

Caring

Fall 2008

Breathe · Eat · Live · Turn over a new leaf



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Memorial Hospital
715 South Taft Avenue
Fremont, Ohio 43420

Non-Profit Org.
US Postage
PAID
Smart Health

In the Community

Mobile meals, volunteer opportunities, links

Seniors

Golden Threads, exercise classes

Employment

Latest Memorial Hospital job listings, contact information

About Us

Maps and directions, history of Memorial Hospital and other facts, awards and accreditations, policies and financial information, news

Physician Directory

Find a doctor by name or specialty, including credentials and contact information

Services

Detailed listing of featured services and programs

Events

Calendar of upcoming events and programs

For Visitors

Information and visiting hours for Memorial Hospital, our Browse and Buy Gift Shop, Chestnut Café and policy for visitors



Oh, What a Site

Memorial Hospital launches new, user-friendly website

Find a doctor, get useful health information, check on upcoming health screenings and classes, or just browse around to learn more about Memorial Hospital's programs and services. It's all just a click away on Memorial Hospital's new website: www.fremontmemorial.org. This user-friendly site features a wealth of information presented in a new format that makes it simple to navigate. Special features include:

- A virtual nursery is available to proud new parents—secured by a special code for each baby that is provided to family members to share with family and friends at their discretion.
- The physician directory provides a complete listing of medical staff and their credentials and contact

information to help you find the right doctor for you and your family.

- Seniors can easily get the latest information about the Golden Threads senior program and exercise classes.
- The Positive Living Calendar provides a monthly listing and description of all upcoming programs and screenings.
- If you need help finding the hospital or one of its satellite locations, you can view easy-to-understand maps and directions.
- Browse through the latest photos of the new Herbert-Perna Center for Physical Health by clicking "Locations" on the navigation bar, then "Center for Physical Health."

Take a few minutes next time you're online to discover all of the information the new Memorial Hospital website has to offer. And, because we are continually updating the site, visit often—and let us know what you think! ➤

CONTACT US

Memorial Hospital invites your comments and suggestions. Visit www.fremontmemorial.org and click "Contact Us" to send an e-mail anytime. And if you're interested in employment opportunities at Memorial, the latest job openings are posted along with contact information.

Head-to-Toe Health

A new program at The Center for Mental Health and Well-Being is helping people heal their minds and improve their fitness levels

Every once in a while, life throws us a curve. Usually, we find a way to deal with it and move forward. But sometimes it doesn't work out that way, and we are faced with more than we can handle alone.

Some people never learn how to cope with difficult situations—starting with their childhoods. Perhaps they grew up in a home where conflict was more common than compromise and have progressed through life never knowing how to resolve problems effectively. Coupled with difficult events in later years, these people often turn to alcohol, drugs or food for comfort.

Overcoming Life's Challenges

Traditionally, when people seek help, they turn to counseling and maybe medication to help them.

While this type of therapy is important and often effective in helping people gain control and make it through a troublesome time, it doesn't always result in a cure. To truly find happiness and peace, they have to make real changes in their lifestyles. At The Center for Mental Health and Well-Being at Memorial Hospital, we have developed a program that is designed to help people overcome the barriers

keeping them from achieving that sense of well-being—so they can become physically and mentally healthier than ever before.

