

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

wellaware

WINTER 2012

Eat This, Not That:

Nutrition for 2012

Welcoming

New Physicians

Quality Care

By the Numbers



Construction Begins on New Heart and Surgery Pavilion

On October 7, 2011, officials from Memorial Hospital of Union County and The Ohio State University Medical Center broke ground for construction of a new 30,827-square-foot heart and surgery pavilion.

More than 500 doctors, staff and members of the community took part in the monumental occasion that kicked off this \$11.4 investment in the health of our community. The pavilion is scheduled to open in December 2012.

The new facility will provide enhanced cardiology services and serve as a conveniently located, enhanced diagnostic care center. Cardiac features include:

- A multi-use catheterization lab for cardiac and peripheral vascular procedures
- Comprehensive suite of diagnostic cardiology services with the latest technology
- Advanced educational opportunities for the prevention of heart disease

The pavilion will also allow for the expansion and renovation of surgical services, for added patient convenience, privacy and comfort. Additionally, the new facility will enable the relocation of endoscopy procedures into two new state-of-the-art suites.



To stay current on construction progress and The Heart Partnership, regularly visit www.theheartpartnership.org.

Breaking News for Kidney Stone Treatment



Anyone who has suffered from kidney stones understands the relief that comes with their passing. Did you know that Memorial Hospital of Union County is now offering a non-invasive procedure to expedite the breakdown of stones?

Extracorporeal Shockwave Lithotripsy (ESWL), also referred to as “lithotripsy”, uses electromagnetic technology to create shockwaves of energy to break down kidney stones that can then be more easily passed from the body through the urinary tract.

The waves travel through the body without damaging tissue. The treatment is a non-invasive alternative to traditional endoscopic stone surgery, offering a faster recovery time. In fact, patients undergoing lithotripsy typically can expect to return to normal activities within 24 hours of the procedure.

If you're suffering from kidney stones, discuss lithotripsy with your primary care physician or urologist. This advanced technology may be the best way to alleviate your discomfort.



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. © 2011

New Year, New Diet



Start making positive changes to your diet this year by ditching empty calories and replacing them with wholesome foods rich in vitamins, protein, and antioxidants.

Colorful Veggies

Fresh, bright colored vegetables are packed with fiber, vitamins, and minerals that fill you up and boost energy without fat. Typically, the darker the color, the better.



If you USUALLY eat this

Salad made with iceberg lettuce

Raw spinach with chopped carrots and tomatoes

TRY this



Fruits and Berries

Nutrients in fruits help with everything from anti-aging to healthy eyes and skin. Government nutrition guidelines state that fresh fruits and vegetables—dried and canned contain extra sugar—should be half of every meal.



If you USUALLY eat this

Raisins



TRY this

Fresh blueberries

Whole Grains

"Whole grain" means unprocessed, as opposed to "refined grain", which is modified to remove bran and germ elements that provide essential nutrients. Make sure labels read "whole grain," not just "enriched."

If you USUALLY eat this

Instant oatmeal



TRY this

Coarse or steel-cut oatmeal

Oils

Some oils contain "good" fats that help lower cholesterol levels and balance blood sugar. Oils can also help the body absorb nutrients from other foods.



If you USUALLY eat this

Butter

Olive oil

TRY this



Protein

Protein provides energy, but some sources are also high in fat and cholesterol. Lean sources like fish eliminate the negatives, and some fish contain omega-3 fatty acids, which help lower blood fats called triglycerides. You don't have to avoid red meat—some lean cuts contain less fat than a skinless chicken thigh.

If you USUALLY eat this

Rib eye steaks



Top sirloin steak

TRY this

Dairy

Dairy products are a great source of calcium and protein. Avoid unnecessary fat intake by choosing low-fat or fat-free sources of dairy.



If you USUALLY eat this

Flavored yogurt



Low-fat Greek yogurt with fresh fruit

TRY this

For more ways to get healthy in 2012, call Memorial Hospital of Union County's Health Center at (937) 578-2580 or Food and Nutrition Counseling at (937) 578-2444.

Excellence in Patient Care for 2011

Memorial Hospital of Union County continually proves that you **don't have to travel to Columbus** to receive quality health care. **Memorial Hospital aimed for excellence** in 2011, setting the bar even higher for 2012.



Total Home Health visits significantly increased to 8,583 visits a year.



100% of Memorial Hospital orthopedic patients said their confidence in their orthopedic physician was **good or very good.***

top 3%



Memorial Hospital scored in the **top 3%** of the nation for overall care provided to patients, thanks to a focus on the birth experience and amenities that help parents rest and celebrate.*



One in eight women will have breast cancer at some point in her life. This year, **4,091 women** chose Memorial Hospital for screening mammograms.**

Our goal is to service Emergency Department (ED) patients **within 15 minutes** of their arrival, unless all 15 ED beds are full. Critical patients are **top priority** regardless of room availability. There were **20,059 total visits** to the ED from December 1, 2010 through November 30, 2011.



