



# Community Connection

## Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Volume 3, Issue 9

September 2006

Measurably Different ... for Your Health!

## Women's Health Expo is September 5



Mark your calendar for Tuesday, September 5, and plan to attend the annual Women's Health Expo.

Come enjoy an evening of health information, various exhibitors and prizes! On Tuesday, September 5, the annual Women's Health Expo will be held from 5:00 to 9:00 p.m. at The Reese Center, 1179 University Drive, in Newark at the Central Ohio Technical College/The Ohio State University-Newark Campus.

The event is co-sponsored by Licking Memorial Health Systems and KOOL 101.7 FM WNKO/Talk 790 WHTH

with Park National Bank as a Corporate Sponsor. More than 50 exhibitor

**Women's Health Expo is September 5 (continued on page 2)**

## Licking Memorial and The Works Creating Art for Hospital



Ohio Center for History, Art & Technology

Pablo Picasso once said, "Every child is an artist. The problem is how to remain an artist when he grows up." Licking Memorial Health

Systems is partnering with The Works to display artwork created by children in the community. On Saturday, October 7, Licking Memorial and The Works will host a Family Gallery Day for children to create landscape art that will be dedicated to Licking Memorial and displayed in the Hospital cafeteria. "Licking Memorial has been looking for a way to showcase some of the talents of our community. Partnering with The Works to incorporate artwork created by children, who are the future of our community, is a perfect fit," said Veronica Link, Vice President of Development and Public Relations of Licking Memorial Health Systems.

"At The Works, we believe that art is healing and it adds to a person's quality of life. The Family Gallery Day is a wonderful opportunity for children and their parents to visit The Works to learn about and create art," said Marcia Downes, Managing Director of The Works. "We are very pleased about having the opportunity to display the landscape art created by children at one of our events. The Hospital and The Works both have a common goal to make our community a better place to live," continued Marcia. Family Gallery Days take place quarterly at The Works and are centered on exhibits that are shown during each quarter. "Family Gallery Days offer an opportunity for our community to meet and connect with the

**Licking Memorial and The Works Creating Art for Hospital (continued on page 2)**

See Pages 8, 9 and 10 for the Community Report Card Featuring Diabetes Care.

## Licking Memorial Hospital Flu Clinic



Licking Memorial Hospital's (LMH) 2006 Flu Clinic will be held at Indian Mound Mall in Heath. Space provided by the Mall affords ample parking and easy access to the clinic.

The 2006 Licking Memorial Flu Clinic will be held at Indian Mound Mall, beginning October 12.

The flu clinic will be open Tuesdays and Thursdays – October 10 through December 14 – based on arrival and availability of vaccine supply throughout the flu season. Hours will be 8:00 a.m. to 4:00 p.m. The clinic will be closed Thursday, November 23, for Thanksgiving.

Influenza (commonly called the flu) is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can result in illness ranging from mild to severe and life-threatening complications. An estimated 10 to 20 percent of U.S. residents get the flu each year, of which an average of 114,000 are hospitalized for flu-

**Licking Memorial Hospital Flu Clinic (continued on page 2)**

## Women's Health Expo is September 5 (continued from front)

booths will be on display promoting women's health awareness and self-esteem.

The purpose of the expo is to encourage healthier lifestyles through increased awareness. Insightful health care information and expanded medical screenings are offered free of charge in a comfortable setting. Current information on hobbies, fun activities, travel, personal accessories, fitness, nutrition, social services and safety will be included. Topics will appeal to women of all ages and stages of life.

There will be something for everyone. "This is such a wonderful evening – especially with the location, variety of exhibitors and the speaker. WNKO radio personalities, who do a great job of keeping the evening moving, emcee the event. It's an all around great time for 'the girls'!" explained Carol Hutchison, Licking Memorial Health Systems Director of Public Relations.

This event is free to all who attend. Light refreshments will be available. For more information, please contact Public Relations at (740) 348-1572.

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## Licking Memorial and The Works Creating Art for Hospital (continued from front)

professional art community," said Marcia.

Family Gallery Day will begin at 11:00 a.m., on Saturday, October 7, with local artists speaking about landscape art. From 1:00 to 4:00 p.m., the children will have the opportunity to create their own landscape art projects. "The creation of landscape art will offer a unique perspective of how the children of our community view our scenery," said Marcia. A pumpkin-shaped cookie decorating contest will also take place at the event. All material, supplies, space and refreshments will be provided – parents and children need to bring only their creativity!

The artwork created by the children on Family Gallery Day at The Works will be combined to create a framed collage that will be dedicated to Licking Memorial. A reception for the young artists and the community will be held for an unveiling of the artwork, which will be displayed in the Hospital cafeteria. "We hope that the art-

work created by the children will lift the spirits and provide a smile for our patients and visitors," said Veronica.

Family Gallery Day events are free and open to the public. Everyone who attends has the opportunity to participate in all scheduled activities. For more information, please call The Works at (740) 349-9277.

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## Licking Memorial Hospital Flu Clinic (continued from front)

related complications and 36,000 die from complications of flu.

Flu vaccine is the single best way to prevent infection with the flu virus and the complications associated with flu. Everyone must be re-vaccinated annually because the flu viruses change each year. Flu season can begin as early as October and last as late as May.

The LMH Flu Clinic is open to the public. The clinic is for adults age 18 and older. Parents of children needing flu vaccines should contact their pediatrician or family practitioner. You may not be able to receive the flu vaccine if you are allergic to eggs, are very ill with a high fever, or have had a severe reaction to the flu vaccine in the past.

Since 2001, Licking Memorial Health Systems has vaccinated nearly 20,000 people with the flu vaccine, according to Sharyn Davis, R.N., R.V.T., Director of Outpatient Services for LMH. "The flu clinics provide essential health care services for our community and offer a low-cost vaccination at a convenient location," Sharyn said. The vaccination service provided through LMH maximizes the number of people in Licking County who are protected against the flu, which means a healthier community for all.

