

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

wellaware

FALL 2009

**Being a
Friend
to Someone
with Cancer**

**A New
Partner
for Your
HEART
HEALTH**



General Surgery

**Using Specialized
Approaches**



Honoring Patients, One Blanket at a Time

Memorial Hospital provides health care to patients of all ages. From the birth of a child to the sympathy given to a terminally ill patient, physicians and staff understand that care also includes providing emotional support. In the hospital's Morey Center, nurses place handmade blankets over patients to provide warmth and peace during difficult times.

A QUILT HANGS on the wall at the home of Deborah K. Thompson, RN at Memorial Hospital. For Thompson, the quilt means more than a pretty piece of fabric—it is a comforting reminder of her son who passed away.

Knowing the peace that such a blanket provided her, Thompson set out to provide “honor” blankets for patients.

“I got the idea after reading a magazine article where nurses gave red, white, and blue blankets to those in a Veteran’s Administration hospital,” says Thompson. “I felt we needed to do something as nurses to honor the lives of our patients when they are at the end of their lives.”

“Deb has been able to weave her grief into the fabric of her quilts, and through it bring comfort to others,”

says Marylyn Coy, RN, MSN, CNS, Director of the Morey Center and Case Management at Memorial Hospital.

In addition to comforting the patient, the honor blankets also help new nurses who are not yet accustomed to caring for terminally ill patients. Thompson plans to create a table in the nurses’ break room so they can work on new blankets during their breaks or lunches.

“Ever since my aunt made me a blanket for the son I lost, I knew how much a piece of fabric could mean to someone,” Thompson says. “In the same way, I feel a patient’s life needs to be honored from beginning to end.”

If you would like to donate quilting supplies for patients’ quilts, please call (937) 578-4208.



Tracking the Yack



For some, peace and quiet are integral parts of the healing process. That’s why Memorial Hospital of Union County implemented Yacker Trackers, an audio technology that monitors noise levels in different parts of the hospital.

MEMORIAL HOSPITAL FIRST started using the trackers in the Intensive Care Unit in April 2009, and after showing signs of success, the trackers have been placed in most inpatient and outpatient areas.

THREE COLORS, THREE CHANCES

The Yacker Tracker looks similar to a traffic light. Green signals a low, acceptable noise level, yellow is a warning, and red signifies too much noise.

“Any noise will set the Yacker Trackers off, whether it’s carts rolling through the area, the telephone ringing, or people talking,” says Mary Walker, Customer Service Director at Memorial Hospital. “When the Yacker Tracker turns yellow as a warning, people tend to quiet down. Most of the time, the tracker doesn’t even turn red. Yellow is usually sufficient to encourage people to speak more softly.”

BETTER HEALTHCARE

Less noise means more productive employees and a more peaceful hospital.

“The Yacker Trackers are a subtle way to remind patients, visitors and employees that a hospital is not a place for excessive noise. We really want to provide a restful environment,” Walker says.

To view how Memorial Hospital is helping other areas of customer service, go to www.memorialhosp.org and click on our Most Wired Award.



Our Mission: To promote wellness and improve the health of people in our community.

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wellaware is published by the Marketing and Development Office of Memorial Hospital of Union County. © 2009

Partners for Your Heart Health



THE HEART
PARTNERSHIP



Memorial Hospital of Union County recently announced a collaboration with the Richard M. Ross Heart Hospital at The Ohio State University (OSU) Medical Center to form The Heart Partnership, which will provide patients expanded cardiology services, including a multi-use catheterization laboratory.

“WE’RE VERY EXCITED about The Heart Partnership,” says Spence Fisher, Vice President of Physician Relations and Business Development for Memorial Hospital. “Patients will now be able to remain in Marysville and receive many of the same types of treatment and the same quality care they would receive at OSU.”

CARDIOLOGY COLLABORATORS

Memorial’s partnership with OSU will increase the availability of cardiologists in Marysville resulting in greater access to cardiology services. Enhanced diagnostic services will include stress tests, EKGs, echocardiograms,

vascular ultrasound, tilt studies, and transesophageal echocardiography (TEE). If a service is not offered at Memorial, the partners hope to streamline the transfer process so that patients don’t have to complete registration again.

“This is one of the best examples I’ve seen of two healthcare entities partnering with a common vision,” says Thomas Ryan, MD, Director of the OSU Heart and Vascular Center. “It’s been enjoyable to work with everyone at Memorial.”

To find a cardiologist at Memorial Hospital, learn more about The Heart Partnership, or receive a healthy heart package, call (937) 578-4343.

