



Community Connection

Licking Memorial Health Systems

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



Volume 3, Issue 3

March 2006

Measurably Different ... for Your Health!

Licking Memorial Hospital Earns ISO 9001: 2000 Certification



LMH Board of Directors Chairman Judy Pierce proudly accepted the Hospital's ISO 9001:2000 certification from John Sedlak during the LMH Board Finance Committee meeting on December 15, 2005.

Licking Memorial Hospital (LMH) is one of the few hospitals nationwide to earn the certification for ISO 9001:2000 standards. This certification serves as a basis to improve quality, awareness and employees' understanding of roles and responsibilities. ISO 9000 has been around for almost 20 years. It was not until the year 2000 that the standard was significantly modified. It is no longer

just a manufacturing standard. The ISO 9001: 2000 requires process approach; customer focus; and continual improvement.

LMH started working toward the ISO 9001:2000 certification approximately one year ago. "Although we have been constantly looking at our quality of care for many years, we were able to define key interfaces

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FAQs About Colorectal Cancer



Dr. David Subler discusses colorectal cancer screening with a patient.

Colorectal cancer is a term used to refer to cancer that develops in the colon or rectum. Excluding skin cancer, colorectal cancer is the third most common type of cancer diagnosed in both men and women in the United States. The American Cancer Society estimates that there were about 104,950 new cases of colon cancer and 40,340 new cases of rectal cancer in 2005 in the United States. Combined, they will cause about 56,290 deaths this year.

Colorectal cancer is the third leading cause of cancer-related deaths, causing 10 percent of all cancer deaths. It is often mistaken as a disease that affects only men, but it affects both men and women equally. Some people believe that a diagnosis of colorectal cancer is fatal – but colorectal cancer can be prevented, and if detected early, can be treated.

Q: What is colorectal cancer?

A: Cancer is an abnormal and uncontrolled growth of cells in the body. "Colorectal" refers to the colon and rectum,

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See Pages 8, 9 and 10 for the Community Report Card Featuring Chronic Heart Failure

Community Education Program: Behavioral Treatments for Urinary Incontinence

Date: Thursday, March 23
Time: 6:00 p.m.

Location: Conference Rooms A & B, First Floor, Licking Memorial Hospital

Speaker: Kathleen Yeagley, B.S.N., Ph.D., C.H.E.S., Manager of Education for Licking Memorial Health Systems



Kathleen Yeagley, B.S.N., Ph.D., C.H.E.S.

Urinary incontinence (UI) is the accidental release of urine. Incontinence is not a disease but a problem with the lower urinary tract, and it is very common among

women. This educational program will address the incidence of urinary incontinence in the United States and the psychosocial impacts. It will also define the four major types of UI and describe four behavioral treatments.

The main symptom of urinary incontinence is a problem controlling urination. The circumstances and type of problem affecting urination vary with the cause.

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Licking Memorial Hospital Earns ISO 9001: 2000 Certification (continued from front)

between processes, departments and staff to streamline work flow and maximize resource utilization while working toward the ISO certification,” said Bill Andrews, LMH President.

“Our goal with the ISO 9001:2000 certification is to proactively prevent problems from occurring and provide ways to detect and correct errors and problems to ensure conformance to and effectiveness of documented processes,” said Rob Montagnese, LMH Executive Vice President.

The ISO 9001:2000 certification addresses communication and empowers employees to establish consistent operations and processes. “We focused on patient and provider needs and expectations while working on the ISO 9001:2000 certification,” reported Debbie Young, LMH Vice President of Patient Care Services. “In addition, the ISO certification process will lead to enhanced patient safety and customer satisfaction.”

To attain the ISO 9001:2000 certification, LMH underwent a week-long audit, and several staff members in many areas participated in interviews with the auditors from Smithers Quality Assessments, Inc. During the

audit, LMH received many positive comments from the auditors and observers relative to their findings. It was expressed that the employees exhibited a thorough knowledge, not only of their particular specialty area, but also of how it connected to the LMH quality management system. “We’re proud of our staff and physicians who work hard to provide quality patient care,” said Bill Andrews. “We celebrated internally with our employees the honor of being one of the few health care organizations nationwide to become ISO 9001:2000 certified.”



Cakes were served in the Licking Memorial Hospital cafeteria to celebrate ISO certification.

FAQs About Colorectal Cancer (continued from front)

which together make up the large intestine. Colorectal cancer can originate anywhere in the large intestines. The majority of colorectal cancers develop first as polyps, abnormal growths inside the colon or rectum, that may become cancerous.

Q: What is screening?

A: Screening is when a test is used to look for a disease before there are any symptoms. Cancer screening tests are effective when they can detect diseases early and lead to more effective treatment, or when they can detect disease before it has become cancer and prevent the development of cancer.

Q: What causes colorectal cancer?

A: The exact cause of most colorectal cancers is not yet known. However, research has established that approximately 75 percent of colorectal cancers occur in people with no known risk factors. Risk factors that may increase a person’s risk of developing colorectal cancer include:

- A personal or family history of colorectal polyps or colorectal cancer, or
- Inflammatory bowel disease (ulcerative colitis or Crohn’s disease), or
- Genetic syndromes such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC). (Just 5 percent of colorectal cancers are linked to these genetic syndromes.)

Q: Who is at risk to develop colorectal cancer?

A: Colorectal cancer occurs in men and women of all racial and ethnic groups. Approximately 75 percent of colorectal cancers occur in people with no known risk factors. Below are other important facts about who is at risk for developing colorectal cancer:

- Most colorectal cancers – more than 90 percent – are diagnosed in people age 50 or older. The risk for developing colorectal cancer increases with age.
- A family history of colorectal cancer or colorectal polyps increases a person’s risk of developing colorectal cancer.
- Certain diseases of the intestines, including inflammatory bowel disease (ulcerative colitis or Crohn’s disease), can increase the risk for colorectal cancer.

Q: Is there anything I can do to reduce my risk for colorectal cancer?

A: There is strong scientific evidence that having regular screening tests for colorectal cancer beginning at age 50 reduces deaths from colorectal cancer. Screening tests can find precancerous polyps (abnormal growths) in the colon and rectum, and polyps can be removed before they turn into cancer. In this way, colorectal cancer is prevented.