Memorial Hospital works to hire **skilled staff members** who **collaborate as a team** to create a compassionate healing environment. This benefits both our patients and our staff—Memorial Hospital was voted the **best place to work in 2010 and 2011** through the *Marysville Journal-Tribune's* Readers' Choice Awards.



97%

of Memorial Hospital's patients rated nurses' overall care as **good or very good.***





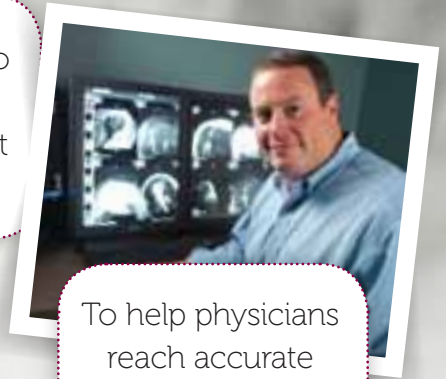
Patients at Memorial received an electrocardiogram (EKG) an average of **4 minutes after their arrival in the ED** in 2011. This compares to an average of 6 minutes for Ohio hospitals and a national average of 8 minutes [2009-2010].



"Taking care of cancer patients requires special people with a calling, and all of you fit that description. There isn't anything I can do to fully repay each and every one of you for your dedication, kindness, and support during my treatment."

– Jean Smith, Cancer Survivor and thankful former Memorial Hospital chemotherapy patient

Memorial Hospital **added 38 physicians** to its staff last year, giving patients **access to 160 physicians** for care in an environment of excellence close to home.



To help physicians reach accurate diagnoses quickly, Memorial Hospital performed **41,659 radiology procedures** with advanced imaging techniques.**

The exercise physiologists in the Health Center are helping community members stay healthy and fit—**21,623 visits** were made to the facility last year.**



Memorial ranks second in patient experience out of 12 central Ohio hospitals evaluated by the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS). Memorial Hospital has scored in the **TOP TWO for the last seven HCAHPS reporting periods.**



*Service scores were gathered from Press Ganey, a national patient satisfaction survey used by more than 2,000 hospitals nationwide. Data gathered includes discharges occurring from January 1, 2011, through October 25, 2011.

** Patient visits from December 1, 2010, through November 30, 2011 included in data.

Ready When You Are

When you or a loved one is in the hospital, questions and medical needs can arise at any time. That's why Memorial Hospital of Union County offers round-the-clock hospitalist care.

While a hospitalist and emergency medicine physician are present at Memorial Hospital of Union County 24/7, specialists on staff in the following departments are

on-call at all hours:

- Anesthesiology
- Cardiology
- Critical Care
- Gastroenterology
- General Surgery
- Infectious Disease
- Nephrology
- Obstetrics/Gynecology
- Oncology/Hematology
- Orthopedics
- Otolaryngology
- Pediatrics
- Pulmonology
- Radiology
- Urology



Working with skilled nurses, Christopher Brown, MD, one of several hospitalists at Memorial, helps provide expert medical care to admitted patients at any time, day or night.

Hospitalists are physicians who focus specifically on caring for patients at the hospital. They provide treatment and support for patients from admission to discharge, and communicate consistently with primary care physicians to ensure continuous care when the primary care physicians cannot be in the hospital. Recently, Memorial Hospital expanded this service to include 24/7 coverage.

“The hospitalists can provide a full range of services,” explains Dr. Victor Trianfo, Vice President of Medical Affairs and Quality at Memorial Hospital. “The service allows primary care physicians to focus on treating patients in their offices, trusting that hospitalized patients are in good hands and their treatment plans are being managed seamlessly by the hospitalist.”

ADDED BENEFITS

The benefits of 24/7 hospitalist care extend beyond the bedside. It provides patients and family members peace of mind through the knowledge that a physician is always on hand to initiate necessary tests and treatments or provide explanation regarding the patient's treatment plan.

“If family members have questions about a loved one's care, hospitalists are always present to offer answers,” says Dr. Trianfo. “The 24/7 services make sure patients' needs are addressed in a timely manner by a physician who is familiar with the patient and his or her current treatment plan.”

To see why more people are choosing physicians partnered with Memorial Hospital, visit memorialhosp.org.

WHEN IT'S URGENT

This winter, don't let flu symptoms or minor injuries cost you or your family a trip to the Emergency Department (ED).

There's an easier way to receive medical treatment for sledding injuries and sore throats. It's called Urgent Care by Memorial Hospital, and it's located at 1140 Charles Lane, next to the Union County Family YMCA.

WHAT IS URGENT CARE?

If you can't wait to schedule a visit with your primary care physician, Urgent Care is here for you. We treat pressing health concerns that don't require life-saving interventions, such as:

- cuts or wounds that may require stitches
- diarrhea, fever, or vomiting
- ear infections
- minor burns and rashes
- sore throats
- sprains, strains, and broken bones
- upper respiratory infections

However, if you are experiencing a life-threatening

event such as a heart attack or stroke, you should call 911 and seek immediate treatment in an ED.