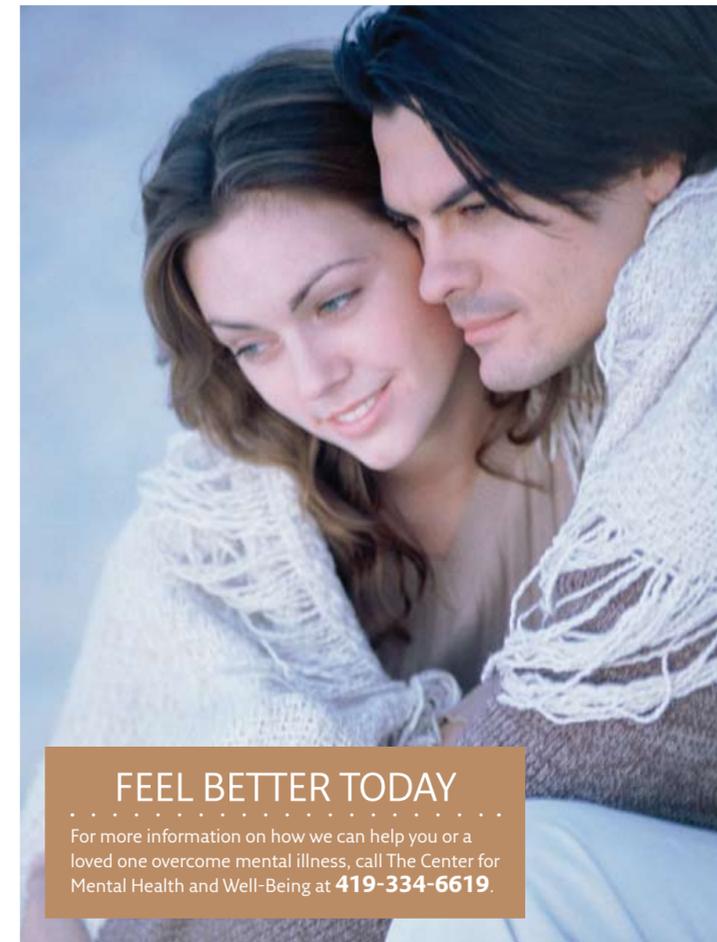
Physical and Mental Health Link

At The Center for Mental Health and Well-Being, we believe that caring for the whole person—mentally and physically—is a key component to helping people manage the challenges in their lives effectively.

Ryan Travis, MD, a psychiatrist at the center, has developed a program that combines traditional therapy with a fitness program that empowers people to change the way they cope with life in a positive way. "You have to understand what someone has been going through," Travis says. "And you have to motivate them to move forward and make it their personal responsibility to take the necessary steps to get better."

Travis says he understands that it's not easy to make these lifestyle changes. "People sometimes give up and depend on a pill when they need confidence and motivation," he adds. "We empower them to take control."

A healthy diet and regular exercise are key to the success of this program,



FEEL BETTER TODAY

For more information on how we can help you or a loved one overcome mental illness, call The Center for Mental Health and Well-Being at **419-334-6619**.

Travis says, and that's not easy for a lot of people. But through The Center for Mental Health and Well-Being, participants have the support of counselors and other medical professionals to develop a program that is appropriate in an environment that is comfortable and private.

A Personalized Solution

Individual exercise programs (as part of an overall therapy plan) have been developed. Participants will work

with therapists at the Herbert-Perna Center for Physical Health, where they will have access to the equipment and resources they need without the need to go to a public gym or health club—for some people, this can make all the difference. Physicians and counselors will continue to work with them to resolve issues that are affecting their ability to move forward. As participants progress through the program, they should find themselves feeling better physically and emotionally.

"It's a combination of things," Travis says. "We take it one step further to help people really recover."

To be successful in a recovery situation, a person has to be committed to following through and ready to work hard to make changes for a healthier life. But with the help of the team at The Center for Mental Health and Well-Being, it can be life-changing.

"There's a difference between not being depressed and being happy and productive," Travis says. "Our goal is to help people to recover fully and find real happiness." ➤



Ryan Travis, MD, has developed a pioneering program to help people overcome emotional struggles through guided physical activity.

Get to Know Ryan Travis, MD

Ryan Travis, MD, is a native of the area, having grown up in Elmore. He spends his free time with his wife and three daughters or getting together with friends for a game of basketball or flag football. He was awarded a full football scholarship to Hillsdale College, and was accepted into the UT/MCO seven-year medical training program.

Residency: University of Toledo Medical Center, Toledo

Medical school: University of Toledo College of Medicine, Toledo

Undergraduate: University of Toledo, Toledo; Hillsdale College, Hillsdale, Mich.

Specializing in: General psychiatry, with a special emphasis on promoting healthy lifestyles

It's All About You

Memorial Hospital's emergency department staff puts patients first

You may be in pain or scared. Or you feel vulnerable and you're not sure what will happen. You put your trust in the doctors and nurses who are there to care for you at a time when you need them most—an emergency.

The Right Team

When Memorial Hospital began searching for a team of doctors to staff the emergency department, it wanted doctors who would put their patients first by responding to their medical needs, addressing their concerns, and making them feel comfortable.