Studies have also shown that increased physical activity and maintaining a healthy weight can decrease the risk for colorectal cancer. Evidence is less clear about other

Patient Safety Awareness Week

Patient Safety Awareness Week is Sunday, March 5, through Saturday, March 11. The nationally observed education and awareness-building campaign is focused on improving patient safety at the local level in hospitals and other health care settings. "At Licking Memorial Health Systems (LMHS), patient safety is our number one priority – regardless of the date on the calendar," said LMHS Vice President of Patient Care Debbie Young, R.N., M.S., C.C.M., noting that Licking Memorial Hospital (LMH) is a participant in the Institute for Healthcare Improvement's 100,000 Lives Campaign.

The campaign engages hospitals nationwide to commit to implement changes in patient care based on scientifically grounded interventions that are proven to improve care and prevent avoidable deaths. It is the first national effort to promote saving a specified number of lives – 100,000 – by a certain date – June 14, 2006 – with continued improvements in mortality rates anticipated for years to come. More than 3,000 hospitals have joined the campaign since it began in January 2005.

Specific efforts under the 100,000 Lives Campaign include: deployment of rapid response teams; the delivery of reliable, evidence-based care for acute myocardial infarction; prevention of adverse drug events; prevention of central line infections; prevention of surgical site infections, medication reconciliation and prevention of ventilator-associated pneumonia. Each participating hospital's results will be routinely tracked and measured and will serve as a barometer for the campaign's progress.

One example of how patient safety is an everyday focus at LMH is use of a technologically advanced medication administration system that aids the Hospital in preventing adverse drug events. Called Veri5, the system includes a five-part verification process. LMH Director of Pharmacy Jeff Smith, R.Ph., explained that a handheld scanner is used to read bar coding on patients' wristbands, nurses' identification badges and medication labels. "Veri5 makes certain that the nurse has the right patient, the right drug, the right dose, the right route and the right time," Jeff said. "Warnings notify users if any of the five checkpoints are not being met."

LMHS Vice President of Medical Affairs Craig Cairns, M.D., M.P.H., said participation in the 100,000 Lives Campaign reiterates the Health Systems' focus on patient safety, as well as its mission statement. "Our mission is to improve the health of the community," Dr. Cairns said. "Participation in this national campaign helps us gain insight into new ways of doing just that."

Patient Safety Awareness Week serves as a reminder not only to health care providers but also to patients themselves to take a closer look at quality of care. The following tips are included in the Ohio Patient Safety Institute's (OPSI) "Medication Safety Begins with You" brochure to help individuals play a stronger role in protecting their own health:

- Talk with your doctor or pharmacist if you have any questions about your medications, you notice a change in how a medication looks, and/or you notice a change in instructions for taking a medication.
- Tell your doctor, nurse or pharmacist about allergies or any side effects or reactions you have had before accepting any new medication.
- Get medical help right away if you develop itching or swelling or if you have trouble breathing after taking a new medication.
- Take notes about what you learn at your doctor's office and pharmacy. You may want to take a friend or family member with you to write down information.
- Try to use the same pharmacy or drugstore for all your prescriptions so your pharmacist has a complete record of all your medications and can give you the best advice.
- Always check prescriptions before you leave the store to make sure the medication is for you and is labeled clearly. Make sure refill medications look the same as before.

For a printable version of the brochure, as well as more patient safety tips, visit OPSI at www.patientsafety.org.

Medical Information Record

Name _____

Emergency Contact Name/Phone _____

Physician/Phone _____

Pharmacy/Phone _____

Medications/Supplements	Dosage	Frequency

Allergies & Medications You Cannot Take - Why? _____

Date of Immunizations: Tetanus _____ Pneumococcal _____

Influenza _____ Other _____ Organ Donor? Yes No

Living Will? Yes No Healthcare Power of Attorney? Yes No

If Yes, who should be contacted? Name/Phone _____

Other Important Health Information: _____

Caring For Our Community

Living in a small-town community has many wonderful benefits. Licking Memorial Hospital (LMH) aims to provide the highest quality of care to the community we serve with a personal touch. "One of the great benefits of a community hospital like LMH is that we have had the opportunity to serve generations of families. We are able to provide our patients with high-quality care while incorporating the latest technology closer to home," said Veronica Link, LMH Vice President of Development and Public Relations. Jerry



Jerry and Debbie McClain appreciate the wonderful care Debbie received while at Licking Memorial Hospital.

McClain and his family have been well served by LMH. "I believe that Licking Memorial Hospital is a cornerstone of health care for our community. We are so fortunate to have a community hospital that provides personal care," said Jerry. The lifelong resident of Licking County has personally witnessed the quality of care. He has welcomed the births of children, grandchildren and great-grandchildren born at LMH, and, most recently, LMH provided care for his wife, Debbie.

"I came home one day and Debbie was lying in bed, which was uncharacteristic of her," said Jerry. Debbie was experiencing a terrible pain in her chest that was penetrating to her back. Throughout the previous week, Debbie had experienced the same symptoms. Debbie continued to have these symptoms but just dismissed them as indigestion. "She has a strong family history of heart conditions, so I encouraged her to go to the Hospital," said Jerry.

Upon arrival at LMH, Jerry and Debbie were greeted at the entrance of the Emergency Department, where she completed her registration. The emergency room physicians and nurses immediately whisked her back into

an emergency room bay where she was taken care of. "The emergency room physician decided that it would be best to admit Debbie overnight for testing and observation," said Jerry. While in the Hospital, Debbie was cared for by two Hospitalists and the nursing staff. After further observation and additional testing, Debbie was sent home. "The Hospitalists and nurses were great. I experienced exceptional care from Patricia Friend, R.N., (who has worked at LMH for more than 11 years) and Amanda Holmes, R.N., (who has been at

LMH for almost a year)," said Debbie. "Debbie's compliments of the care she was provided show the exceptional level of care that LMH offers. Debbie is a registered nurse herself for more than 30 years and currently serves as the administrator for the Inn at North Hills, so she has the clinical background to recognize quality health care," said Veronica.

"I was so grateful for the care that Debbie received," said Jerry. He continued, "All of the experiences that my family and I have had at Licking Memorial have been excellent. At Licking Memorial, you receive the type of care that you'd give a loved one. That is what makes our community Hospital exceptional."

Jerry is owner and president of the Jerry McClain Company and is involved in many civic organizations such as the Salvation Army, Midland Theatre Board, Newark Rotary, Heath Church of Christ and the Heartland Bank Board. "I am very proud of our community, and Licking Memorial has a long history of providing personal care with our small town 'community sense'," said Jerry.

The First Baby of 2006

At just 16 1/2 hours old, Kaci Marie Hall couldn't possibly have understood all the attention she was getting. However, her parents' faces beamed with pride, knowing that their 7-pound, 6-ounce daughter has the distinction of being the first baby born at Licking Memorial Hospital in 2006.

