

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

wellaware

SUMMER 2008

HERE
FOR
YOUR

Little Ones

From family practice physicians to pediatricians, you do not have to travel far to receive top-quality kids' care.

Pack the
Perfect
Picnic

Before You
Exercise This
Summer,

Turn to Page 3



Tips to Keep You Safe in the Sun

Whatever your favorite summer activity, most take place in the great outdoors. If you and your family or friends are spending time together outside, there is an additional guest you want to prepare for—the sun’s harmful rays.

“Everyone wants to be in sunny areas, but it is important to plan ahead,” says Arthur Pellegrini, MD, dermatologist on staff at Memorial Hospital of Union County. “Know the amount of time you will be in the sun and the time of day, and be sure to cover all exposed areas.”

If you are planning an outdoor activity with your family, here are some things to consider.

- **Wear sunscreen—even when it’s not sunny.** Because cloudy skies block less than 20 percent of all ultraviolet (UV) radiation, apply water-resistant sunscreen evenly 30 minutes before spending any time outside. Select a sunblock with a sun protection factor (SPF) of at least 15 that protects against UVA and UVB rays.
- **Avoid the outdoors in the middle of the day.** The sun is normally brightest between 10 a.m. and 4 p.m., so plan events

in the early morning or late afternoon to avoid the most harmful rays.

- **Keep children covered.** Babies and small children are particularly sensitive to sun damage, so be sure to reapply sunscreen often and keep their skin covered with clothing as much as possible.

For more information about “Skin Cancer Awareness and Prevention,” please call (937) 578-2320 to register for a free seminar being presented on July 22 at 7 p.m. at Memorial Hospital by Dr. Pellegrini as part of our Memorial Health Forum educational series.

Did You Know?

A sunscreen with a sun protection factor (SPF) of 15 filters about 93 percent of harmful UVB rays while an SPF of 30 filters about 97 percent. When it comes to you and your family, choose a higher SPF for better sun safety.

Have a Healthy Summer Picnic

Considering a picnic on a warm Saturday afternoon? You may want to rethink that bucket of fried chicken and store-bought potato salad. Instead of the traditional, fattening picnic fare that can spoil in the sun, consider a lighter—but still tasty—menu.

“With all the options available today at the grocery store, you can make over your picnic basket with healthier fare,” says Glenna Bell, RD, LD, dietitian for Memorial Hospital of Union County. “If your picnic spot includes a grill, choose boneless skinless chicken breasts or make your hamburgers out of ground sirloin, which is leaner than ground beef.”

Keep in mind some foods may not be suitable for a summer picnic. High temperatures can cause foods to spoil and become dangerous to consume. Consider substituting baked tortilla or pita chips for potato salad or using whole fruit instead of

a cut-up fruit salad. Some other weather-approved menu items include a three-color bell pepper salad in a light vinaigrette dressing or green bean salad with sun-dried tomatoes.

Dessert can be healthier, too. Instead of chocolate chip cookies, make a batch of oatmeal raisin cookies. These sweet treats still taste fantastic, but are healthier for you.

You can also make a low-fat strawberry shortcake using angel food cake, strawberries, and low-fat whipped cream.

For more information about healthy eating, visit www.memorialhosp.org.



ON THE COVER: Lisa Krumm, MD, pediatrician with Mill Valley Pediatrics, cares for Joseph.



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Dennis Stone, Chairman,
Board of Trustees
Jason Hollback, Editor

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Watch Out,

Weekend Warriors!



With warmer temperatures' arrival, you may be gearing up for pick-up soccer games in the park or tending to your summer garden. While these activities can be fun, if your body isn't prepared for hard work, you might find yourself inside the doctor's office rather than enjoying the outdoors.

When the mercury rises in the thermometer, the number of visits to physicians' offices rises as well. That's in part because weekend warriors—those who try to cram a week's worth of exercise into the weekend—begin performing excessive outdoor activities that can lead to overuse injuries.

