



Community Connection

Licking Memorial Health Systems

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Volume 8, Issue 2

March/April 2011

Measurably Different ... for Your Health!

Dr. Applegate Earns Recognition for Excellent Immunization Rate

The Licking County Health Department has given special recognition to Pediatrician John Applegate, D.O., for outstanding success in immunizing his young patients. Dr. Applegate practices at the Pataskala location of Licking Memorial Pediatrics.



Pediatrician John Applegate, D.O., recently received recognition for his practice's high immunization rates. Shown are: (left to right): Licking County Health Commissioner Joe Ebel, Alicia Acord, Vicki Parker, Patricia Love, Dr. Applegate, Jennifer Wilson, Vice President Physician Practices Christine McGee and LMHS President & CEO Rob Montagnese.

The Licking County Health Department strives for the same goals as the Centers for Disease Control (CDC) and Prevention's goal of ensuring that 90 percent of children up to the age of 2 years are fully immunized. In 2010, more than 90 percent of Dr. Applegate's patients in that age group were completely up to date on all immunizations.

Joe Ebel, Licking County Health Commissioner, presented recognition pieces

Dr. Applegate Earns Recognition (continued on page 2)

LMHS Supports Newark Campus Fundraiser



Lou and Gib Reese

Central Ohio Technical College (COTC) and Ohio State Newark expect to raise \$20 million in additional endowed funds to be used toward student scholarships, thanks to a generous offer by Granville philanthropists. J. Gilbert (Gib) and Louella (Lou) Reese have issued a challenge to the community, pledging to match, dollar for dollar, up to \$10 million in gifts and pledges that are made between April 30, 2010, and June 30, 2012.

"The Next Generation Challenge is truly a once-in-a-lifetime opportunity. There are very few, if any, places where your investment can be doubled," stated Jennifer Roberts, Director of Development, COTC

and Ohio State Newark. "The generosity of Mr. and Mrs. Reese is touching the hearts of many community members who have been personally impacted by the Newark campus, as well as those who have a desire to transform the lives of students, their families and this community forever."

LMHS Supports Newark Campus Fundraiser (continued on page 3)

Check out our Quality Report Cards online at www.LMHealth.org.

See pages 8-13 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Tobacco Cessation

Date: Thursday, March 24
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Bonita Ghiloni, R.N., B.S.N. Patricia Wicks, R.N.

(continued on page 2)

Dining with Diabetes

Date: Wednesday, April 13
Friday, April 15
Tuesday, April 19
Location: LMH First Floor Conference Rooms
Time: 5:30 p.m.
Speaker: Annmarie Thacker, M.S., R.D. L.D., C.D.E. Shari L. Gallup, M.S., CFLE

(continued on page 21)

Digestive Disorders

Date: Thursday, April 28
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Shakil A. Karim, D.O.

(continued on page 21)

Dr. Applegate Earns Recognition (continued from front page)

to Dr. Applegate and each member of his team, saying, “You have accomplished a remarkable feat in helping to immunize so many of Licking County’s children. Your advocacy for childhood vaccinations has obviously persuaded families on the importance of protecting their children’s health.”

Rob Montagnese, LMHS President & CEO, said, “We are proud that all the Licking Memorial Pediatrics physicians are ahead of the national average in ensuring their young patients are up-to-date on their immunizations. Dr. Applegate has done an excellent job of educating families. His success is an example of how LMHS fulfills its mission to improve the health of the community.”

In the late 1980s, an outbreak of measles in the U.S., revealed that many 2-year-old children had not received the recommended vaccinations for infants and toddlers. The CDC recommends that by the age of 2 years, children should be protected against hepatitis A, hepatitis B, rotavirus, diphtheria, tetanus, pertussis, influenza, hemophilus influenza type B, pneumococcal disease, polio, measles, mumps, rubella and chicken pox.

Community Education – Tobacco Cessation *(continued from front page)*



According to the National Cancer Institute, tobacco use is the most common cause of cancer and cancer-related deaths. The 2010 Surgeon General Report states that tobacco use remains the leading cause of preventable death and disease, causing an estimated 438,000 premature deaths each year in the United States from illnesses such as cancer, heart disease, stroke and chronic obstructive pulmonary disease (COPD).

Tobacco products contain harmful chemicals that damage nearly every organ in the body. Nicotine, a natural chemical found in tobacco plants, is primarily responsible for the addictive nature of tobacco products. Although tobacco addiction is difficult to overcome, tobacco cessation is an important factor in healthy living and provides many benefits. Soon after quitting, heart rate and blood pressure return to normal, circulation improves, breathing becomes easier and the sense of smell and taste are improved. In the long term, tobacco cessation reduces the risk of disease and increases an individual’s potential life span.

Licking Memorial Hospital (LMH) Tobacco Cessation Counselors Bonita Ghiloni, R.N., B.S.N. and Patricia Wicks, R.N. will discuss the dangers of tobacco use, as well as helpful tips to quit tobacco use successfully, during an educational session for the community on Thursday, March 24, at 6:00 p.m., in the LMH First Floor Conference Rooms. Registration is required. To register, please call (740) 348-2527.

Licking Memorial Dental Clinic for Children

In partnership with the Licking County Foundation, Licking Memorial Hospital (LMH) offers a dental clinic to serve uninsured, low-income children in Licking County. The Licking County Foundation has contributed \$75,000 to cover the costs of services, supplies and office space.

Location

Licking Memorial Dental Clinic for Children
Keith A. Wing and Matthew P. Mack, D.D.S.
1420 Dickerson Street
Newark, Ohio 43055

Now accepting patients covered by Molina or CareSource.
For additional information regarding eligibility, please call the Licking Memorial Dental Clinic for Children at (740) 344-7653.



Licking Memorial Hospital



Rob Montagnese, LMHS President & CEO, said COTC and Ohio State Newark are natural community partners since the organizations have many similarities. “Both organizations are important to the local economy because they are strong community leaders and major employers,” he stated. Rob is a member of the Newark Campus Development Fund (NCDF), which Gib founded in 1983. The NCDF is a permanent, locally controlled endowment that provides funding for innovative projects and scholarships to COTC and Ohio State Newark, as well as to both colleges directly.

Debbie Young, Vice President Patient Care Services at Licking Memorial Hospital (LMH), explained, “Licking Memorial Health Systems (LMHS) has a long-standing relationship with COTC and Ohio State Newark. Many of our staff have taught classes at COTC, some serve on their advisory boards, and many more are COTC and Ohio State Newark alumni. We are fortunate to have higher education of this caliber in our community. New staff members come to us ready to work with a high level of training, and the Newark campus’ location is convenient for veteran staff members to refresh and update skills throughout their careers. We are also able to provide the students with hands-on clinical internships to enhance their academic experience.”

LMHS’ nurses, radiology staff and surgery technical staff who attended classes at COTC are well prepared for a successful career in high-technology health care. COTC alumnus Bruce Campbell, R.N., is a staff nurse in the LMH Cardiovascular Interventional Department. “COTC is comprised of local people receiving local education and then taking care of their friends and neighbors,” he said. “My COTC education was a solid foundation to advance in a career – nursing – that I was meant for, and still love every day over 30 years later.” Bruce was selected for the prestigious LMHS Nursing Award for Clinical Excellence in 2007.

COTC is celebrating its 40th anniversary in 2011. Gib, an Emeritus Trustee for both Ohio State Newark and COTC, is often referred to as one of the founding fathers of Ohio State Newark and COTC. In 1966, he chaired the campaign to purchase land for The Ohio State University’s regional campus

in Newark. In 1983, he partnered with local businessman Howard E. LeFevre to spearhead a community-wide \$2.5 million fundraising drive and founded the NCDF. Gib served as honorary campaign governor and made a personal leadership commitment to raise more than \$10 million to fund a new technology center at the Newark campus. The John Gilbert Reese Center opened in 2003, offering a conference center, auditorium, classrooms and café. Gib and Lou funded the construction of the Martha Grace Reese Amphitheatre on the Newark campus, and they continue to sponsor the annual Fourth of July concert and fireworks celebration for the community.