Kaci was born to Karen Britton and Rusty Hall of Newark at 9:42 p.m. on January 1 with the help of obstetrician/gynecologist Michael Sullivan, M.D. Karen said she began suspecting early in the day that she may have the first baby of the year. "We came in about 9:30 or 10:00 a.m. and the nurses said no one had a baby yet," she said. The excitement of that possibility made up for a "very long pregnancy," she added. Karen began pre-term labor at just 28 weeks, but under the careful watch of obstetrician/gynecologist Karen Smith-Silone, D.O. Karen was able to carry the baby full-term, delivering

[The First Baby of 2006 \(continued on page 5\)](#)



Rusty Hall and Karen Britton pose with their newborn daughter, Kaci Britton, Licking Memorial Hospital's first baby of 2006.

The First Baby of 2006 (continued from page 4)

just three days short of her January 4 due date.

Like most new parents, Karen and Rusty checked Kaci over thoroughly, including an inspection of fingers and toes. “They’re all there,” Rusty said. “She’s just about as perfect as you can get.”

Kaci is the first child for 20-year-old Karen, who is a restaurant server, and 25-year-old Rusty, who is a cook at the same restaurant. To prepare for the baby, the couple read all sorts of parenting magazines. However, instead of a parenting magazine, there was a current copy of Motor Trend lying on the Hospital bedside tray. “Somebody has to teach Kaci how to drive!” Rusty exclaimed.

Licking Memorial Health Systems helped the young couple celebrate their daughter’s birth by presenting them with a \$100 gift certificate.

As the magic of her daughter’s arrival began to sink in, Karen mused, “I never thought when we watched the Times Square ball drop that 24 hours later we’d have a baby. That’s kind of neat.” Rusty nodded in agreement. “Every year, the whole world gets to celebrate your birthday,” he said quietly to Kaci as she slept in Karen’s arms.

Compassionate 7-Year-Old Cheers Other Children

For the third consecutive year, 7-year-old Trent White of Heath, played Santa Claus to some children in Licking County who might be less fortunate. As in the previous years, Trent collected stuffed toys – 106 this time – to donate to children who were visiting Licking Memorial Hospital’s (LMH) Emergency Department over the holidays.

Trent keeps a snapshot in his memory of the moment that provided inspiration for his project. He was riding in a car on West Main Street in Newark with his mother, Vicki, on a December day when he spotted a child walking next to the roadway in front of the Hospital, clutching a teddy bear. Although Trent had never been in a hospital himself, he realized that children who were hospitalized around Christmas could face an additional problem that wasn’t medical. “Kids on Christmas Day probably didn’t have a present since Santa comes to their house, and they’re here at the Hospital,” Trent reasoned.

Since his first donation in 2003, Trent’s method of accumulating toys has evolved. Whereas he purchased most of the 52 toys that he donated that first year, he now receives many contributions. After hearing of Trent’s project, one friend donated an entire collection of Beanie Babies.

The Garfield Elementary second grader has also received recognition from his friends and relatives. “The kids at school say, ‘Oh, so you donated the toys?’ Then they ask me questions,” he related. “People are giving me toys to give away because they like for the kids to be happy.”



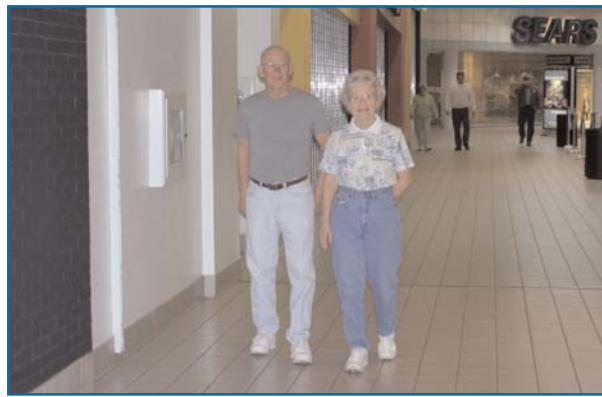
Seven-year-old Trent White was greeted by Licking Memorial Health Systems Executive Vice President Rob Montagnese as he visited the Hospital to donate 106 stuffed toys.

Trent has plans to continue expanding his toy mission. In 2006, he expects to make periodic donations to LMH in addition to one at Christmas.

For his continued support of LMH, Trent was invited to participate in the June 2005 Critical Care Pavilion groundbreaking, representing LMH donors and the future.

Mall Walking Is Enjoyable Exercise

An all-season indoor walking track is sitting right in the heart of Licking County with no membership fees and plenty of free parking. Licking Memorial Health Systems (LMHS) and Indian Mound Mall have joined forces to offer the LMHS Mall Walker Program to encourage individuals of all ages to exercise in a safe, comfortable environment at their own pace. The program is open to anyone who walks for fitness and fun. The mall always welcomes walkers during normal mall hours, however, the recommended mall walker hours are from 8:30 to 10:00 a.m. because there are no shoppers at that time.



Jimmy and Connie Wright walk three to four laps around Indian Mound Mall every day as part of the Mall Walker program.

Whatever your age, walking can benefit you by improving your overall health and quality of life. Walking is considered the safest and most natural way to improve health and fitness. Some of the benefits of walking are:

A healthier heart. Walking is an excellent form of aerobic exercise that increases your heart health by making your heart stronger.

Weight loss. Brisk walking helps to burn fat.

Reduced Stress. Walking can help you to better handle stresses in your life and increase your overall sense of well-being.

Increased energy. Exercise is an energy booster. Walking increases the strength of your heart, decreases body fat, increases self-esteem and well-being, and relieves tension.

Mall walking makes good sense. The mall gives you built-in security, a climate-controlled environment and a level surface for walking. Total mileage around the inside perimeter of Indian Mound Mall is three-quarters of a mile.

LMHS Celebrates National Doctors Day

Licking Memorial Health Systems (LMHS) will pay special tribute to our physicians on National Doctors Day. In 1990, President George Bush signed a resolution declaring March 30 as National Doctors Day. The purpose of the day is to set aside a time of recognition for those dedicated physicians who care for us and our loved ones.

LMHS will celebrate by serving the Active Medical Staff a continental breakfast and filet mignon luncheon, and by posting full-page newspaper advertisements to acknowledge their service to the Health Systems and the community.

