



Licking Memorial Health Systems

# Community Connection

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**Check out** our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

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Measurably Different ... for Your Health!

# LMH Named on 2017 Health Care's Most Wired® Award List

Licking Memorial Hospital (LMH) recently was recognized as one of Health Care's Most Wired® Hospitals for 2017. According to results of the 19th Annual Health Care's Most Wired® survey, recently released by the American Hospital Association's (AHA) Health Forum, technology is making it easier for patients and providers to interact, thus improving communication, safety and patient-provider relationships. New tools are helping patients become more actively involved in their care and maintaining their health.

According to the survey, Most Wired hospitals are using smart phones, telehealth and remote monitoring to create more ways for patients to access healthcare services and capture health information. This year's results show:

- 76 percent offer secure messaging with clinicians on mobile devices.
- When patients need ongoing monitoring at home, 74 percent use secure emails for patients and families to keep in touch with the care team.
- 68 percent simplify prescription renewals by letting patients make requests on mobile devices.
- 62 percent add data reported by patients to the electronic health record to get a better picture of patient symptoms.
- Nearly half of the hospitals are using telehealth to provide behavioral health services to more patients.
- 40 percent offer virtual physician visits.
- More than 40 percent provide real-time care management services to patients at home for diabetes and congestive heart failure.

"We are pleased to be recognized for a fourth year at the national level for our efforts to improve the health of our community. For a number of years, we have been heavily focused on implementing advanced clinical systems at the point of care that directly impact the quality of care provided to our patients. We have expanded these systems outside of the four walls of the Hospital to include direct patient access to medical information using our patient portals as well as electronic information sharing with providers outside of Licking Memorial Health Systems (LMHS)," said Rob Montagnese, LMHS President & CEO.

LMH has excelled at leveraging its wireless network to support clinical technology at the point of care. Mobile radiology, cardiology, and biomedical equipment communicate wirelessly with the Hospital's Electronic Medical Record (EMR). Voice communication using the unique hands-free Vocera devices, worn by nearly every member of the clinical staff, occurs over the secure wireless network. In addition, Vocera devices allow patients to communicate directly with nurses by activating the nurse call button. Bed alarms and patient monitoring equipment are also connected wirelessly to Vocera, providing clinical staff with continual updates from the patient bedside.

"The Most Wired hospitals are using every available technology option to create more ways to reach their patients in order to provide access to care," said AHA President and CEO Rick Pollack. "They are transforming care delivery,

investing in new delivery models in order to improve quality, provide access and control costs."

LMH provides digital diagnostic images from Radiology, Cardiovascular Imaging, Mammography, Neuroimaging and Nuclear Imaging to the appropriate care provider regardless of the provider's location, and integrates those images with the EMR. LMH also utilizes patient monitoring equipment which sends data directly into the EMR, including bedside blood pressure, pulse oximetry, temperature, glucose, lab tests and fetal monitoring.

Innovation in patient care embraces emerging technologies and underscores the need for secure patient information exchange. Hospitals have increased their use of sophisticated IT monitoring systems to detect patient privacy breaches, monitor for malicious activities or policy violations and produce real-time analysis of security alerts.

- 97 percent use intrusion detection systems.
- 96 percent perform data access Audits.
- Nearly 90 percent run targeted phishing exercises to teach employees to question suspicious emails.

Most Wired hospitals are transforming care delivery with knowledge gained from data and analytics. They are investing in analytics to support new delivery models and effective decision-

making and training clinicians on how to use analytics to improve quality, provide access and control costs.

- 82 percent analyze retrospective clinical and administrative data to identify areas for improving quality and reducing the cost of care.
- Three-quarters use sophisticated analytics such as predictive modeling and data to improve decision-making.
- Nearly 70 percent interface electronic health record data with population health tools for care management.
- More than 70 percent are providing data analytic tools training to physicians and nurses.
- 45 percent initiate a patient pathway using health IT to follow a care plan.
- Nearly 40 percent deliver quality metrics to physicians at the point-of-care.
- 32 percent have tools for real-time patient identification and tracking for value-based care conditions, such as chronic obstructive pulmonary disease.

Health Care's Most Wired survey, conducted between January 15 and March 15, is published annually by Hospitals & Health Networks (H&HN). The 2017 Most Wired survey and benchmarking study is a leading industry barometer measuring

information technology (IT) use and adoption among hospitals nationwide. The survey of 698 participants, representing an estimated 2,158 hospitals – more than 39 percent of all hospitals in the U.S. – examines how organizations are leveraging IT to improve performance for value-based health care in the areas of infrastructure, business and administrative management, quality and safety, and clinical integration.

Detailed results of the survey and study can be found in the July issue of H&HN. For a full list of winners, visit [www.hhnmag.com](http://www.hhnmag.com).

The AHA is the national organization that represents and serves all types of hospitals and healthcare networks, as well as their patients and communities. Nearly 5,000 hospitals, healthcare systems, and other healthcare providers, in addition to 43,000 individuals, form the AHA. Founded in 1898, the AHA provides education for healthcare leaders and is a source of information regarding current healthcare issues and trends. For more information, please visit [www.aha.org](http://www.aha.org).

## App Offers Access to Medical Records

The Licking Memorial Hospital (LMH) Patient Portal now offers an app, available through the Apple App Store and Google Play, which allows patients faster mobile access to their medical records. The Meditech MHealth app provides a secure, direct and streamlined connection to health information via personal mobile devices.

Interested users should search, "Meditech MHealth," download the app and then search for Licking Memorial Hospital. Patients use their existing Patient Portal logon ID and password to view their data. The app may be used to review lab results, medical reports, discharge medications, discharge instructions, and secure messages regarding after care, healthy living and special events happening at LMH.

"Patients have continually asked for quicker, easier ways to engage in their medical record information via mobile devices. The MHealth app will satisfy this request by giving faster mobile access to the LMH Patient Portal login screen, increasing the usability of access to patients on the go," explained Clinical Applications Analyst Nemili Johnson, R.N., B.S.N., M.M.I.

With MHealth, numerous key features make it easy for patients to connect to the Meditech Patient and Consumer Health Portal.

- Portal Selector: MHealth's Portal Selector allows patients and their family members to easily locate LMH's Meditech Portal, and launch the connection with a single tap.
- Intuitive and user-friendly: Upon opening MHealth, the user is immediately connected to the Meditech Portal — no need to launch a browser and search for a bookmarked link.
- Streamlined web view: MHealth provides the web browser functions needed to navigate the Meditech Portal, for a smooth, streamlined user experience.

For assistance or questions about the app, please contact a Patient Portal Specialist by phone at (220) 564-4030, Monday – Friday, 8:00 a.m. to 4:30 p.m. or email at [PatientPortalQuestions@LMHealth.org](mailto:PatientPortalQuestions@LMHealth.org).



# LMH Offers Broad Spectrum of Maternity Care

Having a baby is an exciting and life-changing experience. Licking Memorial Hospital (LMH) is honored to share the wonder of these special moments with more than 1,100 women each year. From countless comfort features to the hand-picked members of the dedicated staff, every aspect of the LMH Maternal Child Department's First Impressions program compliments the wide array of women's services and programs offered by Licking Memorial Health Systems (LMHS), including a dedicated women's imaging center and extensive gynecology services. LMH's maternity unit serves local families who prefer advanced medical services closer to home. Through a family-centered approach, the comprehensive maternity unit and Level II Special Care Nursery focus on enhanced patient experiences with uncompromising commitment to quality medical care for families and babies.

To help prepare for the birth of a baby, LMH First Impressions offers a variety of childbirth and parenting education classes. The Prenatal Breastfeeding Basics class is designed to provide expectant parents with information about the benefits of breastfeeding for mothers, babies and society. Parents learn the basics of breastfeeding, including skills and techniques necessary for successful breastfeeding, and have an opportunity to speak with one of our International Board Certified Lactation Consultants. Many women – brand new mothers and experienced parents alike – have difficulty breastfeeding or just want an open and supportive environment to ask questions and meet other breastfeeding moms. The Breastfeeding Promotion and Support Program offers encouragement and education in all aspects of breastfeeding and its impact on daily life, both during pregnancy, and after the birth of a baby. Designed to assist mothers in making an informed decision about infant feeding and nutrition, the Program also provides clinical support, and skills training necessary for women to establish effective breastfeeding while in the Hospital, and to provide continued support and resources to maintain exclusive breastfeeding at home.

LMH was among the first facilities in Central Ohio and one of the first 400 nationwide to receive the prestigious Baby Friendly Hospital designation. The international Baby Friendly program recognizes hospitals that offer mothers the information, confidence and skills necessary to successfully initiate and continue breastfeeding their babies. As a unique incentive, patients who complete the Breastfeeding Education class and the Breastfeeding Promotion and Support Program at LMH will receive an electric double breast pump at discharge. The lactation consultant also may consult with mothers who plan to formula feed, in order to discuss the benefits of breast milk for at-risk and premature babies.

A Childbirth Education Class prepares expectant mothers and their coaches for labor and delivery by providing practical instruction, including relaxation and breathing techniques. A Sibling Preparation Class is designed to help older siblings understand their place within the family and includes a discussion of a baby's appearance, and what to expect when visiting mom and the new baby. A Grandparenting class focuses on changes in the best and safest practices for caring for newborns in recent years. Friends and Family Infant CPR, Newborn Basics and a childbirth pain management class also are among the education offerings.

"Stork tours" provide expectant families the opportunity to visit the state-of-the-art facilities and learn more about LMH Maternal Child services in person. The Baby Expo, presented annually by the LMH Development Council, features Maternal Child staff and area businesses, offering an opportunity for attendees to learn more about local baby/maternity products and services. Safety-themed hands-on demonstrations presented by subject-matter experts address CPR, choking, bathing techniques and dangers in the home and in vehicles.

At LMH, the Maternal Child staff strive to provide the smoothest and most comfortable labor and delivery experience possible. Our priority is to help make each patient's stay the first of many happy memories with their baby.

Mothers and families, who choose to have their baby at LMH, will enjoy the conveniences of home in our birthing suites, which are among the largest and most comfortable in Central Ohio. Each suite includes a bathroom with a private shower and a multimedia flat-screen television. Specially-designed, fully adjustable beds allow multiple positions for maximum comfort during and after delivery.

Whether patients prefer to progress naturally or choose to have an epidural anesthetic, Labor & Delivery staff carefully consider each patient's particular desires and expectations to help craft individualized birthing plans. Thanks to the use of centralized fetal monitoring equipment, patients are provided with a measure of privacy while maintaining the peace of mind that the staff is continually assessing the progress of both mother and baby. The remote monitoring technology also allows mothers the freedom to move about during the labor process. Expectant mothers have access to birthing and peanut balls during labor and also may consult midwives and/or a certified doula – a trained professional who provides continuous physical, emotional and informational support throughout labor and delivery. A fully-equipped operating room is available right on the Maternity Unit should a Caesarean section be necessary.

"We are pleased to offer a broad spectrum of maternity services to meet the needs of expectant mothers," said Lynda Hoffman, Director of the Maternal Child Department. "Patients appreciate the opportunity to experience a low-intervention birth, while knowing the safety of high-tech medical interventions are readily available," she continued.

For the first hour after delivery, LMH promotes "snuggle time" for parents to bond with the newborn through skin-to-skin contact. Known as Kangaroo Care, this method can be provided by both mother and father and is encouraged for all stable babies throughout the Hospital stay. Benefits of Kangaroo Care include: steady heart rate, regular breathing, stable temperature regulation and blood

pressure, increased oxygen in the baby's blood, improved weight gain, and reduced pain.

The relaxed atmosphere of the postpartum unit allows parents to bond with their baby while the professional nursing staff provides support and the one-on-one education necessary to ensure a smooth transition home. Rooming-in also is encouraged throughout the Hospital stay and allows new parents an opportunity to care for their baby with medical staff close by to provide assistance as needed. Sleeper sofas in each room allow spouses to stay and connect as a new family. Each birthing suite features an infant care station, so that a newborn may be thoroughly examined without ever leaving the mother's sight. If a medical need should arise, equipment for more intensive care is nearby. A state-of-the-art security system protects newborns in all areas of the Maternal Child Department. A wristband placed on the infant upon delivery uniquely matches those placed on the mother and their support person at the time of registration. Visitors receive secure passcodes for entry into the post-partum unit, and siblings wear special badges.

Trained registered nurses provide care for well babies primarily in the mother's room, and to ill newborns in a specialized care nursery. Designated as a Level II facility by the Ohio

Department of Health, the Special Care Nursery is equipped with critical care and stabilization equipment, such as ventilators for infants with breathing difficulties and photo therapy for jaundiced infants. Extremely premature babies, or babies who require transfer for more intensive care, often can return to LMH through the reverse transfer program – which allows newborns to receive necessary treatment closer to home and makes travel less of a burden to family and loved ones.

Several unique services are available to new parents at LMH. A chef-prepared gourmet dinner for two is served by candlelight to allow new parents to celebrate in the privacy of their room. Room service allows patients the convenience to choose what and when to eat. These meals also are available to

visiting friends and family at a reasonable cost. LMH massage therapists assist in pain management and comfort – while in Labor and Delivery or in the Postpartum unit. As part of the Mother-Baby Home Wellness Check program, a trained nurse makes a home visit after discharge to answer any questions and refer community resources, as needed. To ensure the new baby's first ride home is as safe as possible, an LMH staff member who received training as a Certified Car Seat Technician will inspect the car seat to confirm it meets safety guidelines. The technician accompanies new parents to the car to make certain the seat is installed properly, as well.

