

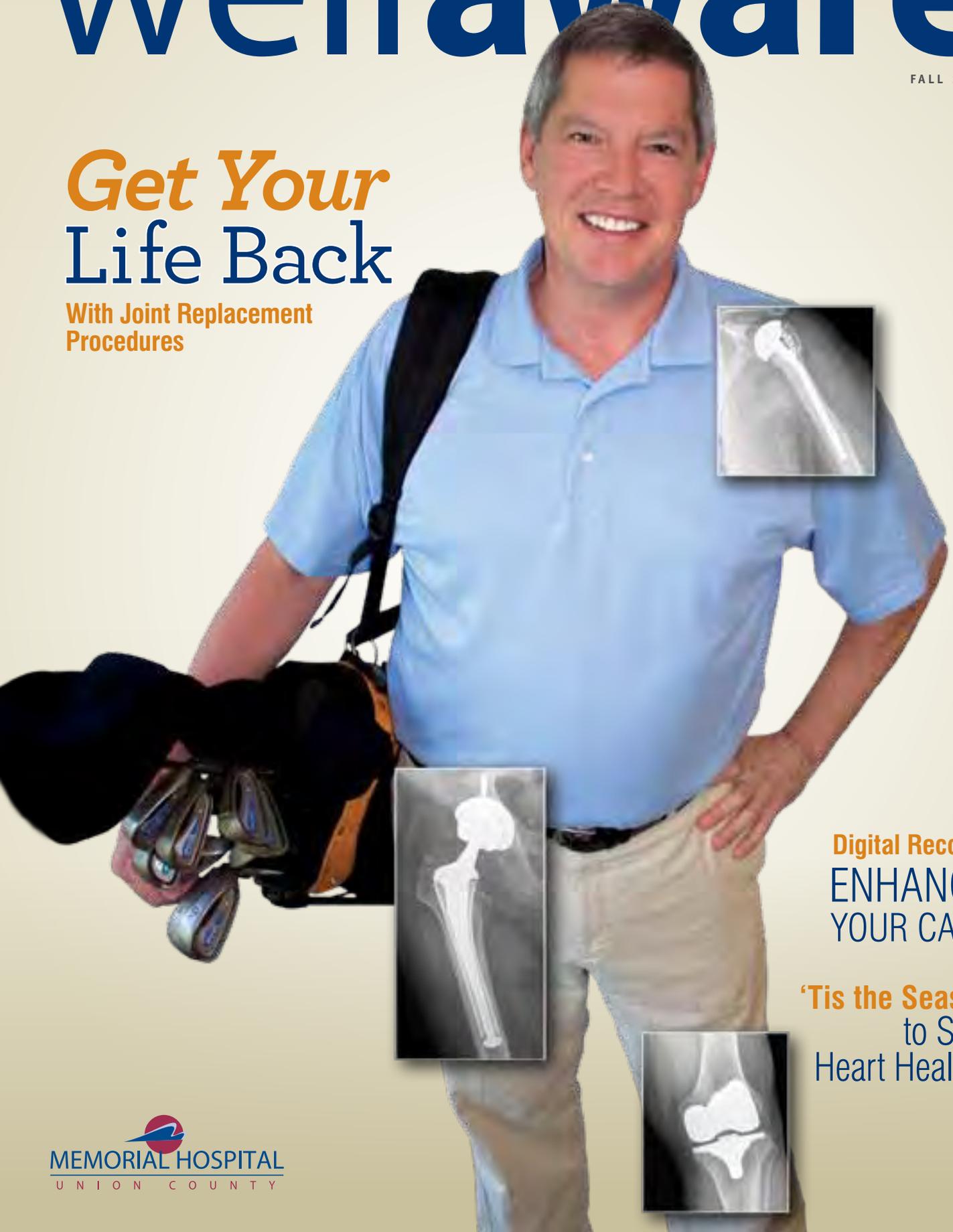
A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

# wellaware

FALL 2010

## Get Your Life Back

With Joint Replacement  
Procedures



Digital Records  
ENHANCE  
YOUR CARE

'Tis the Season  
to Stay  
Heart Healthy

# 'Tis the Season to Stay Heart Healthy

Does the temptation of seasonal goodies leave you tipping the scales every fall and winter? Let the nutrition experts at Memorial Hospital of Union County help you stay fit and heart healthy during the upcoming holidays.