Indian Mound Mall General Manager Bruce Goldsberry is pleased that the mall is able to open its doors for such a worthwhile program. "Indian Mound Mall welcomes the mall walkers to promote improved health and fitness. Some who utilize our facility may be recovering from stroke or heart problems, and because we have a controlled environment protected from the elements, these individuals can experience a daily walk to facilitate their recovery without interruption, regardless of the weather or season," he

explained. Bruce added that the mall's merchants look forward to seeing the walkers. "Merchants enjoy the early morning discussions with the regulars, as well as the opportunity to promote their store to this group of individuals."

Anyone, at any age, in almost any physical condition, can walk because it's safe and virtually injury-free; however, you should check with your doctor before beginning any walking program, especially if you have a heart problem, have had severe bone or joint problems, or if you are a male over 45 or a female over 50 who is not accustomed to exercise.

To join the free LMHS Mall Walker Program, complete a registration card at the Indian Mound Mall office. You must be 18 years of age or older to participate. You will receive a free T-shirt and pedometer with your registration packet. Your membership includes monthly screening sessions. Walkers record their mall laps on a log sheet for personal information and to track how many miles are walked.

On the second Wednesday of each month from 8:30 to 10:00 a.m., participants in the LMHS Mall Walker Program are invited to take part in free blood pressure or blood glucose health screenings at the mall entrance to the food court. Cholesterol screenings are also available at certain times for \$20.

Kathy Bradley, Director of Medical Staff Services at Licking Memorial Hospital, pointed out that the Hospital is proud of the high quality care the physicians provide each and every day of the year, and is glad for the opportunity to shine a well-deserved spotlight on them. "The doctors are very appreciative of the goodwill shown by the Hospital for this day of recognition," she said. "To the Hospital, it is a time for us to show that we appreciate so much their commitment and dedication to improving the health of the community."

The LMHS Medical Staff consists of 135 active members and 36 consulting physicians.

Development Spotlight: Nathan Voris



Nathan Voris

Late last year, Licking Memorial Hospital (LMH) Development Council member Nathan Voris accepted an invitation to join the Council. “The Hospital provides vital services to our community. I am excited about the opportunity to contribute to its success,” he said.

Nathan serves on the Fundraising Committee of the Council and is a member of the Newark City School Board. He has a Bachelor of Science degree in Education from The Ohio State University in Columbus, Ohio, and is a graduate of Newark High School.

“Strong education and health care systems are two vital components of a thriving community,” Nathan said. “As a member of the LMH Development Council and the Newark City School Board, I am able to provide input to shape both of these important systems.”

Nathan is employed as director of Institutional Client Services of TIAA-CREF in Dublin, Ohio, and holds the credentials of CRC – Certified Retirement Counselor.

His hobbies include backpacking and golf. He and his wife, Rebecca, reside in Newark.

Donors

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TWIGS 22
TWIGS Executive Board

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Mr. and Mrs. Robert Wade
Mrs. Verna Zelein

Retiree Spotlight: Clarissa Ann Howard



Clarissa Ann
Howard

Although Clarissa “Ann” Howard retired from Licking Memorial Hospital (LMH) in 1995, she remains an active supporter of the organization and serves as its historian. Most notably, Ann co-authored “Celebrating Our Past, Anticipating Our Future – the History of Licking Memorial Hospital,” a book printed in 1997 to commemorate the 100-year anniversary of Licking

Memorial Hospital. She also served on the committee for the year-long celebration.

Ann was a staff nurse in the Newark Hospital surgery department from 1950 to 1953. After completing her degree, she returned in 1956 as a supervisor. From 1968 to 1983, Ann was LMH Vice President of Nursing; from 1983 until retiring in 1995, she was Vice President of Administrative Services. Ann currently serves on the Community Relations Committee of the LMH Development Council and assists with the Council’s annual Golf Gala. She was one of the first people to join the Schaffner Society. Ann earned the President’s Award in 1990 and the Hospital’s Lifetime Achievement Award in 1997.

The Schaffner Society was created in memory of the first chairman of the Licking County Hospital Commission, William “Bill” Schaffner, who dedicated his life to

assuring the availability of quality health care services to our community. Given at Licking Memorial Health Systems (LMHS) President Bill Andrews’ discretion, the President’s Award honors employees for exceptional, extraordinary service. The Lifetime Achievement 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.

While at LMH, Ann helped organize and open the School of Nursing for Central Ohio Technical College (COTC) and also opened the coronary care and Maru (now Shepherd Hill) units.

In addition to her involvement with Licking Memorial, Ann is a member of Newark-Heath Rotary – where she is a Paul Harris Fellow, Soroptimist, Daughters of the American Revolution – Hetuck Chapter, Coteria, Monday Talks, Granville Music Club and Sigma Theta Tau – International Nursing Honorary. She is a member of the First Presbyterian Church in Newark and is an ordained elder and deacon. Ann volunteers at The Works in the collection area and the Midland Theatre, both located in downtown Newark. She was honored in 1999 as a Woman of Achievement of Licking County and now



Community Report Card

Licking Memorial Health Systems

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



Chronic Heart Failure (CHF) ... a community report on patient care quality.

HEALTH TIPS

You can take steps to lower your risk for chronic heart failure. Do the following for a heart-healthy lifestyle:

- Lose excess weight. Consult your primary care physician for advice.
- Don't smoke.
- Eat a low-sodium diet.
- Limit your intake of fats and cholesterol.
- Watch your blood pressure.
- Exercise regularly.

Patient Feature: Joe Heist

Joe Heist went to see his primary care physician for a nagging cough and congestion. His physician ordered a chest X-ray to view his lungs, suspecting that Joe had pneumonia. The X-ray revealed that Joe had an enlarged heart.

“I had a medical history of moderately high blood pressure, about 140/90. This stretched all of my tissues and caused my heart to have to work harder to supply oxygen and caused my overall muscle strength to decline,” said Joe. Upon the discovery of Joe’s enlarged heart, he was referred to a pulmonologist. “It was the pulmonologist who discovered the heart failure. He told me that the angle that I was lying on the exam table allowed him to see that my jugular vein pulsed when he pushed on my stomach. The pulsing of the jugular meant that there was blood backed up in my heart and that I had chronic heart failure,” stated Joe. He was then referred to Bryce Morrice, M.D., Director of Cardiology for Licking Memorial Hospital (LMH). Through further testing, Dr. Morrice informed Joe that his left ventricle of his heart was working at only 35 percent capacity. “He put me on hypertension medication to relieve some of the stress on my heart and blood vessels,” Joe continued. Joe was also advised to take a beta-blocker medication to reduce his heart rate. “Basically my heart would have worn itself out trying to pump blood throughout my body. It was working so hard and fast, due to the decreased capacity, that it was wearing itself out,” said Joe.