The birth of a baby is one of the most precious times in a family's life. LMH looks forward to providing a birthing experience, which emphasizes quality and compassion in a family-oriented environment, in order to offer the best and healthiest outcome for the entire family. Our blend of high-tech and high-touch service offers a level of maternal care that will allow the first impressions of a new baby to leave a lasting memory.



# Vaccination Misconceptions

Over the past decades, conflicting reports have created confusion concerning the safety and effectiveness of vaccinations. The reported information has wrongly caused apprehension and misconceptions concerning vaccinations. The sense of doubt and concern has persuaded many parents to opt out of vaccinating their children.

Richard A. Baltisberger, M.D., who serves the Licking County community as the Chief of Pediatrics at Licking Memorial Hospital, often educates parents and guardians of the pediatric benefits of vaccinations, and provides documented research to dispel misconceptions. One concept concerns whether or not vaccinations are able to fight viruses or infections. "If you were to review the statistics before and after vaccinations were invented, the numbers plummet. There is no question, scientifically, that these vaccinations work," Dr. Baltisberger stated. "Before vaccinations, many people who were diagnosed with diseases such as influenza, measles and Hepatitis B were not able to overcome the symptoms and, in many cases, such viruses caused death. But today, the mortality rates of such diseases are either nonexistent or tremendously low." Among children born from 1994 through 2013, vaccination had prevented 322 million illnesses, 21 million hospitalizations, and 732,000 deaths the Centers for Disease Control and Prevention (CDC) estimates.

Craig Cairns, M.D., LMHS Vice President of Medical Affairs, expressed concerns

about medical studies falsely claiming that the antigens in vaccines given at the same time overwhelm the immune system. Antigens – substances that cause the body to create antibodies – are necessary in the fight to ward off infectious diseases. "The Gerber Clinic of Infectious Diseases states that there are less immunological components in vaccines today than there were in the 1980s, with a comparison of more than 3,000 components compared to less than 200 components in 2009," said Dr. Cairns.

Furthermore, a CDC study in 2013 tested 1,047 children, aged 7 to 10, who received 7,266 antigens, 8,127 antigens, and 10,341 antigens at ages 7, 12 and 24 months, respectively. This was aimed to analyze the results to see if the children's immune systems were negatively affected by receiving a larger dose of antigens versus a smaller dose of antigens. The study concluded there was no association between the number of antigens received through vaccines in the first two years of life and a negative impact on the immune system. Interestingly, the study found that the children who received the most antigens tested better in attention and executive functions than those who received less antigens.

Many avoid vaccinations due to a medical study that stated vaccines may cause autism in children. This misconception stemmed from a discredited physician whose title as a medical doctor had since been renounced. The former physician had stated that the MMR vaccine caused intestinal inflammation, which led to

translocation of certain proteins into the bloodstream that damaged brain development in young children. This paper has been repeatedly discredited in medical literature and his findings were not only found to be invalid, but fraudulent. The paper was deleted from public record in 2010 for its falsity. To date, no scientific evidence supports this theory; however, there have been numerous studies contradicting such claims. "There is no evidence that links any vaccine to autism in children," Dr. Baltisberger said. "However, many studies prove that vaccines do not cause autism." For example, in 2013, the CDC performed another study to analyze vaccines and the antigens used in the vaccinations. Antigens were observed for the first two years of each child's life. The study observed children who had autism, and those who did not. The results showed that the total amount of antigens in the children's bodies were the same, meaning there was no correlation between vaccines and autism.

Although these illnesses are declining due to the emergence of vaccines, a chance remains that a child could contract such debilitating and deadly viruses without proper vaccination. If you have questions or concerns regarding vaccinations, please contact your family physician or pediatrician for more information.



# Licking County Youth Participate in the Third Period of the Active•Fit Program

Youth in Licking County, ages 6 to 12, participated in numerous events throughout the third period of the Active•Fit Program, including a field day, bowling, and a 1-mile Fun Run. These events encouraged youth to exercise, eat healthy foods, and maintain proper fluid intake for good health.

On Tuesday, June 27, Licking County youth participated in the Active•Fit Field Day at Alford-Reese Park in Newark. Youth had an opportunity to join multiple activities throughout the event with snack/hydration breaks, and water games to cool off at the end of the fun-filled afternoon. The children were split up into two age groups, ages 6 to 8 and 9 to 12, and participated in two games of choice, including flag football, soccer, kickball, and freeze tag.

Approximately 100 youth attended the Active•Fit Bowling event, which was held on July 26. The event was hosted by Park Lanes Bowling Center in Heath and featured two hours of free bowling for youth attendees that included an exciting

hour of glow light bowling. Healthy snacks were provided throughout the event.

The annual Active•Fit Fun Run completed the third period events lineup for the summer months. Active•Fit youth were able to participate in the run prior to the LMHS "For Your Health" 5K Run/Walk. The children received a T-shirt and gift bag for participating in the Fun Run.

Participation in all Active•Fit summer events counted toward the Active•Fit Program Period 3 goals. The current period, complete with new goals, began September 1. All Program participants have an opportunity to choose and complete new wellness goals by December 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit program has registered more than 3,100 participants who select health-related goals and track their progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit [www.ActiveFit.org](http://www.ActiveFit.org).



# Behind the Scenes – Radiology

Radiologists are physicians (M.D. or D.O.) who specialize in diagnosing and treating disease and injury through the use of medical imaging. Radiology plays a vital role in the healthcare field by demonstrating what cannot be seen by the naked eye. X-ray or radiography uses a very small dose of ionizing radiation to produce pictures of the body's internal structures. X-rays are the oldest and most frequently used form of medical imaging. They are often used to help diagnose disease processes or fractured bones, look for injury or infection, and locate foreign objects in soft tissue. Some X-ray exams may use a contrast material or barium to help improve the visibility of specific organs, blood vessels, tissues or bone.

To become a radiologist, an individual attends and receives a medical degree from an accredited medical school, passes a licensing examination, and completes a residency of at least four years of unique postgraduate medical education in radiology. The majority of radiologists also complete a fellowship – one to two additional years of specialized training in a particular subspecialty of radiology, such as breast imaging, CT body imaging, neuroradiology or interventional radiology.

Radiologists have significant influence on a patient's healthcare. They act as an expert consultant to the referring physician by aiding in choosing the proper examination, interpreting the resulting medical images, and using test results to direct care. Radiologists also correlate medical image findings with other examinations and tests as well as recommend further appropriate examinations or treatments.

A radiologic technologist, also referred to as radiographer or imaging specialist, performs diagnostic imaging examinations. Radiographers work closely with radiologists and are responsible for accurately positioning patients and ensuring that a quality image is produced to assist in the analysis for treatment. Radiographers also work directly with patients, explaining

procedures and adjusting immobilization devices to obtain optimum views of specific body areas.

Radiographers must complete at least two years of formal education in an accredited hospital-based program or a two or four-year educational program at an academic institution and must pass a national certification examination. With education and training, a technologist can specialize in a particular diagnostic area. Radiographers and Imaging Specialists are certified by the American Registry of Radiologic Technologists (ARRT) and licensed by the Ohio Department of Health. Additionally, Imaging Specialists may be registered by the American Registry of Diagnostic Medical Sonographers, or Certified as a Nuclear Medicine Technologist. All parties must complete continuing education credits to remain registered.

A radiologist's scope of care is vast. Imaging procedures are often the entry point into the health system. Licking Memorial Hospital (LMH) offers a variety of imaging modalities.

- Bone Densitometry (DEXA) uses radiation
- Diagnostic Imaging (X-ray) uses radiation
- Computed Tomography (CT) uses radiation
- Mammography uses radiation
- Magnetic Resonance Imaging (MRI) uses a magnetic field
- Mobile Positron Emission Tomography (PET)
- Nuclear Medicine uses radioactive isotopes
- Ultrasound uses sound waves

X-rays are safe when used with care. Radiation is used in the least amount possible and its benefits greatly outweigh the risk of harm. Ohio is one of only five states that mandate very specific rules regarding radiation protection. LMH is an American College of Radiology (ACR) accredited facility. This accreditation ensures that the physicians supervising and interpreting the medical imaging meet stringent education and training standards. It also signifies that the

imaging equipment is surveyed regularly by qualified medical physicists to ensure that it is functioning properly, and that the technologists administering the tests are certified. LMH technologists also are responsible for using radiation safety techniques to ensure exposure for team members and patients meets ALARA (As Low As Reasonably Achievable) standards. To prevent unnecessary radiation exposure, radiographers use radiation protective devices like lead aprons and shields. Staff is continually monitored for exposure levels and reports are reviewed monthly.

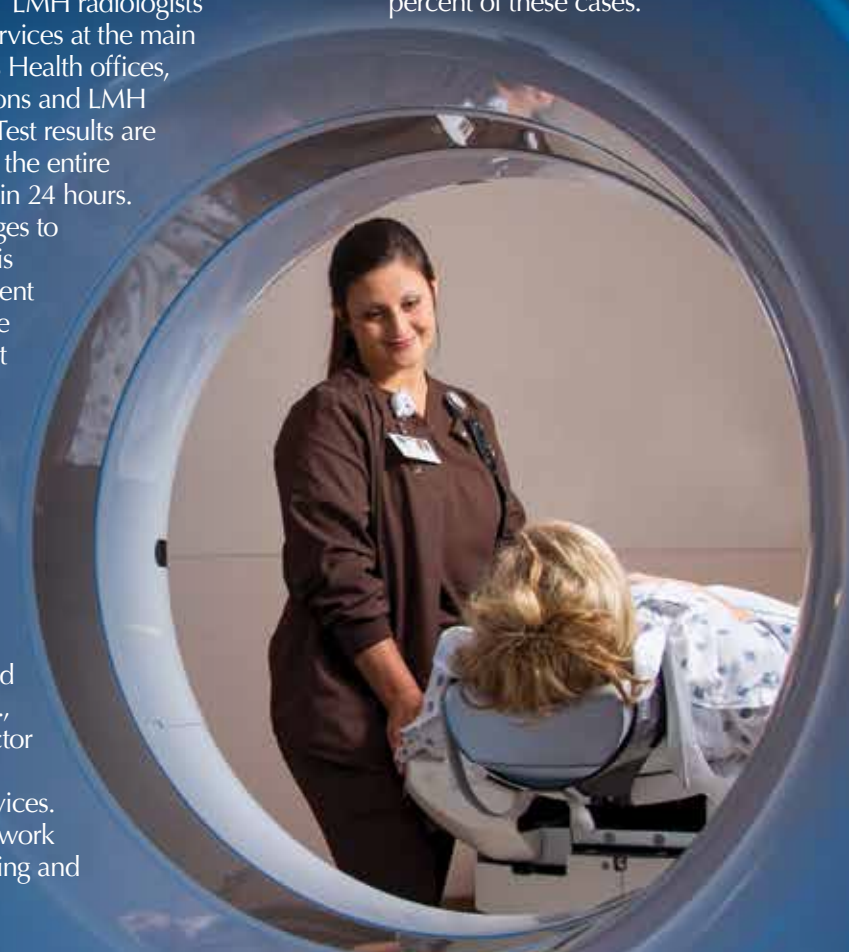
The Licking Memorial Hospital (LMH) Radiology Department is comprised of eight board-certified physicians who perform a diverse array of procedures. Additionally, there are 104 department staff members also offering patient care. Physicians rotate daily or weekly, being assigned to cover different modalities. Working in conjunction with many departments, such as oncology, they assist with staging and restaging to evaluate how patients are reacting to various treatments. LMH radiologists provide imaging services at the main Hospital, Women's Health offices, Urgent Care locations and LMH Tamarack facility. Test results are usually available to the entire physician staff within 24 hours. Delivering the images to physicians quickly is significant to excellent patient care and the filmless department offers physicians the capability to review patient results easily and conveniently at the office.

"The Radiology Department never closes," commented Leslee Arthur, B.Sc., R.T. (R) CRA, Director of Radiology and Neurovascular Services. Aside from a daily work list of general imaging and

interventional procedures, such as a CT-guided bone biopsy, there are Emergency Department and Urgent Care cases arriving, preparation procedures to be factored in and walk-in patients," she explained. "Our staff also obtains images in surgery and performs bedside procedures."

"We are especially excited about our ability to electronically transfer images to many area hospitals. This capability is best for patient continuity of care and allows LMH to work in collaboration with other healthcare facilities in the best interests of our patients," Leslee commented. "This electronic segment has been advantageous to everyone involved and a significant part of the evolution of radiology services."

The LMH Radiology Department performed 120,000 exams in 2016, including 13,000 mammograms and 14,000 ultrasounds. General X-ray outpatient and Emergency Department patients make up 85 percent of these cases.



# Cardiology Services Expanded

Cardiology Services at Licking Memorial Hospital (LMH) have recently expanded, now located on both the first and second floors of the Hospital. Renovations to the area began in June and will continue over the next several months. The Cardiac/Pulmonary Rehabilitation exercise areas will increase in size, and more exam rooms will be added in the Heart Center. Patients should note that hours of operation will remain the same, but the locations for various services may be different.

