



# Community Connection

## Licking Memorial Health Systems

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



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Measurably Different ... for Your Health!

## LMH Named to 100 Top Hospitals® List for a 12th Year

Licking Memorial Hospital has been named one of the nation's 100 Top Hospitals® by Truven Health Analytics. Truven Health Analytics is a leading provider of information and solutions to improve the cost and quality of healthcare.



The Truven Health 100 Top Hospitals study identifies hospitals and leadership teams that provide the highest level of value to their communities, based on a national balanced scorecard. The 100 Top Hospitals balanced scorecard measures hospital performance across 10 areas: mortality; inpatient complications; patient safety; average patient stay; expenses; profitability; patient satisfaction; adherence to clinical standards of care; and post-discharge mortality and readmission rates for acute myocardial infarction (heart attack), heart failure, and pneumonia. The study has been conducted annually since 1993. This is the 12th time that Licking Memorial Hospital has been recognized with this honor.

*LMH Named to 100 Top Hospitals® List for a 12th Year (continued on page 2)*

## Tobacco Cessation Services Now Provided at Licking Memorial Women's Health



Licking Memorial Women's Health in Newark has added a new service to help pregnant patients improve the health of their newborn babies. Now, expectant mothers who smoke or use other forms of tobacco can visit their obstetrician/gynecologist and receive free tobacco cessation services during the same visit.

Women who smoke during pregnancy are at increased risk of developing placenta previa (a condition that can cause severe bleeding) and have less oxygen available for the unborn baby's development in the placenta. Additionally, the unborn baby has elevated risk of:

- Low birth weight
- Premature birth
- Stillbirth
- Sudden Infant Death Syndrome (SIDS)
- Childhood cancers
- Cleft palate
- Cleft lip
- Respiratory problems

*Tobacco Cessation Services Now Provided at Licking Memorial Women's Health (continued on page 2)*

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

*See pages 12-18 for Quality Report Cards in this issue.*

## COMMUNITY EDUCATION

### Friends and Family CPR

**Date:** Thursday, March 27  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Ronda Stegman

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### Dining with Diabetes

**Date:** Thursday, April 10  
Thursday, April 17  
Tuesday, April 22  
**Location:** LMH First Floor Conference Rooms  
**Time:** 5:30 p.m.  
**Speakers:** Annmarie Thacker, R.D., L.D., C.D.E., and Shari L. Gallup, M.S.

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### Total Knee Replacement

**Date:** Thursday, April 24  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Edward Westerheide, M.D.

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“We are pleased to have been recognized as a 100 Top Hospital for a 12th time,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “This award was truly earned by our employees, medical staff, management team, board members and volunteers who strive daily to ensure excellent health care for our community.”

To conduct the 100 Top Hospitals study, Truven Health researchers evaluated 2,803 short-term, acute-care, nonfederal hospitals. They used public information – Medicare cost reports, Medicare Provider Analysis and Review (MedPAR) data, and

core measures and patient satisfaction data from the Centers for Medicare & Medicaid Services (CMS) Hospital Compare website. Hospitals do not apply, and winners do not pay to market this honor. The winning hospitals were announced in the March 3rd edition of Modern Healthcare magazine.

“Employers and payers are increasingly seeking network hospitals that consistently provide demonstrated value – hospitals that deliver higher quality, higher satisfaction and lower cost. The 100 Top Hospitals have been objectively proven to provide high value, and the majority of them have demonstrated year-over-year increased value, as well,” said Jean Chenoweth, Truven Health Analytics senior vice president, 100 Top Hospitals Programs. “The results show 100 Top Hospitals to be strong, well-managed hospitals with consistently high performance. This year, 59 percent of the 2014 100 Top Hospitals were winners last year. In 2013, 51 percent were repeat winners; in 2012, 42 percent were repeat winners.”

More information on this study and other 100 Top Hospitals research is available at [www.100tophospitals.com](http://www.100tophospitals.com). Look for future specifics regarding measures in the May/June 2014 issue of *Community Connection*.

*Tobacco Cessation Services Now Provided at Licking Memorial Women's Health (continued from front page)*

“Unfortunately, 24 percent of our obstetrics patients smoke cigarettes,” stated Obstetrician/Gynecologist Ngozi V. Ibe, M.D. “As physicians, we educate our patients about the dangerous effects that nicotine has on unborn babies. However, nicotine is very addictive, and many women cannot kick the smoking habit on their own, no matter how much they love their babies. We welcome the addition of the Licking Memorial Hospital (LMH) Quit for Your Health services here at the Women’s Health practice, because they have specially trained tobacco cessation counselors, educational tools and nicotine replacement products that have a very good rate of success. We want to provide our patients with all the encouragement we can to quit smoking for their own health, and for the health of their babies.”