Joe was first diagnosed with chronic heart failure more than four years ago. Dr. Morrice and the Cardiology Department of LMH monitor him regularly. “I am delighted at what the Hospital and the Cardiology Department have done for me. I received top-notch care that I probably wouldn’t have received elsewhere,” said Joe.



Thanks to the care Joe Heist received at Licking Memorial Hospital, he is still able to take care of the animals on his farm in Alexandria, Ohio.

Today, Joe remains active, working on his cattle farm in Alexandria, Ohio. “I can’t bale a wagon of straw, run a race or ice skate anymore – but I am still able to cut a wagon of wood with a hydraulic splitter and get six bales of straw ready to feed my cattle every day,” Joe said.

Joe and his wife, Jane, have lived on their farm since 1968. “I am a farmer by hobby, I worked as an engineer as my occupation,” stated Joe. He retired from engineering at the Newark Air Force Base in 1994. He has a Bachelor of Arts in physics from Thomas More College in Crestview, Kentucky and a Master’s degree in engineering from George Washington University in Washington, D.C. Joe and Jane have five children – one son and four daughters, and seven grandchildren.

Chronic Heart Failure: How Do We Compare?

At Licking Memorial Hospital, 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 This indicator measures the average number of days chronic heart failure (CHF) patients are hospitalized during each inpatient stay. Length of stay is one indicator a hospital should consider in determining if it is using resources for inpatient care appropriately. CHF average length of stay should be close to the benchmark.

	LMH 2003	LMH 2004	LMH 1/05-10/05	Benchmark ⁽¹⁾
Average length of stay for CHF patients	3.4 Days	3.2 Days	3.1 Days	5.4 Days

2 Inpatient mortality measures the percentage of inpatient deaths among all CHF patients admitted to Licking Memorial Hospital.

	LMH 2003	LMH 2004	LMH 1/05-10/05	Benchmark ⁽¹⁾
CHF inpatient mortality	2.9%	0.9%	1.2%	3.7%

3 The left ventricle is the chamber of the heart that pumps blood out of the heart and into the body. Measuring left ventricular function (LVF) helps determine how well a CHF patient's left ventricle is working.

	LMH 2003	LMH 2004	LMH 1/05-10/05	Benchmark ⁽¹⁾
LVF assessment	93%	95%	97%	92%

4 Medications beneficial to many CHF patients include angiotensin-converting enzyme (ACE) inhibitors, beta blockers, and angiotensin-receptor blockers (ARBs). ACE inhibitors and ARBs have been shown to lower mortality and improve functional capacity and quality of life. Beta blockers can reverse or prevent some of the health effects associated with heart failure. Patients treated with beta blockers may see significant improvement in heart function after three months. The Licking Memorial Health Professionals (LMHP) physician offices also monitor quality data for CHF patients seen in each office.

	LMH 2003	LMH 2004	LMH 1/05-10/05	Benchmark
CHF patients on ACE or ARB at discharge	85%	91%	99%	86% ⁽¹⁾
CHF patients on Beta at discharge	77%	96%	99%	90% ⁽²⁾
LMHP office patients on ACE or ARB	LMHP 3Q 2003 98%	LMHP 3Q 2004 94%	LMHP 3Q 2005 96%	LMHP Goal greater than 90%

5 It is vital that CHF patients be involved in their own care to reduce health complications and improve quality of life. They need to monitor their weight, limit their salt intake, and take their medications regularly. Health care providers need to give thorough discharge instructions to help these patients effectively manage their condition.

	LMH 2003	LMH 2004	LMH 1/05-10/05	Benchmark ⁽¹⁾
All discharge instructions completed	85%	85%	91%	62%

Data Footnotes:

(1) Comparative data from the MIDAS Clinical Comparative Database for second quarter 2005.

(2) Benchmark indicates LMH goal

Living With Heart Failure

What is heart failure? Many people mistakenly believe that heart failure means the heart has stopped or is about to stop. Heart failure simply means that the heart is not pumping blood through the body as well as it should. As the heart's pumping action weakens, blood backs up into the vessels around the lungs and causes seepage of fluid into the lungs. The fluid causes congestion and makes it hard to breathe. Many people with heart failure also have swollen feet and legs. That is why heart failure is sometimes called chronic heart failure, or CHF.

Heart failure is a serious illness that can affect how long you live. You may have heard that some people may die sooner because of heart failure. But, with proper medications in the right doses and careful management, you can live longer and feel better.

What Can I Do To Avoid Worsening Heart Failure?

One of the most important things to do is to follow the orders given by your physician. Be sure to take any medication prescribed at the correct time and follow the dosage or food requirements. Be sure that you have a clear understanding of the directions. There are also three things that you can incorporate into your everyday routine to prevent the worsening of heart failure – weigh yourself daily, avoid high-sodium foods, and develop an action plan to follow if heart failure symptoms worsen.

Weight Management/Exercise Tips

In heart failure, the heart isn't working properly; so many people think that exercise will hurt them. Actually, moderate physical activity can help the heart work more efficiently. With daily exercise, most people will find that they don't feel as tired; they have less stress, and their energy level increases. Other advantages include weight control or weight loss, better circulation, and lower blood pressure and cholesterol levels. It's important to plan your physical activity with your health care professionals. How much exercise you can do will depend on your specific condition. Even a small amount can improve the way you feel and help you have a more positive attitude. If you can enjoy some recreation, family outings or other leisure activities, you'll get more pleasure out of life. Whether you take part in a formal exercise program or if you have heart failure, you need to make time for moderate aerobic physical activity, like walking, swimming or biking. You should always stay within your physician's recommendations and your own comfort zone. Here's a checklist of what to do and what to avoid.

To do ...

- Wear comfortable clothes and flat shoes with laces or tennis shoes.
- Start slowly. Gradually build up to at least 30 minutes of activity, five or more times per week (or whatever your doctor recommends). If you don't have a full 30 minutes, try two 15-minute sessions or three 10-minute sessions to meet your goal.
- Exercise at the same time of day so it becomes a habit.

For example, you might walk Monday through Friday from 9:00 to 9:30 a.m., to avoid extreme hot or cold temperatures.