Jennifer said, “We challenge our graduates to stay connected, stay engaged and hopefully continue to nurture the relationships they built while at COTC and Ohio State. Alumni of both COTC and Ohio State play a critical role in the continued growth of the Newark campus. The role of these two institutions is vital to the success and prosperity of our community.”

“We strongly encourage alumni and the rest of the community to take advantage of the Reeses’ offer to match donations,” Rob added. “Gib and Lou Reese have always set an excellent example of giving. Their donations have helped to make the Newark campus a magnificent learning center, and the John Gilbert Reese Center provides an impressive venue for both students and the community. The Reeses have also generously helped LMH to expand and develop into the state-of-the-art medical facility we have today. They have contributed to Licking Memorial Health Foundation through the John Alford Fellowship and are founder level donors for the fountain in front of the Hospital. LMHS’ participation in the Next Generation Challenge is an opportunity to demonstrate support for both the Newark campus and the Reeses’ mission to inspire excellence.”

The Reeses hope to attract 800 new donors to the NCDF with this initiative. Those who wish to participate in the Next Generation Challenge may contact Jennifer Roberts at (740) 364-9644 or at roberts.862@osu.edu. Contributions may be made to the NCDF, COTC or Ohio State and mailed to the Development Office, 1179 University Drive, Newark, Ohio 43055.



Vaccine Recommendations for Adults

An estimated 50,000 people in the United States die each year from diseases that could have been prevented with available vaccines, according to a report by AdultVaccination.org. That is more than the number of deaths each year attributed to traffic accidents, breast cancer or HIV/AIDS. The Centers for Disease Control (CDC) and Prevention is seeking to reduce the number of preventable deaths by encouraging more adults to receive recommended vaccinations.



Adults of all ages are urged to stay current on their immunizations to protect themselves, their families and their coworkers.

“Nationally, we are doing a good job of vaccinating our children against a host of communicable diseases,” said Kevin T. Graham, M.D., a family practitioner at Licking Memorial Family Practice - Granville. “However, many adults either do not realize they need additional immunizations throughout their lives, or they procrastinate. This leaves them unprotected against

diseases that can cause severe illness, long-lasting complications, or even death.”

The CDC’s recommended immunization schedule for adults addresses diseases that are age-group specific. The protection from some childhood vaccines tends to fade over time, so booster shots for diseases such as tetanus, diphtheria and pertussis are recommended, beginning at age 19. Dr. Graham said, “Due to an increase in pertussis cases, we recommend that adults get a single Tdap booster when they are due for their tetanus vaccine.” Other diseases, such as shingles, tend to affect senior citizens, so that immunization is recommended for adults, age 60 or older.

The CDC recommendations now include human papillomavirus (HPV) vaccines for both women and men, up to the age of 26 years. In men, HPV can cause genital warts and, as recently discovered, head and neck cancer. In women, HPV can cause genital warts and lead to cervical cancer.

“Many healthy adult patients fail to update their vaccinations. They mistakenly assume their immune systems will be able to fight off disease, and they may not visit their physician very often. It is important for patients to schedule regular well visits with their physician and stay up-to-date on immunizations. Even a strong, healthy person can be inflicted with a serious disease that could result in life-long damage. It is even possible for an apparently healthy person who is not immunized to be a carrier of disease and infect other people. That can be dangerous for anyone with a compromised immune system,” Dr. Graham added.

The CDC has recommended the following immunization schedule for adults:

Ages 19 to 49 years:

- Seasonal influenza – 1 dose every year
- Pneumonia – 1 or 2 doses if you smoke or if you have a chronic medical condition
- Tetanus/diphtheria/pertussis – 1 dose of “Tdap” vaccine
- Tetanus/diphtheria – 1 “Td” booster shot every 10 years after receiving the Tdap
- Hepatitis A – 2 doses, 6 to 18 months apart for those at elevated risk (if previously unvaccinated)
- Hepatitis B – 3 doses over 6 months for those at elevated risk (if previously unvaccinated)
- Human papillomavirus 2 (HPV2) – 3 doses (given over a 6-month period) for women up to the age of 26 years
- Human papillomavirus 4 (HPV4) – 3 doses (given over a 6-month period) for women and men up to the age of 26 years
- Measles/mumps/rubella – 1 dose for those born after 1957; a second dose may be recommended
- Chickenpox (varicella) – may be recommended for those who never had chickenpox or received only 1 dose of vaccine
- Meningitis – 2 doses every 5 years for college students who live in a residence hall, and patients with certain medical conditions

Ages 50 to 64 years:

- Seasonal influenza – 1 dose every year
- Pneumonia – (for those who have never been vaccinated as an adult for pneumonia) 1 or 2 doses for smokers, or those with a chronic medical condition
- Tetanus/diphtheria/pertussis – 1 dose of “Tdap” vaccine for those who have never been vaccinated as an adult
- Tetanus/diphtheria – 1 “Td” booster shot every 10 years after receiving the Tdap
- Hepatitis A – 2 doses, 6 to 18 months apart for those at elevated risk (if previously unvaccinated)
- Hepatitis B – 3 doses over 6 months for those at elevated risk (if previously unvaccinated)
- Measles/mumps/rubella – 1 dose for those born after 1957; a second dose may be recommended
- Chickenpox (varicella) – may be recommended for those who never had chickenpox or received only 1 dose of vaccine
- Meningitis – 2 doses every 5 years recommended for those with certain medical conditions

Ages 65 years and older:

- Seasonal influenza – 1 dose every year (A high dose vaccine is now available for patients over the age of 65.)
- Pneumonia – 1 dose for those who have never been vaccinated
- Tetanus/diphtheria/pertussis – 1 dose of “Tdap” vaccine for those who have never been vaccinated as an adult
- Tetanus/diphtheria – 1 “Td” booster shot every 10 years after receiving the Tdap
- Hepatitis A – 2 doses, 6 to 18 months apart for those at elevated risk (if previously unvaccinated)
- Hepatitis B – 3 doses over 6 months for those at elevated risk (if previously unvaccinated)
- Chickenpox (varicella) – may be recommended for those who never had chickenpox or received only 1 dose of vaccine

Vaccine Recommendations for Adults (continued on page 5)



LMH Celebrates 113 Years of Caring

Licking Memorial Hospital (LMH) recently celebrated 113 years of providing quality health care to the Licking County community on Tuesday, January 18. As an annual birthday tradition, Licking Memorial Health Systems (LMHS) employees, members of the medical staff, volunteers, retirees, TWIGS members, Boards of Directors members and Development Council members celebrated the milestone by donating gifts consisting of new blankets and outerwear. These items were donated to The Center for New Beginnings and the Salvation Army of Licking County to help individuals and families in need – especially during the cold winter months.

The birthday gift donation was part of an interdepartmental competition. Various LMHS departments were combined to form teams, and the team that donated the most items in pounds was the winner. The competition also included an opportunity for employees to give monetary contributions in lieu of donated goods. Every \$5 donated was worth one pound of donated goods.

This celebration marks the seventh year that LMH has celebrated in this manner. In 2010, LMHS was able to provide 471.4 pounds of donated goods that included \$1,646 in monetary contributions to assist the needy of Licking County. This year, LMHS staff surpassed the 2010 donation by more than 16 percent with 547.4 pounds of donated goods that included \$1,984 in monetary contributions.

“We are proud of the quality health care that has been provided to the community over the past 113 years,” President & CEO Rob Montagnese said. “I am pleased to be part of this organization and work with such talented and generous employees who are dedicated to our mission of improving the health of the community.”

In addition, LMH presented each baby born on the Hospital’s birthday with a special gift in honor of their shared birthday. Three babies were born on January 18, and each of their mothers received a \$113 gift card to Toys ‘R’ Us.