Dr. Ibe added, “Some patients told us in the past that they had good intentions to quit smoking during their pregnancies, but for one reason or another, it was difficult for them to find the time to

visit the Quit for Your Health counselors at their primary location next to the Hospital. We are excited that LMH is making tobacco cessation services as convenient as possible for our patients.”

LMH’s Quit for Your Health program was first established in 2009, after funding for a statewide tobacco prevention program was eliminated. LMH recognized the importance of continuing an anti-tobacco program to lower the high rate of tobacco use in Licking County. In addition to the new Women’s Health location, the primary Quit for Your Health office is located at 1272 W. Main Street, Building 2, in Newark.

LMH’s two Quit for Your Health counselors, Melissa Phillips, R.N., and Katie Seward, M.P.H., CHES, CTTS, are both trained in tobacco cessation education. Their services are free of charge to Licking County residents who use any form of tobacco. Appointments can be made by calling (740) 348-7848.

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



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



Shari L. Gallup,  
M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program that offers healthy alternatives to food preparation for individuals with diabetes and their families. The program, led by Registered Dietitian Annmarie Thacker, R.D., L.D., C.D.E., and Shari L. Gallup, M.S., 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 Office. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and payment is due at the time of registration. Advanced registration is required to attend the three-part program. Space is limited – please call (740) 670-5315 by Friday, April 4 to register.

# Pataskala Health Campus Celebrates 10 Years

In May, the Licking Memorial Health Systems' (LMHS) Pataskala Health Campus, located at One Healthy Place off Broad Street, will celebrate its tenth anniversary since its opening in 2004. The Health Campus originated when Health Systems leadership recognized the community's need for general family medical services in the southwestern portion of Licking County. In 2004, the Pataskala Health Campus originally opened with two family physicians, in addition to select diagnostic services. A year later, the Campus added Obstetrics/Gynecology and Pediatric services, as a result of a survey conducted to gain insight concerning the needs of Pataskala residents. In 2009, LMHS opened its first Urgent Care location at the Pataskala Health Campus.



“Over the years, the Pataskala Health Campus has transformed to meet the evolving needs of the Pataskala community. LMHS continuously strives to provide quality care in each of our community locations, and we are proud to offer a variety of practices and services to Pataskala residents,” said LMHS President & CEO Rob Montagnese.

Pataskala Health Campus services include:

- Family Practice
- Laboratory services
- Nephrology (kidney and renal conditions)
- Pediatrics
- Physical Therapy
- Podiatry
- Radiology
- Ultrasound imaging
- Urgent Care
- Women's Health (Obstetrics/Gynecology)

For more information on specific services and practices, please visit [www.lmhealth.org](http://www.lmhealth.org) or call (740) 348-4000.

## LMHS Attracted National Attention in 2013



Licking Memorial Hospital (LMH) earned many recognitions in 2013 that placed the Hospital alongside the best healthcare facilities in the state and nation. At the LMH Development Council's Corporate Breakfast in February, Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS), outlined the Health Systems' accomplishments and activities over the past year. He explained that LMHS' award-winning status affects the entire Licking County Community.

“Of course, it is gratifying to our staff members to have their hard work recognized,” Rob said, “and it makes us proud to be placed among the best hospitals in the nation. The important point, however, is that by performing at a higher level and providing services according to the best practices in health care, we are saving lives in our community. So while it is

exciting to win prestigious awards, our real pride is in the knowledge that we are providing a very high level of health care on a daily basis.”

In 2013, LMHS received the following national recognitions:

- 100 Top Hospitals by Truven Health Analytics
- The Most Wired Award by McKesson Corp., AT&T, the College of Healthcare Information Management Executives, and the American Hospital Association
- 100 Great Community Hospitals by Becker's Hospital Review
- 100 Strongest Hospitals by iVantage Health Analytics
- “A” rating for patient safety by The Leapfrog Group
- Patient Safety Excellence Award by Healthgrade
- High rating for Surgery Safety by Consumer Report
- Program of Promise Award (for LMHS' Active•Fit program) by Jackson Healthcare
- Outstanding Achievement Award by the American College of Surgeon's Commission on Cancer
- Top 500 Award by HomeCare Elite

The LMH Development Council hosts four Corporate Breakfasts each year to share information about the Hospital with community leaders. The Development Council, which is comprised of approximately 75 members, was established in 1987 to increase charitable giving to LMH and to promote good community relations.