**TO REDUCE UNNECESSARY** fat, sugar, and calories, creative chefs can use several alternatives to high-fat ingredients. Here are some common ingredient substitutions to try in your favorite recipes:

- Replacing an egg is surprisingly easy in a recipe. Use two large egg whites or ¼ cup of egg substitute in place of one large egg.
- Instead of full-fat cheese, milk, or cream, consider using lower fat

options. In many recipes, for example, low-fat milk is a good replacement for whole milk.

- Substitute applesauce or another pureed fruit of your choice for the fattening oil used in many baking recipes. Your confections will still be moist and considerably healthier.
- Use Splenda® instead of sugar and cooking spray instead of oil to coat a baking pan.

- Add cholesterol-lowering soluble fiber to your recipes by replacing a few tablespoons of flour with oat bran.
- Don't forget the fruits and vegetables—serve before other foods to give a healthy start to a holiday party.

*To receive more information about heart healthy tips, go to [memorialhosp.org](http://memorialhosp.org).*

## Turkish RED PEPPER SPREAD



A FEW QUICK additions to a jar of roasted red peppers results in a healthy, exotic treat—muhammara, a spread from southeast Turkey. Try this tasty dip with toasted pita crisps or sesame crackers.

### INGREDIENTS

- ¼ cup chopped walnuts
- 1 7-ounce jar roasted red peppers, rinsed
- ½ cup fresh breadcrumbs (*see Tip*)\*
- 1 large clove garlic, crushed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1½ teaspoons ground cumin
- ¼ teaspoon crushed red pepper
- salt



### PREPARATION

Toast walnuts in a small dry skillet over medium heat, stirring, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.

Combine all ingredients in a food processor and process until smooth. Adjust seasoning with more lemon juice and salt, if desired.

*\*Tip:* To make fresh breadcrumbs, trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ⅓ cup crumbs.

### NUTRITION

Per tablespoon: 41 Calories; 3g Fat; 0g Sat; 1g Mono; 0mg Cholesterol; 4g Carbohydrates; 1g Protein; 1g Fiber; 115mg Sodium; 14mg Potassium

Source: [eatingwell.com](http://eatingwell.com)



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

Chip Hubbs, CEO/President  
Chad Hoffman, Chairman,  
Board of Trustees

Editorial Team:  
Evie Collins; Jason Hollback;  
Stephanie Lantz; Heather  
Romesburg; Melanie Ziegler

500 London Avenue, Marysville, OH 43040 • (937) 644-6115 • (800) 686-4677 • Physician referral: (937) 578-2320 • [www.memorialhosp.org](http://www.memorialhosp.org)  
wellaware is published by the Marketing and Development Office of Memorial Hospital of Union County. © 2010

# Lifesaving Partnerships



**THE HEART PARTNERSHIP**



Minutes matter when it comes to saving the lives of victims of ST-segment elevation myocardial infarction (STEMI), a type of heart attack characterized by a blocked blood supply to the heart. At Memorial Hospital of Union County, we make every minute count through The Heart Partnership with The Ohio State University (OSU) Medical Center.

IN 2009, MEMORIAL HOSPITAL partnered with OSU Medical Center to form The Heart Partnership for cardiology services, but before that the two were partnered in saving lives through the STEMI program. This program utilizes a series of steps for rapid diagnosis and treatment of STEMI patients that involves local emergency medical services (EMS) personnel, physicians, and nurses in the Emergency Department (ED) at Memorial Hospital, and their counterparts in the Cardiac Catheterization Lab at OSU Medical Center.

“The STEMI program works seamlessly to get patients the care they need quickly,” says Deb Cramer, RN, Director of the ED at Memorial Hospital. “When EMS personnel pick up a heart attack patient for transport to Memorial Hospital, they can perform an electrocardiogram [EKG] in the ambulance and electronically transmit the data to the ED. Depending on the EKG findings, the Memorial ED staff may initiate a four-way call with MedFlight, an OSU STEMI call line, and an interventional cardiologist at OSU Medical Center as they continue to monitor incoming EKG data. Once the patient arrives in the ED, he or she is quickly prepared for transport to

OSU Medical Center by helicopter, weather permitting.”

## HEALING HEARTS

The staff at OSU Medical Center Cardiac Catheterization Lab are ready and waiting when a STEMI patient arrives. The patient moves directly from the helicopter to the lab where the patient’s artery is reopened by a balloon angioplasty, which involves widening the artery by temporarily inflating a balloon inside it, or the placement of a scaffold-like mesh tube called a stent. The entire process, from arriving at the door of Memorial to receiving the balloon angioplasty, is commonly referred to in the healthcare community as the door-to-door-to-balloon time (D2D2B) time. Memorial’s D2D2B time is faster than the national recommendation and is one of the best in Central Ohio.