Vaccine Recommendations for Adults (continued from page 4)

- Meningitis – 2 doses every 5 years recommended for those with certain medical conditions
- Shingles (zoster) – 1 dose for those over the age of 60
- Tetanus/diphtheria/pertussis – 1 dose of “Tdap” vaccine

Although it is important for every adult to be properly immunized, it is especially crucial for the following individuals:

- Health care workers
- Caregivers (of children or adults)
- Students living in residence halls
- Nursing home residents
- Patients with chronic illnesses (such as diabetes, asthma or heart disease)
- Gardeners, farmers, or anyone who works with soil
- International travelers
- Women who are pregnant or planning a pregnancy

“A few patients have told me that they received the flu vaccine one year, and they got the flu from it,” Dr. Graham related. “It is difficult to convince them that this was a coincidence. The vaccines we have today are extremely safe, and there are relatively few contraindications to receiving them. In fact, the influenza vaccine is recommended for all patients above the age of 6 months.”

Modern vaccines are produced with inactivated or diluted viruses that cannot cause a patient to contract the disease. In some cases, patients may feel mild side effects that usually can be easily controlled with an over-the-counter pain and fever reliever, such as Tylenol, Motrin, or Advil. For the majority of people, the advantages of immunization greatly outweigh the possibility of mild side effects.

The Heart Truth - A Red Dress Event

On the eve of the nationally celebrated American Heart Association's Go Red for Women Day, Licking Memorial Health Systems (LMHS) presented the seventh annual The Heart Truth – A Red Dress Event. Attendance at the February 3rd event, held at the Bryn Du Field House in Granville, was near capacity. Approximately 350 community members attended the event, which is designed to encourage women to make heart-healthy lifestyle changes.

“We are pleased that so many individuals have a desire to learn about heart-healthy living. Through this event, it is our goal to educate the women of Licking County about the dangers of heart disease and encourage them to make heart-healthy choices,” said Veronica Link, Vice President Development & Public Relations. “We are proud to offer this program as part of our mission, to improve the health of the community.”

The 2011 program focused on lifestyle changes that can significantly reduce the risk of heart disease. Both speakers at this year's event presented information on dietary changes that promote healthier living.



Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, welcomed nearly 350 guests to LMHS' seventh annual The Heart Truth – A Red Dress event.

Cardiologist Bryce I. Morrice, M.D., FACC, discussed the facts and myths of diet plans often linked to heart-healthy lifestyles. In his presentation, Dr. Morrice described the nutritional benefits and potential risks of various diets, vitamins and supplements, as well as the history of heart-healthy eating.



Cardiologist Bryce I. Morrice, M.D., presented information about preventing heart disease through dietary changes.

Chef Brian Merritt, LMHS Director of Food Service, encouraged healthier living with his heart-healthy cooking demonstration. Using heart-healthy recipes

and ingredients, Chef Brian prepared a balanced and flavorful three-course meal. “We want the community to understand that heart-healthy food can be satisfying – it doesn't have to be bland and boring. A meal should contain equal amounts of taste and nutrition so that being heart healthy is enjoyable,” Chef Brian said.



Chef Brian Merritt, Licking Memorial Health Systems Director of Food Service, demonstrated heart-healthy cooking tips.

The red dress is a national symbol to bring awareness to women's heart disease, which is the number one cause of death for women in the U.S. LMH's The Heart Truth – A Red Dress Event takes place each year on the eve of National Wear Red for Women Day. Most of the guests at the event wore red to support the message.

Many door prizes were awarded to attendees. In addition, prizes were awarded to three guests with the best red outfits.

The winners were:

First place – Rita Jackson

Second place – Becki Disbennett

Third place – Tascha Clark



Guests to The Heart Truth – A Red Dress Event were encouraged to wear red clothing. Winners of the Best Outfits judging are (left to right): third place – Tascha Clark, first place – Rita Jackson, and second place – Becki Disbennett.

Physician Spotlight – Craig Cairns, M.D., M.P.H.



Craig Cairns,
M.D., M.P.H.

Craig Cairns, M.D., M.P.H., is Licking Memorial Health Systems (LMHS) Vice President Medical Affairs. He oversees patient safety and process improvement at Licking Memorial Hospital (LMH), serves as a liaison between the medical staff and Hospital administration, and functions as the Hospital's chief medical officer. He joined Licking Memorial Health Professionals in 1999, and has been affiliated with LMH's Active Medical Staff since 1977.

Dr. Cairns received his Medical Degree from The Ohio State University College of Medicine in Columbus, and a Master of Public Health degree from the Medical College of Wisconsin. Dr. Cairns is board-certified by the American Board of Family Practice and the American Board of Preventive Medicine. He is a fellow of the American Academy of Family Physicians, the American College of Occupational and Environmental Medicine, and the American College of Preventive Medicine.

Dr. Cairns and his wife, Karen, live in Heath. They are the parents of six grown children.

Ask a Doc – Gardening for Best Nutrition

with Craig Cairns, M.D., M.P.H.

Question: I would like to plant my first garden this year. Since space is very limited, I need to choose the fruits and vegetables carefully. Do you have any suggestions for the maximum nutrition?

Answer: I commend you for starting your own garden because it is a healthy activity in many ways. As I am sure you already know, vegetables served straight from the garden (after washing thoroughly) usually have higher nutritive values, better flavor and better color. The low cost of home-grown produce helps to stretch the family's food budget, and gardening is a beneficial way for the entire family to enjoy the outdoors while engaging in low-impact activity.

Most gardening guides advise novice gardeners to begin with a small space to prevent you from becoming overwhelmed as you learn new skills. Choose several of your favorite fruits and vegetables, and consider adding one unfamiliar variety to introduce your family to new tastes.

The following list includes fruits and vegetables that are commonly grown in Ohio gardens, and are valued for their nutritive qualities:

- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Chili peppers
- Chives
- Collard greens
- Escarole
- Green beans
- Green onions
- Green peas
- Kale
- Leaf lettuce
- Parsley
- Radishes
- Snow peas
- Spinach
- Squash
- Strawberries
- Sweet potatoes or yams
- Tomatoes
- Zucchini

Many seed companies and plant nurseries offer miniature fruits and vegetables. These smaller varieties contain the same nutrients as their full-sized counterparts, and can be grown in small flower beds, patio planters or even hanging baskets. You may also want to consider growing herbs and green, leafy vegetables in containers to keep them handy to use while cooking to add valuable vitamins and minerals to your meals.

Current research is showing that consumption of whole foods and antioxidants promotes better health. They are also believed to slow the body's aging process. Whole foods, including fresh fruits and vegetables, are unprocessed, unrefined, and are eaten without any additives or modifications, such as added sugar, salt and fat. Other examples of whole foods include whole grains, nuts, seeds and lean, unprocessed meats. Antioxidants, which are found in most brightly colored fruits and vegetables or green, leafy vegetables, are substances that help to prevent the deterioration of the body's cells.

Good luck with your new garden. I wish you great success with this new project that may sow the basis for a lifetime of good health for you and your family.



Patient Story – Gunnar and Van Hickman

Heather and Jeremy Hickman of Newark were not overly concerned when their 4-year-old son, Gunnar, developed a slight cough late last summer. They had nursed him through colds before, and set to the task of providing the usual home remedies for a child's common cold – plenty of rest, fluids, and tender loving care.

However, Gunnar's symptoms did not improve after several days. In fact, they were worsening. "He was not sleeping well, and the cough was becoming more violent," Heather recalled. "Gunnar had been previously diagnosed with asthma, so I began his breathing treatments. After several more days, he still was not sleeping well. He had a slight fever and was becoming irritable. The coughing became so violent that sometimes Gunnar would vomit. And then, a terrible 'whooping' sound began. I knew that something else had to be going on, so we went to see Dr. LeMay (Pediatrician Diane LeMay, M.D)."

Even though Gunnar's immunizations were up-to-date, Dr. LeMay suspected that he may have contracted pertussis, commonly known as whooping cough. "Dr. LeMay asked me if he had been exposed to whooping cough, and my first response was that he had not been. Then, I remembered that I heard that a child who had been in Gunnar's proximity three weeks earlier did have the disease. I had watched for symptoms for a week or two, but then I relaxed when nothing happened. I did not know the incubation period for whooping cough is up to one month," Heather said.