AN EASY CHOICE

There are plenty of reasons to choose Urgent Care.

It's close by. Located near state routes 33 and 36, our Urgent Care clinic is just a short drive away.

It's convenient. Looking for extended hours? We can see patients after work or school. Urgent Care is open 1–9 p.m. every weekday and 10 a.m.–9 p.m. on Saturdays and Sundays.

It's fast. The average time from registration to discharge at Urgent Care by Memorial Hospital is 35 minutes.

It's less expensive. The co-pay for a standard Urgent Care visit is typically lower than a visit to the ED.

For more information, visit memorialhosp.org/urgent-care or call Urgent Care at (937) 578-4310.



Urgent Care physician Dr. Frank Orth sees many injured athletes throughout the year. In 2010, the parents of Marysville Monarch, Ben Stubbs, trusted Urgent Care by Memorial Hospital to help Ben get back on the basketball court after a hand injury.



Welcome, New Family Physicians

Memorial Hospital of Union County is proud to welcome two new family medicine physicians to our team.

Memorial Hospital offers an extensive network of family doctors who care for patients of all ages at the hospital and off campus. The Hospital recently added two new family medicine physicians, including Laura Kilofliski, MD, and Susan Delman, MD.

DEDICATED TO A CONTINUUM OF CARE



Dr. Delman has felt the calling to enter the field of medicine since she was a child.

“I have always had a love for the sciences,” she says. “Becoming a doctor has been my life’s purpose.”

Dr. Delman obtained her medical degree from Virginia Commonwealth University School of Medicine and performed her

residency in family medicine at Mount Carmel St. Ann’s Hospital in Columbus, Ohio. She felt drawn to family medicine because it offered variety and a chance to help people over the entire spans of their lives.

“I enjoy seeing patients of all ages and being able to care for a wide variety of problems,” she says. “It’s rewarding to establish long-term relationships with my patients.”

When she’s not treating patients, Dr. Delman enjoys traveling, watching Buckeye football games, playing Scrabble, and reading novels by her favorite authors.

To schedule an appointment with Dr. Delman, call (937) 578-4004.

FOCUS ON FAMILY MEDICINE



Dr. Kilofliski has always been intrigued by the complexities of the human body. “As I grew older, my dedication to biology continued,” she says. That interest is what later led her to become a physician.

Dr. Kilofliski was originally focused in obstetrics and gynecology, but after two years of residency in that field she changed courses, realizing she

wanted to care for patients and their families long-term.

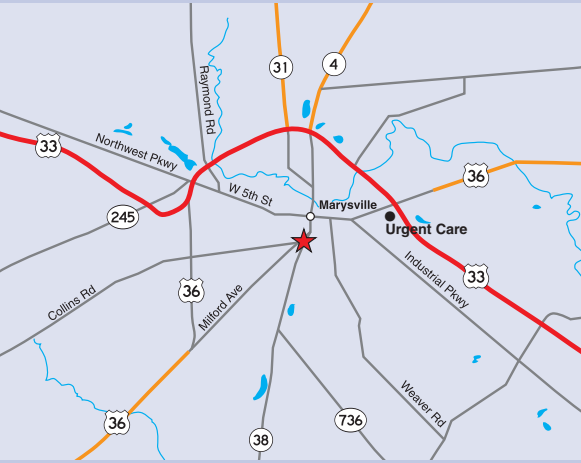
“For me, the most rewarding aspect of family medicine is the continuity of care,” she says. “I get to know my patients over time and take care of multiple generations in a family.”

Dr. Kilofliski is fluent in both her native Romanian and in English. She completed medical school at the University of Medicine and Pharmacy in Romania. Furthering her training, Dr. Kilofliski finished her internship at the University of Toledo and residency at The Ohio State University.

In her free time, she enjoys spending time with her husband and their one-year-old son, who was born at Memorial Hospital. Her favorite hobbies include photography, scuba diving in Mexico, and skiing.

To schedule an appointment with Dr. Kilofliski, call (937) 578-4004.

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Feel more like **yourself again.**

Do you have chronic swelling in your arms or legs?

You may have a condition called lymphedema, a build-up of lymph fluid when lymph nodes have been damaged by radiation, surgery or injury.

We can offer relief.

Memorial Hospital of Union County now offers lymphedema therapy by a certified lymphedema therapist. Often occurring in the arms and/or legs near the affected lymph nodes, the resulting swelling can become debilitating. Symptoms may not occur until several years after any damage has occurred and can include tightness in the affected limb(s), weakness, aching, redness, heaviness, loss of flexibility in the wrist or ankle, and tight-fitting clothing or jewelry.

Lymphedema is a life-long condition, but knowing how to manage it makes all the difference. Our specially trained therapist can put control back in your hands. Through personalized therapy and patient education, you can live your life to the fullest.

Treatment often lasts two to four weeks, and may include skin care education, lymph drainage massage, special bandaging, compression, and exercise.

Most insurances cover lymphedema treatment, making it easier than ever to take control of your health. Call **937.578.2261** to begin a treatment plan tailored to you.