- Drink a cup of water before, during and after exercising (but check with your doctor, because some people need to limit their fluid intake).
- Ask family and friends to join you. You'll be more likely to keep exercising.
- Note your activities on a calendar or in a logbook. Write down the distance or length of time of your activity and how you feel after each session. If you miss a day, plan a make-up day or add 10 to 15 minutes to your next session.
- Use variety to keep your interest up. Walk one day, swim the next time, and then go for a bike ride on the weekend.
- Look for chances to be more active during the day. Walk the mall before shopping, choose a flight of stairs over an elevator, or take 10 to 15 minute walking breaks while watching TV or sitting for some other activity.

Avoid ...

- Getting discouraged if you stop for a while. Get started again gradually and work up to your old pace.
- Doing isometric exercises that require holding your breath, bearing down or sudden bursts of energy. If you're taking part in an exercise class or physical therapy, ask the leader or therapist what these are. Also avoid lifting weights and competitive or contact sports, such as football.
- Engaging in any activity that causes chest pain, shortness of breath, dizziness or lightheadedness. If these happen, stop what you're doing right away.
- Exercising right after meals, when it's very hot or humid, or when you just don't feel up to it.

Stop Smoking

Smokers who have heart failure can automatically eliminate a major source of stress on their hearts by quitting. Each puff of nicotine from tobacco smoke temporarily increases heart rate and blood pressure, even as less oxygen-rich blood circulates through the body. Smoking also leads to clumping or stickiness in the blood vessels feeding the heart. People who quit smoking are more likely to have their heart failure symptoms improve. Lifetime smokers often need help to quit successfully. These tips may also help smokers quit:

- Keep busy doing things that make it hard to smoke, like working in the yard, washing dishes and being more active.
- Fight the urge by going to places where smoking isn't allowed and staying around people who don't smoke.
- Avoid situations that tempt you to smoke, like drinking coffee or alcohol.
- Find a substitute to reach for instead of a cigarette. Try a hard candy.

Living With Heart Failure (continued on page 11)

Living With Heart Failure (continued from page 10)

- Don't give up if you smoke a cigarette. Just resolve not to do it again.
- Remind yourself that you're likely to feel better if you stop smoking.
- Tell family members and friends that you need to quit smoking and need their support. If your husband, wife, son or daughter smokes, ask them to quit with you.

Action Plan

Heart failure requires you and your caregivers to pay close attention to any changes in symptoms. If you notice something new, or a sudden worsening of a current symptom, notify the doctor immediately. Here's what to watch for:

- Sudden weight gain — 3 or more pounds in one day, 5 or more pounds in one week, or whatever amount you were told to report. That's why it's so important for people with heart failure to weigh themselves every day

- preferably every morning, before breakfast and after urinating, with the same type of clothes on, without shoes, on the same scale and in the same spot.
- Shortness of breath while at rest or with changes in activity level.
- Increased swelling of the lower limbs (legs or ankles).
- Swelling or pain in the abdomen.
- Trouble sleeping (awakening short of breath, using more pillows).
- Frequent dry, hacking cough, especially at night.
- Loss of appetite.
- Increased fatigue or feeling tired all the time.

Physician Spotlight: Elliot Davidoff, M.D., F.A.C.S.



Elliot Davidoff,
M.D., F.A.C.S.

March is National Save Your Vision month. It is a good time of year to remember to make an appointment with your ophthalmologist for a routine check-up to help prevent or detect eye health problems. In recognition of Save Your Vision month, Licking Memorial Hospital (LMH) is proud to have Elliot Davidoff, M.D., F.A.C.S., as a long-time member of the LMH Active Medical

Staff. He is one of three physicians who practice at the Center For Sight, located in Newark. Dr. Davidoff has been serving as an Ophthalmologist at LMH since April 1977. While at LMH, Dr. Davidoff has served for several years on the LMH Executive Committee. He was Vice Chief of Staff for the Medical Staff and served two terms as Chief of Medical Staff. "I wanted to choose a practice opportunity in a nice community for my family. Licking Memorial has provided me with the best equipment to allow me to care for my patients and is willing to upgrade technology as it advances," said Dr. Davidoff.

Dr. Davidoff received his Medical Degree from the New York Medical College in New York, New York. He completed his medical internship at the Lenox Hill Hospital in New York, New York, and his ophthalmology residency at Bronx-Lebanon Hospital Center of the Albert Einstein College of Medicine in Bronx, New York. Dr. Davidoff received his Bachelor of Science degree in Zoology from the University of Rhode Island in Kingston, Rhode Island.

"I spend a lot of my 'free' time in medical endeavors. I spent many years in hospital leadership positions and in clinical research or teaching," said Dr. Davidoff. He has also been able to travel and serve as visiting faculty in China and Ethiopia through ORBIS International. As a

nonprofit organization, ORBIS exists to eliminate blindness and restore sight. Working in partnership with local health professionals and members of the community, ORBIS seeks to improve the quality and availability of eye care services where the need is greatest. Dr. Davidoff was a member of the Granville Jaycees, served on the board of LEADS and on the board and as president of the Ohev Israel Temple in Newark. When not busy with work, he can be seen bicycling around the county in warm weather and skiing out west in the winter.

Dr. Davidoff and his wife, Margie, reside in Granville, Ohio. Margie has recently retired from Center For Sight, where she was the practice administrator. Together they have two sons, Adam and Mike. Adam and his wife, Heather, reside in Granville. He is a teacher in Franklin County. They recently had their first baby, Eli. Mike resides in Colorado, where he is a school social worker. He and his wife, Alice, recently had twins, Lily and Noah.

Dr. Davidoff has really enjoyed his practice in Newark and serving Licking Memorial. "I continue to practice here because I feel that I am a part of this community. It seems that whenever I am out shopping someone will come up and thank me for their care. It gives me a good feeling – that I have had a positive impact upon people's lives," said Dr. Davidoff.

Ask-a Doc: Elliot Davidoff, M.D., F.A.C.S.

Question: What is new the cataract treatment?

Answer: Cataract surgery today is much more advanced than back when I was in training. In 1976, our patients spent nine days in the hospital and could not see for approximately three months. Patients had to wear either very heavy, thick glasses or hard contact lens. Also, the rate of complications was fairly high.

With step-wise improvements, we can now operate through a small (less than 3 millimeters) incision, which is self-healing and does not require sutures. We now put intraocular lens implants in the eye. These can often give patients better vision than they have ever had. The intraocular lens can now be folded and placed through the small incision. This surgery requires the most advanced cataract technology available at Licking Memorial.

Recent technological advances in lens implants include lenses that correct nighttime aberrations, block blue light (which may reduce the risk of macular degeneration) and correct astigmatism. The latest advance is an implant which is multifocal. It allows patients to see at distance and be able to read without glasses. This implant is not for everyone, but for those who are candidates, it is great.