Dr. LeMay ordered a lab test to confirm her preliminary diagnosis of pertussis. When the tests returned with positive results, Dr. LeMay prescribed an antibiotic to treat the illness. Then she turned her attention to Gunnar's 5-month-old baby brother, Van, who had just begun to develop cold-like symptoms. "Van had a light cough, so Dr. Lemay ordered a lab test for him. I am so glad she did, because he tested positive for whooping cough, as well. Since Van was so young, he would probably have ended up in the hospital if it had not been caught so early," Heather said. "His cough worsened very quickly – he began to cough so violently that he burst blood vessels in his face and neck, and he began vomiting."



Gunnar and Van Hickman both battled whooping cough in 2010.

Photo by Martin Digital Photography.

Both boys' symptoms began to improve after taking their prescribed antibiotics for a few days. Heather said, "We noticed an improvement within three or four days after the boys began taking antibiotics, but it took much longer for their coughs to subside. They both had a mild cough for a month afterward."

Heather is thankful that Gunnar and Van were successfully treated, however she regrets that she did not immediately recognize Gunnar's pertussis symptoms. "I just did not realize there had been a recent outbreak. I think of whooping cough as a disease from my parents' or grandparents' time. I remember a family story where my grandmother treated whooping cough with a homemade herb poultice," she remarked.

"The incidence of pertussis subsided for many years, but it never completely disappeared," Dr. LeMay explained. "In the U.S., we see a cyclical outbreak approximately every five years. That is the reason it is so important for children to be immunized, and for adults to receive booster immunizations. In particular, any adult who cares for an infant should receive a booster vaccination since adults can be carriers of the illness, and infants and young children are especially vulnerable until they have been fully immunized."

Heather is a full-time student at Mount Vernon Nazarene University, and Jeremy is a conductor at CSX railroad. They both received new pertussis booster immunizations, themselves. "Absolutely, if you have children, or care for children, it is so important to be immunized to protect them," Heather stated. "It is not worth it to take a chance. Thankfully, my boys did not get sick enough to be hospitalized, but listening to them coughing and choking was terrible. You want to do everything you can to protect your kids."

Heather and Jeremy are concerned that Van may suffer mild long-term effects from his battle with pertussis. His lungs may have been compromised by contracting the disease at such a young age. Heather and Jeremy are prepared to administer breathing treatments anytime that he becomes sick, but they say that is minor compared to how severe the consequences could have been for a baby his age.

Pediatric Care – How do we compare?

Check out our Quality Report Cards online at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), 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 Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:

- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
- 3 doses of polio
- 1 dose of measles, mumps and rubella
- 3 doses of Haemophilus influenzae B (influenza type B)
- 3 doses of hepatitis B
- 1 dose of varicella (chicken pox)

	LMHP 2008	LMHP 2009	LMHP 2010	National ⁽¹⁾
Childhood immunization rate (4:3:1:3:3:1 series)	89%	89%	91%	70%
	LMHP 2007-2008	LMHP 2008-2009	LMHP 2009-2010	National ⁽²⁾
Children, aged 6 months to 5 years, receiving the influenza vaccination	21%	34%	37%	26%

2 LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2008	LMHP 2009	LMHP 2010	National ⁽¹⁾
Female adolescents, aged 12 to 18 years, and women, up to 26 years, completing HPV vaccination series	25%	36%	44%	27%
Adolescent children, aged 7 to 13 years, receiving varicella vaccination	64%	83%	90%	49%
Adolescent children, aged 11 to 18 years, receiving meningococcal vaccination	54%	67%	81%	54%

3 The American Academy of Pediatrics recommends the use of reliever and corticosteroid medications to gain control of asthma attacks and reduce severity as quickly as possible. Reliever medications include drugs such as albuterol breathing treatments that can quickly open airways. Corticosteroid medications include drugs, such as Prednisone or Dexamethasone, that reduce airway inflammation and swelling. Licking Memorial Hospital (LMH) measures how many pediatric asthma patients receive reliever and corticosteroid medications during their hospitalization.

	LMH 2008	LMH 2009	LMH 2010	National ⁽⁴⁾
Children receiving relievers while hospitalized for asthma	100%	100%	100%	100%
Children receiving systemic corticosteroid medication while hospitalized for asthma	100%	100%	100%	100%

4 If a patient must be readmitted to the Hospital within 30 days of treatment for asthma, there may have been a problem in the patient care, such as inadequate diagnosis, treatment, patient non-compliance with discharge instructions or the patient's inability to understand or follow the discharge instructions. Since self-care is an essential part of asthma control, thorough patient education is important to maintain low readmission rates.

	LMH 2008	LMH 2009	LMH 2010	National ⁽⁵⁾
Pediatric asthma readmissions within 30 days	0%	0%	0%	2.1%

5 Pharyngitis (sore throat) is a common illness in children. The majority of children’s sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, they are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2008	LMHP 2009	LMHP 2010	National ⁽³⁾
Children with pharyngitis receiving test before antibiotics	95%	94%	96%	70%

6 When a child arrives with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2008	LMH 2009	LMH 2010	Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

Data Footnotes: (1) National Immunization Survey (NIS). (2) National Immunization Survey (NIS) for 6 months to 18 years of age. (3) NCQA – The State of Healthcare. Quality 2009 – HEDIS Measures of Care. (4) Hospitalcompare.hhs.gov national benchmarks. (5) Midas comparative database.

Did You Know... Licking Memorial Health Systems invests more than \$30 million each year to Improve the Health of the Community?

Among other contributions, the Health Systems provides electric, state-of-the-art breast pumps at no cost for new mothers who register and complete the Licking Memorial Hospital breastfeeding and education program.



Licking Memorial Health Systems

Licking Memorial Health Systems - Measurably Different for Your Health.



Patient Story – Jane Hatfield

Jane Hatfield of Newark is awestruck when she looks at her small newborn daughter. Amelia (affectionately called “Mia”) is a healthy, relaxed baby girl who entered the world last summer under difficult conditions.

Jane and her husband, Mark, had their first child, a boy named Wil, at Licking Memorial Hospital (LMH) in 2007. In 2010, Jane was happily anticipating the birth of her second child, due to be delivered on October 18 by Caesarian section, because of her previous Caesarian section.

This pregnancy had gone well, although Jane became easily tired from caring for her toddler. Calling upon her eight years’ experience as a high school English teacher, she and Wil enjoyed quiet time by reading books about trucks and animals.

The quiet routine ended on the morning of September 14, when Jane awoke and walked into the kitchen to prepare breakfast for Wil. “As I reached for the refrigerator door, I had a sudden gush of blood,” she recalled. “But there was no pain, and thankfully I could still feel the baby moving.”

Jane called her physician’s office and was advised to report to the Labor and Delivery Department at LMH immediately for evaluation. Mark, who serves in the military, was out of town, so Jane’s sister gave her a ride to the Hospital, and their mother soon joined them there.

Tiffany E.D. Inglis, M.D., examined Jane and discovered that she was having regular contractions. “I did not even know I was in labor,” Jane said. “The contractions were very mild at first, and I was so hungry. I thought I was just feeling hunger pangs. But Dr. Inglis showed me on the monitor that the contractions were coming two minutes apart, and they soon became quite strong.”

Dr. Inglis’ immediate diagnosis was probable placental abruption – a condition where the placenta separates from the uterine wall, endangering the lives of both mother and baby. “The nurses and physicians were very reassuring. The entire time, I could feel the baby moving, so I did not panic,” Jane said. “The staff answered many of our questions even before we asked them.” After carefully weighing all options, Dr. Inglis and Jane agreed that the baby should be born as soon as possible, and Dr. Inglis delivered Mia by C-section, with Mark now by Jane’s side. A post-delivery examination confirmed Jane had suffered an abruption.



Jane Hatfield lovingly held her new daughter, Mia, just minutes after her birth at LMH in September 2010.

At 4 lbs., 15 oz., Mia was well-developed for her gestational age, but required special care. She was admitted to LMH’s Level II nursery for constant monitoring. “Mia was a little more than five weeks early,” Jane said, “But she did very, very well. For the first week, she received oxygen because of her under-developed lungs. After the first week, the primary issue was to establish a feeding schedule to provide enough nutrition for her.