“I believe we have one of, if not the, strongest and most successful STEMI partnerships, in the state. We’re thankful to Memorial’s staff for making this collaboration a success,” says Sharon Hammond, RN, BSN, MA, EMT-P, Regional STEMI Coordinator at The Ohio State University Medical Center.

*For more information about The Heart Partnership, call (937) 578-4343.*



## Vital Statistics

- **120 minutes or less**—D2D2B time, the 2009 nationally recommended time that should elapse from when a ST-segment elevation myocardial infarction (STEMI) patient arrives at Memorial Hospital to when his or her blocked vessel is reopened at OSU Medical Center.
- **96 minutes**—Average D2D2B time for the STEMI patients Memorial Hospital sent to OSU Medical Center in 2009.
- **86 minutes**—Average D2D2B time for the STEMI patients Memorial Hospital has sent to OSU Medical Center this year, which beats the new 2010 nationally recommended time of 90 minutes.

# Get Your

Chronic hip, knee, or shoulder pain can affect your ability to function or even enjoy life. When conservative measures are no longer sufficient, surgery to replace the joint may be the answer.



## FAST FACTS

The most recent hospital-wide patient satisfaction data from the Centers for Medicare and Medicaid Services published in April of 2010 ranks Memorial Hospital of Union County second highest of the 12 hospitals in Central Ohio, surpassing state and national averages.

Evelyn Rutherford celebrates the benefits of joint replacement surgery with her husband, Bill.



**BILL AND EVELYN RUTHERFORD** didn't let joint pain slow them down.

Ten years ago Bill's arthritis was causing knee pain, but his condition improved when arthroscopy performed by Mark Stover, DO, board-certified orthopedic surgeon at Memorial Hospital of Union County, removed calcium deposits.

"Last year, Dr. Stover recommended a brace to provide the support I need," says Bill. "With a knee brace I can still mow the lawn and I have been able to rebuild two major perennial beds in the garden this year."

In 2007, Bill's wife Evelyn found herself in need of orthopedic care and received a knee replacement. Then last year, Evelyn's osteoarthritis in her hip had advanced to the point that no cartilage was left to cushion the joint. Douglas Skura, MD, board-certified orthopedic surgeon at Memorial Hospital recommended a hip replacement, and Evelyn underwent surgery in June 2009.

"Based on our experiences, Dr. Skura and Dr. Stover are excellent surgeons. We are so glad they are here," says Evelyn. "Why go anywhere else?"

## A COMMON CULPRIT

Degenerative arthritis, the cause of both the Rutherfords' joint pain, is the most common cause of chronic hip, knee, or shoulder pain. Damage to the cartilage where the bones come together increases pain, limiting function and weakening muscles to further reduce joint mobility.

Symptoms can be managed with conservative measures, such as exercise, injections, pain medication, and physical therapy. Before considering surgery, people who suffer from joint pain should consider how the pain is affecting their lives:

- Does an aching hip, knee, or shoulder keep you awake?
- How does joint pain impact everyday activities, such as going up stairs or standing?
- Is joint pain or function part of the decision whether to participate in activities, travel, or visit friends?

## Patient Experience TIMELINE

1

Patient decides to have joint replacement surgery.

2

A post-surgery recovery plan is developed and pre-admission testing is completed.

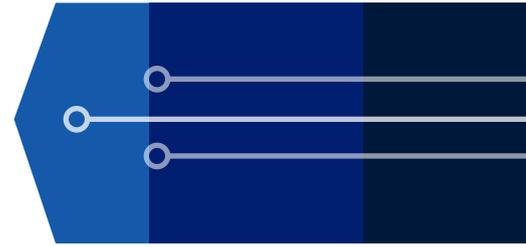
3

Patient has the replacement surgery.

4

Patient recovers at Memorial for two to five days while receiving physical therapy.

# Life Back



“When symptoms intrude on a patient’s quality of life and conservative measures fail to manage pain adequately, joint replacement surgery can be a life-changing solution,” says Dr. Skura.

## BACK ON TRACK

After surgery, patients who have a hip, knee, or shoulder replacement will be cared for at Memorial Hospital for two to five days before either returning home or staying at a skilled nursing facility, depending on their underlying medical conditions and home support. Physical therapy begins in the hospital and patients are given an exercise program to continue upon discharge. Some patients may still need additional physical therapy once they are home. Memorial’s physical therapy team has advanced training to help restore your health and independence.

After the course of regular follow-up care, patients then visit their orthopedic surgeon as needed to monitor the integrity of the new joint.