Beginning Monday, September 18, you may call (740) 348-1899 for a recorded message providing more information about the LMH Flu Clinic.

# Community Education: Prostate Health



Donald Lewis,  
M.D.

Licking Memorial Hospital encourages men to be proactive about their health and to support the early detection of prostate cancer. A Prostate Cancer Education & Screening is scheduled for Thursday, September 28, at 6:00 p.m. in Conference Rooms A&B (first floor) of the Hospital.

Licking Memorial Hospital (LMH) Active Medical Staff urologist Donald Lewis, M.D., will speak. Following the program, a free prostate cancer screening, which includes a prostate specific antigen (PSA) blood test and digital rectal exam, for the first 40 registrants. Registration is required; call (740) 348-1434.

Located in the male pelvis, the prostate is a variable-sized gland, usually the size of a walnut, measuring 3 to 5 centimeters long by 3 to 5 centimeters in width. On average, the gland weighs about 20 grams.

The prostate surrounds the urethra (which is the channel that carries urine from the bladder). The prostate can put pressure on the urethra causing:

- decreased force of the urinary stream
- a need to “push” the urine out
- a feeling as if the bladder is not emptying
- increased urinating during nighttime
- intermittent stopping and starting of urinary stream

## Five A Day for Better Health

Five A Day for Better Health is a national program and partnership that seeks to increase the number of daily servings of fruits and vegetables Americans eat to five or more. The Five A Day program provides easy ways to add more fruits and vegetables into your daily eating patterns.

Fruits and vegetables look good, taste great and contain necessary vitamins and minerals. Eating a variety of fruits and vegetables is quick and easy. A serving is a medium-size piece of fruit; ½ cup (4 fl. oz.) of 100 percent fruit or vegetable juice, ½ cup cooked or canned vegetables or fruit, 1 cup of raw leafy vegetables, ½ cup cooked dry peas or beans, or ¼ cup dried fruit. You can get your fruits and vegetables in many ways because fruits and vegetables come fresh, frozen, canned, dried and as 100 percent fruit or vegetable juice. Wash fresh fruits and vegetables thoroughly in water.



Incorporating fresh fruit like strawberries to your lunch is one way to reach the Five A Day (servings of Fruit and vegetables) goal.

pineapple chunks, or cucumbers and red peppers. When you keep fruits and vegetables visible and easily accessible, you tend to eat them more. For instance, store cut and cleaned produce at eye-level in the refrigerator, or keep a big bowl of fruit on the table.

You can increase the amount of fruits and vegetables you eat at restaurants. Try some of these healthy choices:

- veggie pizza
- pasta with vegetables (but watch out for those high-fat cream sauces)
- fresh vegetable wrap
- vegetable soup
- small salad (instead of fries)
- plenty of fresh vegetables from the salad bar

The following are some simple recipes to incorporate into your meals to help achieve Five A Day.

### Grilled Veggie Sandwich

- 6 whole wheat hamburger buns
- 6 large portobello mushrooms
- 6 large red bell peppers
- 6 slices red onion, sliced 1/2 inch thick
- 1/2 cup low fat mozzarella cheese, shredded

Begin by grilling all the vegetables carefully so they do not fall apart. Once the vegetables are grilled, place them on the bottom half of the buns. Sprinkle the veggies with the cheese, letting it melt onto the veggies. Place the top on your sandwich. If desired, wrap whole sandwich in aluminum foil and place on warm grill to melt the cheese even more. Serve warm with carrots and cucumbers as sides.

Not sure how to increase your fruit and vegetable intake? Start the day with 100 percent fruit or vegetable juice. Slice bananas or strawberries on top of your cereal. Have a salad with lunch, and an apple for an afternoon snack. Include a vegetable with dinner and you already have about five cups of fruits and vegetables. If you need more than 5 cups per day, try adding a piece of fruit for a snack or an extra vegetable (like carrots or green beans) at dinner.

There are so many choices when selecting fruits and vegetables. Have you ever tried kiwi fruit? How about asparagus? Try something new that helps you increase the amount of fruits and vegetables you eat. Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with

**Five A Day for Better Health (continued on page 4)**

### Grapefruit Crunch

- 8 red grapefruit sections
- 2 Tbsp. piña colada-flavored low-fat yogurt
- 1 Tbsp. granola (with almonds)

Arrange grapefruit sections in shallow bowl or an individual salad plate. Top with yogurt. Sprinkle with granola.

### Bruschetta with Plums and Fresh Basil

- 1 sourdough baguette (24 inch)
- 4 oz. fat-free cream cheese, whipped
- 6 cups fresh California plums, sliced
- 1 cup fresh basil

Slice baguette into 24 inch-thick pieces. Toast in a 350°F oven until golden brown. Spread each slice of bread with reduced-fat cream cheese. Slice plums into thin slices. Place several slices of plum on each piece of bruschetta. Garnish with fresh basil leaf.

## Zonta Donation to Assist LMH Oncology Services



On behalf of Licking Memorial Hospital's Oncology Services, Director of Outpatient Services Sharyn Davis, R.N., R.V.T., recently accepted a donation from Zonta International of Newark President Wendy Mallett.

The Zonta Club of Newark Area has generously contributed thousands of dollars to Licking Memorial Hospital (LMH) to use for the care of cancer patients. At a recent dinner, Zonta President Wendy Mallett presented LMH Director of Outpatient Services Sharyn Davis, R.N., R.V.T., with a check for \$3,804.43, earmarked for the Oncology Department.

The money was raised through the 30th Annual Zonta Champaign Luncheon and Fashion Show.

"We are so grateful that the Zonta Club's members dedicate their time to helping our patients," Sharyn said. "You all lead busy lives yet take the time to think of others in their time of need. This is truly an extraordinary community."