"Many times, a weekend warrior's mind tells him that he can do the activity, while his body is telling him that this is something that is outside of its capabilities," says Jude Smith, MD, orthopedic surgeon on staff at Memorial Hospital of Union County. "He'll try to get out there and do things his body isn't ready for, and he can end up with injuries including strained and torn muscles, joint pain, and even a heart attack."

REDUCING INJURIES

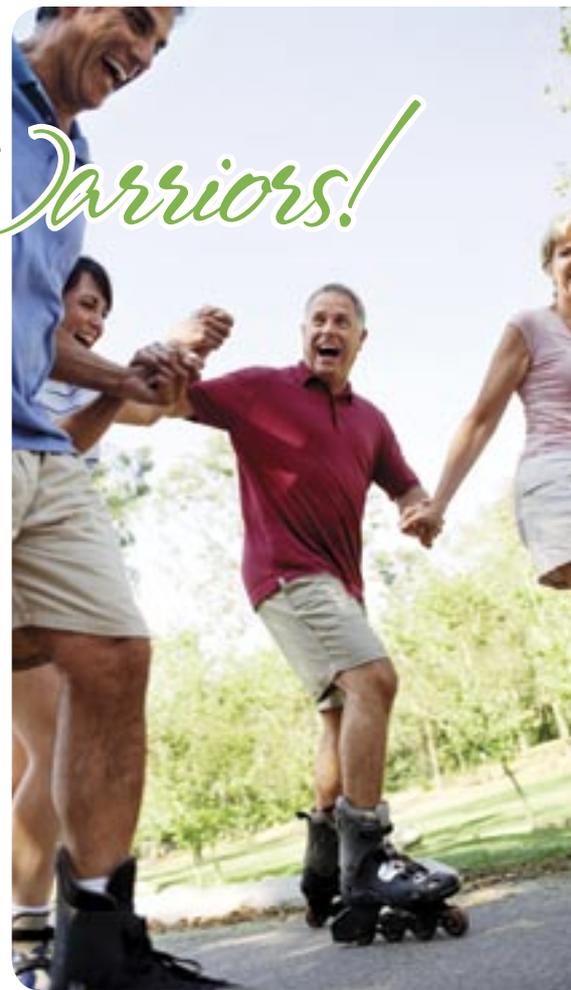
The best way to reduce your risk of developing weekend warrior-type injuries is to stay active year round. If you are short on time, even taking fifteen minutes

a day to stretch out your muscles, walk during your lunch break, or lift hand weights while watching television can help. Not only will your muscles be conditioned to work, you'll increase your flexibility, which will dramatically reduce stress when you begin more active exercise in the spring or summer.

"It's critical that you engage in proper conditioning for any sport you participate in and perform a warm-up before beginning exercise," says Mark Stover, DO, with Marysville Orthopedics. "With the assistance of a physician, you can set realistic goals for yourself—and prevent injuries through sport-specific conditioning, nutrition, and hydration."

If you're interested in participating in sports this spring and summer, it's best to have an off-season plan to prepare your body.

"A lot of people try to keep their cardiovascular systems in shape, but they fall short on the strength and flexibility



components that can help prevent injuries," says Craig Devine, PT, ATC, physical therapist on staff at Memorial Hospital. "As tissues age and take on the stress of competing in sports, lack of strength and flexibility can lead to injuries ranging from muscle strain to more serious complications."

If you are unfortunately injured during an activity, Memorial Hospital has several orthopedic specialists who are ready to help. Visit www.memorialhosp.org to find a physician.

Athletes Need Physical Therapy, Too

Weekend warriors aren't the only ones who can benefit from starting slowly in the summer—young, active athletes also should make injury prevention an important part of their game plan. Whether it's a concern about dehydration or heatstroke, a physical therapist at Memorial Hospital of Union County can offer tips to help athletes train in top form.

"Physical therapy is not just for those who are recovering

from injury or surgery—prevention and health maintenance are big parts of what we do," says Craig Devine, PT, ATC, physical therapist on staff at Memorial Hospital of Union County. "We can help athletes create a conditioning program that's safe and best suits their training needs."