“Dr. Skura and I provide a wide range of quality orthopedic services for pediatric patients, young athletes, active adults, and seniors in a friendly environment close to home,” says Dr. Stover.

*To schedule an appointment with an orthopedic surgeon from Marysville Orthopedics, LLC, call (937) 578-4200.*



Mark Stover, DO



Doug Skura, MD



The Weller family rediscovers family days in the park thanks to quality orthopedic care.

## Servicing Your Orthopedic Needs

The Weller family knew how skilled the physicians at Marysville Orthopedics were, which is why each member of their family chose to receive care there. From arthroscopic knee surgery and a fractured wrist to tennis elbow and torn ligaments and cartilage, every member of their family who has needed orthopedic services has turned to Marysville Orthopedics for quality care at some point in time.

“We have trust in the doctors and have been given excellent care,” says Suzan Weller. “Those are the things you look for in a doctor when deciding to return for other services.”

Marysville Orthopedics specializes in the diagnosis and treatment of many conditions. Patient-centered care includes:

- Hip, knee, and shoulder joint replacement
- Arthroscopic procedures
- Sports-injury treatment and rehabilitation
- Treatment of adult and pediatric diseases
- Hand, foot, and ankle surgery
- Treatment of arthritis, carpal tunnel, and trigger finger
- Laceration repair
- Rotator cuff repair
- ACL reconstruction

5

Patient returns home and may use Memorial’s Home Health or a skilled nursing facility such as The Gables at Green Pastures to assist with recovery.

6

Patient completes additional physical therapy at Memorial if needed.

7

Patient can once again enjoy his or her normal life, interests, and activities within approximately 12 weeks.

8

Physician follows up with patient frequently in the first year.

*Every patient is unique and his or her care is personalized. Therefore, the provided timeline illustrates a general patient experience for hip, knee, or shoulder replacement surgery.*



EHRs allow registered nurses like Jolene Headings to spend more face-to-face time with patients.

# Digital Records Enhance Your Care

In the past, when your physician pulled your medical record, it might have taken awhile to flip through and find pertinent information. Memorial Hospital of Union County is now pleased to offer Electronic Health Records (EHRs) to make any visit to the hospital as seamless as possible.

UNLIKE TRADITIONAL PAPER records, an EHR keeps an updated digital health record that is easy for physicians and other medical professionals to read and add information to.

“EHRs allow physicians to pull up a patient’s medical information instantly,” says Robin Slattman, Chief Nursing Officer at Memorial Hospital. “Having this technology will improve the timeliness of assessments and reduce the need to ask the same questions each time a patient comes in.”

## THE ADVANTAGES OF ADVANCED TECHNOLOGY

Switching to an EHR benefits both patients and physicians in a variety of ways.

For example, EHRs allow a patient’s record to be more detailed, containing information such as current and past medications and discharge instructions. When every

healthcare provider the patient visits has access to this comprehensive information, the patient’s care is better coordinated and he or she experiences more successful outcomes. The availability to access these records quickly can also be lifesaving during emergency situations when treatment decisions need to be made promptly.

Every patient’s medical information is encrypted, so only medical professionals with appropriate clearance will be able to view it, safeguarding the privacy of those we serve.

“EHRs allow nurses to do everything by the patient’s bedside,” says Slattman. “This type of charting will allow a patient to receive more one-on-one care.”

*To learn about more ways Memorial Hospital is providing excellent patient care, go to [memorialhosp.org](http://memorialhosp.org).*

## Satisfy a Need for Speed

Has your child ever expressed a desire to improve his or her game, but isn’t sure where to begin? Memorial Hospital of Union County’s new Sports Performance Program is specially designed to target and amplify your child’s current athletic abilities.

IMPLEMENTED IN JANUARY OF 2010, Memorial Hospital’s Sports Performance Program is an athletic enhancement and injury prevention program that incorporates both education and training to maximize your child’s athletic ability.

Each program includes 12 training sessions, two sessions per week for athletes as young as 11 years old. Participants are grouped by age and one trainer is assigned for every five to six athletes. Focused on a variety of sports, this program has shown to improve:

- acceleration and speed
- foot speed and agility
- power and mechanics to improve bat speed
- strength with focus on core musculature
- use of injury prevention techniques

“With improvement shown in many areas of those who have participated thus far, we firmly believe we can help your child

become quicker, stronger, and faster—all while reducing his or her risk for injury,” says Craig Devine, PT, ATC, at Memorial Hospital.