# LMH Pain Clinic Offers Proven Pain Management Care

Chronic pain is defined as pain that recurs over a prolonged period of time, regardless of whether an injury has healed. This discomfort can have physical and emotional effects on a patient, including tense muscles, limited mobility, lack of energy, depression, anger or anxiety. In the United States, an estimated 116 million adults experience chronic pain, according to a report released by the Institute of Medicine of the National Academies.

“Chronic pain is a very common occurrence, and most patients believe that they will always live with the burden of pain,” LMH Pain Clinic physician Deborah Coates, D.O., FAOCA, said. “There are actually many treatment options available to help ease chronic pain. The LMH Pain Clinic provides a complete range of pain management care options.”

The LMH Pain Clinic is staffed with two physicians, Dr. Coates, and Abhay Anand, M.D., plus a qualified team of nurses and technicians. Through the Clinic, Licking Memorial Hospital (LMH) offers community members who are suffering from chronic pain a close-to-home facility equipped to provide comprehensive pain care. Since the 2013 relocation to LMH – Tamarack, the Clinic now offers a specialized wing of patient rooms and performs all pain management procedures within the Clinic.

The new facility allows Clinic medical staff to provide care for patients in a dedicated procedure room. Previously, procedures were completed using the Operating Room (OR) area in the Hospital, which required a longer registration process and sharing the OR schedule with surgical procedures. The specialized procedure room has streamlined the process, allowing the Clinic to serve patients more efficiently.

The pain care process at the Clinic begins with an initial consult to determine the preliminary steps of treatment. Clinic staff conducts any necessary tests, such as MRIs or bone scans, and recommends a care plan based on the consultation and tests. Treatment can consist of physical therapy provided by LMH Rehabilitation Services, non-opioid medications or pain procedures. Depending on the diagnosis, the physician may provide special additional treatments, such as joint injections, nerve root injections, disc procedures, sympathetic blocks or spinal implants, among other options.

“We want to ensure patients understand that the Clinic treatment encompasses a combination of successful treatment



The LMH Pain Clinic is now equipped with a dedicated procedure room, allowing patients to have their consult, treatment and appointments conveniently located in the same area.

options beyond simply offering pain medications,” Dr. Anand said. “We incorporate therapy and rehabilitation options among our treatments, as well.”

The Clinic requires patients to obtain a referral from a physician in order to receive care. The referring physician will provide information to the Pain Clinic to begin the referral process, and patients will be notified by the Pain Clinic of their appointment. Clinic office appointments require no special preparation. The Clinic is located at 2000 Tamarack

Road in Newark, with hours of operation Monday through Thursday, 8:00 a.m. to 4:30 p.m., and on Friday, 8:00 a.m. to 12:00 Noon. For more information, please contact the Pain Clinic at (740) 348-4650.

Dr. Anand is board certified in anesthesiology and pain management and has 14 years of interventional practice experience. He specializes in a wide spectrum of chronic pain disorders, including chronic spine and joint pains and especially the relief of spine-related arthritis.

Dr. Coates is board certified in anesthesiology and pain management, and specializes in the diagnosis and treatment of pain syndromes. She has spent 20 years diagnosing and treating low back pain, thoracic pain, cervical spine pain, all joint pain, shingles, nerve pain and cancer pain.

## Can You Benefit From the Pain Clinic?

The Pain Clinic treats a myriad of ailments each day, providing care for approximately 140 patients each week. The Clinic is equipped to provide treatment for conditions such as:

- Tendonitis
- Bursitis
- Arthritis
- Lumbar strain
- Herniated disc
- Cancer pain
- Chronic back pain
- Spinal stenosis
- Neck and shoulder pain
- Diabetic neuropathy
- Compression fractures
- RSD
- Sacroiliac joint
- Vascular pain
- Shingles
- Tailbone pain
- Rib pain
- Foot pain
- Hip pain
- Muscle spasms



## LMH Pain Clinic Restores Quality of Life

Long-time Licking Memorial Hospital (LMH) patient, 84-year-old Richard Hughes (above right), said his treatment at the LMH Pain Clinic has been life-changing. Through recommendations from his orthopedic physician and family practice physician, Richard has received two epidural procedures from the Clinic. An epidural is a regional anesthesia that blocks pain in a particular region of the body. The goal is to provide pain relief rather than anesthesia, which leads to a total lack of feeling. Richard received his epidurals to combat his lower back pain after a discussion with LMH Pain Clinic physician Deborah Coates, D.O., FAOCA (above left).