- First Floor:
  - Cardiology Offices
  - Licking Memorial Heart Center
  - Cardiac Stress Testing
  - Cardiac/Pulmonary Rehab
- Second Floor:
  - Cardiac procedures, such as a cardioversion, tilt-table testing or transesophageal echocardiogram (TEE)
  - Echocardiogram
  - Electrocardiogram (EKG) and heart monitors
  - Heart Failure Clinic

## Licking Memorial Cardiology Services

The Licking Memorial Cardiovascular team provides a full spectrum of diagnostic and treatment services performed by experienced cardiac nurses and cardiologists in a serene environment. The LMH Cardiac Imaging Lab is nationally-accredited by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories in echocardiography and adult stress echocardiography.

7:30 a.m. – 5:00 p.m., Monday – Friday  
Phone: (220) 564-4177

## Licking Memorial Heart Center

The Heart Center offices of Hassan Rajjoub, M.D., Fikadu G. Tekleyes, M.D., along with the offices of Debra A. Heldman, M.D., Bryce I. Morrice, M.D., and Patty S. Merrick will remain on the first floor. Patients in need of stress testing or those who participate in cardiac/pulmonary rehabilitation can register at the Radiology desk on the first floor.

LMH takes great pride in providing excellent cardiovascular services to the community. Specializing in providing timely lifesaving techniques, the Heart Center uses the latest technology for patients with the risk of cardiovascular disease. An outstanding relationship with the local emergency medical services (EMS) leads to rapid, exceptional care for patients prior to reaching the Hospital.

8:00 a.m. – 5:00 p.m., Monday, Wednesday  
8:00 a.m. – 4:00 p.m., Tuesday, Thursday, Friday  
Phone: (220) 564-7750

## Licking Memorial Hospital Heart Failure Clinic

A team of experienced cardiac nurses and pharmacists, along with a cardiologist who oversees the team, teaches patients how heart failure affects their bodies. Patients learn how to recognize developing symptoms and manage their condition. The Heart Failure Clinic was included in the relocation and is now on the second floor of LMH in the former offices of the Medication Therapy Clinic.

# Summer Fun and Education Provided through LMHS Summer Camps

During the month of July, Licking Memorial Health Systems (LMHS) hosted summer camps for local youth based on various health related topics, including cancer and diabetes, which featured active play and education. The one-day camps offered an opportunity to meet other children and learn how to stay healthy. Licking County high school seniors also were invited to participate in a two-day camp to learn about careers in health care.

## Camp Courage

Camp Courage was designed to help reduce anxiety about cancer for children, ages 7 to 13, who have had an encounter with the disease – whether personally or through a close friend or family member. The day camp, held at Infirmary Mound Park in Granville, had a superhero theme, encouraging the attendees to find their superpower and create a cape with a personally designed superhero logo. D’Anna N. Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology, spoke to the group about exercise, proper nutrition, overcoming fear and making healthy choices. Jeff Smith, Director of Pastoral Care, also spoke to the children focusing on facing fear and completing difficult tasks. The children enjoyed healthy snacks, a scavenger hunt and water games.



## Camp A1c

LMHS invited children, ages 7 to 13, who have diabetes to attend Camp A1c. Diabetes is a long-term health condition that causes high blood sugar and inadequate insulin levels in the body. This year, the group met at the Bryn Du Mansion Carriage House for the one-day camp featuring a racing theme. LMH Community Wellness Point of Care Technician Zak Holland encouraged the group to exercise often, while Dietitian Annmarie Thacker and Point of Care Technician Ed Nagy spoke about controlling diabetes through diet and monitoring blood glucose levels. The highlight of the day was a derby race with cars the children built themselves. The group also enjoyed kickball and water games.



## Camp Med

For area high school seniors, Camp Med offered an opportunity to speak with healthcare professionals and experience firsthand what a career in health care entails. Thirty-nine students, chosen through a rigorous application process, spent two days visiting various departments throughout LMH. The attendees were divided into groups, and allowed to participate in interactive medical demonstrations. The students were given the opportunity to use surgical equipment and sonograms, learn to draw blood, and administer medications. The group also spent time observing physician practices including Dermatology, Orthopedic Surgery, Women’s Health, Hematology/Oncology and Pulmonology.



## Camp Med Participants

- |                    |                    |
|--------------------|--------------------|
| Shelby Abbott      | Kerrington Mintier |
| Emily Amore        | Rachel Orr         |
| Hannah Armstrong   | Abigail Padar      |
| Hannah Brown       | Lydia Pinkerton    |
| Riley Bruck        | Megan Royer        |
| Emily Conkle       | Lexi Ruh           |
| Makinley Cramer    | Emily Smeller      |
| Madison Giffin     | Alisa Starkey      |
| Kaia Goodin        | Grant Stelzer      |
| Shelby Graham      | Megan Trainer      |
| Yanni Guo          | Addie Van Kirk     |
| Morgan Guthrie     | Alexis VanWinkle   |
| Remie Helt         | Madison Webb       |
| Carley Joyce       | Makenzie Westbrook |
| Cassidy Justus     | Sydney White       |
| Morgan Lantz       | Baylee Wilson      |
| Olivia Lester      | Makayla Wissinger  |
| Katelyn Marczewski | Ruby Yearling      |
| Bailee McKenzie    | Kaylin Zipf        |
| Delaney McMenamin  |                    |



# Project SEARCH Program Returns to LMHS

Following the success of the inaugural Project SEARCH program, Licking Memorial Health Systems (LMHS) is continuing its collaboration with the Licking County Education Service Center, Opportunities for Ohioans with Disabilities, Greenleaf Job Training Services, the Licking County Board of Developmental Disabilities, and area school districts to offer the program for Licking County students during the 2017-2018 school year. The Project SEARCH High School Transition Program, which began at Cincinnati Children’s Hospital in 1996, provides real-life work experience, combined with training in employability and independent living skills, to help youth with disabilities make successful transitions from school to adult life. LMHS facilities again will host the local Project SEARCH program, which eight area students completed last year.

“After seeing firsthand the positive impact Project SEARCH made on our organization and the community in its inaugural year, we are thrilled to partner with a number of local organizations again to offer this outstanding educational experience in Licking County,” said LMHS President & CEO Rob Montagnese. “Students receive the opportunity to learn important skills that will allow them to enter the local workforce and embark on a meaningful and long-lasting career. They are not the only beneficiaries from this great program, however, as it also gives area businesses an expanded pool of qualified candidates from which to hire. Our staff greatly enjoyed working with the Project SEARCH interns last year because of the positive attitudes and tremendous work ethics they displayed every day.”

Students from the Granville, Newark, North Fork, Northridge and Southwest Licking school districts are participating in Project SEARCH this year. In addition to serving as the host site, LMHS will provide uniforms to all of the students, as well as transportation via Licking County Transit Services for those who need it.

Led by an instructor, job coaches, and directors and managers within LMHS departments, the students receive a combination of classroom instruction, career exploration and on-the-job training. Students began the program in August with orientation and time to acclimate to the healthcare environment. Throughout the school year, students continue to work on employability and functional skills in a classroom setting, but the majority of their time is spent completing three unique rotations in a variety of clinical and technological areas of the Health Systems. The internship rotation allows the students to acquire marketable and transferable skills necessary to be hired by Licking County businesses for entry-level positions, with additional responsibilities added as their proficiency in the core areas increases. These work experiences also help the students build communication, teamwork and critical thinking skills.

The long-term goal of Project SEARCH is to provide a set of transferable skills to people with disabilities, which will result in a diverse group of motivated job seekers for employers throughout Licking County. At the conclusion of each academic year, students who graduate from the program are prepared for competitive employment and have assistance obtaining complex and rewarding jobs.



# Active•Senior Celebration Rewards Healthy Lifestyles



Over 100 seniors, ages 60 years and up, joined Licking Memorial Health Systems (LMHS) for the Active•Senior Celebration at the conclusion of the inaugural year of the program. The event was held at the Bryn Du Mansion Field House in June, where a BBQ meal was provided, along with fun activities and rewards for participants. LMHS President & CEO Rob Montagnese served as emcee and auctioneer for the evening.

During the auction, participants had the opportunity to use points earned during the year through the Active•Senior program to bid on exciting prizes. Active•Seniors who are enrolled in the program complete and track health goals to earn points throughout the year in four categories: Physical, Nutritional, Mental and Social. To be eligible for the auction, seniors needed to achieve at least eight goals in each of the categories. Auction prizes included a Columbus Zoo Membership, Canal Market District tokens, an overnight stay at the Granville Inn, a FitBit fitness tracker, bicycles, valuable gift cards and more.

The Celebration featured various games for attendees including Plinko, Corn Hole, Fortune Wheel and Mini Golf, with prizes for winners. Attendees were able to visit information tables and receive health screenings during the event.

The Active•Senior program is a goal-oriented health program to benefit seniors in Licking County. The goals of the program are to:

- Encourage adults to stay physically fit and maintain a healthy diet.
- Motivate adults to challenge themselves intellectually and stay connected with friends and family.
- Help adults maintain a lifelong commitment to personal health and wellness.

The Active•Senior program was designed with activities which have been reviewed and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician.

The 2017-2018 goal program began on May 1, and will continue through April 30, 2018. Join LMHS for Active•Senior BINGO on October 20, 2017. For more information or to register for the Active•Senior program, please visit [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org), or call LMHS Public Relations at (220) 564-1560.

# Active•Senior Event – Brunch Walk with Dr. Wang

Licking Memorial Health Systems invited seniors, ages 60 years and up, to the Active•Senior Brunch Walk in August. Participants enjoyed a walk beginning at the Rotary Park Pavilion in Newark while Even Wang, M.D., of Licking Memorial Neurology, discussed dementia. A healthy brunch followed the walk.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. A chronic or persistent disorder of the mental processes, dementia can be caused by brain disease or injury and is marked by memory disorders, personality changes and impaired reasoning. “Dementia is a degenerative and progressive condition,” explained Dr. Wang. “There is not a cure, but there are medications available to help manage the symptoms.” He confirmed that there is a genetic component to the condition and that environmental factors also may affect an individual’s probability of developing dementia.



Recent studies have shown that 50 percent of people over the age of 85 will suffer from dementia. Dr. Wang recommended proactively organizing personal affairs before observing the early signs of dementia. He also noted that best practices to help prevent the onset of dementia are a healthy diet and daily exercise.

Dr. Wang joined Licking Memorial Neurology in July 2015. He received his Doctor of Medicine degree from St. George’s University in St. George, Grenada. Dr. Wang completed an internal medicine internship, a neurology residency and a fellowship in neurophysiology and electromyography – all at The Ohio State University. He earned his undergraduate degree at Northwestern University in Evanston, Illinois.

The Active•Senior program, designed to promote healthy lifestyles for adults ages 60 and older, focuses on the following goals:

- Encourage adults to stay physically fit and maintain a healthy diet.
- Motivate adults to challenge themselves intellectually and stay connected with friends and family.
- Help adults maintain a lifelong commitment to personal health and wellness.

For more information or to register for the Active•Senior program, please visit [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org).

Registration on the website allows participants to document their goal progress on an ongoing basis for the opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, and then transfer the information to the Active•Senior website prior to the end of each program year in April. Booklets are available at Licking Memorial Hospital, Licking Memorial physician offices and other select community locations. For additional questions about the Active•Senior program, please contact the LMHS Public Relations department at (220) 564-1560.



# “For Your Health” 5K Run/Walk & 1-mile Fun Walk

The tenth annual Licking Memorial Health Systems (LMHS) “For Your Health” 5K Run/Walk & 1-mile Fun Walk engaged more than 1,600 participants at The Dawes Arboretum’s scenic grounds. Individual runners and walkers navigated the course throughout The Arboretum’s nationally-recognized plant collections. A shorter, one-mile route also was offered as an option for the Fun Walk.

“The main goal of this event is simply to encourage local residents to live a healthy lifestyle,” LMHS President & CEO Rob Montagnese said. “The attendance has grown each year and we are proud to see more and more community members participating. Our first event included approximately 200 individuals, so to see more than 1,600 today is fantastic. I am pleased that many people of all ages have gathered to promote the benefits of exercise and good health.”

The honorary chairs of the 2017 “For Your Health” 5K Run/Walk & 1-mile Fun Walk were Howard Reeves, D.O., his wife, Sara, and their son, Brackyn. The Licking

Memorial Hospital (LMH) Development Council presented the community event in collaboration with sponsors The Dawes Arboretum, the Licking County Family YMCA, and Park National Bank.

The overall female and male winners of the “For Your Health” Run/Walk & 1-mile Fun Walk included: first place – Madison Eyman (19:45) and Taylor Hopkins (16:40); second place – Haylee Zigan (19:51) and J. Newman (17:21); and third place – Andrea Light (21:06) and Thomas Patton (17:34). The top three overall female and male finishers received medals. Gift cards to Dick’s Sporting Goods were offered to these winners, but two collegiate runners respectfully declined the prizes. Medals also were awarded to those who finished in the top three of their age and gender groups.

LMHS and PNB invited Licking County businesses to promote employee wellness by joining the Corporate Participation Challenge. Businesses were grouped into four categories based on their total number of employees with the

winners determined by the highest percentage of participants to run or walk the event. The Corporate Participation Challenge winners were: micro (1 to 10 employees) – McLain, Hill, Rugg and Associates, Inc.; small (11 to 20 employees) – Unipac, Inc.; medium (21 to 99 employees) – Center for Sight; and large (100 or more employees) – The Energy Cooperative and ArmorSource (tie).

