller hospitals can offer, and I look forward to contributing to the outstanding patient care at Memorial Hospital."

In addition to caring for patients, Dr. Hammash's responsibilities include the coordination of care with specialists and the patient's primary care physician.



## The Doctor Is In

Anna Clem-Badhwar, DO, family practice physician, joined the exceptional team of local physicians in March. A graduate of the Ohio University School of Medicine in Athens, Dr. Clem-Badhwar completed her residency at Firelands Regional Medical Center in Sandusky.

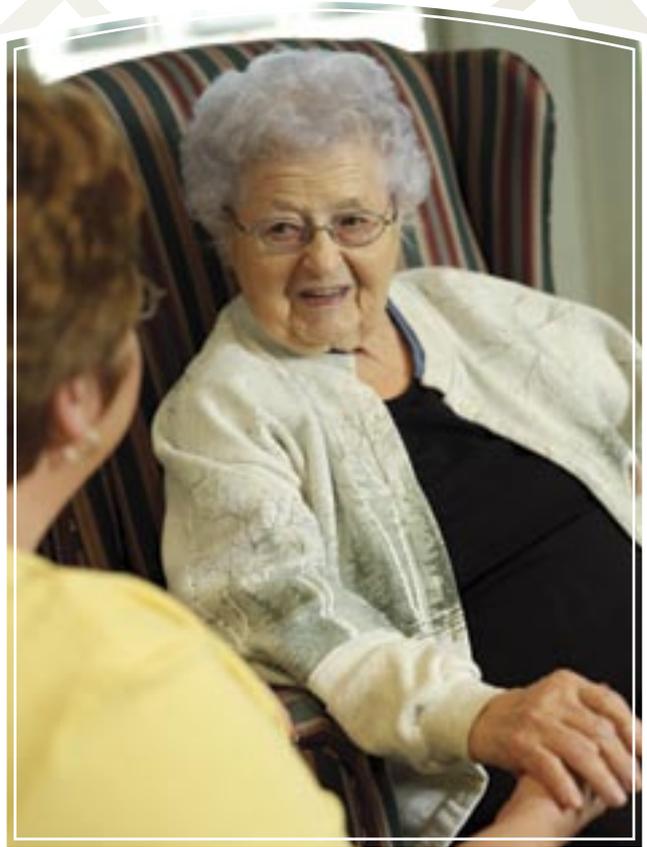
"My inspiration to become a doctor began when I was a young child, making frequent trips to the hospital to visit my grandmother. It gave me great fulfillment making her feel better, and I wanted to do the same for others," says Dr. Clem-Badhwar, a Plain City native who lives near Marysville with her husband and two young daughters. "I'm excited about caring for the people of this community and encouraging them to live healthfully."

*Dr. Clem-Badhwar is currently accepting patients at Damascus Family Medicine at 388 Damascus Road in Marysville. Call (937) 578-4040 to schedule an appointment.*

# Your Recovery Is In Good Hands

- **HIP OR KNEE REPLACEMENT**
- **STROKE**
- **HEART FAILURE**
- **PERSONAL INJURY**

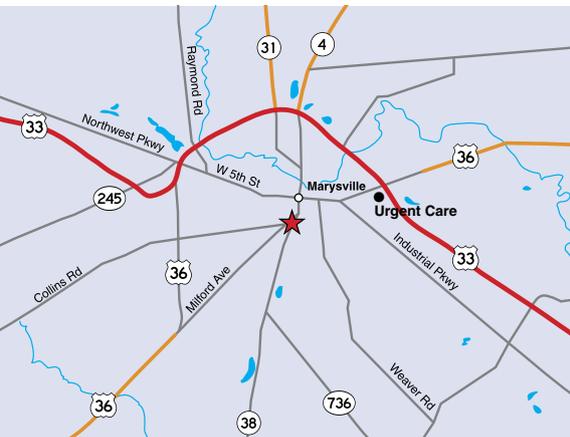
For these conditions and many others, rehabilitation is the key to returning to a high-quality, productive life. That's where *The Gables at Green Pastures* steps in. Offering physical, occupational, and speech therapy to individuals in need of short-term rehabilitation, The Gables provides everything you need to help overcome your healthcare challenge.



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Embracing life's changes.

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