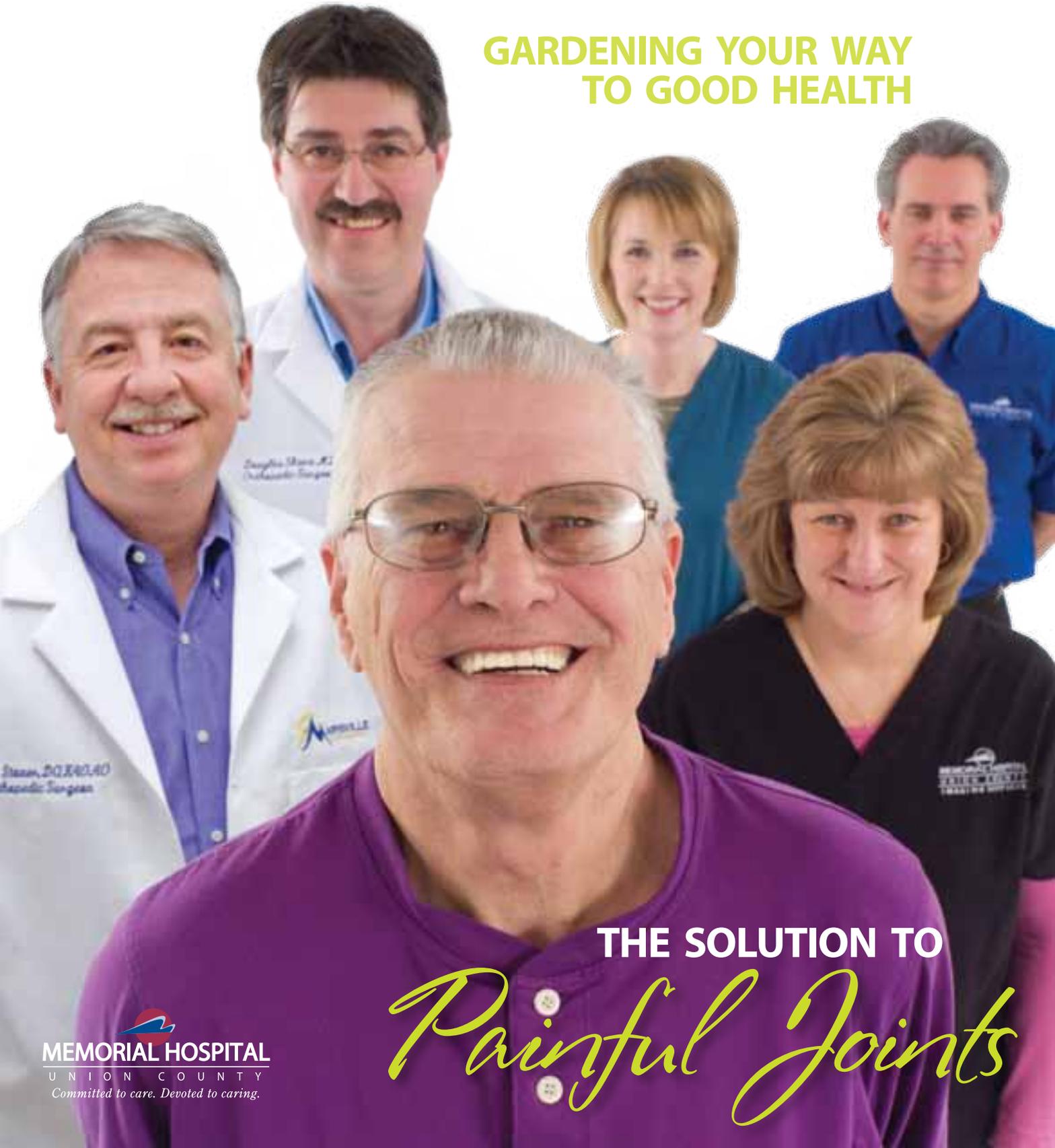


wellaware

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

SUMMER 2009

**GARDENING YOUR WAY
TO GOOD HEALTH**



THE SOLUTION TO

Painful Joints



MIGRAINES: More Than a Headache

Migraine headaches are the most common neurological disorder in America. However, more than 14 million people experience undiagnosed migraines—could you be one of them?

HOW DO YOU know if your headache is due to more than tension or sinus pain? Consider the differences in the chart below.

