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wellaware

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Encouraging Healing in the Home

There's no place like home—especially when you don't feel well.

FOR MORE THAN 30 YEARS, Memorial Home Health Care has provided optimal in-home care to patients in need.

“Our goal is to allow patients to safely heal in their homes and remain independent for as long as they can,” says Robin Slattman, Chief Nursing Officer at Memorial Hospital.

Sometimes the home environment can contain obstacles and challenges that might hinder or revert the individual's recovery.



Bob and Norma Diehl think of Kris Parrish, OTR/L at Memorial Hospital, as family. Kris helped them both heal and gain independence in the comfort of their own home.

Memorial Home Health Care ranks above the national average in many important categories of outcome measurements considered by Medicare.

Outcome Measurement Area	National Average	Memorial's Home Health Average <small>(A HIGHER NUMBER IS BETTER)</small>
Improvement in surgical wounds	80%	100%
Fall risk assessment completed	94%	100%
Pain intervention implemented	94%	100%
Pressure ulcer assessment completed	95%	96.8%

Scores listed above reflect the opinions of home health patients from January 1, 2011 through March 1, 2011. Data was collected through HomeCare HomeBase.

“Home Health nurses are able to identify structural or environmental barriers in a patient's home and make the proper adjustments to allow the patient to recover properly,” says Slattman.

Receive the kind of home healthcare that can give you peace of mind. Call Memorial Hospital Home Health at (937) 644-3211.

Care Area	Patients ranked Memorial
Nurses kept patients informed	Top 1% in the nation
Amount of nurses' attention paid to patients' special needs	Top 1% in the nation
Staff addressed emotional needs of patients	Top 1% in the nation
Explanations given of what would happen during tests and treatments	Top 1% in the nation
Staff included patients in decision about treatment	Top 3% in the nation

First Impressions Matter

Memorial Hospital of Union County is dedicated to turning first impressions into long lasting relationships of care.

FROM FACILITY CLEANLINESS and friendly nurses to understanding tests and treatments, there are a variety of factors that determine a patient's first impression of a hospital. “New patients are telling us their experiences with Memorial are positive and pleasurable. By providing this type of quality care, patients are able to trust and rely on Memorial for their future medical needs,” says Matt Ridley, Director of Customer Service at Memorial Hospital.

To the left are Press Ganey customer service scores from inpatients who sought medical care from Memorial for the first time.

To learn more about how Memorial Hospital of Union County is striving to meet your needs, visit memorialhosp.org.

Scores listed above reflect the opinions of inpatients discharged from January 1, 2010, through December 31, 2010. Data was collected through Press Ganey and scored against over 2,000 hospitals nationwide.



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

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Catching Better ZZZZZ for Your Heart

If you wake up groggy every morning from interrupted sleep, you may have more to worry about than just being tired. Research has indicated a significant link between sleep disorders and heart conditions.

ACCORDING TO THE National Commission on Sleep Disorders Research, at least 40 million Americans suffer from chronic, long-term sleep disorders. Research has shown that if you experience sleep problems, you are more likely to develop heart disease—the leading cause of death of American adults.

“Insomnia, sleep apnea, restless leg syndrome (RLS), and narcolepsy can be serious, life-threatening sleep disorders,” says Doug Magorien, MD, cardiologist at Memorial Hospital of Union County. “By using diagnostic testing, we can determine whether or not someone is suffering from sleep apnea or other sleep disorders that could potentially affect their heart health.”

SLEEP APNEA = SLEEP INTERVENTION?

Sleep apnea is a common disorder that causes your breathing to repeatedly stop for a short amount of time during sleep due to an obstruction in the



Memorial Hospital's accredited Sleep Center features a relaxing, spa-like ambiance and offers the latest amenities and computer technology.



airway (obstructive sleep apnea) or a lack of correct signals from the brain (central sleep apnea).

When breathing is obstructed during the night, blood pressure levels will rise. This happens because the falling oxygen level in your body stimulates receptors that alert the brain. In response, the brain sends signals through the nervous system and, in turn, tells the blood vessels to tighten up to increase the flow of oxygen to the heart and the brain. Over a period of time, this reaction negatively affects the heart.