Be sure to speak with your Ophthalmologist about which procedures would be best utilized for your eye health. For more information about the procedures offered at Licking Memorial Hospital, please call (740) 522-8555.

Dr. Johnson Is New Inpatient Pediatrician at LMH



Shelsea L.
Johnson, M.D.

Licking Memorial Health Systems is pleased to announce the addition of a new inpatient pediatrician, Shelsea L. Johnson, M.D., to the Licking Memorial Hospital Active Medical Staff. Dr. Johnson received her Bachelor of Arts degree in Biology from Wittenberg University in Springfield, Ohio. She received her Medical Degree from Wright State University School of

Medicine in Dayton, Ohio. Dr. Johnson then completed a pediatric internship and pediatric residency, both at the Children's Medical Center at Wright State University School of Medicine.

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

She and her husband, Christopher Madison, M.D., have four children, 10-year-old Aaron, 4-year-old Ayanna, 3-year-old Aquavee, and 2-year-old Agbeyenu.

Retiree Spotlight: Clarissa Ann Howard (continued from page 7)

serves on the Achievement Committee. She served on several local boards.

The Newark High School graduate received a diploma of Nursing from Good Samaritan School of Nursing in Zanesville, Ohio; a Bachelor of Science degree from the College of Nursing at The Ohio State University in Columbus, Ohio; and an Associate's paralegal degree from the National Institute for Paralegal Arts and Sciences in Boca Raton, Florida. Ann likes to play golf and travel with her friends.

The move of Newark Hospital to Licking Memorial Hospital from Everett Avenue to its current West Main Street location in July 1966 is among Ann's favorite memories. The evening she was surprised with the Lifetime Achievement Award and the night she received the President's Award are also fond memories. "These all

were real honors," she said. Ann said she was fortunate to have worked with many outstanding staff and cabinet members over the years. "The staff were all wonderful," Ann said. "It's been a great experience and a big part of my life."

Volunteer Spotlight: Silver Club of Zerger Hall

The Silver Club of Zerger Hall is a group of seniors who joined together to provide community service to Licking County. “The group started at an old church on 5th Street many years ago. It has since moved a couple times and is now located at Zerger Hall,” said Betty Meyers, Silver Club liaison to Licking Memorial Hospital.



The gifts from the Silver Club of Zerger Hall benefit Licking Memorial Hospital and Licking County.

The Silver Club is a group of more than 30 full-time members who range in age from 60 to 90 years. The majority of the club is women, but men are involved and always welcomed to join. Silver Club meets every Thursday at 9:00 a.m. at Zerger Hall and does many services and crafts for the community.

For Licking Memorial Hospital, they make tray favors, cards and crocheted lap throws. For local schools, they collect caps, gloves, undergarments, sweat pants and shirts and other warm clothing to donate to local schools to help students who are in need. They also take up a collection within the group and make a monetary donation

to the local food pantry. “This group is so special – they give so much of themselves,” said Betty.

“We appreciate so much the donations from the Silver Club. The tray favors and lap blankets can make such a difference for our patients,” said Carol Barnes, Director of Volunteers, TWIGS and Events for Licking Memorial Hospital. Betty serves as the liaison for the Silver Club and

Licking Memorial. She brings the donations to the Hospital and records the hours of service for the Volunteer Department.

If you are interested in becoming a member of the Silver Club, attend a meeting on any Thursday at 9:00 a.m. in Zerger Hall. The only requirement is that you must be at least 60 years of age. “We are always so pleased to see new members,” said Betty.

LMH Has New Patient Care Manager for Critical Care



Karen Newman,
R.N.

Licking Memorial Health Systems is pleased to announce that Karen Newman, R.N., has been named to the position of Patient Care Manager for Critical Care at Licking Memorial Hospital (LMH).

Karen graduated from Westland High School in Columbus, Ohio, and earned her Bachelor of Science in Nursing degree from Capital University. She brings an extensive medical background to LMH that includes nursing supervising and being a pediatric intensive care unit nurse.

She now resides in Granville along with her husband, David, and their six children: 12-year-old twins Jordyn and Ryan, 10-year-old Kaitlin, 8-year-old Kayla, 6-year-old Noah and 5-year-old Chase.

Administrative Spotlight: Chris Keck



Chris Keck

Director of Contract Management Chris Keck proudly marks 20 years with Licking Memorial Health Systems (LMHS) this spring. “I started my career at LMHS in June 1986 as a staff accountant just shortly after graduating from college,” he said. “I have remained at LMHS for a variety of reasons; the most compelling is that I enjoy being a

member of an organization whose Board and Administration are committed not only to serving the

community but also to striving to be the best in what it does – delivering safe patient care.”

Chris’ current primary focus is the construction project for the new Critical Care Pavilion at Licking Memorial Hospital (LMH). “Our overall goal is to provide the community with a state-of-the-art Emergency Department and Surgery Department,” he said, noting that the project involves approximately 83,000 square feet of new construction and 7,000 square feet of renovation. “After having spent many months working with the various

Administrative Spotlight: Chris Keck (continued from page 13)

Hospital departments, architects and vendors, I am convinced that, along with the staff, the facility, technology and equipment that will be provided will be second to none in providing patient care,” Chris said. Completion of the approximately \$39 million project is expected in late 2007.

The current Critical Care Pavilion is just one of many construction projects Chris has been involved with at LMHS. “I have been a part of many successful building and renovation projects with the Health Systems – including the 1988 Hospital addition and renovation, the addition and renovation of Licking Memorial Family Practice East Main Street location, the Pataskala campus building construction and the Heath medical office building construction,” he said.

Although he does not provide direct patient care, Chris said focusing on patient care is the responsibility of all LMHS employees – regardless of their job titles. “Part of our responsibility and a key to our success is providing safe and reliable equipment and facilities for our customers who have trusted us with their health,” he said.

“A piece of this process is conveying to our vendors and contractors our mission and holding them accountable for the performance of their products and services.” The LMHS mission is to improve the health of the community.

Chris is a member of Providing Resources in Dedicated Employees (PRIDE) – a group of employees who provide financial support back to the Health Systems each payday – and a member of St. Francis de Sales Church in Newark. He and his wife, Maureen, have five children, with their sixth due in late April or early May. For the past couple of years, Chris has been a North Newark Little League coach. “My greatest enjoyment is being with my family and being a part of and watching my children’s activities,” he said.