“Before my treatment at the Pain Clinic, I had pain extending from my lower back all the way down past my knee,” Richard said. “I could barely walk, and the pain was so immense I was often in tears. My orthopedic surgeon recommended that I visit the Pain Clinic. After my consultation with Dr. Coates,

I had the epidural and the next day my pain was gone.” After Richard’s first treatment at the Clinic, his pain was significantly less, but he was still dependent on his walker. Dr. Coates recommended a second epidural procedure. Months after his first visit, Richard received a second treatment at the Clinic and within 24 hours of treatment, he was able to walk with just a cane. He has been attending physical therapy sessions at LMH in order to improve his mobility, as well.

“The reason I use the cane is only for balance, but Dr. Coates recommended that I visit the LMH Physical Therapy Department to improve my balance and strength, so hopefully I’ll soon be walking without it,” Richard said. He has attended half of his approved physical therapy visits and said he feels good. “The treatment and therapy rehabilitation has improved my quality of life,” he said. “I can’t express what my life would be like without it.”

### Community Education – Total Knee Replacement *(continued from front page)*



Edward Westerheide, M.D.

Joint disease can be both painful and disabling, leaving an individual unable to participate in the activities previously enjoyed. Conservative treatment measures, such as medication, change in activity and the use of mobility aids are helpful, but often prove inadequate as joint disease progresses.

Replacing the diseased knee joint through a surgical procedure known as total knee replacement offers the best method for reclaiming an active life. The number of total knee replacements performed in the U.S. increases every year and ongoing improvements in surgical techniques continue to increase the effectiveness of this surgery.

Edward Westerheide, M.D., of Orthopaedic Specialists and Sports Medicine, will discuss the latest surgical options available during an educational session on **Thursday, April 24**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

# Wellness Centers Promote Healthy Lifestyles

To extend health services outside of the Hospital, Licking Memorial Hospital (LMH) offers two Wellness Center locations to the community. The goal is to promote healthy lifestyles, with the guidance of the LMH Community Case Management team, through personalized exercise plans. Eligibility for attendance is based upon certain criteria, and a physician's referral is needed. Those interested in using the Wellness Center must be medically stable and able to function independently. Additionally, a potential member must be at least 60 years old, have a chronic health concern, or have a severe weight problem.

Although not a fitness gym, the Wellness Center is monitored by LMH Community Case Management team members who are fitness professionals with a medical background. These staff members monitor blood pressure before and after exercise, weight upon request, and blood sugar level, if diabetes is a concern. In addition, they supervise and monitor safety, and provide support with the exercise equipment. To assist with further wellness needs, dietitians, registered nurses, personal trainers, a pharmacist and a social worker are also available upon request.

Registration at the Wellness Centers has increased exponentially since its initial start nearly 20 years ago at the Hospital. Now, with two locations available at C-TEC and on Tamarack Road, approximately 460 community members are registered.

Many community members visit the Wellness Center to maintain or improve their health, due to a concern or recent medical issue. "The Wellness Center is a place for people to receive specialized attention, customized to individual health needs," said Wellness Center Coordinator Darcy Nethers. "Our mission is to improve the health of the community, and that's what we do – one person at a time."

A self-professed busy-bee, Wellness attendee Nancy LeBlanc enjoys staying active. That is why, at age 74, after experiencing two heart attacks and receiving six heart stents in the past 10 years, to ensure her heart health, she now visits the Wellness



Point of Care Technician Justin Smith checks James Davis' blood pressure before his exercise at the Wellness Center, located on Tamarack Road, in Newark.

Center located at Tamarack Road twice a week at 6:30 a.m. Nancy has a regular schedule in her allotted 90 minutes – upon arrival, she has her blood pressure checked, and she begins her exercise routine with the treadmill, stationary bicycle, arm bicycle, and Nu-Step – each with 20-minute intervals.

"The Wellness Center is a great resource that the Hospital provides – it's a fun place to be and the staff members are helpful, positive and motivating," Nancy said. Her

cardiologist, Hassan Rajjoub, M.D., encourages her regular exercise at the Wellness Center and Nancy said staying active keeps her heart healthy.

Nancy also enjoys the camaraderie with her fellow attendees. "About ten others visit the Wellness Center at the same time that I do, and we are good friends – we are like a family," Nancy said. She added that it is helpful to exercise with people who are there for similar reasons. "Occasionally, we will e-mail each other, and that helps to motivate attendance at Wellness."

Nancy's three children and eight grand-children keep her motivated, too. "One of my daughters runs marathons, and another runs half marathons. They make sure that I keep active," Nancy said. "I've had high blood pressure since I was 19, and my health is maintained as long as I exercise."