We looked for doctors who define quality medical care by clinical excellence and genuine consideration and compassion for every patient. After an extensive search, we have assembled just the right team.

The new emergency medicine medical team includes six outstanding physicians who are all residency-trained in emergency medicine, experienced and committed to providing the best possible care—always putting the patient first.

The Right Changes

Over the past several years, Memorial Hospital has been making changes. We've added exciting new medical technology as well as important new services and programs. We've also expanded our campus.

But perhaps the most important change we've made is how we listen to our patients. It's your input and comments that help us to fully understand the quality of your experience at Memorial Hospital. We appreciate your input and thank you for the opportunity to make changes that benefit the entire community.

The Right Choice

In an emergency, it's important to choose the right facility, one that is fully staffed and equipped. Make sure you choose a full-service hospital that has a full spectrum of services to ensure that you have access to the care you need—whether you need that care for one hour or one week. An emergency facility should provide 24-hour lab, radiology and surgery services, and have a full-service emergency department, surgery center, physical therapy, lab, diagnostic imaging capabilities, and other critical departments and specialists on-site.

Thank you for choosing Memorial Hospital. We've been through a lot of changes, and we will continue to look for ways to improve and provide the best possible care for this community. We appreciate your support, and hope that the things we are doing now will benefit this region for years to come. 🌱



Bryan Miksanek, MD
Medical school: Southern Illinois University School of Medicine
Residency: St. Vincent Mercy Medical Center

Scott Burnham, DO
Medical school: Western University of Health Sciences
Residency: St. Vincent Mercy Medical Center

Andrea Toflinski, MD
Medical school: University of Toledo Medical Center
Residency: St. Vincent Mercy Medical Center

Marc Taylor, DO
Medical school: Ohio University College of Osteopathic Medicine
Residency: St. Vincent Mercy Medical Center

Spencer Johnson, DO
Medical school: Ohio University College of Osteopathic Medicine
Residency: St. Vincent Mercy Medical Center

Kenneth Mapes, MD
Medical school: University of Cincinnati College of Medicine
Residency: St. Vincent Mercy Medical Center

Help Us Improve the ER Experience

Please be patient. No one likes to wait to be seen in the emergency room. But the reality is thousands of people visit Memorial Hospital's emergency department every year for a variety of reasons, ranging from minor injuries to life-threatening conditions. We do our best to see you as quickly as possible. But please keep in mind that the most serious or life-threatening situations must be attended to immediately. We will do all that we can to keep you comfortable while you wait—and to get to you as soon as possible.

Bring your insurance information and identification. If possible, please make sure you have your identification and insurance card with you. This will save time, and possibly avoid problems with your insurance claim later.

Know your medications and allergies. It's a good idea to keep with you at all times a list of medications you are currently taking, and critical to let physicians know if you are taking medication or if you have any allergies. Parents or guardians should keep this information on hand for children or other relatives they are caring for.

GET THE LATEST

To learn more about emergency services at Memorial Hospital, call **419-334-6654**.

Listen Up, Ladies

It's a fact: Women don't make themselves—or their health—a priority. But starting today can make all the difference

Heather Haynes, MD, listens to a patient's heartbeat.



For most women, there never seems to be enough time in the day. Regardless of what stage of life they are in, women are busier than ever—usually taking care of everything and everyone else, and forgetting to take care of themselves.

We have the best of intentions—promising ourselves that we'll make time to exercise, schedule a physical or pencil in some relaxing "me" time, but the days just keep going by. It's too hard to fit it all in. But that attitude has to change. Something's gotta give—or we will.

DON'T PUT IT OFF

Heather Haynes, MD, is now accepting new patients. For more information or to schedule an appointment, please call **419-333-8231**.

Wake-Up Call

Time flies. When you neglect your health for years, the impact it can have 10 years from now can be devastating. A few pounds a year over 10 years can lead to significant weight gain and all of the health problems associated with being overweight—such as heart disease, hypertension, diabetes and more.

Getting an annual physical is critical to identifying potential health problems early so you can make the necessary lifestyle changes to stop them from getting

worse. Mammograms, Pap tests, blood pressure screenings and other basic tests should never be neglected. They are lifesaving tools.