The low oxygen levels at night can trigger multiple mechanisms that persist during the day, causing the patient continued complications.

“In addition to high blood pressure, poor sleep has been linked with atherosclerosis, heart

failure, heart attack, stroke, diabetes, and obesity,” says Dr. Magorien. “Those individuals who are already at risk for heart disease should take their sleep hygiene seriously to help negate further issues.”

Take the first step toward a better night's sleep by contacting your primary care physician or by calling Memorial's accredited sleep lab at (937) 578-4001. To schedule an appointment with an expert cardiologist, call (937) 642-5490.

Regulating Your Sleep

If you're a nurse, a firefighter, or work any second or third shift job, you've probably experienced sleep problems. Working odd hours can send your body into a state of confusion, but there are steps you can take to better manage your sleep patterns.

Try these tips for better sleep hygiene:

- Create a dark, quiet, cool, and

comfortable sleep environment.

- Utilize the bedroom only for sleeping; remove TVs and other distractions.
- Get up at the same time every morning.
- Avoid spicy or greasy foods before bedtime.
- Eat healthfully.
- Exercise regularly.

“With about 10 percent of third shift workers reporting sleep difficulty, they're at a higher risk for developing heart disease,” says Michael Davis, MD, cardiologist at Memorial Hospital of Union County. “Making positive changes to your sleep routine may help you decrease your risk for cardiovascular problems.”



A SEAMLESS
SYSTEM FOR

Breast Health

Theresa Fluharty, BSRT (R) (M), a radiology technologist at Memorial Hospital, plays an important role in the detection of breast cancer in women of all ages.

In America, more than 1 million women undergo breast biopsies each year. Approximately 75 percent of those women will receive a clean bill of health. Thanks to the development of a collaborative, efficient, and patient-focused process for breast healthcare at Memorial Hospital of Union County, women can be tested close to home and receive quick results.

MEMORIAL HOSPITAL'S NEW, integrated breast health program will provide women with the highest quality breast care, quick turnarounds at each stage of the process, and unmatched compassion during their journey. When a woman completes a diagnostic mammogram and the radiologist confirms a suspicious abnormality, she is promptly contacted to arrange a surgical consultation within one or two days. Abnormalities naturally create a feeling of uncertainty and fear for women before a breast biopsy. Therefore, offering a setting where answers are delivered quickly from supportive, highly skilled physicians is necessary. Memorial Hospital and its surgical team serve this need by scheduling and conducting breast biopsies soon after consultations.

"The key to this process is providing quick results and biopsies so that women can have peace of mind or get fast-tracked to treatment," says Mareva Page, Director of Imaging Services at Memorial. "The digital mammography, Mammotome® technology, and interdepartmental collaboration speak to our commitment to the highest quality of women's health."

THE MAMMOTOME ADVANTAGE

Women needing a breast biopsy can now take advantage of Memorial's new Mammotome biopsy technology. With this innovation, surgeons will be able to gather multiple tissue samples with minimal scarring and disturbance to the patient's breast. The Mammotome equipment uses x-ray or ultrasound imaging assistance to guide a small probe through a ¼-inch incision. The Mammotome computer software provides the surgeon with specific angle and depth information, while the probe gently extracts eight to 10 samples.

A Mammotome biopsy is an outpatient procedure that uses local anesthesia and does not require stitches. This results in minimal scarring, which helps prevent confusion in the reading of later mammograms. The procedure also reduces recovery time so women will be able to return to their family and work schedules quickly.



The (Size) Difference a Yearly Mammogram Can Make

Thanks to advancements in screening technology, mammograms are able to detect smaller lumps earlier than they could even five years ago. A consistent schedule of annual mammograms enhances the technology as radiologists are able to compare mammograms and immediately spot any changes from year to year.

The average size of a lump discovered 4 ways:

1
Comparing a current mammogram to previous years' results:

1cm

2
A woman's first mammogram:

1.5cm

3
A breast self-exam:

2.0cm

4
Found incidentally without regular screenings:

3.5cm

"Through our new coordinated breast health program, we provide our patients with superior imaging coupled with state-of-the-art, minimally invasive techniques in a comfortable setting. We offer these advantages close to home and family."