“The staff was so helpful, and we were able to be with Mia anytime we wanted. It would have been

quite scary to see our baby hooked up to all the tubes and equipment, but the nurses explained everything that was being done. I felt that we were well informed every step of the way.”

Mark and Jane also found the close proximity of LMH’s special care nursery to be very helpful. “With one small child at home, and needing to be at the Hospital two or three times a day to breastfeed, it was really a blessing to have the special care nursery available at LMH,” Jane said.

Two weeks after her birth, Mia had grown strong enough to go home with her parents and big brother. “She has been a perfect baby,” Jane commented. “She cries only when she is hungry, and she has a good appetite. We were very lucky that we were able to get such excellent care so quickly at LMH.”

She composed a heartfelt thank-you letter for LMH’s Maternity Services staff, writing, “You went beyond professionalism and treated us with consideration and real compassion, a natural result of doing what you do out of a genuine love of people – especially children. Each of you contributed a special, happy memory to what began as a scary and uncertain experience.”

LMH’s Maternity Services Department received a Level II Obstetrics and Newborn licensure from the Ohio Department of Health in 2004. Level II obstetrics services make it possible for expectant mothers with select high-risk conditions to deliver their babies at LMH, rather than be transferred to Columbus. Level II newborn services provide care to moderately ill pre-term and full-term newborns. In many instances, severely ill babies who had to receive care in a Columbus hospital are able to be transferred to LMH for the remainder of their care as soon as their conditions improve.

Maternity Care – How do we compare?

Check out our Quality Report Cards online at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), 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 According to the American Academy of Pediatrics, low birth weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. There are many factors contributing to low birth weight, including multiple births, preterm births, lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are often at increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2010, there were 1,087 babies delivered at Licking Memorial Hospital (LMH) – 62 with low birth weight.

	LMH 2008	LMH 2009	LMH 2010	National ⁽¹⁾
Low birth-weight infants	4.6%	4.5%	5.5%	8.2%

2 Smoking during pregnancy is the most important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of preterm births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are nearly double the national rate, Licking Memorial Women’s Health providers have increased their efforts to assess patients’ active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH’s free “Quit for Your Health” smoking cessation program.

	LMH 2008	LMH 2009	LMH 2010	National ⁽¹⁾
Patients who reported smoking during pregnancy	26%	25%	22%	13%

3 Group B beta streptococcus (GBS) has been the leading bacterial infection associated with illness and death among newborns in the United States since its emergence in the 1970s. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2008	LMH 2009	LMH 2010	Goal ⁽⁴⁾
Mothers with GBS receiving antibiotic before delivery	96%	99%	100%	100%
Number of newborns testing positive with GBS	0	0	0	0

4 Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2008	LMH 2009	LMH 2010	National ⁽⁵⁾
Maternity patients who had a C-section	22%	24%	23%	32%
First-time C-sections	12%	13%	12%	18%

5 Breastfeeding provides many benefits to infants and their mothers. The LMH maternity care staff offers encouragement and support to breastfeeding mothers. Breastfeeding rates are monitored at LMH to evaluate the effectiveness of the support provided.

	LMH 2008	LMH 2009	LMH 2010	Goal
Mothers choosing to breastfeed	53%	58%	59%	greater than 55%

6 Induction of labor is the artificial initiation of labor before it occurs naturally. The initiation of labor sometimes becomes necessary if the fetus is in danger or labor does not occur spontaneously, and the fetus is determined to be at full term. Primary reasons for labor induction include pre-eclampsia, eclampsia, severe hypertension, Rh factor sensitization, prolonged rupture of membranes or intrauterine growth restriction. Induction, however, does not occur without risks to mother and baby.

	LMH 2008	LMH 2009	LMH 2010	National ⁽¹⁾
Induction of labor	29%	28%	31%	23%

Maternity Care – How do we compare? (continued on page 13)

7 Gestational diabetes (GDM) is one of the most common clinical issues facing obstetricians and their patients. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the United States, and all pregnant patients should be screened between 24 and 28 weeks’ gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2008	LMHP 2009	LMHP 2010	Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	96%	greater than 90%

Data Footnotes:

(1) Births: Preliminary Data for 2009. National Vital Statistics Reports; Vol. 59, No. 3: National Center for Health Statistics. December 21, 2010. (2) Heffner, LJ, Sherman, CB, Speizer, FE, Weiss, ST. Clinical and environmental predictors of preterm labor. Obstetrics & Gynecology 1993; 81:750. (3) Tong, VT, Jones, JR, Dietz, PM, et al. Trends in smoking before, during, and after pregnancy – Pregnancy Risk Assessment Monitoring System (PRAMS), United States, 31 sites, 2000-2005. Morbidity and Mortality Weekly Report Surveillance Summaries 2009; 58:1. (4) Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999. (5) Comparative data from the Midas Comparative Database.

Postpartum Depression Is More Than “Baby Blues”

Many mothers-to-be dream of their newborn’s first days, imagining blissful days filled with cuddling and getting to know the newest member of their family. However, some mothers are distressed to find that, for them, the reality of their baby’s first days are filled with mostly unpleasant feelings. New mothers who experience these feelings for a prolonged time may be suffering from a treatable condition known as postpartum depression.



Postpartum depression is a treatable condition. New mothers whose symptoms last more than one or two weeks are urged to consult with their physician.

“It is very common for a new mother to feel sad or irritable for a few days after she delivers her baby. That is often caused by a sudden fluctuation in hormonal levels, and many people refer to it as the ‘baby blues’,” said Mary C. Testa, D.O., obstetrician/gynecologist at Licking Memorial Women’s Health – Pataskala. “However, if these feelings are severe, or if they last more than one or two weeks, the new mother may have postpartum depression, which is more serious than the baby blues, and may require treatment.”

Symptoms of postpartum depression may include:

- Restlessness, moodiness and irritability
- Sadness or frequent crying
- Feeling overwhelmed
- Fatigue
- Apathy
- Eating too much or too little
- Sleeping too much or too little
- Trouble making decisions
- Forgetfulness
- Feelings of guilt or worthlessness
- Loss of interest in things once enjoyed
- Withdrawal from family and friends
- Headaches, stomach aches and body aches
- Negative feelings toward the baby
- Thoughts of death or suicide

The precise cause of postpartum depression is not known. Current research suggests that a combination of hormonal changes, the adjustment to new parenthood, the increased workload, sleep deprivation and other stress factors may all play a role in developing postpartum depression.

The National Institute of Mental Health (NIMH) estimates that 7 to 13 percent of new mothers suffer from postpartum depression,

although NIMH also speculates the rate may be even higher, since many patients with postpartum depression do not seek treatment, and therefore, are unreported. According to the National Institute of Health, new mothers are at an increased risk of developing postpartum depression if they:

- Are under the age of 20 years
- Did not plan the pregnancy, or have mixed feelings about the pregnancy
- Have experienced postpartum depression with a previous childbirth
- Have a history of depression, bipolar disorder or an anxiety disorder
- Have a close family history of depression
- Have had a stressful event during the pregnancy or delivery, such as a serious illness, loss or illness of a loved one, or premature delivery
- Have a poor relationship with the baby’s father, or are single
- Currently abuse alcohol, illegal drugs, or smoke tobacco
- Have financial problems
- Have little support from family and friends

Pregnant women who have had postpartum depression following a previous pregnancy should inform their physicians of the experience. Early research indicates that pregnant women who are at an elevated risk may be able to lessen the severity or prevent the condition with exercise, hormonal therapy or antidepressants.

“The symptoms of postpartum depression usually become apparent within the first three months after the baby is born, but they can develop up to one year after the delivery,” Dr. Testa stated. “It is so important for new mothers not to feel guilty, or as if they are ‘bad mothers’ for having these feelings. What is important is that treatment is available, and great improvements can be made as soon as the patient consults with her physician.”

Depending on the patient’s history and severity of symptoms, the prescribed treatment may include hormonal replacement, other medications or talk therapy. Family and friends may also be enlisted to help with small chores and baby-sitting sessions. Any woman who has dangerous feelings, such as wanting to harm herself or her baby, is urged to call 9-1-1 for immediate help.