“Tension-type headaches typically begin in the afternoon as the stress of the day accumulates and pain is felt in the entire head and neck,” says Daniel Jones, MD, board-certified neurologist at Memorial Hospital of Union County. “While migraines begin in the neck, they typically shift to one side.”

THE MIGRAINE MYSTERY

While there is no cure for migraines, physicians can prescribe medications that delay or stop a migraine’s onset (known as abortive therapies) or diminish pain when one occurs.

Abortive medications target serotonin in the brain that causes blood vessels to swell and become painful. By causing the level of serotonin to lower, blood vessels shrink, which causes less pain. Because these medications may act quickly, they can be given as a self-injection in the thigh or by a wafer that melts on the tongue.

Also, pain-relieving medications such as nonsteroidal anti-inflammatory drugs (NSAIDs)—including Advil® or Motrin®—may ease moderate migraines when taken as instructed by a physician.

To help identify triggers that cause your headaches or migraines, go to www.memorialhosp.org and click on “Headache Diary.”

Did YOU Know?
Doctors have classified more than 12 types of headaches—including tension, hunger, and even a temporal mandibular or “ice cream” headache.

	→ Headache ←	→ Migraine ←
Degree of Pain	mild to moderate	severe, often debilitating
Location of Pain	both sides of the head	one side of the head
Sensitivity to Light and Sound?	not typically	yes
Triggers	eyestrain, stress, foods containing caffeine, hunger, fatigue, bright light, and alcohol	hormonal changes, foods, stress, changes in sleep patterns, changes in the environment, and medications

ON THE COVER: Kenneth Faulkner, knee replacement patient, stands before Memorial Hospital of Union County staff who are part of the continuum of care people can rely on when having joint replacement care. Staff pictured left to right are Mark Stover, DO; Douglas Skura, MD; Rebecca Turk, RN; Ann Craig, RT(R)(M)(CT)(MR); and Scott Sayre, PT, GSC, OCS.

 <p>MEMORIAL HOSPITAL UNION COUNTY <i>Committed to care. Devoted to caring.</i></p>	<p>Our Mission Statement: To promote wellness and improve the health of people in our community.</p>	<p>Chip Hubbs, CEO/President Chad Hoffman, Chairman, Board of Trustees</p>	<p>Editorial Team: Evie Collins; Jason Hollback; Stephanie Lantz; Heather Romesburg; Melanie Ziegler</p>
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Gardening

Your Way to GOOD HEALTH

The Centers for Disease Control and Prevention advise you to eat five fruits and vegetables a day. Instead of purchasing produce from a grocery store, why not grow it yourself? Your health might thank you.

A RECENT STUDY conducted at Kansas State University revealed that gardening can help keep older adults in shape. Considered a moderate physical activity, a half hour of gardening can burn 202 calories in a 185-pound person—almost the equivalent to a half hour of walking.

Gardening's aerobic benefits don't have to apply strictly to older adults—the motions of planting, mixing soil, watering, and digging increase hand strength and can tone arm and leg muscles for anyone. To get the most out of your gardening workout, forgo gadgets such as an electric weed whacker and dig into the soil yourself—you will likely burn more calories. Maintaining a garden also offers mental benefits—activities such as pulling weeds can help to relieve stress and boost energy.

GROWING A GOOD DIET

One of the healthiest things you can do is eat fresh fruits and

vegetables every day. The nutrients in these foods help prevent cancer, high blood pressure, and heart disease while reducing weight gain, strengthening bones, and boosting energy.

Aside from the nutrients provided by garden foods, when you grow your own greens organically, you can rest assured you and your family are not consuming any harmful pesticides or other chemicals. Also, kids are more likely to take your advice and eat their fruits and vegetables if they helped grow them.

To receive free recipes using fresh vegetables, go to www.memorialhosp.org and click on "Fresh Veggie Recipes."

Food Shape = Health Benefit

Have you ever wondered how a certain fruit or vegetable will specifically help your health? Mother Nature left us clues by the shapes of our foods.