Prior to the “For Your Health” 5K Run/Walk & 1-mile Fun Walk, the Active•Fit Youth Wellness Program offered a free 1-kilometer race for children aged 6 to 12 to promote the health benefits of running as regular exercise. More than 100 children registered for the event and received a souvenir T-shirt and goody bag.

2017 “FOR YOUR HEALTH”



## 2017 “For Your Health” 5K Run/Walk & 1-mile Fun Walk Medalists

Group	Top Female	Top Male
Overall	Madison Eyman Haylee Zigan Andrea Light	Taylor Hopkins J. Newman Thomas Patton
14 & Under	Gwendolyn Stare Adrienne Collier Meghan Exline	Jack Lutz Ian Law Aidan Bowman
15 to 19	Elana Preston Abby Silone Erin Dugan	Ramen Felumlee Nate Russell Zane Romine
20 to 24	Kali Hastings Abby Kirkpatrick Courtney Browning	Chris Monroe Christopher Briggs Nick Debolt
25 to 29	Cait Klan Cook Daryan Wood Angelia Hastings	Jerod Abel Brock Finelli Jacob Schaurer
30 to 34	Chandra Elder Lindsay Lachowsky Morgan Hardy	Peter Lowe Brian Noethlich Josh Filler
35 to 39	Jessica Englehart Diana Ermlich Natalie Ball	Darrin Wilson Joshua Webb Cory Campbell
40 to 44	Lori Flis Renee Hall Catherine Exline	Jeremy Weaver Sean Dugan Ben Russell
45 to 49	Amy Van Meter Julie Newhouse Colleen Skinner	Thomas Englehart Joel McCreery John Dubois
50 to 54	Holly Wheeler Sue Mill Karen Herring	Jerame Davies James Silone Todd Patton
55 to 59	Linda Castle Leslie Waugh Tina Roberts	Bob Castle Joseph Fondriest Wesley Wagner
60 to 64	Kitty Consolo Judy McNeish Terri Carter	Mark Bates Steve Ehret Gale Brewer
65 to 69	Chris Montis Nancy Shamp Claudia Foulke	A.J. Tarquino Randall Williams Will Kern
70 to 74	Carol Brockway Christine Rice	Daniel Sekerak Dan Spangler George Zabel
75 to 79	Dottie Crump	Mike Hendershot

## New Appointments



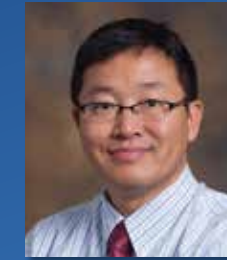
**Sarah E. Dorsky, APRN-CNP,**  
joined Licking Memorial Family Practice – Licking Valley.



**Charles L. Geiger, D.O.,**  
joined Licking Memorial Family Practice – Doctors Park 5.



**Frances B. Horenstein, M.D.,**  
joined Licking Memorial Gastroenterology



**Peter S. Kim, M.D.,**  
of Cherry Westgate Family Practice, joined the LMH Medical Staff.



**Thomas “Marty” McCoy, APRN-CRNA,**  
joined Licking Memorial Anesthesiology.



**Amy-Elizabeth G. Rogers, APRN-CNM,**  
joined Licking Memorial Women’s Health.



**Cherreen H. Tawancy, D.P.M.,**  
of Foot & Ankle Specialists of Central Ohio, joined the LMH Medical Staff.



**Melissa S. Tripoli, M.D.,**  
of Center for Sight, joined the LMH Medical Staff.





# New Family Practice Physicians Meet Growing Need in Community

A climbing demand for primary care physicians (PCP) in the U.S. has become a national area of concern. Licking County also has experienced a growing need and, as a result, Licking Memorial Health Systems (LMHS) has recently hired a number of family practice physicians, as well as constructed a new location to help provide care to community members who need access to a PCP.

“We recognize the growing need for more family practice physicians in our area,” said Vice President Physician Practices Greg Wallis. “LMHS administration certainly is working hard to increase access. We have gone through the process of recruiting some high-quality medical staff who will provide excellent care to patients and enhance access to family practice.” Greg explained that the number of physicians hired in this field within the Health Systems may continue to grow based on demand and volume of patients.

Licking Memorial Family Practice locations recently expanded coverage by hiring five new physicians and two nurse practitioners. Most recently, Charles

L. Geiger, D.O., joined Licking Memorial Family Practice – Doctors’ Park 5. Dr. Geiger received his Doctor of Osteopathic Medicine degree at the University of Medicine and Dentistry of New Jersey, in Stratford, New Jersey. He completed an internship and family medicine residency at the University of Medicine and Dentistry of New Jersey at

Kennedy Memorial Hospitals, in Stratford, New Jersey, and Our Lady of Lourdes Medical Center, in Camden, New Jersey. Dr. Geiger is board certified in family medicine.

Licking Memorial Health Professionals (LMHP) welcomed Kurt J. Palazzo, M.D., in May. He is the first physician to provide primary care at Licking Memorial Family Practice – Downtown Newark in the newly constructed Gerald K. McClain Building. Dr. Palazzo received his Medical Degree from The Ohio State University College of Medicine. He completed a three-year residency in family practice at Wheeling Hospital in Wheeling, West Virginia. He has been a family physician for 20 years and is board certified in family medicine.

In April, Richard D. Kennedy, M.D., began providing primary care at Licking Memorial Family Practice – Hebron. Dr. Kennedy received his Medical Degree from Wright State University Boonshoft School of Medicine in Dayton, Ohio. He completed a family practice residency at Mount Carmel Family Medicine in Columbus. In addition, Dr. Kennedy completed a fellowship in geriatric medicine at Indiana University School of Medicine in Indianapolis, Indiana. He is board certified in Family and Geriatric Medicine.

Stacey Guan, M.D., began working part time for Licking Memorial Family Practice – Granville in March 2016. Dr. Guan received her Doctor of Medicine degree at St. George’s University School of Medicine in Grenada, West Indies. She completed a family medicine internship and a family medicine residency at The Ohio State University Wexner Medical Center in Columbus. Dr. Guan is board certified in family medicine.

Matthew R. Harris, D.O., joined the Doctor’s Park 5 location in Newark in January 2016. Dr. Harris received his Doctor

of Osteopathic Medicine Degree at the Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed his residency at Dayton Community Family Medicine through Wright State University in Dayton, Ohio. Dr. Harris is board certified in family medicine.

Licking Memorial Family Practice – Pataskala announced the addition of Keri L. Hershberger, M.D., in December 2016. Dr. Hershberger received her Doctor of Medicine degree at Indiana University School of Medicine in Indianapolis, Indiana. She completed a family medicine residency at Grant Medical Center in Columbus. Dr. Hershberger is board certified in family medicine.

Licking Memorial Family Practice – Downtown Newark, within the Gerald K. McClain Building, is one of the many Health Systems’ expansion projects designed to ensure community residents receive timely and convenient care. Offering greater access to primary care for residents is a priority and LMHS will continue efforts to fill this growing need in Licking County. Community members who are in need of a PCP are encouraged to contact a family practice office to schedule an appointment. A full list of family practice physicians also can be found by visiting [www.LMHealth.org](http://www.LMHealth.org) and selecting Services > Physician Practices > Family Practice.

## NEWARK

1272 West Main Street, Building 5  
 • Charles L. Geiger, D.O. – (220) 564-1770  
 • Matthew R. Harris, D.O. – (220) 564-1778

20 West Locust Street  
 • Kurt J. Palazzo, M.D. – (220) 564-4835

## GRANVILLE

1264 Weaver Drive  
 • Stacey Y. Guan, M.D. – (220) 564-1945

## HEBRON

96-H Integrity Drive  
 • Richard Kennedy, M.D. – (220) 564-2100

## PATASKALA

One Healthy Place  
 • Keri Hershberger, M.D. – (220) 564-1915

# Physician Spotlight

**Andrew J. Terlecky, D.O.**, received his Doctor of Osteopathic Medicine degree at Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed an orthopedic surgery residency at Grandview Medical Center in Dayton, Ohio.

Dr. Terlecky is a member of the Ohio Osteopathic Association, the American Osteopathic Association, the American Osteopathic Academy of Orthopedics, and Sigma Sigma Phi osteopathic fraternity. He is married to Rachel M. Terlecky, D.O., who is a Licking Memorial Emergency Medicine physician.



## Ask a Doc – Sports Injuries with Andrew J. Terlecky, D.O.

**Question:** As a parent, how can I distinguish between an ache that will heal on its own versus an injury that requires a visit to the doctor?

**Answer:** Participating in sports offers numerous benefits for children including exercise and social interaction; however, parents need to be prepared to care for sports-related injuries. According to the Centers for Disease Control and Prevention (CDC), more than 2.6 million children are treated in the emergency department each year for sports and recreation-related injuries. These injuries also are the single most common cause of injury-related primary care office visits. While a broken bone typically is easy to recognize by swelling or deformation, it can be difficult to decide whether to visit a physician if there is no obvious trauma or if the child continues to be active. Knowing when to seek help is an important step in preventing long-term damage to tendons or bones.

For the most part, a sports injury can be treated at home. Pain from a twisted ankle or sore muscle can be remedied with a combination of rest, ice, compression and elevation (RICE). The child should stop using the injured area for up to 48 hours. Cover the injury with ice for 15 to 20 minutes every four hours. Keep pressure on the affected area with an elastic medical-grade bandage, and prop up the injured area to reduce swelling. Typically, the pain should subside in a few hours. If the pain continues for four to eight hours after resting or progressively gets worse, it could be a sign of a more serious problem. Consider taking the child to an Urgent Care or Emergency Department if the child is unable to support any weight or put pressure on the affected area, or if there is paralysis, tingling or numbness.

The most common injuries that young athletes suffer are sprains and strains. A sprain is a stretch or tear to a ligament – one of the bands of tough, fibrous tissue that connects two or more bones at a joint and prevents excessive movement of the joint. Sprains are most often caused by a fall or twisting motion. The child may complain about pain, and swelling likely will be evident. A strain refers to a muscular injury and occurs when a muscle has been stretched or torn from overextension. Symptoms include sudden pain followed by immediate limited range of motion to the affected area. Mild sprains and strains can be managed at home with the aforementioned RICE technique. If the injury causes extreme swelling or bruising and the pain does not go away after a few days, take the child to see a physician.

For some children, repetitive motions over time can lead to overuse injuries such as tendinitis or a stress fracture. The symptoms are sometimes subtle. Watch for pain that gets worse with the activity, but goes away with rest. There may be tightness, popping or grinding in the joints along with weakness or swelling. The injured area usually responds to the same treatments for mild injuries. Further treatments such as cast immobilization and physical therapy may be needed if the injury restricts activity or the pain and discomfort continues for more than a few days.

Perhaps the biggest concern for young athletes is a growth plate injury. The growth plate is the area of developing tissues at the end of the long bones.

This plate is replaced by solid bone when growth is complete – sometime during adolescence. Growth plates are typically found in the hand and fingers, the bones of the forearm, the bone of the upper leg, the lower leg bones and the foot bones. If a child injures any of these areas, it is important to seek professional help.

Although injuries can happen to any child who plays sports, parents can help with prevention. A stretching routine or warm-up before an activity and a cool-down period after will help loosen muscles and joints to keep such flexible. Ensuring the child has the proper equipment including good athletic footwear also will help prevent injuries. Encourage the child to follow the rules of the sport and avoid playing when very tired or in pain. Be sure the child stays hydrated to avoid heat injuries. Parents should consider a preseason physical examination to eliminate any medical concerns. For younger athletes, playing the same sport year-round exposes the body to the same repetitive motions and creates more opportunities for overuse and growth plate injuries. Consider keeping sports to a dedicated season, for example, instead of allowing the child to play soccer year-round, allow him or her to play soccer in the spring, baseball in the summer and basketball in the winter. The variety can eliminate the risk of putting stress on the same joints.

# Quality Reporting to the Community

## Patient Story and Benchmarks for Diabetes Care

### Patient Story – Cindy Cunningham



Cindy Cunningham has a significant history of diabetes in her family – her mother, father and two sisters all suffer from the disease. Cindy was diagnosed with Type 2 diabetes in 2002 and has struggled with her diet and medications over the years. “I often felt as though I was on a roller coaster,” she explained. Numerous dietitians suggested the same standard, strict diabetic diet. However, Cindy’s case is unique. She also suffers from a condition that affects the stomach muscles and prevents proper stomach emptying. Her body digests and absorbs food differently and at a slower rate, making a strict diabetic diet that includes salads and raw vegetables difficult for her to process. In spite of this, Cindy has made significant progress in managing her diabetes with the help of the Licking Memorial Hospital (LMH) Medication Therapy Clinic.

Cindy’s family practice physician referred her to an endocrinologist in Columbus, but the Thornville resident searched for care closer to home. She located I-Tsyr Shaw, M.D., of Licking Memorial Endocrinology, who ultimately directed her to the Medication Therapy Clinic. “The staff at the Clinic listened right away, taking into account all of my conditions,” Cindy noted. “I love them all. They are sweet, nice, helpful and have made a significant difference in my life.”