Vaccination Against Whooping Cough Is Important Precaution

As recently as three generations ago, pertussis (which is also known as whooping cough) was one of parents' worst fears. Each year during the 1920s and 1930s, there were more than 250,000 cases reported annually in the U.S., resulting in nearly 9,000 deaths. Many of the patients were children and infants. In the early 1940s, the DTaP vaccine became available to the public to prevent diphtheria, tetanus and pertussis. Through aggressive immunization efforts, the incidence of whooping cough decreased 96 percent by 1976. Unfortunately, the respiratory disease has re-emerged in recent years, erupting in localized outbreaks that can close schools and cause worried parents to seek medical attention.



Pertussis is often called “whooping cough” because of a high-pitched “whooping” sound the patient makes while trying to inhale during violent coughing spasms.

The incubation period for pertussis is usually seven to 10 days, but may last up to one month. As the illness begins, it often resembles a mild cold in the first week. Severe episodes of coughing develop after approximately 7 to 10 days. Untreated, the coughing spells may be so violent that they cause the patient to vomit, injure a rib or even lose consciousness. In between coughs, a “whoop” can often be heard as the patient struggles to inhale.

Pertussis is caused by a bacterium and is spread person-to-person through droplets that are released into the air by coughing and sneezing. Although anyone can develop the illness, it is most common in children. A pertussis vaccine that is included in the children's DTaP immunization series is very effective, but does not guarantee complete protection against the disease. According to the Licking County Health Department, 18 cases of confirmed and probable pertussis were reported in Licking County during 2008. The incidence rose sharply to 122 cases in 2009, and 127 cases in 2010. Although the majority of pertussis patients in 2010 were school age, others ranged from 1 month to more than 70 years.

In nearby Muskingum County, some schools closed temporarily in 2009 to suppress the spread of the highly communicable disease. The Zanesville-Muskingum County Health Department reported 217 cases of pertussis in 2009. The incidence decreased to 12 in 2010.

“When outbreaks occur, the patients who are the most vulnerable are infants too young to immunize, or whose

immunizations are not up to date,” explained Richard A. Baltisberger, M.D., pediatrician at Licking Memorial Pediatrics. “The disease can be quite serious, even deadly, for small infants. Older children, beginning at the age of 11 years, are the most likely to acquire the infection and present with a prolonged severe cough, as protection from the childhood DTaP vaccination begins to fade. These older children can then pass on the infection to young infants who are exposed to them.”

In the U.S., children are most often immunized against pertussis with the DTaP combination vaccine that protects against diphtheria, tetanus and pertussis. The Centers for

Disease Control and Prevention (CDC) recommends a schedule for DTaP vaccines that includes five doses between the preschool ages of 2 and 6 years.

In 2005, a new combination of vaccines was licensed for adults. The Tdap includes immunizations for tetanus, diphtheria and pertussis. The CDC recommends that any adult between the ages of 19 and 65 years who will have close contact with a child should receive a one-time Tdap vaccination.

The early symptoms of pertussis are quite similar to the common cold. During the first or second week (when the disease is most easily spread), the patient may exhibit:

- Runny nose
- Slight fever
- Mild cough

One or two weeks later, the patient may experience more serious symptoms:

- Spasms of rapid coughs that are followed by a high-pitched “whooping” sound as the patient tries to inhale
- Vomiting
- Fatigue

Whooping cough is treated with antibiotics. Parents who suspect their child may be showing signs of pertussis should call their pediatrician, especially for infants and children under the age of 2 years. In some instances, infants who contract whooping cough will require treatment in the hospital to protect them from dangerous complications.

New Appointments



Kevin T. Graham, M.D.,
joined Licking Memorial
Family Practice – Granville.



Tamara A. Mills, PA-C,
joined Licking Memorial
Family Practice – Hebron.



Gregory L. Vrabel, M.D.,
joined Licking Memorial
Anesthesiology.

National Doctors' Day March 30



In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will benefit new technology in the John & Mary Alford Pavilion. For more information, or to make a donation in a physician's name, please call (740) 348-4102.



**Licking Memorial
Health Systems**

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LMH Recognizes Donors for Their Contributions



LMH Development Council Executive Committee Chairman Bob McGaughy (far right) and Vice Chairman David Shull (far left) congratulate Judith and Robin Pierce (center) in recognition of their membership in the William Schaffner Society.

Two new donors were honored during a recent board meeting at Licking Memorial Hospital (LMH) for their generous contributions to the Licking Memorial Health Foundation. These contributions ensure that Licking Memorial Hospital can continue to provide excellent, quality health care for the community.

Judith B. and Robin E. Pierce were honored for their recent membership to the William Schaffner Society. The William Schaffner Society is comprised of community members and Licking Memorial Health Systems (LMHS) employees who have pledged a minimum gift of \$10,000 to the Licking Memorial Health Foundation (LMHF) over the course of 10 years.

Both Judith and Robin are devoted supporters of LMHS. They have made generous contributions of their time and financial resources to help LMHS achieve a high level of excellence.

Robin's association with the Health Systems began when he was born at Newark City Hospital, which was located at the corner of Buena Vista and Everett Avenues, before moving to its present location on West Main Street, and renamed Licking Memorial Hospital. Robin has been a Licking County resident throughout his life. He graduated from Newark High School and attended the University of Cincinnati. After college, he served in the Army National Guard for six years as a Specialist E4 – Battalion Clerk.

Robin owns and operates Cornell Clothing Store, Inc., on the square in downtown Newark. He is a member of the Downtown Newark Association, and is a counselor for the Boy Scouts of America, Simon Kenton Council, and serves on the Programming Committee of the Midland Theatre. Robin's interests include music, art and antiques. He also finds time to pursue his hobby of philately, which is stamp collecting.

Judith is originally from Steubenville, Ohio. She graduated from Steubenville High School and attended Steubenville Business College. She has also attended Ohio University in Athens and The Ohio State University – Newark. In 1981, Judith moved to Licking County and soon began working at a local cable television company, Tower Communications. From the ground floor, she worked her way up to the position of Vice President of Times Mirror Cable, Cox Communications and Frontiervision. When Adelphia Cable purchased Frontiervision, Judith was named Regional Manager. She retired in 2000.

Judith has been an influential presence at LMHS. From 1998 to 2007, she was a member of the Licking Memorial Hospital Board of Directors, and served as chairman from 2003 to 2007. She then joined the Licking Memorial Health Systems Board of Directors, and continues to serve in that capacity to this day.

Elsewhere in the community, Judith serves on the Midland Theatre Board of Directors and the Licking County Foundation Governing Committee. She is a past board member of the Licking County Chamber of Commerce and the Licking County United Way. In 2005, Judith was recognized for her extraordinary contributions to the community with the prestigious Woman of Achievement Award. Her personal interests include reading, exercise and antiques.

As long-time friends, Judith and Robin married in 1981, and have been married 29 years. They share four adult children, Karen, David, Amy and Emily, and nine grandchildren. They also share a passion for improving the health of the community – which is demonstrated by their history of financial support as Community Cornerstone donors, and by their attendance at many Health Systems' events throughout the year.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality health care services to our community. LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. The funds are used to enhance medical services and facility improvements at LMHS, and do not assist with general operating expenses.



Cindy Webster, LMHS Vice President Financial Services

Cindy Webster, LMHS Vice President Financial Services and her husband, Thaddeus, also were recognized for their membership in the John Alford Fellowship. Membership is reserved for individuals who support the LMHS mission to improve the health of the community by pledging between \$25,000 and \$49,999 over a period of 10 years.

Cindy Webster was named LMHS Vice President Financial Services

LMH Recognizes Donors for Their Contributions (continued on page 17)

in 2009. In this position, she oversees the LMH Registration Department, Hospital and Physician Coding, Hospital and Physician Billing/Patient Accounting, Fiscal Services, Purchasing and Managed Care Contracting.

She joined LMH in January 1991 as a phlebotomist in the Laboratory. Cindy transferred to the LMH Patient Accounting Department in 1993 and later became Patient Accounting Department Coordinator. In late 2000, she assumed the title of Director of Managed Care Contracting. Cindy was later named Vice President of Revenue Cycle in spring 2007. Cindy holds a Bachelor of Arts degree in Business Administration from Mount Vernon Nazarene University in Ohio.