For more information on Physical Therapy at Memorial Hospital, please visit www.memorialhosp.org.

Filling a Need in

Kids' Health



Marysville is one of Ohio's fastest growing cities, with young families making up a large percentage of the nearly 18,000 residents in the 2005 census. With an increasing number of families with children comes a growing demand for physicians to care for the specialized needs of your little ones.

The city is filled with amenities designed for families with young children, including an expansive set of parks for recreational activities. In years past, however, some families decided to go to larger cities such as Dublin or Columbus to find specialized care for their children.

"There was an overwhelming need for providers who cared for children in the area," says Lisa Krumm, MD, pediatrician with Mill Valley Pediatrics. "Some families were seeking their pediatrics care from urgent care facilities or outside the area."

SPECIALIZED CARE CLOSE TO HOME

Marysville residents have many options to receive convenient, close-to-home pediatric care delivered by a specialized physician.

Because children aren't just little adults, their needs are different and change from year to year as they grow. Pediatricians are required to complete three years of specialty training after medical school focusing entirely on the care of children from birth to age 21. Family medicine physicians also complete three years of training after medical school. However, a family medicine physician will receive training for children and adults of all ages, allowing them to have insight into issues involving the whole family since he or she may care for the entire family.

"From sick to well-child visits, vaccinations, management of medical conditions, and referrals to specialists, family practice physicians can begin treating a newborn while he or she is still in the hospital," says Delia J. Herzog, MD, family medicine physician with Damascus Family Medicine, Inc.

Pediatricians, while not able to care for adults, are extensively trained and focus solely on the health and well-being of children.

Caring for Your Little Ones

Memorial Hospital of Union County is proud to be affiliated with the following providers who care for children's health.

PEDIATRICS

Marysville Pediatrics
610 South Plum Street
(937) 644-1920

Nikola Alain, MD
Roopa Kartan, MD

Mill Valley Pediatrics
1140 Charles Lane
(937) 578-4210

Cheryl Kirkby, MD
Lisa Krumm, MD
Michael Underwood, DO

FAMILY MEDICINE

Damascus Family Medicine, Inc.
388 Damascus Road
(937) 578-4040

Daniel Badenhop, MD
Anna Clem, DO
Delia Herzog, MD
Jeffrey Moore, MD

*Family Health Care
of Marysville, LLC*
773 S. Walnut Street
(937) 578-2862
Connie Warren, MD

Linscott Family Practice
225 Stocksdale Drive
(937) 644-2070
Joseph Linscott, DO

Marysville Primary Care
1044 Columbus Avenue
(937) 644-1441
David Applegate II, MD

McConnell Family Practice
118 Morey Drive
(937) 578-2796
Susanna Johnson, MD
Thomas McConnell, DO

Richwood Family Practice
19 West Ottawa Street
Richwood OH 43344
(740) 943-2302
Holly Recob, DO

Tornik Family Medicine
240 West Main St.
Plain City, OH
(614) 873-6700
Steven Tornik, DO

Warthog Family Medicine
498 London Avenue, Suite C
(937) 578-4004
Deborah Wilson, MD

INTERNAL MEDICINE AND PEDIATRICS

Marysville Primary Care
1044 Columbus Avenue
(937) 644-1441
Mary Applegate, MD
Justin Krueger, MD
Peter Mustillo, MD

"When you focus on children specifically, every well-child exam is geared toward preventing medical problems," says Roopa Kartan, MD, pediatrician with Marysville Pediatrics. "Screenings are done according to American Academy of Pediatrics (AAP) guidelines, which are helpful."

Yet another option is an internal medicine/pediatric physician. These physicians are trained to care for both children and adults, similar to family medicine; however, their training includes four years of specialized training with two years dedicated to pediatrics and two years to adult care. Internal medicine/pediatric physicians then become board certified when they pass both the pediatric and internal medicine board exams.

Each of the three types of physician specialties is a great option for pediatric care.