Zonta International was founded in 1919 and is made up of professionals and business executives to advance the status of women worldwide.

## September Recognized as Pain Awareness Month

Pain touches each one of us at one time or another. Pain can begin for many different reasons. Yet as common as pain is, the medical community is just beginning to understand and better address the many forms of pain. Licking Memorial Hospital (LMH) offers a Pain Clinic, which provides progressive pain management procedures performed by specially trained anesthesiologists. An anesthesiologist will discuss a complete treatment plan with you on your first visit. The clinic is well established, and the staff is experienced in treating many types of acute and chronic pain.



Evelina Worwag, M.D., and Shelly Southard, R.N., work with a patient at the Licking Memorial Pain Clinic.

Acute pain has a distinct beginning and end and is the result of illness or injury. This type of pain usually can be largely relieved with appropriate treatment, as can cancer pain. It is important that the pain be taken seriously and managed as part of sound patient care.

Currently there is no cure for chronic pain. As a condition that can greatly impact an individual's quality of life long-term, it needs to be taken seriously. A multidisciplinary treatment approach can help people with chronic pain regain control of their lives and reduce their sense of suffering.

## September Recognized as Pain Awareness Month (continued from page 4)

It is important to note that in 2000, Congress declared 2000-2010 the Decade of Pain Control and Research to make pain a national health priority. Through this declaration, leading pain organizations that pushed for this declaration – including the American Academy of Pain Medicine, the American Headache Society, and the American Pain Society – hope that public attention and funding for research will be focused on this serious public health issue that affects 75 million Americans.

### Finding the Cause of Pain

Licking Memorial Hospital (LMH) Pain Clinic physicians are experts in treating pain, and they can also help diagnose the source of pain. They will conduct a physical exam and review your medical records in addition to analyzing your description of the pain. The degree of pain varies with each person, so a treatment plan will be tailored to your specific needs and circumstances. Treatment may include a single approach but more often is a combination of medications, therapies and procedures.

### Conditions Treated

Commonly treated conditions of pain may be caused by:

- Low back strain
- Neck strain
- Bulging or herniated discs
- Spinal stenosis
- Facet arthropathy
- Spondylolisthesis
- Spondylosis
- Post herpetic neuralgia
- Herpes zoster
- Reflex sympathetic dystrophy (RSD), now called complex regional pain syndrome (CRPS)
- Neuropathy
- Fibromyalgia
- Myofascial pain syndrome
- Inguinal and intercostal neuralgia

### Treatment Options

Epidural steroid injection – application of anti-inflammatory therapy for neck and spine-related pain (radiculopathy), especially sciatica.

Other nerve block injections – local anesthetics with anti-inflammatory (steroid) medication to block pain transmission.

Transcutaneous electrical nerve stimulation (TENS) – is the most common form of electrical stimulation. It is not painful and does not require needles. TENS is a small battery-operated device that can stimulate nerve fibers through the skin to diminish pain. Treatment is referred to and provided by a physical therapist.

Physical therapy – Exercise, whirlpool, ultrasound, traction, massage and manipulation, and McKenzie treatments are some of the services a physical therapist may provide.

Occupational therapy – An occupational therapist may provide exercise, stretching and contrast baths, along with evaluation of activities of daily living.

Medications – May include anti-inflammatory medications, anti-depressant medications, anti-seizure medications or pain killers. Medications used for the treatment of pain must be carefully managed and controlled.

The Pain Clinic is located on the sixth floor of the Hospital. The clinic is under the direction of Licking Memorial Health Professionals (LMHP) anesthesiologists and the LMH Director of Outpatient Services and is staffed by registered nurses skilled in the management of patients with acute and chronic pain. Hours of operation are 8:00 a.m. to 6:00 p.m. Monday through Thursday, and Friday 8:00 a.m. to 3:30 p.m. Procedures usually require no special preparation, and treatment could occur on your first visit, if indicated.

## LMHS Provides C-TEC with Physical Therapy Equipment

When high school juniors and seniors head back to Career & Technology Education Centers of Licking County (C-TEC) in Newark at the beginning of the 2006-07 school year, they will find a wide variety of exercise and physical therapy equipment to enhance their educational experience. Licking Memorial Health Systems (LMHS) recently donated items that had been replaced in the Physical Therapy Department. Donated items included:

- Workout stations;
- Workout benches;
- Cybex arm rehabilitation machine;
- Pacemaster treadmill;
- Biodex treadmill;
- Diamondback stair master;
- Fluid therapy arm machine;
- Pedal speed bike;
- Stationary bikes;
- Whitehall whirlpool machine;
- Schwinn chairs;
- Schwinn Windjammer;
- Hydrocollator heating units;
- Wooden crutches;
- Arm slings; and
- Walkers.

LMHS Provides C-TEC with Physical Therapy Equipment (continued on page 6)

## LMHS Provides C-TEC with Physical Therapy Equipment (continued from page 5)

Marsha Zimmerman, R.N., a Medical Academy instructor at C-TEC, said pupils in the Medical Academy and many others from the general student population will benefit from using the equipment. “Most students enter the health care field with two concepts in mind – to be a doctor or a nurse. In our program, we expose the students to many careers in health care. In the senior year, they are able to do in-depth self-studies in their chosen field. It will be such a benefit to have them learn about and use this equipment on each other prior to their continuation in post secondary programs. In addition, some of the equipment is good for the Criminal Justice program to help those students with their physical training,” she explained.



C-TEC Medical Academy instructor Marsha Zimmerman, R.N., and Licking Memorial Hospital Vice President of Patient Services Debbie Young, R.N., M.S., C.C.M., stand in front of a trailer full of physical therapy equipment that was recently donated to the technical school.