Both Cindy and Thaddeus are active supporters of LMHS. In July 2004, they became members of the William Schaffner Society before recently deciding to increase their donation to

the John Alford Fellowship level. In addition, Cindy has been a member of the LMH Development Council's Annual Support Committee, and has served as co-chairman of the LMH PRIDE Campaign in 2003. Cindy and Thaddeus reside in Newark with her son, Nathan.

The John Alford Fellowship was created in 1996 by the Development Council of LMH to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. Charitable contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.

Donors

Contributions to Licking Memorial Health Foundation are used toward new equipment and services at Licking Memorial Hospital. To learn more about giving opportunities, please call (740) 348-4101.

CADUCEUS SOCIETY

Dr. and Mrs. Bryce Morrice

CAPITAL IMPROVEMENT FUND

TWIGS Executive Board

TWIGS 4

TWIGS 6

TWIGS 8

TWIGS 13

TWIGS 14

TWIGS 24

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Opportunities for Honorary and Memorial Giving

Licking Memorial Health Foundation (LMHF) offers a program for community members to pay tribute to a beloved family member or friend. The Honorary and Memorial Giving program provides a special way for members of the community to commemorate a special event, celebrate a recovery or memorialize a special individual through monetary contributions that benefit Licking Memorial Hospital (LMH).

The contributions are utilized by LMH to help maintain the high standards of medical treatment and quality care that is essential to the well-being of the Licking County community. "It is our mission to improve the health of the community by providing quality care," said Veronica Link, Vice President Development & Public Relations. "Contributions help ensure that we keep pace with the rapid advancements in medicine, remain at the forefront of technology and provide excellent health care, regardless of an individual's ability to pay."

LMH Development Council Community Relations Committee

The Community Relations Committee is part of the Licking Memorial Hospital (LMH) Development Council, which also includes the Education & Membership Committee and the Annual Support Committee, and is overseen by an Executive Committee. The primary goal of the Community Relations Committee is to support the Development Council's mission of maintaining a positive image for Licking Memorial Health Systems (LMHS) and foster positive relationships within the Licking County community.

As part of its goal, the committee strives to create forums for open and educational dialogue between Hospital administration and members of the community, and is responsible for organizing various speaking engagements to promote the values of LMHS and ensure that community members are informed about Hospital services. In addition, the committee hosts special community events including fundraisers, educational opportunities and recognition ceremonies that serve to enhance positive relationships for both the Hospital and Health Systems. Some of these special events include: the Lifetime Achievement Reception, the annual Golf Gala, the annual educational program for

All contributions will be immediately confirmed by mail, and a letter of acknowledgment will be sent to the designated honoree or the honoree's family. A donation to the Honorary and Memorial Giving program is a lasting tribute. Both donors and honorees are permanently memorialized in the Honorary and Memorial Gift Book on display in the main lobby of the Hospital.

To make a donation, please visit www.LMHealth.org, pick up a brochure in the main lobby of the Hospital or contact the Licking Memorial Health Systems Development Office at (740) 348-4102. All donations are tax deductible to the extent allowed by law.

community members, the annual Funeral Directors' Breakfast and numerous Community Leaders Roundtable meetings.

The Community Relations Committee is chaired by Cindy Steen, who joined the Development Council in 2001 and has held various health care marketing leadership positions for more than 20 years. Mary Jane McDonald, who is retired from Denison University where she served as Vice President of University Resources and Public Affairs, joined the Development Council in 1993. She serves as Co-Vice Chairman of the Committee along with Robert O'Neill, who serves as President of the Southgate Corporation and joined the Development Council in 2004.

The LMH Development Council falls under the auspices of the Licking Memorial Health Foundation and is committed to pursuing ways to enhance productivity in order to serve the community more effectively. It was established to conduct charitable giving activities for the benefit and support of LMH and facilitate educational programs, roundtable discussions and forums to enhance the Hospital's relationship with the community.

LMH Development Council Community Relations Committee

Cindy Steen, Chairman
Mary Jane McDonald, Co-Vice Chairman
Robert O'Neill, Co-Vice Chairman
Tony Adams
Ed Bohren
Karen Burger
Marcia Downes
Judy Edwards

Stephen Fowler
Ann Howard
Patrick Jeffries
Melissa Johnston
Al Kanuch
Barb Kanuch
Willard Kuhlwein
Michele Layman

Linda Linham
Chris Meyer
Thomas Mullady
Diane Paetz
Patricia Parker
John Weaver
Linda Wiegand
James Young

LMH TWIGS Elects 2010 Officers

The Licking Memorial Hospital (LMH) TWIGS organization has elected new executive board members for 2011. The new TWIGS Executive Board members are:

- Sherry Staggers – Chairman
- Sharon Wills – Chairman Elect
- Darlene Baker – Recording Secretary
- Ruth Mann – Corresponding Secretary
- Nancy Malarky – Treasurer
- Betty Siarnicki – Assistant Treasurer



The members of the LMH 2010 TWIGS Executive Board are (left to right): Darlene Baker, Chairman Sherry Staggers, Betty Siarnicki, Nancy Malarky, Chairman Elect Sharon Wills and Ruth Mann.

operates the LMH Gift Shop located on the first floor of the Hospital, which is open eight hours each day, seven days per week, except on holidays.

TWIGS 13, established in 1955, was known as the “Candle TWIGS” because selling candles was their major fundraising project. Though they have participated in many fundraising ventures, they currently coordinates the Christmas Greenery Sale.

TWIGS, which stands for Togetherness, Willingness, Imagination, Giving and Sharing, is a fundraising organization that originated with a ladies’ auxiliary group of Rochester General Hospital in Rochester, New York in the late 1800s. In 1950, Mrs. John Spencer (Ernie) established the first TWIGS group in Licking County when she asked her bridge group to form TWIGS 1. Currently, the Hospital has six active TWIGS groups.

TWIGS 4 was established in 1950, and originally ran the snack bar at the former Newark City Hospital on Buena Vista Avenue. Today, the group coordinates the Rada Cutlery Sale.

TWIGS 6 was organized to open the Granville Thrift Shop. The shop has relocated several times since first opening in 1950.

TWIGS 8 was also established in 1950, and began selling homemade baby items, candy and jewelry. Today, the group

TWIGS 14 began in 1958. Through the decades, this group has held benefit teas, bowling tournaments and a children’s puppet show. Their main project is the annual Tour of Homes, which has been running since 1963.

In 1994, TWIGS 24 was established by a group of LMH employees. Their main projects include book sales, jewelry sales and operating the Hospital’s vending machines.

Since the first TWIGS groups organized at LMH in 1950, they have contributed more than \$4.5 million to the Hospital for use in capital purchases and fulfilling equipment needs. For additional information about becoming a TWIGS member, contact Carol Barnes, LMH Director of Volunteers, TWIGS and Events at (740) 348-4079.

New Handrail for the Cardiology Walkway



To increase patient safety, Licking Memorial Hospital (LMH) has added a sturdy handrail along the sidewalk leading to the Cardiology Department on the Hospital's east side. LMH also has parking spaces near the Cardiology Department that are reserved year round for Cardiology patients' convenience.

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James M. Jeffries III, M.D., FACS



Licking Memorial
Reconstructive & Cosmetic Services

Volunteer Spotlight – Lori Brown



Lori Brown

As a young girl in Vandalia, Ohio, Lori Brown observed her mother faithfully serving her local community as a nurse, and recalls being impressed by the impact she made on others. “My mother was a loving individual who always thought of others before herself,” Lori said. “Beyond her caring nature as a nurse, her personal desire to help others was an attribute that deeply affected me the most.”

After receiving a Bachelors degree in Mathematics and Statistics from Miami University in Oxford, Ohio, and a Masters degree in Computer Science from Kansas State University in Manhattan, Kansas, Lori served for 28 years as a project manager in the telecommunications industry. Upon her retirement from Alcatel-Lucent in 2008, Lori decided to give back to her community through volunteerism. Although she did not follow her mother’s vocational path, Lori’s fond childhood memories of her mother’s career fueled her desire to concentrate much of her volunteer efforts in a healthcare-related setting.