- **CARROTS**—A sliced carrot looks like the human eye. Studies show that carrots improve eye function.
- **CELERY**—The long stalk looks much like a bone. Celery stalks are made up of 23 percent sodium—just like a bone itself—which helps to replenish the skeletal needs in the body.
- **GRAPES**—Grape clusters resemble the heart's shape, and each individual grape looks like a blood cell. Grapes have shown to be beneficial to both the heart and arteries.
- **KIDNEY BEANS**—These beans look just like their namesake and help maintain healthy kidney function.
- **TOMATOES**—A sliced tomato has four chambers, just like the heart. Tomatoes are full of lycopene, which fights off cardiovascular disease.
- **WALNUTS**—A walnut looks like a little brain and contributes to the development of more than three-dozen neurotransmitters for brain function.





Ann Craig, RT, helps Ken Faulkner get positioned into the 8-Channel Knee Coil before entering Memorial Hospital's Siemens Magnetron Avanto MRI unit.

The Solution to Painful Joints

Safety First

From pre-surgery consultation to the day a patient completes rehabilitation, Memorial Hospital of Union County follows strict patient safety measures to ensure surgical success and the best outcomes for patients.

PROTOCOL INCLUDES:

- preadmission testing to verify allergies and medical history
- timeouts are conducted by the surgeon, anesthesiologist, and medical staff to confirm proper patient, site, marking, and procedure before surgery
- antibiotics are given to hip and knee replacement surgery patients one hour before surgery and within twenty-four hours after surgery
- medical staff offer progress reports as each patient is transferred between departments

Our safety goals combined with our team approach to treating patients make Memorial Hospital an easy choice for anyone contemplating treatment for joint pain.

When Kenneth Faulkner experienced pain in his right knee so severe he could not perform everyday activities, he turned to Memorial Hospital of Union County for knee replacement surgery. Years later when his left knee gave him similar problems, he knew exactly where to go for help.

JOINT PAIN PLAGUES millions of Americans just like Faulkner and the discomfort can range from mild irritation to debilitating pain.

“It’s time to go see a physician if you have pain that lasts for a week or two or if you experience an onset of sudden joint pain,” says Douglas Skura, MD, board-certified orthopedic surgeon at Memorial Hospital. “Any joint pain that interferes with the ability to accomplish normal daily functions should be addressed by a physician.”

Joint pain can be caused by a variety of factors and conditions. As we age, cartilage in our joints deteriorates, and the tissue that once served as a cushion between bones thins or disappears entirely, leading to pain as bone rubs against bone.

WORKING THROUGH THE OPTIONS

“After taking the first step of seeing a physician and describing pain or

other symptoms, we’ll see an X-ray or a magnetic resonance imaging (MRI) scan so that we have a detailed picture,” says Dr. Skura. “At that point, we can work together with the patient to develop a strategy to eliminate joint pain and get the patient back to the lifestyle he or she desires.”

Surgery often is not the first physician recommendation. In Faulkner’s case, Mark Stover, DO, board-certified orthopedic surgeon at Memorial Hospital, recommended a combination of therapy, injections, and anti-inflammatory medications. These provided pain relief for several years, but did not provide a long-term solution for pain.

“After two years of injection therapy, I told Dr. Stover it was time to have my left knee replaced,” Faulkner said. “My previous experience left me confident that I would experience significant pain relief.”

THE ROAD TO RECOVERY

Faulkner underwent knee replacement surgery on October 28, 2008, by Dr. Stover, and said he received support and education every step of the way.

“If a patient has a total joint replacement, we meet preoperatively and explain the entire process,” says Randy Moore, PT, MS, OCS, Director of Rehabilitation at Memorial. Using new surgical approaches coupled with lightweight and durable replacements, today’s joint replacement surgery options result in less hospitalization and pain, according to Dr. Stover and Dr. Skura. After surgery, the patient is typically in the hospital for about three days and his or her rehabilitation starts immediately.

In order to get a patient back on their feet quickly, Memorial Hospital offers a variety of rehabilitation programs to meet the needs of any patient.

“When we develop a rehabilitation plan, we look at the surgery, the degree of disability, and how much help the patient will have at home,” says Moore. “If a patient cannot get to outpatient therapy, we offer options such as Home Health Care or our extended care facility, The Gables at Green Pastures, which offers intense daily therapy and skilled nursing care.”

Patients who choose inpatient care will have access to daily therapy from both physical and occupational therapists.

“If a patient does choose The Gables, most total joint replacement patients work through the program within a month,” says April Miller, Therapy Coordinator at The Gables. “After patients go home, they can visit Memorial Hospital on an outpatient basis to finish up therapy and address any remaining questions or concerns about being fully independent again.”