President of Patient Care Debbie Young, R.N., M.S., C.C.M., said the Health Systems was glad to find such a worthy use for the equipment. “Our mission is to improve the health of the community. By giving these items to the C-TEC students, we’re contributing to the fitness and education of our young people across all Licking County,” Debbie stated.

“We thank LMHS for this equipment that we could not have budgeted for at this time,” Marsha said. “It is a luxury for us to be able to use these items.” C-TEC has an enrollment of approximately 600 students from Licking County.

Licking Memorial Hospital Vice

## LMHS Donates Thermometers for Student Care

When students at Newark City Schools and Granville Village Schools begin to feel under the weather, the school clinics will now have a new tool to help decide if the students need to go home. Licking Memorial Health Systems (LMHS) has donated nearly two dozen tympanic ear thermometers and disposable probe covers to the schools.

Granville Village Schools district nurse Joanne Sherwood, Ph.D., said the donation to their district will save a good bit of time for her staff. “There’s me and then there are two aids who cover the intermediate and middle school,” Joanne explained. “We spend, I don’t know how much time, taking temperatures. We had over 7,000 visits last year, and for most of them we took temperatures. If they don’t have an injury, we take temperatures.”

The tympanic ear thermometers measure accurate body temperature in just a few seconds, whereas the digital thermometers that were used in the Granville Village Schools could take much longer. “With the digitals, some of the kids’ temperatures register right away, but some of them just sit there and sit there,” Joanne said.



Licking Memorial Health Systems Executive Vice President Rob Montagnese, Dr. Joanne Sherwood and Mark Severance hold some of the tympanic thermometers that will be used to evaluate Newark and Granville students.

Students at Newark City Schools have been using Temp-A-Dot thermometers when they visit the sick room, according to Mark Severance, Director of Special Education and Health Services. “The Temp-A-Dot thermometers are little strips that the kids put in their mouths. I think they’re more expensive to use. The tympanics will be quicker and cut our cost a good bit,” he said.

“Sometimes if the students come in with just a stomachache, you have to try to figure out what’s wrong – then you learn their desks got moved around and they’re having problems on the playground.” Joanne explained. “But the temperature will always tell – always take the temperature first.”

LMHS Executive Vice President Rob Montagnese, said the Health Systems decided to donate the thermometers once upgraded models were received. “The Health Systems purchased temporal scanning thermometers for both the Hospital and the physician practices to replace the varying types of thermometers that were being used throughout the Health Systems,” Rob said. A temporal

**LMHS Donates Thermometers for Student Care (continued on page 7)**

scanning thermometer takes accurate readings by stroking the sensor lightly across the forehead. It can be used for all patients, newborns through geriatrics. Seven tympanic thermometers were donated to Granville, while 16 were

donated to Newark. The original purchase price for each thermometer was approximately \$110.

## Development Council Spotlight: Mary Jane McDonald



Mary Jane McDonald

As of this year, Granville resident Mary Jane McDonald has been affiliated in one way or another with Licking Memorial Health Systems (LMHS) for four and a half decades. “Shortly after moving to the Newark area in 1961, I was invited to join Licking Memorial Hospital (LMH) TWIGS 4 – whose projects were staffing the snack bar in the ‘old hospital’ on Buena Vista,” she

said. “Over the next few years, two of my children were born there. Then, in 1981, I was invited to join the LMH Board of Trustees, and I’ve been involved in the affairs of the Health Systems ever since.”

Mary Jane is proud of her lengthy association with the Health Systems. “It has been a real education and a great privilege to have contributed to the growth and development of this outstanding medical institution,” she said.

Mary Jane served on the LMH Board from 1981 to 1987 and the LMHS Board from 1989 to 1999 (including as Chairman from 1991 to 1994). She has been an LMH Development Council member since 2003. “Joining the Development Council seemed a natural progression in my long association with LMHS – first as a volunteer, then a patient and a Board member,” Mary Jane said.

Her strong dedication to not only Licking Memorial but also the greater Licking County community was recognized in 2001. That year, Mary Jane received the prestigious LMHS Lifetime Achievement Award. The award is presented each year to a citizen in our community who has given volunteer service for the overall betterment of the community and who has helped to fulfill the mission of LMHS by helping to improve the health of the community. This special recognition was created to honor those whose vision, inspiration and leadership have touched and enriched many lives.

Mary Jane also received countywide recognition in 1996 when she was named a Licking County Woman of Achievement.

In addition to her affiliation with LMHS, Mary Jane has been actively involved in a number of community-minded organizations, including: 20th Century Club; the Heath-Newark-Licking County Port Authority Board;

the Granville Foundation Board; Leave a Legacy Board; Granville Rotary Club; Ohio Elections Commission; Ohio United Way State Policy Board; Ohio Rhodes Scholar Selection Committee; the U.S. Circuit Judge Nominating Commission, 6th Circuit (as appointed by then President Jimmy Carter for 1977-1980), Democratic National Platform Committee, Governor’s Task Force on Higher Education and Ohio Democratic Executive Committee.

Additionally, she has been a member of the Council for the Advancement and Support of Education, the National Society of Fundraising Executives and the American Council of Education.

Mary Jane holds a Bachelor of Arts degree with high honors from Denison University in Granville, where she was elected to Phi Beta Kappa, Kappa Delta Pi, Tau

**Development Council Spotlight: Mary Jane McDonald (continued on page 11)**

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# Community Report Card

## Licking Memorial Health Systems

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## Diabetes Care ... A Community Report on Patient Care Quality

### Health Tips – Rate Your Plate

A quick way to make sure you are eating a variety of healthful foods at each meal is to “Rate Your Plate,” according to the American Diabetes Association. This is a great way to practice portion control if you are trying to lose weight.

When you sit down for a meal, draw an imaginary line through the center of your plate. Draw another line to divide one section into two.