Employee Spotlight: Polly Starner



Polly Starner,
R.C.P., R.R.T.

Licking Memorial Hospital (LMH) respiratory therapist Polly Starner, R.C.P., R.R.T., is proud to be part of the local community Hospital. “It is wonderful to see our patients getting better and to be able to make a difference in their lives,” said Polly.

As a respiratory therapist, Polly works with various departments of the Hospital. “One of the best things about my job is that I am everywhere in the Hospital and have lots of friends throughout,” stated Polly. She works with pulmonary rehabilitation, emergency department, ICU, nursery, labor and delivery and postpartum. Some of her duties include drawing blood to check acid-base balance and oxygenation, pulmonary function testing, intubations, assisting with bronchoscopies, ICU rounds, administering breathing treatments and providing care for premature babies such as ventilators, nasal c-pap and surfactant. “At the time, dealing with a premature baby is stressful, but seeing him or her turn around and begin to do better is awesome,” said Polly.

Polly joined LMH in 1978 as a staff respiratory therapist. She is a respiratory care practitioner (R.C.P.) and a registered respiratory therapist (R.R.T). “We have a great department, like a family. My daughter, Angela, has even mentioned that she considers my co-workers extended family,” said Polly. She obtained her Associate degree from the Muskingum School of Respiratory Therapy in Zanesville, Ohio.

Polly has coordinated and participated in LMH Asthma Camp (Camp Feelin’ Fine) for seven years. She is a member of the Ohio Society for Respiratory Care, the American Association for Respiratory Care, the National Board of Respiratory Care and the American Academy of Pediatrics as a Neonatal Resuscitation Instructor.

Polly and her husband, Randy, have been married for 27 years. They have one daughter Angela, who is a senior in high school. “I am really proud of Angela. She is a swimmer, plays softball and will be attending college this fall to study engineering,” continued Polly. In her free time, Polly enjoys sewing, making desserts, singing and playing her flute. She is also very active in her church.

Are you interested in joining the therapy team at LMH? Our employees are the best in the industry and provide the highest level of care for our patients. LMH offers all the tools to help you reach your highest potential and the opportunity to work with latest cutting edge technologies and techniques.

We have an immediate need for full and part-time: respiratory therapists, physical therapists, speech therapists, physical therapy assistants, occupational therapists and certified occupational therapy assistants. For more information or to apply, visit our Web site at www.LMHealth.org. LMH is proud to be an equal opportunity employer.

Symptoms of stress incontinence involve the involuntary release of urine, especially when coughing, sneezing or laughing. It is the most common type of urinary incontinence in women. It usually results in a small to moderate amount of urine leaked.

Symptoms of urge incontinence include the need to urinate frequently and a sudden, urgent and uncontrollable need to urinate. It can result in a moderate to large amount of urine leaked, although it often occurs when the bladder contains only a small amount of urine.

It is common for a woman to have mixed incontinence, usually a combination of stress and urge incontinence.

What Increases Your Risk

Sometimes several factors combine to cause urinary incontinence. For example, a woman may have had multiple childbirths, be older, and have a severe cough because of chronic bronchitis or smoking, all of which might contribute to her incontinence problem.

Physical conditions that make urinary incontinence more likely include:

- Pregnancy and vaginal delivery
- Having had a hysterectomy

- Obesity or being overweight
- Older age
- Bladder stones
- Lack of estrogen after menopause
- Structural abnormalities of the urinary tract
- Blockage of the bladder
- Chronic bladder infections

If you have any questions or believe that you are experiencing urinary incontinence, please be sure to speak with your primary care physician to see what steps need to be taken to address your concerns.

Speaker Kathleen Yeagley has worked as the research and training director for an organization which markets a new behavioral treatment for UI. She now serves as the Manager of Education for Licking Memorial Health Systems.

Registration for this education session is required. To register or for more information, please call (740) 348-1434.

FAQs About Colorectal Cancer (continued from page 2)

ways to prevent colorectal cancer. Research is under way to determine whether dietary changes may decrease the risk for colorectal cancer. Currently, there is no consensus on the role of diet in preventing colorectal cancer. However, medical experts recommend a diet low in animal fats and high in vegetables, fruits and whole grain products to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. It may also reduce the risk of colorectal cancer. In addition to studying dietary changes, researchers are examining the role of certain medications and supplements, including aspirin, calcium, vitamin D and selenium, in preventing colorectal cancer. However, the most effective way to reduce your risk of colorectal cancer is by having colorectal cancer screening tests beginning at age 50.

Q: Who should be tested for colorectal cancer?

A: All men and women aged 50 years or older should be tested routinely for colorectal cancer. Others who are at increased risk should speak to their doctors about earlier or more frequent testing. Those at increased risk are people with:

- A family history of colorectal cancer or colorectal polyps;
- Certain diseases of the intestines, including inflammatory bowel disease (ulcerative colitis or Crohn's disease); and
- Genetic syndromes such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC). (Just 5 percent of colorectal cancers are linked to these genetic syndromes.)

Q: Why should I get screened?

A: Screening saves lives. Having regular screening tests beginning at age 50 could save your life. Colorectal cancers almost always develop from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find polyps, so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best and the chance for a full recovery is very high.

Q: What are the symptoms of colorectal cancer?

A: Colorectal cancer develops with few, if any, symptoms at first. However, if symptoms are present, they may include:

- blood in or on the stool;
- a change in bowel habits;
- stools that are narrower than usual;
- general, unexplained stomach discomfort;
- frequent gas, pains, or indigestion;
- unexplained weight loss; or
- chronic fatigue.

These symptoms can also be associated with other health conditions. If you have any of these symptoms, discuss them with your doctor. Only your doctor, through testing, can determine why you're having these symptoms.



**Licking Memorial
Health Systems**

Upcoming Dates

For more information about any LMHS event, please call (740) 348-4000, or visit www.LMHealth.org

Behavioral Treatments for Urinary Incontinence

Thursday, March 23
6:00 p.m.

Conference Rooms A & B, First Floor, Licking Memorial Hospital
Kathleen Yeagley, B.S.N., Ph.D., C.H.E.S., Manager of Education for
Licking Memorial Health Systems

Registration for this education session is required. To register or for more information, please call (740) 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 Classes

9:00 to 11:00 a.m. or 1:00 to 3:00 p.m.

Licking Memorial Health Systems
Tamarack 4, 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
Tamarack 4, 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 or for further information, call (740) 348-4910. Fees vary depending upon insurance coverage.



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Licking Memorial Health Systems is
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Visit us at www.LMHealth.org

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