—James Bové, DO, FACS, general surgeon at Memorial Hospital of Union County

TREATING MIND AND BODY

Since undergoing a breast biopsy can create anxiety for any woman, Memorial's integrated team unites the Radiology, Surgery, Pathology, and Oncology experts to expedite each patient's case through continual behind-the-scenes communication. Biopsy results are available within 72 hours. If the biopsy yields no cancer, the patient completes a post-biopsy check-up with her surgeon. If the biopsy is positive for breast cancer, the patient then meets with a surgeon to review the results and discuss the next steps for treatment.

A nurse coordinator—or breast champion—also assists each patient, coordinating appointments and providing information and support to women throughout the process. Our breast champion will help patients make informed decisions while facilitating communication between all of the expert physicians involved, including primary care physicians.

"Knowledge and support are two elements that every woman needs during the various stages of breast health. The breast champion, working as the patient's advocate, ensures these two elements are carried throughout the breast health care plan," says Bradley A. Bryan, MD, FACS, general surgeon at Memorial.

Schedule your mammogram today. Most insurance policies do not require a physician's order for the exam. Appointments are available between 7 a.m. and 4 p.m. on Monday, Wednesday, and Friday, and between 7 a.m. and 7 p.m. on Tuesday and Thursday. To make your mammogram appointment, call (937) 578-2020.

Did You Know?

Memorial Hospital of Union County offers many oncology services ranging from routine lab work to chemotherapy treatments. Memorial's compassionate staff is ready to assist patients throughout their cancer journey.

Services include:

- expert physician care
- specially trained nurses
- chemotherapy treatments
- diagnostic testing such as mammography, colonoscopies, biopsies, and PET/CT scans
- comprehensive clinical team review of oncology patients
- designated chemotherapy pharmacist on staff
- chemotherapy coordinator
- PICC line and port insertions
- routine lab work
- social services
- nutrition guidance
- wigs and breast prostheses



The Cancer Support Group at Memorial Hospital of Union County helps cancer survivors live with hope, joy, and reassurance. Meetings are held the third Monday of every month from 6:30 to 8:30 p.m. in the Civic Room at Memorial.



Understanding *Hospitalist* CARE

Still relatively new in modern healthcare, hospitalist programs may leave patients and their family members with questions. Memorial Hospital of Union County team members Spence Fisher, Vice President of Business Development and Physician Relations, and Victor Trianfo, DO, Vice President of Medical Affairs and Quality, provide insight about the Hospitalist Program.

Q: WHAT IS A HOSPITALIST?

Fisher: Simply put, a hospitalist is a doctor who specializes in taking care of patients who have been admitted to a hospital. In most cases, these physicians are trained and board certified in internal medicine or family practice and are not affiliated with any practice outside the hospital.

In terms of medical care, hospitalists function as the “quarterback” for a care team. These physicians determine the medical needs of a patient and organize a care plan to help meet these individual requirements.

Throughout the course of a patient’s treatment, the hospitalist will work with specialists when necessary, scheduling appointments and follow-up care. Hospitalists play a particularly vital role for patients who do not have a primary care provider because they can arrange follow-up appointments for a patient.

Q: HOW DO PATIENTS BENEFIT FROM HOSPITALIST SERVICES?

Dr. Trianfo: In the hospital, hospitalists are able to respond to each patient’s needs in a timely and effective manner. Facilities that do not utilize hospitalists often require patients to wait extended periods of time between visits from their physicians, leading to a disconnect between providers, patients, and family members. When hospitalists are available, however, a patient’s family is continually made aware of the patient’s condition and progress. Also, in cases where diagnostic images may be required, the presence of a hospitalist can lead to faster readings and quicker diagnoses, ultimately leading to more efficient care.

Q: DO PRIMARY CARE PROVIDERS AND HOSPITALISTS COMMUNICATE?

Fisher: A hospitalist will contact the patient’s primary care physician to obtain information on the patient’s current medical status and discuss any specific medical concerns. The hospitalist will also provide the primary care physician with detailed reports about the patient’s care at the time of admission and discharge.

Additionally, they will communicate with a primary care provider regularly to collaborate on treatment plans or to coordinate follow-up care. Hospitalists exhibit competency in medical ability and clinical experience to a point where primary care physicians feel entirely comfortable when their patients are in the hospitalist’s care.