“With the expertise of the partners involved, patients can be sure they’re receiving the best cardiac care possible.”

— Chip Hubbs, President and CEO of Memorial Hospital of Union County



Welcome, Dr. Roble

FELLOWSHIP- TRAINED

Sharon Roble, MD, recently joined Memorial

Hospital of Union County’s team of cardiologists.

Dr. Roble received her medical degree from Michigan State University and completed her internship and residency at The Ohio State University and Nationwide Children’s Hospital. Dr. Roble was drawn to Memorial Hospital because of the local charm of Marysville. She performs transesophageal echocardiograms (TEE),

stress tests, echocardiograms, and cardiac computed tomography (CT) scans.

“By intervening early, cardiologists can modify patients’ risk factors for heart problems and avoid major cardiovascular events,” says Dr. Roble. “Cardiology is rewarding because I get to see patients experience a better quality of life thanks to advancements within the field.”

Outside the office, Dr. Roble enjoys spending time with her husband, John, and 10-month-old daughter, Lauren. They look forward to cheering on The Ohio State Buckeyes football team this fall.

The Importance of Cardiac Checkups



In April 2009, 62-year-old George Spurling of Marysville—an employee of Honda Marysville—stood in for his boss at the last minute at Memorial Hospital of Union County’s Business Honor Roll event. Thanks to the eleventh-hour switch, George heard Peter Hoy, DO, emergency medicine and occupational health physician at Memorial, speak about the importance of cardiac checkups for individuals ages 50 and older.

It had been two years since George’s last checkup and though he felt fine, he thought it would be a good idea to see his physician.

“Dr. Hoy’s message was in the back of my mind, saying ‘you must take care of your health,’” George says.

After making an appointment with Memorial Hospital cardiologist Douglas Magorien, MD, George underwent a diagnostic cardiac catheterization to test for blockages. He was shocked to learn a potentially life-threatening blockage was found in his aorta. Thanks to the chain of events set off by Dr. Hoy’s speech, George underwent bypass surgery at The Ohio State University Medical Center, averting a potential tragedy. Today, he attends cardiac rehabilitation sessions at Memorial Hospital and tells others of the importance of heart health.

“Dr. Hoy made such an impression on me,” says George. “I’ve started telling everyone that they need to have regular cardiac checkups no matter how good they think they feel.”

General Surgery: Minimally Invasive Options for Maximum Benefits

At Memorial Hospital of Union County, there is no such thing as minor surgery. From minimally invasive gallbladder removals to hernia repairs, surgeons at Memorial Hospital are using advanced techniques to provide the best possible care.

GENERAL SURGEONS ARE considered the jack-of-all trades in the surgery field, performing procedures from gallbladder and appendix removal to laparoscopic colon resections to breast biopsies and mastectomies. The ability to perform a wide variety of surgeries requires special expertise, and Memorial Hospital is home to three experienced and board-certified general surgeons: James Bové, DO; Bradley Bryan, MD; and Donald Reed, MD.

“Patients seeking surgical care for a variety of conditions will find the same level of treatment at our facility that is found at major hospitals in large cities,” says Donald Reed, MD, FACS, general surgeon on staff at Memorial Hospital. “High-definition imaging technology and other available equipment prepares the surgical staff at Memorial Hospital to handle a number of conditions successfully and quickly.”

MINIMAL APPROACH, MAXIMUM RESULTS

If you have a friend or relative who had surgery to remove an appendix as recently as 10 to 15 years ago, he or she may show you a large scar or talk about the long recovery period. Thanks to minimally invasive surgery procedures

and technology such as tiny cameras and slender laparoscopic instruments, Memorial Hospital surgeons are able to take a different approach for appendectomies and many other general surgery procedures.

“Minimally invasive surgery allows the surgeon to use small incisions to obtain the same results as an open method,” says James Bové, DO, FACOS, general surgeon at Memorial Hospital. “Patients see benefits right away with less recovery time and, in the long term, with less scarring.”

COMMON SURGERIES, UNCOMMON CARE

Surgery patients at Memorial Hospital also experience something that sets the hospital apart from other facilities: a commitment to personalized care, meaning the individual does not feel like just another surgery patient, but as a person who has unique health needs.

“Every procedure provides an opportunity to offer the best care to patients,” says Bradley Bryan, MD, FACS, general surgeon on staff at Memorial Hospital. “Through my years of experience, I have seen patients who appreciate not only the surgical skill and technology used at Memorial Hospital,

but also that they feel their questions were fully answered and expectations met.”