It Starts with a Plan

If you don't have a doctor, call Memorial Hospital's physician referral line at **419-333-2792** for help finding the right physician for you. Once you have a doctor, make an appointment for your physical.

Be prepared for your appointment. Your doctor is your partner in keeping you healthy, but you should be prepared to provide and ask for information. Women have unique health issues as well as fundamental health concerns that men and women should monitor, says family physician Heather Haynes, MD. Your doctor can guide you toward a healthy lifestyle and good health maintenance, but it's important that you do your part in preparing for your appointments and communicating with him or her, too.

Make a Checklist

Knowing your family history is extremely helpful in predicting what health issues you are most likely to encounter in your lifetime. However, there are a number of other factors that contribute to whether you will develop a specific health problem. Make sure to write down any questions you have for your doctor, and provide him or her with your family health history. ◀

9 Common Concerns

for women to keep an eye on

Breast Cancer

Most doctors recommend that women perform a breast self-exam every month to identify any changes in their breasts. "Many, many women have found abnormalities in their breasts through self-examination," says Heather Haynes, MD. "I strongly believe in early detection, and this is one way that a woman may detect a change in her breasts before it's time for her next mammogram."

If you are age 35 or older, or if you are at high risk for breast cancer due to your personal health history or family history, make sure you schedule a baseline mammogram. Talk to your doctor about when you should have your first mammogram, and make sure to schedule them annually. Early detection is your best protection.

Heart Disease

More women die from heart disease and stroke than any other disease. It can occur at almost any age, and doctors are noticing early signs of heart disease in younger people because of poor diet choices and lifestyles. It's important to know if you are at high risk for heart disease. Make sure you tell your doctor if you smoke or if any of your immediate family members have a history of heart disease, especially before age 50.

You should also be aware of the common symptoms of heart attack, which include shortness of breath; chest discomfort; pain in the jaw, either arm or shoulder; and nausea. Remember that symptoms vary for women, so follow your instincts and don't be afraid to seek help. It's better to play it safe when it comes to your heart and health.

Hypertension

Hypertension, or high blood pressure, can occur without any immediate symptoms. But left untreated, it can damage the heart, thickening the muscle and adding significant strain to it. Hypertension often can be controlled

through diet changes, exercise and weight loss. It's also critical to know if anyone in your family has had the condition, especially female family members, as it is often hereditary.

Weight Management

Obesity is linked to an array of health problems, including heart disease, hypertension, diabetes and even some forms of cancer. Some people think that weight gain is a normal part of aging, but it's not. Weight gain isn't a result of getting older, but of being less active.

Permanent weight loss is accomplished over time, Haynes says. Portion sizes, exercise, good nutrition and patience are the best ways to get and keep your weight under control. Talk to your doctor to develop a strategy to achieve and maintain a healthy weight. Remember that weight comes off slowly, but it will come off if you have a plan and stick to it.

Stress

The demands of daily life can be brutal at times, and stress can wear you down and affect your health. Everyone experiences stress from time to time, but constant stress without relief can worsen your health in a number of ways, including:

- Muscle tension, including pain in your shoulders, neck and lower back
- Elevated blood pressure
- Weakened immune system
- Fatigue

Exercise is effective in managing stress. It's also important to schedule time in your day for yourself. Read a book, take a yoga class, or go for a walk after dinner. You'll find the time you take for yourself will refresh you, and help you to manage other aspects of your busy day.

Osteoporosis

Bone density starts to diminish between the ages of 30 and 35. It's important for women to be aware of their risk for osteoporosis and take preventive measures early on to

minimize their risk as they age. All women should make sure that they include two to three servings of dairy each day. This could include skim milk, low-fat yogurt or cheese products. Some women may need a calcium supplement as they approach menopause, or a good multivitamin. Talk to your doctor during your regular checkup about your risk and how you can protect yourself, regardless of your age.

Cervical Cancer

A new vaccine is now available and recommended by many doctors for girls starting at age 11 or 12, up to age 26. This vaccine has been effective in stopping the onset of some types of cervical cancer. This is a relatively new vaccine and may not be covered by some insurance plans. Talk to your doctor or your daughter's pediatrician to find out more and decide if it's the right choice for you or your daughter.