Q: WHAT SHOULD PATIENTS EXPECT IN REGARD TO CARE FROM A HOSPITALIST?

Dr. Trianfo: Patients can expect excellent, efficient, and consistent care from a hospitalist. They remain committed to visiting patients regularly and keeping family members informed of developing conditions and ongoing care. Patients and their families are encouraged to ask questions at any point throughout each patient’s stay, as this may help ease concerns and facilitate the care process. Because hospitalists are in the hospital each day, they are available to review diagnostic testing, monitor progress, assure that medical care is on target, and develop recovery care plans.

To find an expert specialty physician who can meet your needs, visit Memorial Hospital’s online directory at memorialhosp.org.

Keep Kids Active This Summer

The average child in the United States between the ages of 8 and 18 devotes 53 hours a week to recreational media use. This summer, help your children get unplugged.

“STUDIES HAVE SHOWN that simply reducing the time spent watching television or playing a video game can lower weight gain and body mass index in children,” says David Shisila, MD, pediatrician at Memorial Hospital of Union County. “Summer weather presents a great opportunity for children to participate in activities outside of the home.”

PARENTS TAKING ACTION

To help cut back your children’s media usage, try these tips:

- **Set limits.** Restrict viewing activity to no more than two hours of quality television programming a day.

- **Keep televisions out of bedrooms.**

This allows parents to monitor viewing activity and the quality of programming.

- **Encourage physical activity.**

Help your child explore new activities to get them up, out, and active.

- **Have a “No Media Day.”** Declare a screen-free day where nobody watches TV, plays video games, or uses the computer.

- **Revamp family game night.** Before the sun sets, make it a family affair by playing basketball in the driveway or kickball in the back yard.

To find a pediatrician, call Memorial Hospital's Physician Referral Line at (937) 578-2320.



Keagan, son of Chris and Cheri Nicol of Milford Center, has been playing baseball since he was four. His passion for the diamond has helped him stay active during the spring and summer months.

Welcome, New Physicians

ROBERT J. GEWIRTZ, MD

Robert Gewirtz, MD, a board-certified neurological surgeon, is now seeing patients. Dr. Gewirtz received his medical degree from the University of Cincinnati. He completed his internship and residency at The Cleveland Clinic and his fellowship at Stanford University Hospital.

Dr. Gewirtz finds serving patients in Union County and Central Ohio gratifying as he brings patients state-of-the-art care in a setting close to home.

To schedule an appointment with Dr. Gewirtz, call (614) 261-0393.

Memorial Hospital of Union County is pleased to welcome the following physicians to its medical staff.



Bharat Patel, MD, a board-certified nephrologist who diagnoses and treats kidney diseases, is now seeing patients. Dr. Patel went to Brooklyn, New York for his internship and residency at Kingsbrook Jewish Medical Center and his fellowship at SUNY Downstate Medical Center.

“I enjoy being able to improve my patients’ quality of life while practicing in a field of medicine I find interesting,” said Dr. Patel.

He chose to practice at Memorial Hospital because of the reputation of its medical staff.

In his free time, Dr. Patel enjoys staying active by exercising and playing sports, such as tennis and swimming.

BHARAT PATEL, MD

To schedule an appointment with Dr. Patel, please call (937) 578-2020.



Aleksey Prok, MD, is a board-certified pain management specialist who is now seeing patients in Marysville. He attended medical school at Saratov State Medical College, performed his internship and residency at the College of Virginia, and completed his fellowship at the University of Virginia. Dr. Prok is also board-certified in anesthesiology.

To schedule an appointment with Dr. Prok, call (937) 578-2510.

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Moving slow?

Is hip, knee or shoulder pain slowing you down? Our expert team of orthopedics specialists present alternatives to putting up with the deceleration your joints are creating. Our doctors offer choices for management of your problem and work with you to identify the solution that best suits your unique circumstance. We provide the comprehensive total joint care you deserve combining high-technology diagnostics, a team of specialists who take the time to understand you, and the rehabilitation experts that will get you back up to speed. If you are living with bone and joint pain, make an appointment today...hurry.



Douglas S. Skura, MD | Mark Stover, DO, FAOAO

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