Fairbanks student Paige Mayer has had so much success with the program that she will be participating for a second time this winter.

“As parents, we felt assured Paige was receiving a lot of one-on-one attention. We knew every time she attended the program, Paige was important. The staff was focused on her and was there to enhance her individual abilities,” says Caroline Mayer, Paige’s mother.

*Help your student athlete excel at the next level by calling (937) 578-4244 and enroll him or her in Memorial’s Sports Performance Program.*



After practicing drills to improve her foot speed, Paige is ready to score more goals for her team.

# Diabetes 101

**WHILE IT'S LIKELY** a disease you have heard mentioned, you may not know exactly what having diabetes means to a person, and that three types of the disease are diagnosed.

At its most basic definition, diabetes is a disorder that leads to high glucose or sugar levels in the blood when the body produces little or no insulin—the chemical used to break down sugars.

People with **Type 1** diabetes produce little or no insulin and need daily insulin, meal planning, and physical activity to stay healthy. This type of diabetes is most often diagnosed in young people, which is why Type 1 diabetes is also known as juvenile diabetes.

Those with **Type 2** diabetes are insulin-resistant and also manage their blood sugar levels by meal planning, exercise, and insulin. While Type 2 diabetes is typically associated with diagnosis of adults, more and more children are being diagnosed with this condition each year.

**Gestational diabetes** occurs when a woman is in the advanced stages of her pregnancy. During this time, pregnancy hormones and/or a lack of insulin in the body can result in the development of this condition. However, gestational diabetes typically ceases after a mother has her baby. This condition can indicate a heightened chance a woman will develop Type 2 diabetes later in life.



## Ask the Doc

Q

What can I do this upcoming holiday season to control my diabetes?



**Trisha Zeidan, MD**

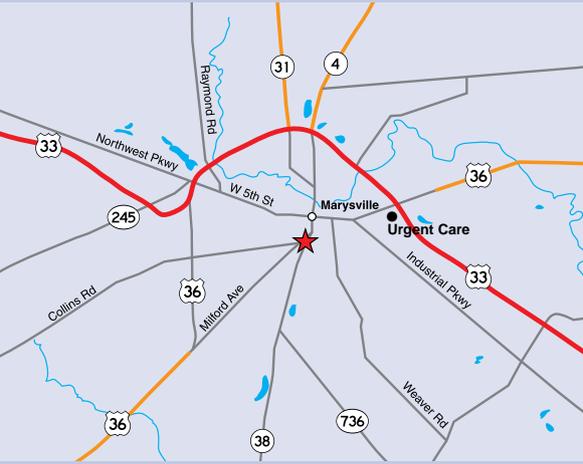
**Dr. Zeidan:** Those with diabetes should consider the following do's when preparing to manage diabetes during the holidays.

- » Offer to bring a dish, such as a dessert, for which you know the carbohydrate content.
- » Use alternatives in recipes—such as low-fat options, whole-grain carbohydrates, and sugar substitutes—when possible.
- » Fill your plate with “free foods”, such as colorful fruits and vegetables.
- » Get all prescriptions refilled before leaving for a holiday trip. Pack enough supplies for the days you are traveling, plus a few days' extra.
- » When traveling, take a cooler to store medications in order to keep them away from extreme hot or cold temperatures.
- » Always move around and stretch every one to two hours.

*If you need assistance in managing your diabetes, talk to your primary care physician about scheduling an appointment with Dr. Zeidan at (937) 578-2626.*

Trisha Zeidan, MD, board-certified endocrinologist at Memorial Hospital of Union County answers your question about a common holiday concern.

PRSRT STD  
U.S. Postage  
**PAID**  
Tuscon, AZ  
Permit No. 456



500 London Avenue, Marysville, OH 43040  
(937) 644-6115 • (800) 686-4677 • Physician referral: (937) 578-2320  
[www.memorialhosp.org](http://www.memorialhosp.org)



This is a  
recyclable product.

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.

## *Do you take blood thinning medication?*

### **Anticoagulation Therapy**

**TAKE AN ACTIVE ROLE IN YOUR HEALTH.** The Anticoagulation Clinic at Memorial Hospital of Union County can help. Our experienced team offers:

- Personalized treatment plans
- Constant monitoring
- Communication between the clinic and your primary care physician
- Training and education

Learn how to control your health by monitoring your medications and lifestyle behaviors. A physician referral is required. Talk to your family doctor about how the Anticoagulation Clinic can round out your care plan and help put you in charge of your health.

**Anticoagulation Clinic at  
Memorial Hospital of Union County  
(937) 578-4281**



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