MEMORIAL HOSPITAL'S COMMITMENT

Memorial Hospital continues to play its part in bettering the health of the community's youngest patients with the recruitment of new pediatricians and family medicine physicians.

"The hospital is working to expand its pediatric offerings," says Cheryl Kirkby, MD, pediatrician with Mill Valley Pediatrics. "We are helping to make a dream come true; families are able to be treated entirely in their own community."

In addition to Dr. Kirkby, other new pediatricians in the community are Drs. Kartan, Krumm, and Underwood, all of whom started practice locally in the last year. Additionally, Drs. Clem and Tornik are two new family practice physicians that have recently joined the medical staff of Memorial Hospital and are practicing in Marysville and Plain City, respectively. Finally, Dr. Krueger, an internal medicine/pediatric physician began practicing at Marysville Primary Care two years ago. Bringing new physicians that care for children into the mix only adds to the family-oriented community Marysville has become.

VALUE OF PEDIATRICS CARE

Memorial is proud to have so many outstanding physicians on its medical staff that are specially trained to care for children.

"Parents can be assured that their children receive the highest quality of care with our local physicians," says Chip Hubbs, President and CEO of Memorial Hospital. "We really believe in supporting the communities we serve and we are excited that we can assist by sharing information about existing and new physicians in our service areas. We are proud to be associated with physicians that practice with such compassion while at the same time providing state-of-the-art pediatric care."



To find a pediatrician or family practice physician to meet your family's needs, visit our Web site at www.memorialhosp.org and select "Physician Locator" and then "Pediatrics" or "Family Medicine" under specialty.



Residents of The Gables at Green Pastures are enjoying the new and improved dining hall—and they have the Auxiliary of Memorial Hospital of Union County to thank. The Auxiliary gave tirelessly of its time and effort to raise money through gift and flower shop sales and the fall gala to make the renovations possible.



A New Atmosphere: It's What's for Dinner

Mealtime should be a time of relaxation with great food and enjoyable company, which is exactly what The Gables at Green Pastures—a long-term and special care neighborhood under operational authority of Memorial Hospital of Union County—is serving up with their new dining services renovation.

When considering renovation projects for the facility, Laurie Whittington, MHA, NHA, Chief Operating Officer, Administrator at The Gables at Green Pastures, realized the impact mealtime had on her residents.

“Mealtime is when residents can socialize with each other while enjoying delicious, healthy food choices,” says Whittington. “Because our goal is to make the experience both enjoyable and one that encourages choice and independence, we wanted to enhance the dining services to reflect these priorities.”

RESIDENT-CENTERED CARE

When beginning plans for renovations, The Gables at Green Pastures staff sought resident feedback.

“On a regular basis, we hold a residents’ choice meal, where residents are able to set the menu themselves and place their input for meals. Our last resident choice meal was chicken wings, which was a huge success,” says Anita Moffett, Dietary Manager at The Gables

at Green Pastures. “We also have a resident council in place, which samples all the food items before they become part of the menu, letting them have a voice in the menu selection.”

BETTER THAN EVER

After consulting residents, the renovations began. The ceilings were painted a sky blue, walls were also painted in bright, cheerful shades, and flooring was laid. New china and elegant flatware adorn the tables. A buffet area to provide snacks, such as fresh fruit, and beverages throughout the day was also added and was built to offer residents more options.

But that’s not all—residents can now pick a healthy dessert from the rolling dessert cart, including low-carbohydrate cheesecake and sugar-free options. A new professional-grade steamer was also added to keep in nutrients.

Complete with open seating options, the dining hall now boasts a hotel-style atmosphere perfect for residents and their special guests.

“Residents love the new changes and enjoy mealtimes more than ever before,” says Tory Palivoda, Director of Nursing at The Gables at Green Pastures. “Thanks to the cheerful atmosphere and increased menu options, residents are even making healthier food choices and losing weight.”

TOUCHING EVERYONE

Overall, the renovations have been very successful, and Whittington only hopes it grows from here.