Memorial Hospital surgeons use this personalized approach in performing general surgery procedures such as:

- appendectomies
- biopsies
- endoscopy procedures
- gallbladder removal
- hernia repairs
- laparoscopic colon resection
- lumpectomies and mastectomies
- skin grafts
- thyroidectomies

From admittance through discharge, the surgeons and staff at Memorial Hospital maintain an active role in the care of their patients. Staying in close contact with patients and their families, Memorial’s surgeons make total patient care a constant goal.

“Surgical procedures can be extremely stressful for our patients and it is our job, from a clinical and personal perspective, to ease that stress and provide healing,” says Wade.

For more information on general surgery services, contact one of Memorial Hospital’s general surgeons: James Bové, DO, at (937) 578-2650; Bradley Bryan, MD, at (937) 642-0046; and Donald Reed, DO, at (937) 642-1550.

“From our investments in new imaging technology to our commitment to recruiting and retaining talented physicians, our general surgery services focus on giving our patients the best experience possible.”

—Deborah Wade, Director of Surgery at
Memorial Hospital

Getting Ready for Surgery

According to the Patient Education Institute, an estimated 25 million Americans have some form of surgery each year. Many of these procedures are performed on an outpatient basis.

Because our compassionate medical experts at Memorial Hospital of Union County want patients to be well prepared for surgery, we offer patients these tips for surgery preparation.

- Ask your doctor if you should cease taking certain medications (such as vitamins or aspirin) prior to surgery.
- Inquire about any medical supplies (such as bandages, Epsom salt, antibacterial gel, etc.) that you should have at your home.
- If you're having same-day surgery, have a friend or family member with you to drive you home after the procedure and help you get settled.
- Be sure not to eat or drink anything after midnight on the day of your procedure. (Your doctor may indicate if this should be earlier.)
- Make sure you have plenty of nutritious food

and drinks in your home to prevent any trips that could slow recovery.

- Plan to wear loose, comfortable clothing on the day of your surgery. Experts also advise leaving any jewelry at home and removing make-up and nail polish for the operation.

"It is important to follow all of the instructions of your surgeon, as well as to take any of the advice he or she offers very seriously," says Christy Cooper, RN, Admission Case Manager for Memorial. "Patients are important partners in their healthcare, so they need to be educated and prepared."



The high-definition surgical tower enables physicians to view the body during surgery with crystal-clear picture quality.

The high-definition video technology enables physicians to view bodily structures during laparoscopic procedures with a detailed picture.



Count on Quality

Each time a patient entrusts his or her health to general surgeons at Memorial Hospital, they do so because the hospital is dedicated to quality care. This means patients can count on Memorial to take steps, such as verifying a surgical site several times before the procedure and administering prophylactic antibiotics to the patient within 60 minutes of incision. Working tirelessly to meet local and national benchmarks for healthcare, physicians and staff at Memorial Hospital make quality care a priority.

Memorial has joined other leading hospitals in the national quality improvement campaign known as the Surgical Care Improvement Project. Through a series of initiatives, quality control leaders at Memorial work proactively to ensure patients receive treatment in a timely manner without sacrificing individual attention or accuracy of care.

"Aligning ourselves with a respected national quality campaign ensures that we continue to work harder for those who matter most—our patients," says Beth Johnson, RN, BSN, Director of Quality Management at Memorial Hospital.





Being There for Friends with Cancer

How You Can Help

There are many things you can do to support your friends with cancer as they go through diagnoses, tests, and treatments. Reach out to your friend with cancer through:

- notes and phone calls that help your friend know you are thinking of him or her
- unstructured visits that allow your friend with cancer an opportunity to catch up or talk about whatever is on his or her mind
- conversations that match your friend's attention span, which may vary at different stages of treatment
- practical assistance to help your friend's home continue to function as it was before, running errands and performing tasks, such as mowing the lawn, doing the laundry, vacuuming the house, or grocery shopping.

The key to being a good friend to someone with cancer is walking beside them as they go through the process of diagnosis, treatment, and recovery.

FRIENDS COUNT ON you to lighten the mood, tell the truth, and support them in their decisions. Being a friend to someone with cancer can be as simple as maintaining the relationship you shared before cancer was diagnosed.

“Maintaining friendships through treatment is an important measure of normalcy for patients with cancer,” says Noreen Runyan, RN, BSN, Parish Nurse, Health Ministries Coordinator, and Coordinator for the Cancer Support Group at Memorial Hospital Union County. “If you were silly, continue to be silly. Try not to be yet another thing in your friend's life that has changed.”