Colon Cancer

Some people only associate colon cancer with men, but that's a myth. Women are also at risk for this disease, especially after age 50. In fact, approximately 67,000 women are diagnosed with colon cancer each year. Every woman older than 50 should have a colorectal cancer screening, a test that can find polyps early and often prevent the development of this potentially deadly disease.

Skin Cancer

The best way to keep your skin looking young and fresh—and to prevent skin cancer—is to protect it from ultraviolet rays, both from the sun and tanning booths. Make sure you use a sunscreen with SPF 15 or higher every day.

Skin cancer is the most common form of human cancer, with more than 1 million cases diagnosed each year. Make sure your doctor examines your skin for any suspicious moles or abnormalities. Let your doctor know if you develop a new mole or notice a change in your skin. ▶

Make It a Great Visit

Prepare for your next appointment with the following, and make the most of your time with your doctor:

• **Know your family history**, including diseases in your immediate family (parents, grandparents, siblings) and especially same-sex family members or those who had health issues prior to age 50.

• **Bring a detailed health history** to your visit, including medications, surgeries, past health problems, and current concerns or symptoms you may be experiencing.

• **Have your questions ready**. Write them down so you don't forget anything while you are discussing your health with your doctor. Don't be afraid to ask questions. If you have a concern, it's important that your doctor is aware of it.

• **Bring your ID and insurance card**. This will save you time and hassle later and avoid any billing mix-ups.

Heather Haynes, MD, Can See You Now

Residency: Excelsa Health Latrobe Hospital, Latrobe, Pa.

Special

recognition: Chief Resident, 2006-2007

Board certified:

American Board of Family Medicine

Medical school: Wright State University, Dayton

Undergraduate: Ohio Northern University, Ada

Specializing in: Family medicine, with special emphasis on women's health and pediatrics

Office: 2265 Hayes Ave., Fremont

Phone: 419-333-8231



{physician directory

Allergy & Immunology

Ronald J. Negrich, MD
419-333-4000

Anesthesiology

Surgery Department
Vinod K. Koduri, MD
Jason J. Porter, MD
Sanjay Sangal, MD
James L. Stierwalt, MD
419-333-2765

Cardiovascular Disease

Mark G. Issa, DO
419-333-9533

Emergency Medicine

Emergency Department
K. Scott Burnham, DO
Christopher A. Goliver, MD
Spencer Johnson, DO
Kenneth L. Mapes, MD
Bryan K. Miksanek, MD
Marc A. Taylor, DO
Andrea L. Toflinski, MD
419-334-6621

NEED HELP?

If you would like assistance locating a doctor, please call the physician referral line at **419-333-2792**.

Family Medicine

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Dennis G. Furlong, DO
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419-332-4648

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419-355-8070

Jairaj N. Sayani, MD
419-355-8186

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419-332-7371

David A. Wassil, DO
419-637-2185

Mary B. Wonderly, MD
419-332-3560

General Surgery

Michael E. Grillis, DO
Rick M. Wiecek, MD
419-355-8488

Ralph W. Peters, MD
419-332-4778

General Vascular Surgery

John P. Pigott, MD
Todd E. Russell, MD
Andrew J. Seiwert, MD
Ralph C. Whalen, MD
419-291-2003

Gynecology

Scott J. Farrell, MD
419-332-8224

Internal Medicine

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John L. Yuhas, DO
419-547-8555

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419-334-7191

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Steven G. Roshon, MD
419-547-9500

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Steven Benedict, MD
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Obstetrics/ Gynecology

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Kurt D. Harrison, DO
419-333-9026

Occupational Medicine

HealthLink
Robert A. Marshall, MD, MPH
Stephanie E. Matuszak, MD
Naheed S. Sufi, MD
419-334-6657

Well-at-Work
Scott D. Leslie, MD
Arthur E. Rabenhorst, MD
Anthony J. Thompson, DO
419-425-5121

Ophthalmology

Dale A. Solze, MD
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Wade E. Young, MD
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Orthopedic Surgery

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James A. Huddleston, DO
419-547-2810

J. Kelly Randall, MD
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Otolaryngology

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Pain Management

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Pathology

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Pediatric Cardiology

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Timothy G. Schuster, MD
Mark A. Wainstein, MD
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