TWO NEW KNEES, A BETTER QUALITY OF LIFE

After undergoing therapy, Faulkner says he is feeling great.

“Both knees feel better than I can remember,” he says. “I’m impressed with the entire Memorial Hospital team—they made me a priority and helped me every step of the way.”

Marysville Orthopedics offers total and partial knee, hip, and shoulder replacement procedures as well as other joint reconstructive procedures. To schedule a visit with Dr. Skura or Dr. Stover, please contact Marysville Orthopedics at (937) 578-4200.

For more information on rehabilitation options, please call Memorial Hospital at (937) 578-2261 or The Gables at Green Pastures at (937) 642-3893.

The Facts on PACS

One of the goals promoted by recent Presidential administrations is the development of an electronic medical record (EMR) for every American. Memorial Hospital of Union County uses a picture archiving system, a type of EMR, to allow physicians to easily view patient images on the Web.

PACS allows physicians to pull up images and reports in both the operating room and in the comfort of their own offices. Best of all, this convenience allows a better continuity of care for patients who no longer have to carry imaging films to doctor appointments. Also physicians can now receive images in a timely manner.



Scott Sayre, PT, partners with patient Ken Faulkner to create a personalized knee replacement therapy plan.



Direct Access Services

TO CONTINUE TO better serve the medical needs of the community, Memorial Hospital of Union County offers a service called Direct Access.

Direct Access is a patient-ordered lab testing service that allows you to take an active role in your healthcare. This service offers 25 different lab tests and screens that don't require an order from your doctor. You simply stop in and order your tests. The results are read by our professionals and made available to you within 24 hours. If the results indicate you need medical care, you can set up an appointment with your primary care physician immediately and take the test results with you. Tests available through Direct Access include:

- Hgb A1c and microalbumin for diabetes treatment follow-up
- Cholesterol, triglyceride, and HDL for heart disease risk

- PSA screening for prostate cancer
- TSH for monitoring thyroid function
- Basic screening: sodium, potassium, glucose, creatinine, chloride, and CO² levels
- Fecal occult blood to screen for colon cancer

Your results are delivered with an explanation of the test and the normal expected parameters to help you understand the data. A board-certified pathologist is available to explain your results and answer any questions. You will be responsible for payment of Direct Access services. Lab test prices range from \$7.50 to \$26.00. Direct access may be a more affordable option for patients with or without insurance plans.

For more information on where to receive Direct Access services and pricing, call (937) 578-2320.



CARING about Patient Safety

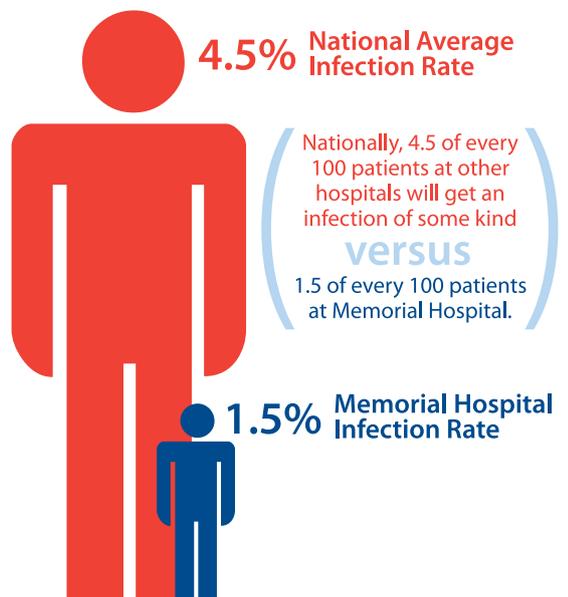


Improving the health of people in our community includes keeping patients safe during their stay at Memorial Hospital.

ONE WAY WE keep patients safe is to proactively reduce the risk of infection. Bacteria can be passed among staff, patients, and visitors and stopping the spread is a focus of infection control. Ways in which Memorial Hospital prevents and monitors the spread of infections include:

- Washing hands before and after contacting patients.
- Educating visitors on proper hand hygiene techniques.
- Thoroughly sanitizing medical equipment and patient rooms.
- Using the same precautions with every patient any time there is a risk of exposure to blood or bodily fluids. This includes use of gloves, gowns, and masks and washing hands.
- Collaborating with other Ohio hospitals to develop best practices in reducing hospital-acquired infections.
- Monitoring multi-drug resistant organisms, such as MRSA, in the hospital and community.
- Monitoring infection trends including community-acquired infections.