- About one-fourth of your plate should be filled with grains or starchy foods such as rice, pasta, potatoes, corn or peas.
- Another fourth should be protein – foods like meat, fish, poultry or tofu.
- Fill the last half of your plate with non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes and cauliflower.
- Then, add a glass of non-fat milk and a small roll or piece of fruit and you are ready to eat!

You may need to count the carbohydrates or exchanges in your meal so you can be sure your insulin and exercise are on target. But, rating your plate will get you started.

## Patient Feature: Herman Counts



Herman Counts

Herman Counts is a North Carolina native who loves to travel. “Coming home from a trip, I began having trouble reading the road signs,” said Herman. “That really bothered me, because I had a feeling I knew what the problem was.” Herman suspected that he had diabetes. “I felt for sure ... because I had most of the same symptoms that my brother had when he was diagnosed with diabetes,”

stated Herman. Some of his symptoms included the blurry vision and frequent urination. Lawrence Dils, M.D., a physician with Licking Memorial Family Practice, confirmed in 1993 that Herman had diabetes.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. Some diabetes symptoms include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

Herman’s diabetes is controlled with diet, exercise and medication. He attended a one-day diabetes education session in 1995. At the suggestion of Dr. Dils, Herman attended the Diabetes Self-Management classes last summer. “It was a four-day session and really helped with the nutrition aspect,” said Herman. Herman also exercises at

the Licking Memorial Wellness Center. “After my hip surgery, I was receiving physical therapy and saw a flyer for the Wellness Center and was interested,” continued Herman. After hearing about the program and what is has to offer, Herman now exercises at the Wellness Center regularly. “The Wellness Center is fantastic, it is really an asset to our community!” said Herman.

Herman takes an active approach in living with diabetes. “I had the advantage, if you want to call it that, of watching a relative die of complications from diabetes. I have always said that was the classic example of what not to do when you have diabetes,” said Herman. Through his relative’s example, he was able to see some of the results of improper care of diabetes – poor circulation, amputations, dialysis and wounds. “Every time a new complication was diagnosed, I read everything and learned as much as I could to prevent something like this from happening to me,” said Herman. Educating yourself – whether it is by reading information, attending a class or talking to your physician – is one of the best tools in living with diabetes.

Herman feels that his relative was a great inspiration for him. “Whenever I don’t feel like exercising, I just think of him,” said Herman. He hopes that his story will inspire someone who is living with diabetes to take care of his/her health. “My advice is to keep your sugar under control – it takes work, but it will help,” stated Herman.



# Diabetes Care – How Do We Compare?

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

**1** Much of the care diabetics receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2nd Qtr. 2004	LMHP 2nd Qtr. 2005	LMHP 2nd Qtr. 2006	Benchmark <sup>(1)</sup>
% LMHP diabetics receiving eye exam	64% <sup>(2)</sup>	93%	84%	68%
% LMHP diabetics having HbA1c test	97%	98%	99%	85%
% LMHP diabetics having lipid profile	97%	98%	98%	88%
% LMHP diabetics having microalbuminuria test	95%	96%	92%	57%
% LMHP diabetics having foot exam	79% <sup>(2)</sup>	97%	97%	65%

**2** While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. Hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person’s blood over an extended period of time.

	LMHP 2nd Qtr. 2006	Goal <sup>(1)</sup>
% LMHP diabetics with HbA1C less than or equal to 7%	42%	greater than or equal to 40%

**3** People with diabetes are at high risk for heart disease. Elevated LDL (“bad”) cholesterol is an important test for telling whether someone has unhealthy fat levels which increases the risk for heart disease, a very serious complication of diabetes.

	LMHP 2nd Qtr. 2006	Goal <sup>(4)</sup>
% LMHP diabetics with LDL less than or equal to 100 mg/dL	63%	greater than or equal 36%

**4** The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends a person with diabetes have a blood test called a Hemoglobin A1C (HbA1C) at least every six months to monitor glucose levels. The two most frequent reasons a person with diabetes may not get an HbA1C are that the test is not ordered or that he/she did not go to the laboratory for the test.

	LMH 2004	LMH 2005	LMH 2006	Benchmark <sup>(1)</sup>
% CCM diabetics who obtained an HbA1C	92%	93%	84%	85%

**5** Licking Memorial diabetes patients are encouraged to exercise regularly to help improve their health. With assistance from our professional staff, participants in the Licking Memorial Wellness Exercise program set personal exercise goals. In addition to exercising through the Wellness program, each participant is given the goal of working out elsewhere twice weekly.

	LMH 2004(3)	LMH 2005	LMH 2006	Goal
% Exercise goals met by Wellness diabetics	99%	99%	98%	greater than 95%

**6** Licking Memorial Health Systems offers special classes and services for people with diabetes. Certified diabetic educators, registered nurses, dietitians and pharmacists teach classes and help participants set and meet personal goals.

	LMH 2004 <sup>(3)</sup>	LMH 2005	LMH 2006	Goal
% Goals met by diabetic education graduates – within six weeks	95%	92%	99%	greater than 75%
% Goals met by diabetic education graduates – within three months	96%	93%	100%	greater than 80%

**Data Footnotes:**

- (1) NCQA
- (2) Measure definition changed in 2004.
- (3) Measurement reflects patients in the program as of June 2004, and measurement began in 2004.
- (4) The American Diabetes Association

## The Importance of Diabetes Awareness

By: Andrew C. Seipel, M.D., Licking Memorial Family Practice



Andrew C. Seipel, M.D.

It would be hard to exaggerate the importance of diabetes awareness in our country. It is the leading cause of blindness and the leading cause of kidney failure. Diabetics are four times more likely to have a heart attack or stroke than someone without diabetes.