Upon referral to the Medication Therapy Clinic in December 2016, Cindy’s A1C number was 11.6. She had become more compliant with her diabetes regimen, but was seeking better control of her diabetes. The staff reviewed Cindy’s medications as well as blood sugar testing and injection techniques. “They helped me download the Glooko app on my smartphone and taught me how to use it,” Cindy said. “I can enter insulin doses, use the food

database, and upload my meter readings.” Glooko helps patients understand how certain foods, activities, times of the day, and medication doses affect blood glucose, allowing for easier diabetes management. The app also shows patients what time of the day they are going high or low, which days of the week are the best days, and how blood glucose levels compare to previous time periods. The app works by syncing all of the data from a glucometer, insulin pump and/or continuous glucose monitor, then tracking the medication, carbohydrates, and lifestyle data, and finally creating easy-to-read graphs and charts for the user. Cindy successfully utilized the app to enter valuable information and then uploaded it to the Medication Therapy Clinic every two weeks for review. Medical staff was able to contact her in between visits to make appropriate insulin dose adjustments.

To help control her blood sugar level, Cindy takes a long-acting insulin once a day and insulin to cover her meals – a total of four injections per day. The insulin that she takes to cover her meals is a set dose of insulin and did not provide her with flexibility in changing her eating patterns. With set dose insulin prior to meals, it is important for patients to be consistent with the portion size and the carbohydrate content of the food on the plate. Cindy’s readings tended to vary after eating and this was because she was not always consistent with her selections and portions. To provide Cindy a little more flexibility with her eating pattern and better control of her diabetes, she met with the Clinic dietitian to discuss learning about carbohydrate counting. The dietitian recommended that she complete a three-day food log and list the carbohydrate content of the foods she was eating. Upon review of the food and blood sugar logs, the Medication Therapy

Clinic pharmacist assessed that Cindy was able to accurately count the carbohydrate content. The logs provided the necessary information to calculate an insulin to carbohydrate ratio.

“We adjusted Cindy’s insulin dosing regimen so she could give an appropriate amount of insulin to cover the carbohydrates included in her meals,” explained Danette Warner, Medication Therapy Clinic pharmacist. “The new regimen gave Cindy more flexibility to adjust her insulin based on the quantity and type of food that she was eating each meal. In just one week her blood sugar level decreased and she improved her blood sugar control.”

Cindy was amazed at how her numbers had leveled out as a result of the adjustment. By April, Cindy had lowered her A1C to 6.6. Her ultimate goal is to reach a level of at least 5.6, which is non-diabetic. The tremendous improvement made her a good candidate for an insulin pump, especially in combination with her stomach condition. The clinic pharmacist and dietitian introduced the idea of converting to insulin pump therapy. Cindy was interested and wanted to consult with Dr. Shaw, who recommended she establish use of an insulin pump. Cindy’s numbers have continued to improve with the use of the pump. She is adjusting to changing the infusion set of the pump and making good progress, experiencing no episodes of low blood sugar.

Cindy still has to continue to check her blood sugar three to four times a day and enter her carbs into her pump so that the pump can give her insulin to cover her meals. Since Cindy now has better blood sugar control, she is feeling better and has

# Diabetes Care – How do we compare?

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 healthcare choices.

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

	LMHP 2014	LMHP 2015	LMHP 2016	National
LMHP diabetes patients receiving eye exam	66%	63%	59%	59% <sup>(1)</sup>
LMHP diabetes patients having HbA1C test	96%	96%	95%	90% <sup>(1)</sup>
				<b>LMHP Goal</b>
LMHP diabetes patients having lipid profile	93%	93%	91%	90%
LMHP diabetes patients having microalbuminuria test	90%	88%	86%	85%
				<b>National</b>
LMHP diabetes patients having foot exam	90%	89%	85%	86% <sup>(1)</sup>

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

	LMHP 2014	LMHP 2015	LMHP 2016	National <sup>(1)</sup>
LMHP diabetes patients with HbA1C less than or equal to 7%	58%	57%	56%	36%
LMHP diabetes patients with HbA1C less than or equal to 8%	75%	77%	76%	57%

3. People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease – a very serious complication of diabetes.

	LMHP 2014	LMHP 2015	LMHP 2016	LMHP Goal
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	69%	67%	65%	50%

4. The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends that a person with diabetes should have an HbA1c blood test at least every six months to monitor glucose levels. LMH staff members work closely with patients and their physicians to ensure that this test is performed as recommended in order to manage each patient’s condition better.

	LMH 2014	LMH 2015	LMH 2016	Goal
CCM diabetes patients who obtained an HbA1C test	99%	100%	100%	Greater than 80%

5. Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists provide one-on-one education to patients and work closely with them to set their own meaningful personal goals for improving their health and well-being.

	LMH July 1, 2013 thru June 30, 2014	LMH July 1, 2014 thru June 30, 2015	LMH July 1, 2015 thru June 30, 2016	Goal
Goals met by diabetes education graduates – within six months	91%	94%	93%	Greater than or equal to 80%

Data Footnotes: (1) Average of reported Commercial Medicare and Medicaid/HEDIS measures.



Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

more energy. “I do not receive as many insulin shots while using the pump. It allows me more freedom and certainly makes my condition easier to manage. I am less stressed and emotional, finally off the roller coaster,” Cindy said. The insulin pump also eases the cost she incurs from diabetes. Visiting the Medication Therapy Clinic weekly at first, Cindy has gradually reduced visits and now keeps regular appointments every three weeks. No adjustments of her numbers have been necessary since she began using the pump, which is uncommon and evidence of her good routine.

“Going to the Medication Therapy Clinic has made me more knowledgeable about my medications and aware of how such work together. It also has helped me more comfortably manage my diet,” Cindy said. She added that she does not get as hungry due to complications with her gastroparesis because she is eating softer, more easily digestible foods. “The Clinic staff is very attentive to me as a person, not just a patient. Danette contacts me in between appointments and takes a personal interest in my life.” Cindy enjoys the relaxed and

comfortable atmosphere. “I feel like I am talking with friends when I am there.”

Last year, Cindy also was diagnosed with rheumatoid arthritis. She credits Dr. Shaw with helping her deal with this new diagnosis as well. “She took a lot into account to determine the best course of treatment for me when adding in new medications,” she remarked.

Cindy is very active in the community. She attends More Life Church and volunteers extensively at various church events, including the recent Mega Sports Camp at The Grove. A proud mother of five and grandmother of 12, two of whom are autistic, she has a great passion for helping children with special needs. Cindy and her German classic pony, Swiss Miss, participate in the Goodwill Pony Express Program. Open to toddlers through age 22, it is designed to assist special needs children with dexterity skills. “The program is incredibly fulfilling – good therapy for the children as well as myself,” she shared. A supporter of the local area Humane Society, she regularly donates toys and formula for puppies. Cindy also just

recently started back to school and is pursuing a master’s degree in teaching with a special intervention focus. She hopes to graduate in 2019.

The Medication Therapy Clinic moved from the Hospital to 88 McMillen Drive in May 2017. The Clinic has been working with patients since 2003 to assist with education and management of the use of medications. The staff includes pharmacists, technicians, dietitians and nurses focused on teaching correct dosing, the importance of monitoring patient condition and even lifestyle changes needed to sustain good health. Currently, more than 1,300 patients utilize the services on a monthly basis.

The two board-certified physicians at Licking Memorial Endocrinology provide care for patients with glandular disorders, such as diabetes, metabolic disorders, thyroid disease, pituitary and adrenal abnormalities and osteoporosis. Dr. Shaw and Preethi Krishnan, M.D., are accepting new patients with a physician’s referral. To make an appointment, please call Dr. Shaw at (220) 564-1740, or Dr. Krishnan at (220) 564-7950.

# Prediabetes – A Precursor to Type 2 Diabetes

Before a person develops Type 2 diabetes, it is likely the person will experience prediabetes – a problem with processing sugar that leads to higher than normal blood glucose levels, but not yet high enough to be diagnosed as diabetes. If discovered in time, the progression to Type 2 diabetes can be delayed and prediabetes can be reversed by making healthy lifestyle choices. Left unmanaged, prediabetes can lead to other serious complications, in addition to Type 2 diabetes, including heart disease, stroke, kidney and nerve damage.

Prediabetes occurs when the body accumulates sugar (glucose) in the bloodstream. Most glucose enters the body as food is digested. The pancreas – a gland located behind the stomach – secretes the hormone insulin into the bloodstream to move the sugar to the body’s cells to be used as fuel. This process lowers the blood sugar level. When the pancreas does not make enough insulin or the cells become resistant to the action of insulin, the sugar accumulates in the bloodstream instead of fueling cells.

While there is no exact cause for prediabetes, it is believed family history and genetics play an important role in

the development of the disease; however, anyone can develop problems with processing sugar. Being sedentary and overweight have also been linked to developing prediabetes. The risk of insulin resistance increases when there is more fatty tissue around the abdomen. Men with waists larger than 40 inches and women with waists larger than 35 inches are at a higher risk for developing prediabetes. Those who eat red or processed meats and drink sugar-sweetened beverages often also increase the risk of insulin resistance. Although diabetes can develop at any age, the risk of prediabetes increases after age 45.

There are generally no signs or symptoms of prediabetes. Some may experience darkened patches of skin on certain parts of the body including the neck, armpits, knees and knuckles. A patient usually finds out they have prediabetes through testing. A primary care physician can order a number of blood tests to check for average blood glucose levels to determine if there is too much sugar in the bloodstream. It is important to see a doctor if symptoms of Type 2 diabetes begin to develop. The symptoms include:

- Increased thirst
- Frequent urination
- Fatigue
- Blurred vision

A prediabetes diagnosis does not mean a person will develop Type 2 diabetes and there is usually no need to see an endocrinologist – a physician that specializes in hormonal conditions including diabetes. Prediabetes is reversible. A physician will likely suggest healthy lifestyle choices to bring the blood sugar level back to normal. Eating healthy foods – low in fat, carbohydrates and calories and high in fiber – can help reduce the amount of glucose entering the body. Exercising for 30 to 60 minutes most days of the week will help the body use the sugar in the cells. Finally, losing 5 to 10 percent of body weight can reduce the risk of cells becoming insulin resistant.

Healthy lifestyle changes generally are sufficient to reverse prediabetes; however, medication may be needed to help decrease sugar levels in the blood. The most recommended medication for prediabetes is metformin (Glucophage). Metformin works to control the glucose released by the liver and increase the cells sensitivity to insulin. Other popular medications for diabetes are generally not needed, however, medications to control cholesterol and high blood pressure also might be prescribed.

## Health Tips – Recognizing Diabetic Neuropathy

Over time, people with diabetes can develop a type of nerve damage known as diabetic neuropathy. About 60 to 70 percent of people with diabetes have some form of neuropathy because high blood sugar can injure nerve fibers throughout the body. The damage appears to be more common in people who have problems controlling blood sugar levels as well as those with high levels of cholesterol, high blood pressure and are overweight. Symptoms of diabetic neuropathy vary depending on the type of neuropathy and which nerves are affected.

**Autonomic neuropathy** – internal organs including the heart, bladder, lungs, stomach, intestines, sex organs and eyes

- Lack of awareness that blood sugar levels are low (hypoglycemia unawareness)
- Bladder problems
- Digestive issues (gastroparesis, constipation)
- Sexual issues
- Sharp drops in blood pressure after sitting or standing
- Problems regulating body temperature
- Eyes become less responsive to changes in light

**Proximal neuropathy** – pain in the thighs, hips, buttocks or legs

- Sudden, severe pain in hip, thigh or buttocks
- Weak and atrophied thigh muscles
- Difficulty rising from a sitting position

**Peripheral neuropathy** – nerve damage in the arms and legs

- Numbness or reduced ability to feel pain or temperature changes
- Tingling or burning sensation
- Sharp pains or cramps
- Increased sensitivity to touch
- Loss of balance and coordination

**Focal neuropathy** – affects specific nerves, most often in the head, torso or leg

- Severe pain appears suddenly
- Difficulty focusing, double vision or aching behind one eye
- Paralysis on one side of face
- Pain in shin or foot
- Pain in lower back or pelvis
- Pain in chest or abdomen

Consistently keeping blood sugar within a target range can help prevent or delay the progression of diabetic neuropathy. There are medications that can be used as an attempt to decrease severity of symptoms.



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



Shari L. Gallup, M.S., CHWC

## Community Education – Dining with Diabetes

**Date:** Thursday, October 5  
Thursday, October 12  
Thursday, October 19  
Thursday, October 26

**Location:** LMH First Floor Conference Rooms

**Time:** 6:00 p.m.

**Speakers:** Annmarie Thacker, M.S., R.D., L.D., C.D.E.  
Shari L. Gallup, M.S., CHWC

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a four-part cooking school program for individuals with diabetes and their families that offers healthy alternatives in food preparation. The program, presented by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., CHWC, 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 Extension and the Licking County Senior Levy. Advanced registration is required to attend the four-part program. Please call (740) 670-5315 to register. The cost, which is due at the time of registration, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants. Space is limited – please register by Wednesday, September 27.

## Sleep Deprivation in Children

It is not uncommon or harmful for a child to occasionally experience sleepless nights. Distractions caused by electronics or stress can disrupt normal sleep patterns. However, continued sleep deprivation can seriously impact a child's growth, emotional state and ability to heal. Sleep plays an important role in maintaining good health and directly impacts a child's development. Continued lack of sleep can lead to poor attention, intense emotionality, irritability, depression and increased risk-taking behaviors.