WAYS TO HELP

Friends can provide long-distance emotional support to people with cancer via phone calls or notes. Communication at your friend's pace reminds her that there are many people who love her and want to see her through this difficult time. However, respecting your friend's privacy is also important: ask her to what extent he or she is sharing information with family, friends, and co-workers.

Instill hope by talking about future plans rather than focusing on your friend's current health status. Provide practical support, such as running errands, fixing a meal, offering to clean, or babysitting. You also can encourage your friend with cancer to start keeping a journal, writing down her feelings on good and bad days.

WISDOM OF THE GROUP

Connecting with people who have experienced cancer and can share their stories of survival is another important resource for your friend with cancer. The Cancer Support Group, which meets the first and third Wednesday of each month from 11 a.m. to 1 p.m., addresses many of the issues facing those who live with cancer every day.

“The staff at Memorial Hospital truly cares and has great compassion for patients with cancer as they go through diagnosis and treatment,” says Runyan. “We are there for cancer patients whatever their needs might be. We want their health to be restored and strive to provide a link to community resources to help them achieve that goal.”

To start attending the local support group for cancer patients, call Noreen Runyan at (937) 578-2237.

Welcome, New Physicians

Memorial Hospital of Union County would like to welcome the following physicians to its medical staff.



DR. BOVÉ

James Bové, DO, FACOS, is a board certified general surgeon who is now seeing patients at Advanced Surgical Associates, which is located at the Damascus Health Care Center in Marysville. Dr. Bové attended medical school at the Philadelphia College of Osteopathic Medicine, where he also performed his residency and internship.

Dr. Bové enjoys spending time outdoors and has a strong interest in fishing. He feels his calling and passion has been helping patients by providing the best, personalized care and he looks forward to improving the health of people in the community.

To make an appointment with Dr. Bové, please call (937) 578-2650.



DR. GILBERT

To provide additional care for newborns and pediatric patients, Monica Gilbert, MD, has joined the practice of Mill Valley Pediatrics.

Valley Pediatrics, Dr. Gilbert spent three years at a primary care clinic associated with Nationwide Children's Hospital.

After graduating from The Ohio State University, Dr. Gilbert completed her residency and internship at Nationwide Children's Hospital. Prior to joining Mill

Dr. Gilbert resides in Marysville with her husband and two children under the age of two. She chose to practice in Marysville because she was ready to work in a private practice in a great community.

To make an appointment with Dr. Gilbert, please call (937) 578-4210.



DR. MARTTER

Dr. Danielle Martter, obstetrician and gynecologist, has recently joined the practice of Marysville Obstetrics and Gynecology, Inc. She attended medical school at The Ohio State University and performed her residency at OSU Medical Center.

Dr. Martter, a native of London, Ohio, and her husband have two girls, Elle and Livia. "Taking care of patients in a community like Marysville is like taking care of your family," says Dr. Martter.

To make an appointment with Dr. Martter, please call (937) 644-1244.



DR. MAYR

Dr. William Mayr, a board certified neurologist whose special interest is in neuromuscular diseases, is now seeing patients at Memorial Hospital of Union County. He attended medical school at The Ohio State University and performed his residency,

internship, and fellowship at the Mayo Clinic in Rochester, Minnesota.

Dr. Mayr is a resident of Dublin and enjoys spending time with his family. His hobbies include hiking, canoeing, cycling, traveling, and reading.

To make an appointment with Dr. Mayr, please call (937) 578-2020.



DR. UEERBROTH

Dr. Adam Uerberroth, a neurologist who specializes in neurodiagnostic testing and evaluation, is now seeing patients at Memorial Hospital. He is board certified and received his medical degree from Case Western University School of Medicine

in Cleveland, Ohio. He performed his residency, internship, and fellowship at the Cleveland Clinic.

Dr. Uerberroth lives with his wife in Upper Arlington and in his spare time enjoys playing tennis, reading, and cooking.

To make an appointment with Dr. Uerberroth, please call (937) 578-2020.



DR. ZEIDAN

Dr. Trisha Zeidan is a board-certified endocrinologist who specializes in diabetes and metabolism. She is board certified in internal medicine and attended medical school at The Ohio State University. She performed her residency, internship, and fellowship at OSU Medical Center.

"I aim to partner with my patients to establish open communication and trust. If we are able to establish mutual goals and commit to them, the only result is success," says Dr. Zeidan.

To make an appointment with Dr. Zeidan, please call (937) 578-2626.

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