Diabetes is a condition that affects an estimated 21 million Americans. Are you one of them? The simplest definition of diabetes is an abnormally high level of sugar (glucose) in the blood. Type 1 Diabetes, which usually affects children and adolescents, results from the body’s failure to produce insulin. Type 2 Diabetes is much more common. This problem usually occurs in adults and is caused by the body’s failure to use insulin properly. The term we use to describe this is “insulin resistance.”

Type 2 diabetes is more common in adults who are overweight and do not exercise. It is likely (though not certain) that being overweight is the actual “cause” of insulin resistance. Genetics (family history) seems to play a large role, also. Type 2 diabetes tends to run strongly in some families. Diabetes gets more common as we age. While diabetes affects 7 percent of the total United States population, it affects 1 out of 5 persons over the age of 60. Official estimates from the Centers for Disease Control and Prevention state that one third of us who have diabetes are undiagnosed and don’t know that we have it!

While diabetes-related statistics may sound very frightening, there is good news. Diabetes can easily be diagnosed by your doctor. It is also very treatable. The first treatment for diabetes is diet. Exercise is important. Sometimes, just losing weight will correct the high blood sugar. There are a number of medications, including pills

and injections that can be used to control the blood sugar levels. It is critical that persons with diabetes control their blood pressure and cholesterol. There is an enormous amount of research that shows that lowering LDL levels (the “bad cholesterol”) to below 100 dramatically reduces heart attack risk. The newest reports tell us that lowering LDL to 70 is even better. It also is absolutely essential that diabetics do not smoke.

If you are over 50 and do not see a doctor regularly, you should do so. Diabetes screening should be a routine part of a medical checkup. If you have symptoms of diabetes, visit your doctor right away. These include unusual thirst, urinating frequently, blurred vision, tiredness and unexpected weight loss.

The first step in fighting diabetes in this country is to prevent it, by eating healthy, exercising and not becoming overweight. The second step is finding diabetes early. The third step is treating it effectively.

If you think you may have diabetes, or if you think you are at risk for diabetes, see your doctor – it could save your life.

# Living with Diabetes and Staying Active

For anyone with diabetes, exercise is especially important for both short-term management of the disease and long-term survival (i.e., reducing the risk of heart attack, stroke and other causes of death). With small lifestyle changes taken in gradual steps, the lifestyle of a diabetic can be as active and healthy as any non-diabetic person. It is possible to live a healthier life with diabetes. Follow a diabetes care plan you develop with your health care professional and make lifestyle improvements to help keep your blood sugar under control and potentially reduce your risk of diabetes complications in the future.

It's no secret that exercise and regular physical activity are important to good health. This is especially true for people with diabetes. For anyone, exercise will:

- help you manage your weight,
- improve your blood pressure,
- strengthen your heart,
- improve blood circulation,
- manage stress,

- give you more energy, and
- improve cholesterol and other blood-fat levels.

Additionally, exercise can lower blood sugar levels and may reduce the risk of heart disease and stroke. There are two other very important reasons for people with diabetes to exercise:

- It can lower blood sugar levels during and after the workout.
- It increases your body's sensitivity to insulin, a hormone that regulates blood sugar.

Don't forget that all of the medications prescribed by doctors for people with diabetes work best when accompanied by proper diet and exercise. Without the commitment to a healthy diet and daily exercise, you are unlikely to get the blood sugar control that you need.

Diabetics interested in learning more about what's new in diabetes care are advised to contact their health care professional.

## Dr. Kumar Is New Inpatient Pediatrician at LMH



Latha Kumar, M.D.

Licking Memorial Health Professionals is pleased to announce the addition of a new inpatient pediatrician, Latha Kumar, M.D., to the Licking Memorial Hospital Active Medical Staff. She completed an internship and residency in pediatrics at the University of South Alabama Hospitals in Mobile, Alabama. Dr.

Kumar received her Bachelor's degrees in medicine and surgery from Vijayanagar Institute of Medical Sciences in Bellary, India, where she also received her Medical Degree.

Dr. Kumar is a member of the American Academy of Pediatrics.

## LMH Welcomes New Radiologist



Timothy S. Lifer, D.O.

Licking Memorial Hospital is pleased to announce that radiologist Timothy S. Lifer, D.O., of Tri-County Radiology, Ohio, has joined the Hospital's Active Medical Staff.

Dr. Lifer received his Medical Degree from the Ohio University College of

Osteopathic Medicine in Athens, Ohio. He completed an internship and residency in radiology at Doctors Hospital in Columbus, Ohio. He then completed a fellowship in neuroradiology at The Ohio State University Medical Center in Columbus, Ohio.

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### Development Council Spotlight: Mary Jane McDonald (continued on page 7)

Kappa Alpha, Mortar Board and Omicron Delta Kappa. She has served as an independent development consultant since 2000 and previously was employed as vice president for University Resources and Public Affairs of Denison University. She retired after 25 years in that position.

Mary Jane has three children – a son who is an attorney in Rhode Island, a daughter who works at the Tisch Pediatric Brain Tumor Center at The Duke University Hospitals in North Carolina and another daughter who works at LMHS – as well as “five wonderful grandchildren.”

“As a member of the LMH Development Council, I hope to be part of the ongoing effort to help the community understand the full value of what Licking Memorial contributes to our health and well being,” Mary Jane said. “When attending hospital conferences in faraway places, it always amazed me and made me proud to hear leading physicians and national health care experts use LMHS as an outstanding example of exemplary and forward-looking care. We have a real treasure here in Licking County. I also wholeheartedly support the overarching mission of LMHS to improve the health of all members of our community.”

# LMH Echocardiography Lab Is Re-certified

The Licking Memorial Hospital (LMH) Echocardiography Lab has received re-certification from the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL). The facility was reviewed by an independent agency that recognizes the laboratory's commitment to quality testing for the diagnosis of heart disease. The LMH Echocardiography Lab first earned ICAEL certification in 2002.