During the time spent in sleep, the child's body receives more than rest. The blood supply to the muscles increases, energy is restored, tissues undergo growth and repairs, and hormones for development are released. For proper development, 40 percent of childhood is spent sleeping. Even one hour less than the recommended amount of sleep per night can directly impact mental and physical growth. For school age children, not enough sleep can affect grade performance. The amount of sleep needed for growth and development changes as the child ages. The National Sleep Foundation recommends the following hours of sleep:

- Newborn (0 to 3 months): 14 to 17 hours
- Infant (4 to 11 months): 12 to 15 hours
- Toddler (1 to 2 years): 11 to 14 hours
- Preschool (3 to 5 years): 10 to 13 hours
- School age (6 to 13 years): 9 to 11 hours
- Teenager (14 to 17 years): 8 to 10 hours

Most causes of sleep deprivation easily can be remedied at home. The most common cause is poor sleep hygiene. Children and teenagers may believe they do not need sleep, or will simply refuse to sleep so they can continue an activity such as a video game. It is important to establish good sleep habits such as a regular, consistent schedule and bedtime routine. Ensure the child's room offers a comfortable sleep environment that it is quiet, dark and not too hot or cold. Limit caffeine intake and exposure to

stimulating activities. Items in the room such as a phone, computer, tablet or video gaming consoles, may keep a child awake because the content holds their attention and light from the devices may delay the release of melatonin, the sleep promoting hormone.

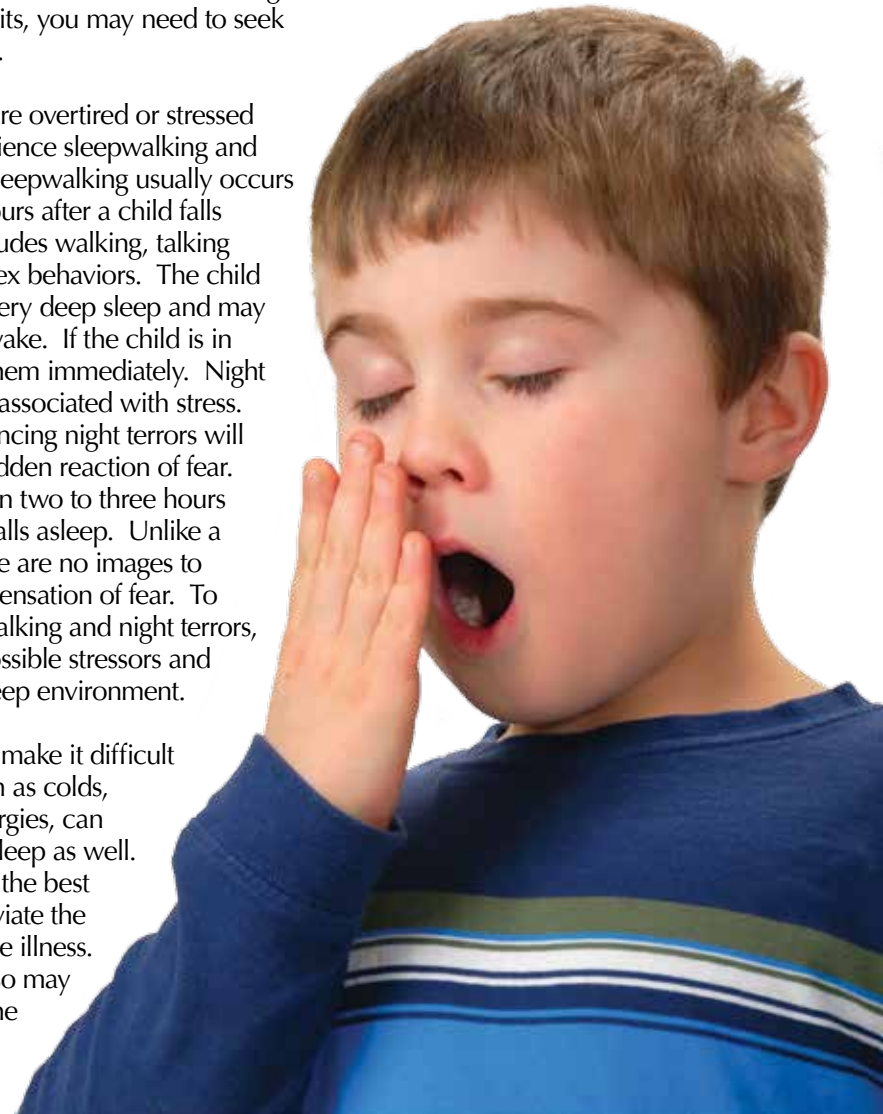
If the child has trouble falling asleep, look for triggers such as chronic stress, pain, anxiety or attention deficit hyperactivity disorder. Try to identify the stressors your child might be facing, such as bullying at school or worry over grades. Help the child learn to relax by teaching them deep breathing and positive mental imagery. Again, a few restless nights are not harmful, but if the child continues to have trouble falling asleep for more than a month, and you have tried establishing good sleep habits, you may need to seek medical advice.

Children who are overtired or stressed also may experience sleepwalking and night terrors. Sleepwalking usually occurs three to four hours after a child falls asleep and includes walking, talking or other complex behaviors. The child usually is in a very deep sleep and may be difficult to wake. If the child is in danger, wake them immediately. Night terrors also are associated with stress. A child experiencing night terrors will wake with a sudden reaction of fear. This can happen two to three hours after the child falls asleep. Unlike a nightmare, there are no images to recall, just the sensation of fear. To prevent sleepwalking and night terrors, consider the possible stressors and create a safe sleep environment.

Illnesses which make it difficult to breathe, such as colds, tonsillitis or allergies, can lead to loss of sleep as well. In this case, do the best you can to alleviate the symptoms of the illness. Medications also may interfere with the

sleep cycle, so check side effects of any prescriptions the child is taking.

If your child remains drowsy or continues to have trouble sleeping through the night, you may need to talk to your physician about possible sleep disorders. Children can suffer from sleep apnea, which causes interruptions in breathing while sleeping. You may notice the child snoring or gasping repeatedly through the night or waking up with a very sore throat. Your pediatrician may ask for a sleep study to evaluate your child. Sleep apnea could be the result of large tonsils or adenoids causing the airway to become blocked during sleep. The physician may suggest having such removed to improve the airflow.



## Pediatric Care – How do we compare?

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 healthcare choices.

- 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 2014	LMHP 2015	LMHP 2016	National
Childhood immunization rate (4:3:1:3:3:1 series)	91%	88%	86%	75% <sup>(1)</sup>
Children, aged 6 months to 18 years, receiving the influenza vaccination	38%	35%	32%	59% <sup>(2)</sup>

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

	LMHP 2014	LMHP 2015	LMHP 2016	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	60%	56%	56%	42% <sup>(3)</sup>
Adolescent children receiving varicella vaccination	95%	96%	96%	83% <sup>(3)</sup>
Adolescent children receiving meningococcal vaccination	87%	88%	89%	81% <sup>(2)</sup>

- Pharyngitis (sore throat) is a common illness in children. Most 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 2014	LMHP 2015	LMHP 2016	National
Children with pharyngitis receiving test before antibiotics	96%	95%	96%	78% <sup>(4)</sup>

- LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood that their children will enjoy long and healthy lives.

	LMHP 2014	LMHP 2015	LMHP 2016	LMHP Goal
Children, aged 9 to 11 years, receiving cholesterol screening	81%	65%	72%	65%

- 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 2014	LMH 2015	LMH 2016	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

**Data Footnotes:** (1) Estimated Vaccination Coverage\* with Individual Vaccines and Selected Vaccination Series Among Children 19-35 Months of Age by State and Local Area; US, National Immunization Survey Q3/2014-Q2/2015. (2) Centers for Disease Control and Prevention, National Immunization Survey, "Flu Vaccination Coverage, United States, 2014-15 Influenza Season" updated October 30, 2016. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2016. (4) NEW-National Committee of Quality Assurance, State of Health Care Quality Report Card 2016.



Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

# LMH Hosts Fourth Annual Baby Expo

**Sunday, October 15**  
**1:00 – 4:00 p.m.**  
**Licking Memorial Hospital**

Featuring select baby specialty vendors, safe nursery display and information on:

- Pregnancy care, including nutrition
- Breastfeeding
- Newborns' special needs
- "First Impressions" classes at LMH
- CPR for infants, children and adults
- Licking Memorial Pediatrics services
- Licking Memorial Women's Health services
- "Quit for You, Quit for Your Baby" tobacco cessation services
- Vendors' products for mothers-to-be, as well as mothers and babies
- Car seat check station

Join us for an afternoon celebrating the joy of childbirth! Light refreshments, door prizes, and a variety of great give-away items will be available.

**FREE Event!**

For more information, please call (220) 564-4102.



# LMHS Supports Licking County Relay for Life



The annual Pataskala Relay for Life event took place at The Grove by the River on Hollander Street in Newark on July 22 and 23. Relay for Life, the signature event of the American Cancer Society, features continuous walking, with the goal of raising funds to benefit cancer research through sponsorships and donations.

During the opening ceremony, D'Anna N. Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology, offered words of encouragement to the attendees. This year's event featured 43 teams, with 330 participants – some of whom were cancer survivors themselves – in addition to the many friends, caregivers and family members whose lives have been impacted by cancer. Together, they raised over \$70,500 for cancer research. Some attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against

cancer, as well as a Luminaria Ceremony in remembrance of lost loved ones.

Licking Memorial Health Systems (LMHS) is dedicated to the early detection and treatment of cancer. In addition to excellent patient care, LMHS provides free community education programs on topics including colorectal cancer and skin cancer. Cancer screenings include free mammograms to qualifying women with financial need.



# LMH Offers Free Mammogram Program on National Mammography Day

Licking Memorial Hospital (LMH), Licking Memorial Women's Health, and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women in order to promote the importance of breast cancer screening awareness. LMH will sponsor screenings on National Mammography Day, Friday, October 21. Tests will be performed from 7:00 a.m. to 5:30 p.m. at the Women's Imaging Center at LMH, and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 75. Any woman who is interested in receiving a free mammogram at LMH should contact her physician for more information and a referral.

In order to be eligible to participate in this program, women must meet the following criteria:

- Must reside or work in Licking County
- Must be at least 40 years old
- Must be uninsured, or not eligible for Medicare or Medicaid
- Must have a physician's referral
- Should have no symptoms of breast cancer
- Must not have received a free mammogram from LMH in the last 12 months

The free tests apply only to screening mammograms. The X-rays will be interpreted by Tri-County Radiologists, including Sean Choice, M.D., Edward Del Grosso, M.D., Joseph Fondriest, M.D., Daniel Kennedy, M.D., Lisa Lee, M.D., Owen Lee, M.D., and Timothy Lifer, D.O. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program. However, financial assistance programs are available if follow-up is required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier's Office.



# Health Tips – Infant Sleep Safety Tips

Creating a safe sleep environment for your infant can help reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths. In 2016, the American Academy of Pediatrics released new recommendations on infant sleep for parents. The Academy suggests infants should sleep in the same bedroom as parents, but not the same bed, for at least the first six months of life. They also issued the following recommendations to create a safe sleep environment.

- Place the baby on his or her back.
- Use a firm sleep surface such as a crib or bassinet.
- Use only a tight-fitting sheet in the crib or bassinet.
- Avoid soft bedding, including crib bumpers, blankets, pillows and soft toys.
- Do not use commercial devices, including wedges or positioners, marketed to reduce the risk of SIDS.
- Offer a pacifier at nap time and bedtime.
- Supervised, awake tummy time is recommended daily to facilitate development.
- Avoid exposure to smoke, alcohol and illicit drugs.

If you are concerned about the infant being cold during the night, use a sleep sack that is wearable and specifically designed for infants.

# Annual Golf Gala Supports LMH

The Licking Memorial Hospital (LMH) Development Council hosted the 2017 LMH Golf Gala at the Denison Golf Club at Granville on June 19. The annual golf outing raised funds to benefit the new Licking Memorial Urgent Care and Family Practice facility. Conveniently located in Downtown Newark to provide services for all residents of Licking County, the facility features 12 exam rooms, four treatment rooms, and X-ray and Laboratory services.

“Your overwhelming support of the 2017 LMH Golf Gala benefits all Licking County residents by helping us offer convenient access to much needed services in the Gerald K. McClain Building in Downtown Newark,” Licking Memorial Health Systems President & CEO Rob Montagnese told the 136 golfers in attendance. “This year’s Golf Gala exceeded our fundraising goal, and we are extremely grateful for your partnership in our mission to improve the health of the community.”

The Honorary Chair of the 2017 Golf Gala was Rob Justice. Rob is owner of Frontier Remodeling Co. and manages the company’s large multi-family and government construction projects. He is active in the community as a member of the LMH Development Council Community Relations Committee, Chair of the Big Brothers Big Sisters of Licking and Perry Counties Ways and Means Committee, and a volunteer with Habitat for Humanity. Rob also coaches football at Watkins Middle School and junior varsity basketball at Watkins Memorial High School.

Originally from Columbus, Rob has resided in Licking County for more than 25 years. He graduated from Licking Heights High School and received his associate’s degree from Central Ohio Technical College. Rob and his wife, Kristin, live in Baltimore, Ohio, with their daughter, Faith, and son, Logan.

A total of 34 teams participated in the 18-hole scramble. Following the round, participants enjoyed a barbecue dinner, as well as an awards ceremony featuring team and individual awards. The State Farm – Tony Adams team, which included Nate Adams, Tony Adams, Kevin Cox and Gavin Mawhorr, secured first place. Each team member received a trophy, a golf towel,

and a round of golf at the Denison Golf Club at Granville. The First Federal Savings team of John Compton, Scot Evans, Paul Thompson and Ryan West took second place. Each team member received a golf towel and a round of golf at The Links at Echo Springs. Unfortunately, there was not a winner for the Hole-in-One prize, a two-year lease for a new 2017 Honda Accord EX-L offered by John Hinderer Honda. Prizes were awarded for the following categories:

**Closest to the Pin** – Gavin Mawhorr, of the State Farm – Tony Adams team, received two rounds of golf with a cart at Wyandot Golf Course.