Nationally, 4.5 percent of patients* will get an infection when staying at other hospitals. Here at Memorial Hospital, through our proactive approach to combat the concern, the rate of infection is less than 1.5 percent.



*Data represents an average from 1997 to 2007.

Childbirth Made Comfortable for Mother and Family

THE OBSTETRICS UNIT at Memorial Hospital of Union County strives to provide personalized, family-centered care by offering amenities that help provide a warm environment for both mothers and their loved ones.

In addition to previously implemented benefits like complimentary massages, our 2009 planned upgrades will include flat-screen televisions in each room.

“Mothers are trying to find a healthcare facility that offers a comforting environment as well as a pleasant experience for their loved ones,” says Gwen Hoffman, RNC, Obstetrics Director on staff at

Memorial Hospital. “Therefore, we have taken extra measures to provide comfortable mattresses on our guest sofas.”

Memorial Hospital will also be offering patients aromatherapy oils in the labor and delivery rooms. Aromatherapy has been proven as a way to calm and relax one’s body and mind. Oils like rose, neroli, and jasmine have shown to be helpful during the labor and delivery process.

To learn more about the OB Unit at Memorial Hospital, take a virtual tour, and see the list of Childbirth Education classes, go to www.memorialhosp.org.



A new mom relaxes as she receives a complimentary massage from Cynthia Malfroid-Ledley, LMT.



Welcome, Rhonda Conley

Memorial Hospital of Union County is pleased to announce the addition of Rhonda Conley, MSN, certified nurse-midwife to New Life Nurse-Midwifery Care.

RHONDA RECEIVED A Masters Degree in Nursing with a Certificate in Midwifery from the Frontier School of Midwifery and Family Nursing in Hyden, Kentucky. She has been a member of the medical staff at Memorial Hospital since December 2008.

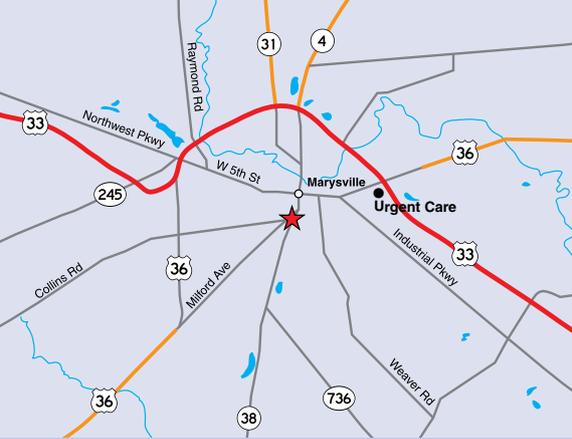
“I have really enjoyed my time with Memorial,” says Conley. “Being surrounded by such caring and compassionate coworkers has helped me feel very welcome, and I am extremely excited about my future here.”

When she isn’t busy helping expectant mothers, Conley enjoys spending her time reading, sewing, gardening, and staying active in her church.

For more information about Memorial Hospital’s midwife services, call (937) 642-1900.



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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.



We deliver the expertise. You deliver the miracle.

At Memorial, patient satisfaction surveys not only provide a barometer on how well we meet the expectations of our mothers - they also determine how well we stack up against more than 2,000 other hospitals nationwide. We're honored to share that Memorial's obstetrics department ranks among the very best. Here are just a few areas where Memorial is setting the standard to benefit our moms, babies and families.

- Overall OB patient experience** TOP 2% IN THE NATION*
- OB patient rooms** TOP 2% IN THE NATION*
- Nurse promptness in responding for assistance** TOP 3% IN THE NATION*
- Overall care provided by physician** TOP 1% IN THE NATION*
- Staff concern for Mom's privacy** TOP 1% IN THE NATION*

Our team of physicians, nurses and staff take great pride in providing you and your little miracle with the very best of care.

Experience the difference at Memorial Hospital.

Visit our online virtual tour at www.memorialhosp.org
or call (937) 578-2329 to schedule a private tour.

Dr. Trista Shrickel
Obstetrics/Gynecology
Physician at Memorial Hospital
of Union County



*As compared to more than 2,000 other Press Ganey hospitals - Patient Satisfaction data 06/08 to 12/08