"LMH is strongly committed to fighting cardiovascular disease. This re-certification exemplifies our dedication to improving the heart health of our patients," said LMH Director of Cardiac Services Patty Merrick, C.N.P.

Noninvasive echocardiographic testing provides cardiac structure and flow information that is useful in the detection and management of many types of heart disease. "An echocardiogram is the gold standard for evaluating ejection fraction (EF) – a measurement of how well your heart is pumping – and diagnosing possible heart failure," Patty said.

Accurate echocardiography relies on the interpretive and technical abilities, experience and training of physicians and sonographers. "The ICAEL accreditation program evaluates the quality of these and other critical elements of an echocardiography laboratory," Patty said.

The ICAEL was established with the support of the American Society of Echocardiography, the American College of Cardiology and the Society of Pediatric Echocardiography. The purpose of the nonprofit organization is to provide a peer review mechanism to encourage and recognize the provision of quality echocardiographic diagnostic evaluations. Participation in the accreditation process is voluntary.



Pat Smith and Michael Rebar are both imaging specialists in the Cardiology Department.

# Asthma Campers Are "Feelin' Fine"

Most children in Licking County are able to enjoy running races and playing with puppies and kittens, but there are some youngsters who are not able to participate in those kinds of normal childhood activities for fear of triggering an asthma attack. Those kids often feel left out or different from their friends, but for one day they were completely embraced for their conditions at Licking Memorial Hospital's annual Camp Feelin' Fine asthma camp.



Joshua, Jeremy and Kylie were three of this summer's campers at Camp Feelin' Fine.

Nineteen children, ages 7 to 14, gathered on June 30 at Infirmary Mound Park, south of Granville, for the day-long camp with a Mexican Fiesta theme. While there, they were able to talk with nurses, respiratory therapists and a pediatrician about the causes of asthma attacks, and how to control the symptoms.

"Who can name common triggers?" Pediatrician Rick Baltisberger, M.D., (Dr. Rick), asked the group. A dozen hands shot into the air as the answers rang out, "Pollen!"

"Exercise!" "Animal dander!" "Certain molds!" "Dust!" "Smoke!" "Trees!" "Grass!" "Changes in the weather!"

Asthma is a disease in which inflammation of the airways restricts the flow of air in and out of the lungs. Most people with asthma have periodic wheezing attacks separated by symptom-free periods. Some individuals may have coughing as their primary symptom. If the airflow is severely restricted, an asthma attack can be dangerous.

Andrew Gulick knows what his main attack trigger is – hot weather. "I don't talk about my asthma at school," he said. "Usually, I just have a glass of water and then I'm okay." Andrew, who is a third grader, finds that taking care of his asthma can cut into his busy day. "Sometimes I have to use my nebulizer. It's kind of boring because you can't hear the T.V., and you have to hold the mask over your face for about 20 minutes."

**Asthma Campers Are "Feelin' Fine" (continued on page 13)**

Joshua Miller, a fifth grader, said he’s had asthma as long as he can remember. “I’m used to it. I’m usually okay, unless I fall on my back.” He explained that he sometimes falls on his back as the result of bicycling accidents. Joshua, who was at Camp Feelin’ Fine for the third year, said with a grin, “I like to ramp my bike like Evel Knievel!”

Licking Memorial Hospital Respiratory Therapist Lisa Marinacci pointed out that the children benefit greatly from the camp, regardless of whether they have attended previously. “We do see repeat kids, and we have several

new ones who have just joined us,” she said. “They get to learn about their condition but still have fun as well. We try to make it a normal day camp with games and crafts.”

It is estimated that 7 to 10 percent of children, and 3 to 5 percent of adults have asthma. Half of the people with asthma develop it before the age of 10 years.

For more information about asthma, log onto Licking Memorial’s Web site at [www.LMHealth.org](http://www.LMHealth.org), then click on the Health Information tab.

## LMH Mammography Services at Licking Memorial Women’s Health Earns Re-accreditation

Licking Memorial Hospital (LMH) Mammography Services located at Licking Memorial Women’s Health, 15 Messimer Drive, Newark, recently earned re-accreditation from the American College of Radiology (ACR). The Women’s Health location has been accredited since 1997.

“We take great pride in the fact that our Women’s Health location has been accredited for nearly a decade,” said LMH Mammography Team Leader Misty Bashore, RT(R)(M)(QM). “Earning re-accreditation is not a given. It involves a lengthy process of rigorous examination of a facility’s staff, equipment and images.”

The three-year term of accreditation is the result of an ACR survey. The Reston, Virginia-based ACR awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice. Evaluations are conducted by board-certified physicians and medical physicists who are experts in the field. They assess the qualifications of the personnel and the adequacy of facility equipment. The surveyors report their findings to the ACR’s Committee on Accreditation, which subsequently provides the practice with a comprehensive report.

“We are pleased that we can offer our Licking Memorial Women’s Health patients mammography services that have earned national accreditation,” LMH Director of Radiology Leslee Arthur, BS, R,T(R), CRA, said. “This is just one example of how Licking Memorial Health Systems continuously strives to provide high-quality, close-to-home health care to the Licking County community.”



Karen Thissen of Licking Memorial Women’s Health Center in Newark helps a patient obtain a mammogram.

## Physician Spotlight: Mary Testa, D.O.



Mary C. Testa,  
D.O.

Mary C. Testa, D.O., is the obstetrician/gynecologist at Licking Memorial Women’s Health – Pataskala Health Campus. “I enjoy working at Licking Memorial because of the small-town community feel and the high-quality technology,” said Dr. Testa.

Dr. Testa earned her Medical Degree from West Virginia School of

Osteopathic Medicine in Lewisburg, West Virginia, after receiving a Bachelor’s degree in biology at West Virginia State College in Institute, West Virginia. She completed

an internship with Logan General Hospital in Logan, West Virginia, and an obstetrics and gynecology residency with Cuyahoga Falls General Hospital in Cuyahoga Falls, Ohio.