**Longest Drive (Women)** – Denise Hess, of the SmartBill team, received two rounds of golf at Kyber Run Golf Course.

**Longest Drive (Men)** – Dave Anderson, of the All Weather Systems team, received two rounds of golf at Kyber Run Golf Course.

**Longest Putt** – Phil Wince, of the SmartBill team, received two rounds of golf with a cart at Wyandot Golf Course.

This year’s **Club Sponsor (\$7,500)** was Denison University. **Ace Sponsors (\$5,000)** included Frontier Remodeling Co.; John Hinderer Honda; Dr. Donald G. & Patsy Jones; Matesich Distributing Company; MedBen; Park National Bank; and Stedman Floor Co., Inc. **Eagle Sponsors (\$2,500)** included All Weather Systems; AssuredPartners; The Claro Group, LLC; Coughlin Chevrolet in Pataskala; Courtesy Ambulance, Inc.; The Energy Cooperative; Gutridge Plumbing, Inc.; Interim Healthcare of Newark; The Jerry McClain Companies; Kessler Sign Company; Limbach Company, LLC; Newark Smiles; Northpoint Ohio; PNC Bank; Robertson Construction; Scott Peterson of General Graphics; Shumaker Construction, Ltd.; SmartBill, Ltd.; Summit Custom Cabinets; Surgical Interventions, LLC; US Foods; Vocera; and Waste Away Systems. The **Links Sponsor (\$1,500)** was Greenfield/Lewis Investment Counsel. The **Pro Sponsor (\$1,500)** was Arlington/Heath/Tuscany Gardens. **Birdie Sponsors (\$1,000)** included 89.3 The River; Brett Lowe Mechanical, Inc.; Claypool Electric, Inc.; Coca-Cola; Franklin Services; Pressworks;

Reese, Pyle, Drake & Meyer, PLL; Rotary Club of Newark, Ohio; Staples Business Advantage; Sunny 95; and TAD Sports.

The LMH Development Council was established in 1987 to increase charitable giving to the Hospital, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on three Development Council committees: Annual Support, Community Relations, and Education and Membership.



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Wilson’s Garden Center  
The Works  
Wyandot Golf Club



The first-place State Farm – Tony Adams team included Tony Adams, Nate Adams, Kevin Cox and Gavin Mawhorr.

# Donors Recognized for Contributions to Licking Memorial Health Foundation

New donors recently were recognized for their generous contributions to Licking Memorial Health Foundation (LMHF). The contributions assist Licking Memorial Hospital (LMH) in providing excellent, quality health care for the community with state-of-the-art technology and facilities.

### The Caduceus Society

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to physicians who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

#### Dr. Brian and Stashah Korn

LMHS President & CEO Rob Montagnese (right) presented Brian Korn, D.O., of Licking Memorial Emergency Medicine, and his wife, Stashah (not pictured), with a glass recognition piece in appreciation of their commitment to the Caduceus Society. Dr. Korn received his Doctor of Osteopathic Medicine degree at Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed an internship and residency in emergency medicine at Doctors Hospital in Columbus, and is board certified in emergency medicine.

Dr. Korn joined Licking Memorial Emergency Medicine in January 2014. He has a special interest in trauma and toxicology, and is a member of the American Osteopathic Association. Dr. Korn and Stashah live in Worthington and have five children – Avery, Greyson, Lachlan, Stratton and Thayer.



#### Dr. Kurt Palazzo and Family

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized Kurt Palazzo, M.D., of Licking Memorial Family Practice – Downtown Newark, for his family's commitment to the Caduceus Society. Dr. Palazzo received his Medical Degree from The Ohio State University (OSU) College of Medicine. He completed a residency in family practice at Wheeling Hospital in Wheeling, West Virginia. He is board certified in family medicine.

Dr. Palazzo joined Licking Memorial Family Practice – Downtown Newark in May 2017. He is a member of the American Academy of Family Physicians, Ohio Academy of Family Physicians, OSU Medical Alumni Society and OSU Alumni Association. Dr. Palazzo has three children – Nicholas, Alexis and Jonathan.



### The William Schaffner Society

Created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community, The William Schaffner Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

#### Jim and Nancy Bradley

LMHS President & CEO Rob Montagnese (right) and LMHF Board Chairman Linda Dalgarn (left) welcomed Jim and Nancy Bradley into the William Schaffner Society. Jim retired from the Ohio State University (OSU) in 2001 as an emeritus professor of earth sciences. The Morgantown, West Virginia, native received his Bachelor of Science in Geology from Muskingum College in New Concord, Ohio, and a Master of Science in Geology and a Ph.D. in Mineralogy from OSU. Jim served in the U.S. Army as a soil scientist from 1954 to 1956, and his professional memberships include the Geologic Society of America, American Mineralogical Society, and the American Ceramic Society.

Jim has served the community as President and Board Member of Goodwill Industries, President and Trustee of the Licking County Historical Society, Chair and Trustee of Webb House Museum, Chair of the Licking County Planning Commission, and former Licking County Parks Director. He has been a Board Member of the Licking Park District since it was created in 1990, and also has served as a member of the Robbins-Hunter Museum Board of Governors and the Licking County Litter Board.

Originally from Providence, Rhode Island, Nancy retired from State Farm Insurance where she was a Personal Lines Underwriter. She is a graduate of OSU and a past member of the Central Ohio Underwriters' Association. Nancy's community involvement included serving as a Loaned Executive to the United Way of Licking County, past Board Member of the Licking County Food Pantry Network, and as a member of the Advisory Committee for the Early and Middle Childhood Education program at OSU – Newark. She also coordinated State Farm's Operation Feed campaign and is an alumna of the Leadership Tomorrow program.

Jim and Nancy have resided in Licking County for more than 40 years and currently live in Newark. Their blended family consists of six children, 12 grandchildren and one great grandchild.



LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMHF are tax-deductible to the extent allowed by law. Contributions are used for capital expansion, renovation projects or equipment needs. Contributions are not used for operating expenses, salaries or other day-to-day expenditures.

# Donors

Undesignated contributions to Licking Memorial Health Foundation in 2017 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts, which were recently received.

## Benefactor

Mr. and Mrs. C. Daniel DeLawder  
Newark Area Club of Zonta  
International 704

## Caduceus Society

Dr. Kurt Palazzo and Family  
Donald West Jr., M.D.

## Capital Improvement Fund

TWIGS 6

## Community Cornerstone Club

Corey and Lindsay Alton  
Doug and Lynn Anders  
The Bank of America Charitable  
Foundation  
Julie Ketner Barrett  
Yasuko and Jonathan (D) Bowers  
Edward Cobb  
Mark and Paula Coleman  
Shirley A. Cotton  
Thomas and Kathryn Cumiskey  
Brian and Judy Edwards  
Douglas J. Freeman/MedBen  
Richard and Linda Henry

Hoovler Financial & Insurance  
Services

Clarissa Ann Howard  
Eleanor L. Johnston  
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Susan and Joe Leithauser  
Al and Sandra Lyons  
Mr. and Mrs. William Marlatt  
Robert and Patricia McGaughy  
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Kathy and Bob Moore  
Jerry S. Nethers  
Brian and Sarah Palmer  
Marcia J. Phelps  
Gary and Diane Ryan  
Skip and Carol Salome  
Richard Saylor  
Tom and Joyce Slater  
Doris Ann Spriggs  
Ken and Marilyn Yost

## Cradle Roll

In Honor of Isabella Joy French  
By: Licking Memorial Hospital  
In Honor of Bo Andrew Lanning  
By: Licking Memorial Hospital

In Honor of Mary "Liberty" Link  
By: Veronica Link and Mark Patton  
Aaron Link  
Mary P. and William J. Myers

In Honor of Aubrey Kate Simon  
By: Licking Memorial Hospital

## Doctor's Day

In Honor of David Subler, M.D.  
By: Julie Barrett

In Honor of David W. Kootnz, D.O.  
By: Julie Barrett

In Honor of Thomas J. Hagele, M.D.  
By: Robert E. Sillin

## General

Anonymous (2)  
Mrs. James T. Elliott  
Mr. and Mrs. Jack Graham  
Kroger Rewards  
Licking 387 Memorial Education  
Charity  
Newark Area Club of Zonta  
International 704  
Park National Bank

Larry and Penny Sargent  
Marvin and Terry Snow  
Richard L. Via

## Grants

Ohio Network of Children's  
Advocacy Centers  
State Farm Companies Foundation

## Paving Our Future

Dr. Donald G. and Patsy Jones,  
Dr. and Mrs. Harold E. Kelch,  
Dr. and Mrs. Nicholas E. Reed,  
Ms. Cheryl Ann Wood-Eckhardt

## Platinum Circle

TrueCore Federal Credit Union

## William Schaffner Society

Anonymous

(D) Deceased

# Local Organizations Make Contributions to LMHS Services

Licking Memorial Health Systems (LMHS) recently received generous donations from two local organizations. The Zonta Club of Newark aided Women's Health services at LMHS and Newark Eagles Aerie 387 supported Licking Memorial Hospital (LMH) Cardiology Department with their respective fundraising efforts.

Since 1989, the Zonta Club of Newark has donated a portion of the funds raised from its annual Champagne Luncheon to LMHS. Director of Development Sheila Miller (middle left) recently accepted this year's contribution from (left to right) Jean McKee, Board Member and Champagne Luncheon Co-Chair; Joan Garrett, Champagne Luncheon Chair; Pam Froelich, President; Rachael Campbell, Board Member and Decorating Committee Chair; and Judy DeBevoise, Vice President.

Newark Eagles Aerie 387 sponsors various activities and raffles each February to raise money for its Heart Fund and selected the LMH Cardiology Department to receive the funds this year. Gary Mills, Worthy President (far left); Ruth Swartz, Women's Auxiliary Madam President (second from left); and Charlie Courson, Treasurer and Heart Fund Chairman (far right), presented the donation to (left to right) Director of Cardiology Kim Heddleson, Director of Development Sheila Miller, and Director of Radiology Leslee Arthur.



# Supporter Spotlight

Generous supporters of Licking Memorial Hospital (LMH), Ray and Barbara Holtz, of Holtz Industries, Inc., began donating to LMH as Community Cornerstone Club members in 2011. The Community Cornerstone Club was founded in 1987 in recognition and deep appreciation of Licking Memorial Hospital supporters. Gifts to the Club are used to provide new medical equipment and expanded services at LMH.

In 2014, the Holtzes purchased a brick from the Hospital's Paving Our Future program. The brick is in memory of their beloved daughter, Deborah Lyn Holtz Freuler.

Ray and Barbara serve as Owner-Operators of Holtz Industries, Inc., and have increased their giving level over the years, committing to the Founder Level in 2015. Founders are individuals and businesses whose generosity meets or exceeds the \$100,000 level of giving. In honor of their support, the Holtzes will unveil the new edition to the Licking Memorial Health Systems (LMHS) Main Street Collection at the Donor Appreciation Reception on September 25.

Holtz Industries was founded nearly 30 years ago in Vanatta, Ohio. Since 1988, Ray and Barbara have strived to become the largest after-market replacement parts supplier for the refuse industry worldwide. Now located in Newark, the company utilizes 100,000 square feet of warehouse space. Their son, Raymond, has been a leader in the business as well, along with 25 employees, many of whom have provided their service for 15 to 20 years.

In addition to LMH, the Holtzes support the Salvation Army, Hospice of Central Ohio, the Food Pantry Network of Licking County, St. Vincent de Paul Gateway Shelter and others. Ray and Barbara are residents of Granville and members of the Granville Area Chamber of Commerce.



A lifelong resident of Licking County, Ray graduated from Utica High School and served in the United States Air Force from 1959 to 1963. He currently serves as the President of Holtz Industries, Inc., and Barbara serves as the Secretary and Treasurer for the company. Ray and Barbara share four grown children – Raymond, Gregory, Deborah and Denise.

# Volunteer Spotlight

Shortly after retiring from Rockwell in 2008, **Bob Gabe** began volunteering at Licking Memorial Hospital (LMH). Volunteering is important to Bob because it allows him to give back to the community. "I had always wanted to volunteer and thought the medical field would be an interesting area to explore," he commented.

When he applied, Bob was offered the opportunity to fill an open position in the Mail Room. In the nine years since, he has been sorting and delivering mail weekly. At first, it took him some time to learn all the departments and their locations, as well as become familiar with employees. Now, Bob has a routine and easily keeps up to date on employee and office changes. "I enjoy moving between the departments throughout the Hospital," he said. "The opportunity to see so many people and interact with them is terrific."

When he is not volunteering around the Hospital, Bob most likely is planting a garden or doing crafts. "I really like to work outside, tending to my flowers, tomato and zucchini plants," he said. Walking with his dog, Newton, also is part of Bob's daily routine. A rescue dog, Newton is a Pekingese and long-haired Dachshund mix.

His crafts include latch hook rugs, paint by numbers and connect-the-dots pictures. Bob donates the rugs to St. Vincent de Paul. His completed rugs are approximately 20 by 40 inches, and he mainly works on scenes. Bob recently finished a lighthouse rug which took nearly five months, and he currently is working on a train design. Bob is eager to help the homeless and also makes additional regular donations to St. Vincent de Paul Store and Food Pantry.