Lori began volunteering at Licking Memorial Hospital (LMH) in June 2008 through the encouragement of a close friend. She currently serves one day each week greeting and assisting patients and visitors at the front desk reception area in the main lobby. “I like to add a personal touch by making friends with the regular visitors to LMH,” Lori said. “Coming to a hospital for any reason can be stressful. I want to help people have a good experience while they are here at LMH.”

Carol Barnes, Director of TWIGS and Volunteers, speaks very highly of Lori. “Lori is an excellent volunteer – she is always helpful to all who enter the front door,” said Carol. “She is wonderful with the people she meets each week and takes her duties very seriously.”

Lori enjoys spending time on the family farm with her husband, Al. The couple, who have been married for 22 years, lease their farmland to local farmers who plant and harvest crops. During this past year, the couple created two wetland areas on their property to attract wildlife and help preserve nature. She enjoys playing tennis, being active in her local church, and serving the community through various organizations: the American Red Cross, Hospice of Central Ohio and the Licking County Computer Society.

Retiree Spotlight – Dr. T. Thomas Mills



Dr. T. Thomas Mills

After retiring from the Air Force in 1963, T. Thomas Mills, M.D., began to search for a location to practice family medicine. His uncle, Paul Grove, M.D., who was then on staff at Newark City Hospital (renamed Licking Memorial Hospital [LMH] in 1966), contacted him about the need for a family physician in the Licking County area. Dr. Grove reasoned that he would be a perfect fit to serve the healthcare needs of individuals and families in our community, many of whom were also connected with the Newark Air Force Base.

Heeding his uncle’s advice, Dr. Mills moved to Licking County in 1963 to begin practicing family medicine in Heath, and served the community for the remainder of his medical career. He was able to apply his medical experience acquired during his military career to his service in the community and the Hospital. “As a physician for the Air Force, I offered a variety of healthcare services for families, including delivering babies,” said Dr. Mills. “I had the opportunity to utilize that experience, and provide similar care at the Newark City Hospital.”

Dr. Mills was one of the first family physicians in the area to join the Licking Memorial Health Professionals when it was formed in 1995. After serving the community for 35 years, he retired from Licking Memorial Health Systems (LMHS) in 1998. Dr. Mills remarked, “While practicing medicine in the Newark/Heath community, I deeply enjoyed the people and the numerous relationships that I developed then and still have today.”

Dr. Mills has three children: a son, David, who develops and sells surgical medical equipment, and two daughters, Julie, who is a stay-at-home mom, and Sarah, a nurse practitioner. He is also a proud grandfather of five. Prior to his years of service in the Air Force, Dr. Mills attended The Ohio State University (OSU) to earn both his bachelor’s degree in biological science and his Doctor of Medicine, followed by an internship and residency at OSU Medical Center. Since retiring, Dr. Mills has been involved in a real estate company partnership, volunteers in Licking County and has stayed active in supporting the medical community. Dr. Mills previously served on the Board of Directors for both LMH and LMHS. He currently serves as the Board Chairman at Kendal at Granville, is a member of the Medical Alumni Board of Governors at OSU College of Medicine, and will serve as the 2011 Honorary Chairman for the LMHS Golf Gala.

Health and Fitness Fair

Along with the Licking County Family YMCA and Denison University, Licking Memorial Health Systems (LMHS) is co-sponsoring the Health and Fitness Fest. The event will take place on Saturday, April 2 from 10:00 a.m. to 2:00 p.m., at the Licking County Family YMCA’s Mitchell Center, located at 470 West Church Street, in Newark. No registration is required, and admission is free.

The Health and Fitness Fest will feature health screenings, information tables, giveaways, sports-related activities, and fitness demonstrations. LMHS staff members will be available to discuss health issues, ranging from nutrition to heart health.

Art from the Heart Draws Record Attendance

More than 600 people attended the Art from the Heart event co-sponsored by Licking Memorial Health Systems (LMHS) and The Works on February 12. The annual event encourages families to bring their children to The Works in Newark to visit the museum, learn about heart health and create works of art.

The children had an opportunity to experiment with various art media, receiving one-on-one attention from



Kyle and James Cooperider received instructions from LMH Director of Surgical Services Greg Wallis in a mock laparoscopic procedure.

volunteers. Techniques included fingerpainting, ink stamping and paper collage.

At several special booths located throughout The Works, clinical staff from Licking Memorial Hospital (LMH) demonstrated some of the science used to protect patients' health. Children received life-sized tracings that illustrated where their hearts are located, their personalized heartbeat print-outs, and a heart-healthy snack.

At a simulated laparoscopic surgery exhibit, both children and adults were able to test their skills as a surgeon. Using a laparoscope camera and forceps, "surgeons" were able to watch their actions displayed on a nearby video monitor.

A reception honoring the Art from the Heart participants will take place later this spring at LMH. In addition, many of the young artists' works will be framed and displayed throughout the Hospital.



Ava Seville made paper cutouts for her artwork at Art from the Heart.

Community Education – Dining with Diabetes *(continued from front page)*



Annmarie Thacker, R.D., L.D., C.D.E.



Shari L. Gallup, M.S., CFLE

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program for individuals with diabetes and their families that offers healthy alternatives to food preparation. The program, led by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., CFLE, will include healthy meal demonstrations, taste-testing and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Licking County Extension Office. Advance registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and is due at the time of registration. Space is limited – please register by Friday, April 8.

Community Education – Digestive Disorders *(continued from front page)*



Shakil A. Karim, D.O.

Each year, millions of Americans are diagnosed with digestive disorders, ranging from the occasional upset stomach to life-threatening colorectal cancer. Digestive disorders can affect the gastrointestinal tract, liver, gallbladder and pancreas, and are often complex with subtle symptoms. The causes of many of these disorders remain unknown; however, they may be inherited, or result from stress, fatigue, diet, tobacco use or alcohol abuse.

Gastroenterology is a subspecialty of Internal Medicine that focuses on the diagnosis and treatment of these disorders. In most cases, a thorough and accurate medical history and physical examination is necessary to accurately diagnose and

effectively treat a digestive disorder. These disorders include:

- Acid reflux
- Peptic ulcer disease
- Ulcerative colitis
- Crohn's disease
- Irritable bowel syndrome
- Colon polyps
- Hepatitis
- Cirrhosis

Gastroenterologist Shakil A. Karim, D.O., of Licking Memorial Health Systems will discuss digestive disorders during an educational session for the community on Thursday, April 28, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. Registration is required. To register, please call (740) 348-2527.



Licking Memorial Health Systems

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You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org.

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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Community Events

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

Tobacco Cessation

Thursday, March 24, at 6:00 p.m.

No charge

Licking Memorial Hospital
First Floor Conference Rooms

Registration is required, and space is limited. Call (740) 348-2527 to register. See story on front cover for more details.

Digestive Disorders

Thursday, April 28, at 6:00 p.m.

No charge

Licking Memorial Hospital
First Floor Conference Rooms

Registration is required, and space is limited. Call (740) 348-1572 to register. See story on front cover for more details.

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m.

No charge.

Shepherd Hill, 200 Messimer Drive

A physician knowledgeable in the field of chemical dependency will answer questions. Open to the public. Call (740) 348-4878 for more information.

Diabetes Self-Management Classes

Licking Memorial Diabetes Learning Center

1865 Tamarack Road, Newark

Tuesday classes

Wednesday classes

9:00 to 11:00 a.m.

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

Diabetes Self-Management 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 are required. To register for the classes, call (740) 348-4722. For information regarding course fees, call (740) 348-4915. Fees vary depending on insurance coverage.

Pregnancy and Infant Loss Support Group

For families who have experienced a pregnancy loss, the loss of a child who died at birth or a few months after birth, this four-week course helps explore grief, hope and healing. For additional information, or to register for the group, please contact Hospice of Central Ohio Bereavement Services at (740) 788-1474.