Dr. Testa is a member of the American Osteopathic Association, the American College of Osteopathic Obstetricians and Gynecologists and the Ohio Osteopathic Association.

Dr. Testa is now accepting new patients. Please call (740) 348-1920 or (740) 964-3320 to schedule an appointment.

# Ask a Doc: Mary Testa, D.O.

**Question:** What is cervical cancer?

**Answer:** Cancer of the cervix (also called cervical cancer) begins in the lining of the cervix. This cancer does not form suddenly. First, some cells begin to change from normal to pre-cancer and then to cancer. This can take a number of years, although sometimes it happens more quickly. These changes are referred to by several terms, including dysplasia. For some women, these changes may go away without any treatment. More often, they need to be treated to keep them from changing into true cancers.

There are two main types of cancer of the cervix. About 80 to 90 percent are squamous cell carcinomas. The other 10 to 20 percent are adenocarcinomas. If the cancer has features of both types, it is called mixed carcinoma. If you have cervical cancer, ask your doctor to explain exactly what type of cancer you have.

The American Cancer Society predicts that there will be about 9,710 new cases of invasive cervical cancer in the United States in 2006, and about 3,700 women will die from this disease. Some researchers think that noninvasive cervical cancer is about four times as common as the invasive type. When found and treated early, cervical cancer often can be cured.

Cervical cancer was once one of the most common causes of cancer death for American women, but since 1955, the number of deaths from cervical cancer has declined significantly. The main reason for this change is the use of the Pap test to find cervical cancer early.

Early cervical pre-cancers or cancer often have no signs or symptoms. That's why it's important for women to have regular Pap tests. Symptoms usually appear when the cancer is further along. You should report any of the following to your doctor right away:

- Any unusual discharge from the vagina (not your normal period),
- Blood spots or light bleeding other than your normal period, and
- Bleeding or pain after sex, douching or a pelvic exam.

Of course, these symptoms do not mean that you have cancer. They can also be caused by something else, but you must check with your doctor to find out.

If you have any questions or concerns about cervical cancer, be sure to speak with your primary care physician or gynecologist.

## Volunteer Spotlight – Audrey Snow



Audrey Snow

Audrey Snow has been a long-time friend of Licking Memorial Health Systems (LMHS). She began volunteering approximately 23 years ago and has totalled more than 2,654 hours. Audrey currently volunteers in Messenger Services. She delivers the mail, as well as flowers and cards to patients, and runs various errands. “The best thing

about volunteering is the people. I like all the people I work with, and the wonderful friends I have made,” said Audrey.

“I have been around the Hospital for a long time and have seen lots of changes and always enjoyed my time,” stated Audrey. “I look forward to coming into the Hospital and seeing my co-workers, the employees and the patients. I really appreciate everything that Carol

Barnes and MaryAnn Cummings, who work for the Volunteer Department, do for the volunteers,” she continued.

Audrey is the proud mother of five grown sons. She has 12 grandchildren. When Audrey is not volunteering at the Hospital, she enjoys reading, crocheting and visiting family and friends.

Licking Memorial Health Systems’ commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

If you are interested in volunteering your time and talents at LMHS, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.

## Retiree Spotlight: Phyllis Lawyer



Phyllis Lawyer

Working at Licking Memorial Hospital (LMH) was something that Newark resident Phyllis Lawyer knew she would enjoy long before she was employed here. “I was just interested in the Hospital,” she said. “I had always had good experiences there.” Phyllis retired from LMH in 2000 after nearly 20 years

as a technician in the Cardiology Department.

“I really enjoyed meeting people from different departments,” she said of her favorite memories of working at LMH. “I had a lot of friends from throughout the Hospital.”

She gets together with former co-workers “once in a

**Retiree Spotlight: Phyllis Lawyer (continued on page 15)**

## Retiree Spotlight: Phyllis Lawyer (continued from page 14)

great while” and tries to regularly attend the annual Licking Memorial Health Systems Retiree Dinner and occasional LMHS Retiree Luncheons.

Since retiring, Phyllis has taken time out for a new hobby – fabric art. “It involves quilting and other projects,” she said. “It’s a lot of fun.”

Another source of fun is her family. Between Phyllis and her husband, Tom, the Lawyers have 10 children and 21 grandchildren, including a daughter who works at LMH. “We have a large family, and we like to see our children

and grandchildren,” she said. One of their children resides in Arizona, and another is in Tennessee. “The rest live in Ohio, so we’re quite fortunate with that,” Phyllis said.

She and Tom also like to travel and recently returned from a trip to Ireland.

Although she’s officially retired, Phyllis said there is always work to be done. “I try to break up each day into some work and some fun,” she noted.



# Women’s Health Expo

September 5, 2006

5:00 to 9:00 p.m.

The Reese Center at the Central Ohio Technical College/  
The Ohio State University, Newark Campus



**(740) 348-1572 • [www.LMHealth.org](http://www.LMHealth.org)**



**Licking Memorial  
Health Systems**

# Upcoming Dates

For more information about any LMHS event, please call (740) 348-1572, or visit [www.LMHealth.org](http://www.LMHealth.org)

## Prostate Health

Thursday, September 28

6:00 p.m.

Conference Rooms A&B (first floor) of the Hospital.

Following the program, the first 40 registrants will receive a free prostate cancer screening. Registration is required; call 348-1434.

## First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tours

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class

Sibling Preparation Class

## Diabetes Self-Management Classes

Tuesday Class

9:00 to 11:00 a.m.

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Wednesday Classes

1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management.

Registration and physician referral required. To register for the class, call (740) 348-4722. For information regarding course fees, call (740) 348-4910. Fees vary depending upon insurance coverage.



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