A lifelong resident of Licking County, Bob's son, Donald, daughter-in-law, Dee, daughter, Megan, and three grandchildren all live in Central Ohio. He enjoys watching his 9-year-old grandson play baseball.





# Retiree Spotlight

**Lawrence “Pete” Dils, M.D.,** spent 50 years serving the Licking County Community as a family practice physician. He retired from the Active Medical Staff at Licking Memorial Hospital in September 2016. Dr. Dils said he enjoyed taking care of people and worked to make patients comfortable by trying to elicit a laugh. A colleague once commented to him, “You are known for your jokes and your ties, and sometimes your ties are a joke!” Dr. Dils said he was among the last of the physicians in the area to stop wearing neckties every day.

Dr. Dils began his career in Licking County in 1966. He was raised in Reading, Ohio – a suburb of Cincinnati. When he considered possible careers, taking care of people was at the top of his list. He attended Miami University, where he took pre-med classes and graduated with his bachelor’s degree in 1959, and earned his Medical Degree in 1963 from the University of

Cincinnati. After completing his internship at Cincinnati General Hospital in 1964, Dr. Dils volunteered for service in the U.S. Air Force. While in Big Springs, Texas, serving as a Flight Surgeon, Dr. Dils received a visit from Irving Nickerson, M.D., who recruited him to work for the Granville Medical Center. Wanting to move back to Ohio, Dr. Dils accepted the position and moved his family to Granville to establish his practice with Dr. Nickerson and several other physicians.

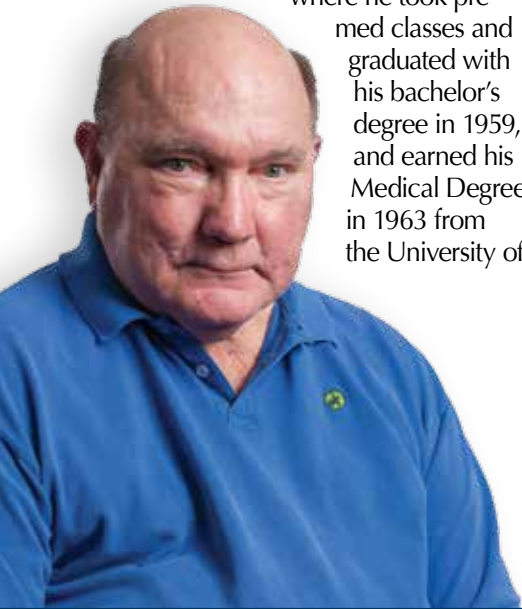
For the first two years, Dr. Dils attended to patients of all ages and part of his practice was delivering babies. As medical practices became more specialized, his practice focused on young adults. At the time, the Granville Medical Center served the community and also cared for students at Denison University, where the physicians attended certain sporting events. When Denison hosted the NCAA Division III Track and Field National Championships, he witnessed one runner pass out on the track and quickly was able to take the young man inside to cool off and receive fluids. It was a great advance at the time to be able to prevent, diagnose and treat heat illnesses, and Dr. Dils was proud to be part of that effort along with Denison trainer Dale Googins.

Another accomplishment was his ability to serve as a medical staff leader while still providing patient care. Dr. Dils formerly was the LMH Chief of Staff and Chairman of the Credentials Committee, and continued to see patients at his practice in Granville. It was an exhausting time for

him, but it taught him to be more efficient administratively as well as in his role as a physician.

Dr. Dils displayed loyalty to his patients. If a patient was in need, he would do what he could to help, including making house calls. While in Denver for a conference, Dr. Dils traveled to Estes Park, Colorado – a remote town that serves as the base of Rocky Mountain National Park – where a patient of his became ill while on vacation. He and the patient were taken to Denver, then flew back to Columbus. He and his wife, Grace, then accompanied her to Licking Memorial Hospital where Dr. Dils continued providing her care.

In 2011, Dr. Dils retired from Licking Memorial Family Practice – Granville, but he continued working with LMHS, taking fill-in positions at various Licking Memorial Family Practice locations until permanent physicians were hired. Such locations included Hanover, Johnstown, Pataskala and Newark. He expressed that the staff at LMHS has always been top notch and he enjoyed working with such a talented group of people. “If there is a criteria or expectation to be met, we can do it better and faster than anyone else,” Dr. Dils said of the culture at LMHS, which was one of the biggest factors in remaining with the organization. After retirement, he planned on selling his home in Granville – which he considers an excellent community to have raised his four children: Tracy, Douglas, Becky and Ben – but decided against it because of his fondness for the area.



## LMHS purchases Hartford Fair Grand Champion Market Steer

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (third from right) purchased the Grand Champion Market Steer at the Hartford Fair. The steer, weighing 1,355 pounds was exhibited by Cole Foor of Pataskala, who is a member of Boots-n-Buckles 4-H Club. LMHS plans to donate the beef to the Salvation Army of Licking County.



# Students Support LMH through Summer Volunteer Program

This summer, seven high school and college students donated their time as volunteers at Licking Memorial Hospital (LMH). The student volunteers offered support in a variety of services including greeting visitors at the reception desk, providing directions to patients, wheelchair assistance, and more.

The LMH Volunteers who are attending high school or college classes this fall include:

- Rachel Allen
- Hannah Armstrong
- Kaia Goodin
- Zania Kret
- Megan Snodgrass
- Emili Toppari
- Leah Welker

Many of the volunteers have an interest in LMH and pursuing a career in health care. The students had a choice to volunteer in areas that gave them first-hand experiences related to their interests. Certain departments, including Radiology and Oncology, allowed the volunteers to offer support by taking specimens to the lab. Also, the students may work in the offices by helping departments with special projects and hospital deliveries.

“During my experience, I really enjoyed getting to know the hospital and the people that work here. I really enjoy seeing how the hospital works,” Volunteer Kaia Goodin said. “For me, being a Volunteer helped me come out of my shell and taught me how to interact with people better.”

Students between the ages of 16 and 18 are eligible to become a member of the LMH Volunteer Department with their parents’ or guardians’ permission. In order to become a volunteer, they also need to complete a volunteer application, background check, and training prior to taking on the responsibilities to be a LMH volunteer.

Many rewarding opportunities are available at Licking Memorial Health Systems for teens and adults. To learn more about these opportunities, please call (220) 564-4084, or visit [www.LMHealth.org](http://www.LMHealth.org) and select “About Us” then “Volunteers” from the menu.



Pictured left to right are: Megan Snodgrass, Hanna Armstorg, Rachel Allen, Kaia Goodin, Emili Toppari, and Leah Welker. Not pictured: Zania Kret.

# Physicians Provide Health Advice for Chamber of Commerce Members

Licking Memorial Health Systems' (LMHS) Pataskala Health Campus hosted the Pataskala Chamber of Commerce's meeting in August. Approximately 65 chamber members attended the meeting and enjoyed a buffet lunch, catered by LMHS Food Services. During the meeting, LMHS President & CEO Rob Montagnese spoke about updates within the Health Systems and welcomed a panel of physicians from the Pataskala Health Campus to speak about various health topics.

Keri Hershberger, M.D., of Licking Memorial Family Practice, discussed the importance of regular well visits and explained the value of staying informed on personal health issues. "Annual visits are recommended for 'head-to-toe' care, while diabetes and blood pressure checks should occur every six months," Dr. Hershberger said. "Our focus is for all our patients to be healthy and stay healthy."

Melissa Lenko, D.O., of Licking Memorial Women's Health, shared her passion for obstetrics and caring for women. Dr. Lenko expressed joy for delivering babies at 5:00

a.m. and later caring for those children at puberty and beyond, helping them learn what to expect in the years ahead and consider their own routine health care.

Dermatologist Laurie Schaeffer, D.O., discussed the significance of sunscreen in skin cancer prevention. Dr. Schaeffer advised that the sun's highest intensity is between the hours of 10:00 a.m. and 4:00 p.m., and stressed the importance of protecting skin with sunscreen when spending long periods of time in the sun. She noted that using a sunscreen with zinc or titanium and reapplying every one to two hours is the best practice. She recommended wearing at least SPF 30 each day, which is broad spectrum (protects against both UV-A and UV-B rays). Dr. Schaeffer explained that lotion higher than SPF 30 does not offer any additional protection and, while the spray sunscreen may be easier to apply, it does not offer as much coverage.

She also emphasized the significance of skin checks, commenting that much of her daily practice includes this type of appointment. Any sudden changes to a mole on the skin, whether color, size, or shape, indicates the need to make an appointment with a physician to have the

area checked. It may require a biopsy, but early detection and treatment is key when dealing with melanoma.

The final panel speaker was Kristen Upton, APRN-CNP, of Licking Memorial Pediatrics, who shared her passion for growth, development and nutrition for pediatric patients. She also stressed the importance of yearly well visits for youth. "Many parents discontinue well visits after children begin kindergarten and we do not see them again until vaccinations are needed prior to seventh grade. During these years, we are missing a key portion of development, both physically and emotionally," Kristen explained. Regular wellness visits often can prevent youth from developing health issues in their adult life.

Chamber members posed several issues to the panel including recent immunization misconceptions and protecting young athletes in the upcoming fall season. Rob highlighted the free sports physicals offered by LMHS, including a screening electrocardiogram (EKG), echocardiogram exam and baseline concussion test, encouraging the community to take advantage of this valuable service. "Above all, parents and coaches need to remember that the wellbeing of our youth athletes is the most important factor, not the sport at hand. While every parent wants their athlete to play, the long-term health of their child should remain at the forefront."

Dr. Lenko reflected on the current vaccination controversy. She explained that receiving vaccinations, such as influenza, meningitis and HPV, at every recommended stage of development is vital, especially in light of the recent whooping cough and measles outbreaks. "HPV causes cervical as well as penile cancer. With both females and males receiving the vaccine younger, we can work toward eliminating the disease," she concluded. Dr. Lenko also noted that pregnant women and anyone coming into contact with newborns, including siblings, parents and grandparents should keep vaccinations updated.

LMHS opened the Pataskala Health Campus in 2004 on a 32-acre parcel, located at One Healthy Place along State Route 16. For additional information and practice-specific hours, call (220) 564-4000 or visit [www.LMHealth.org](http://www.LMHealth.org).



# LMHS Participates in Pataskala Street Fair and Parade



Licking Memorial Health Systems (LMHS) staff members joined in the fun of the annual Pataskala Street Fair from August 16 through 19 by providing an informational booth that highlighted the healthcare services available at the Pataskala Health Campus. LMHS President & CEO Rob Montagnese; Laurie Schaeffer, D.O., of Licking Memorial Dermatology, and Kevin Finley, M.D., of Licking Memorial Urgent Care, also supported the community event by participating in the Pataskala Street Fair Parade on August 19.

Located at One Healthy Place, off State Route 16 on the east side of Pataskala, the Pataskala Health Campus offers a range of services, including: Licking Memorial Urgent Care, Licking Memorial Pediatrics, Licking Memorial Women's Health, Licking Memorial Family Practice, Licking Memorial Physical Therapy, Licking Memorial Dermatology, Licking Memorial Ultrasound Services and Licking Memorial Hospital Laboratory Services.





# Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

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# Community Events

### Walk with a Doc

Saturday, September 23, 9:00 a.m.

The Dawes Arboretum

Kenneth Parker, M.D., of Licking Memorial Otolaryngology will discuss ear, nose and throat issues.

Saturday, October 14, 9.00 a.m.

Ohio State University – Newark Campus

D’Anna Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology will discuss cancer.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, please call LMHS Public Relations at (220) 564-1560.

### Baby Expo

Sunday, October 15, 1:00 – 4:00 p.m.

John & Mary Alford Pavilion

Licking Memorial Hospital

Please see page 24 for more details.

### Active•Senior BINGO

Friday, October 20, 3:00 p.m.

LMH Cafeteria, Ground Floor

Licking Memorial Hospital

For more information or to register, call (220) 564-1560.

### First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Newborn Basics Class
- Stork Tour
- Breastfeeding Class
- Friends and Family Infant CPR
- Sibling Preparation Class

For more information or to register, call (220) 564-2527 or visit [www.LMHealth.org](http://www.LMHealth.org).

### Community Blood Pressure Screenings

Second and Fourth Thursdays of each month, 1:00 to 3:00 p.m.  
Licking Memorial Wellness Center at C-TEC

150 Price Road in Newark

No charge. Open to the public.

No appointment required. Call (740) 364-2720 for more details.

### Diabetes Self-Management (a four-class series)

Every Wednesday, 12:00 Noon to 2:00 p.m.

Licking Memorial Diabetes Learning Center

1865 Tamarack Road in Newark

Registration and physician referral are required. To register, please call (220) 564-4722. For information on course fees, call (220) 564-4915. Fees vary depending on insurance coverage.

### Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.

No charge. Open to the public.

Shepherd Hill, 200 Messimer Drive in Newark

A physician will answer questions about chemical dependency and treatment options. Call (220) 564-4877 for more information.

For more information about any LMHS event, please call (220) 564-1560, or visit [www.LMHealth.org](http://www.LMHealth.org).

Please take a few minutes to read this issue of **Community Connection**. You'll once again see why Licking Memorial Health Systems is measurably different ... for your health! **Visit us at [www.LMHealth.org](http://www.LMHealth.org).**

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1561 to receive future mailings.

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