“The transformation of the dining hall is meant to help foster resident independence, better outcomes with increased resident intake and nourishment, encourage friendships, and create increased satisfaction,” says Whittington. “We want to provide our residents with the very best dining experience, making them feel as if they are receiving restaurant quality service with family-style dining.”

For more information about The Gables at Green Pastures, visit www.gablesatgreenpastures.org.

Welcome, Dr. Smith

Memorial Hospital of Union County is proud to welcome Jude Smith, MD, orthopedic surgeon, to the medical staff. As an orthopedic surgeon, Dr. Smith's areas of specialty include treatment of sports-related injuries, total joint replacements, reconstructive surgery, carpal tunnel surgery, and other hand-related surgeries. He previously spent ten years with Kaiser Permanente in the Cleveland area where, among other duties, he was responsible for developing a hand surgery program for the group.

Dr. Smith earned his medical degree at Boston University. He completed an internship in orthopedics at E.J. Meyer Memorial, now Erie County Medical Center. His residency was completed at Mayo Graduate School and Tufts University.

Dr. Smith, who is board-certified in orthopedic surgery, practices with Mill Valley Orthopedic Specialists in Marysville and also sees patients in the Ambulatory Care Center at Memorial Hospital.

To schedule an appointment with Dr. Smith, call Mill Valley Orthopedic Specialists at (938) 578-2276.



Jude Smith, MD

Welcome, Dr. Chennuru

Memorial Hospital of Union County is pleased to welcome Sudhathi Chennuru, MD, hematologist/oncologist, to the medical staff.

The addition of Dr. Chennuru further enhances the hematology/oncology coverage provided at Memorial Hospital's Ambulatory Care Center (ACC). She will practice with Hematology Oncology Associates and Dr. Sanjay Yadav.

Dr. Chennuru was born in India and completed medical school at the University of Mysore in India. Upon completion of her training, Dr. Chennuru worked as a research assistant in the Department of Oncology in Washington, D.C., and subsequently completed the internship-residency program and a Hematology/Oncology fellowship at Wright State University in Dayton, Ohio.

Dr. Chennuru has a special interest in breast cancer, which was fostered while she was living in India, where many women waited too long to seek treatment or did not have access to appropriate medical care.

"Being diagnosed with cancer can be a frightening and overwhelming experience, but the good news is that with the advances in medical technology, it can be cured," says Dr. Chennuru. "At Memorial Hospital, we can offer great care to people close to home. My highest priority is to provide patients with professional and compassionate medical care in a warm and healing environment where patients can expect that their entire wellness is my priority."

Dr. Chennuru will be seeing patients in the ACC on Fridays. To schedule an appointment, call (937) 578-2276.



Sudhathi Chennuru, MD



When it comes to physical healing,

Physical therapy has never felt so good.

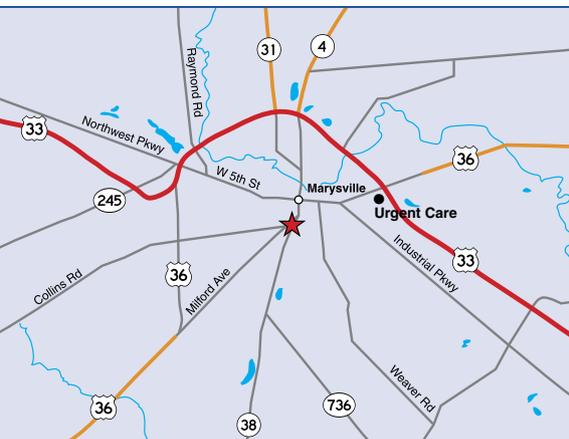
Being sidelined due to pain, injury or surgery can definitely put a crimp in your lifestyle. The Rehabilitation Services department at Memorial Hospital can help restore, maintain or improve your physical ability, so you can get back in the race.

**For more information ,
call (937) 644-6115 or visit
www.memorialhosp.org**



There's more to Memorial

Randy Moore, Director - Rehabilitation Services
*University of Indianapolis
Tri-Athlete*



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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