The Wellness Center locations offer variations of fitness equipment, including treadmills, elliptical, Nu-Step, stationary bicycles, arm bicycles, a recumbent bicycle, universal weight-lifting equipment, as well as free weights. The locations, both in Newark, are open at convenient hours during weekdays to serve the community:

- 1865 Tamarack Road, Suite E  
(740) 348-4957  
Open Monday through Friday, 6:00 a.m. to 8:00 p.m.
- C-TEC, 150 Price Road  
(740) 364-2720  
Open Monday through Thursday, 8:30 a.m. to 5:00 p.m.

## Community Education – Friends and Family CPR *(continued from front page)*



Ronda Stegman

Knowing the actions to take during a medical emergency can mean the difference between life and death for the person in need. This one-hour program will instruct participants on how to respond in an emergency with CPR and perform hands-only CPR. This is not a CPR certification program; however, information on obtaining certification will be available at the program.

Join Licking Memorial Community Training Center Coordinator Ronda Stegman to learn the basics of CPR on **Thursday, March 27**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

# Patient Commends LMH On All Aspects of Care

Larry Jacobs is no stranger to hospitals. During the past decade, he has undergone two heart bypass surgeries and was diagnosed with “borderline” type 2 diabetes. To help maintain an active lifestyle, he began visiting the Licking Memorial Hospital (LMH) Wellness Center a few years ago and credits Wellness Coordinator Darcy Nethers for continued motivation. Last summer, however, when his blood pressure spiked, both he and his significant other, Marla Gartner, knew that he needed to be taken to a hospital.

Admittedly, Larry seriously considered visiting a hospital in Columbus. However, as a Newark resident, he knew the convenience and proximity of LMH would be beneficial to his health. In retrospect, he is very glad that he chose LMH and greatly pleased with the high quality of care that he received during his stay.

Once admitted into the LMH Emergency Department, Hospitalist Bassam Kret, M.D., met with Larry to review the procedure necessary to control his elevated blood pressure. He was referred to a cardiologist (Hassan Rajjoub, M.D.) to undergo a catheterization. Upon meeting Dr. Rajjoub, Larry and Marla were hesitant about the procedure and asked several questions for clarification. Larry felt completely at ease after listening to



Larry Jacobs continues to exercise at the Wellness Center to control his blood pressure.

Dr. Rajjoub’s thorough explanation as well as the confidence he exuded.

Following the successful procedure, Larry now boasts that Dr. Rajjoub is his and Marla’s preferred cardiologist and will continue to visit LMH. “It is an excellent medical facility and well-managed,” Larry said. “When employees enjoy their job, then they are positive – patients benefit from that. When people are scared and don’t feel good – positive attitudes make all the difference.”

As a forklift industry retiree who worked nearly 40 years providing customer service, Larry said that LMH excels within that area of expertise. “The LMH staff members reduce the fear out of a hospital visit and make you feel comfortable,” Larry said. “LMH is a great organization and

should be complimented.” In addition to Drs. Rajjoub and Kret, Larry also was appreciative of several nurses who enhanced his visit through exceptional health care.

Larry wholly enjoyed his experience at LMH, from the personalized and professional care to the food in the Café. “I’ve renamed the Hospital: ‘Licking Memorial Bed & Breakfast’ – a great place to spend a weekend,” Larry said, smiling.

## LMH Celebrates 116 Years of Caring

Licking Memorial Hospital (LMH) celebrated 116 years of providing quality health care to the Licking County community on January 18. As an annual birthday tradition, Licking Memorial Health Systems (LMHS) employees and medical staff celebrated the milestone by donating gifts consisting of new blankets and outerwear. These contributions were donated to The Center for New Beginnings and the Salvation Army of Licking County to help individuals and families in need – especially during the cold winter months. This year marked the tenth time that LMHS has celebrated with the birthday donation theme.

As part of a friendly interdepartmental competition, various LMHS departments were combined into teams to see which group could donate the most pounds of items. The competition also included an opportunity for employees to give monetary contributions, and every five dollars equaled one pound of goods. Health Systems employees provided a record total of



In celebration of LMH’s 116th birthday, LMHS President & CEO Rob Montagnese, joined by members of the winning donation team, presented blankets, warm winter clothing and a monetary contribution to The Center for New Beginnings in late January.

2,042.9 pounds of contributions that included \$8,575.60 in monetary donations. The winning donation team, comprised of employees from Environmental Services, Transportation, Laundry and Food Service, combined to give 319.8 pounds of goods.

“At more than twice the amount collected in 2013, this is by far our largest donation ever,” said Rob Montagnese, LMHS President & CEO. “As we celebrate 116 years of providing quality health care to the community, I am pleased to recognize the continued

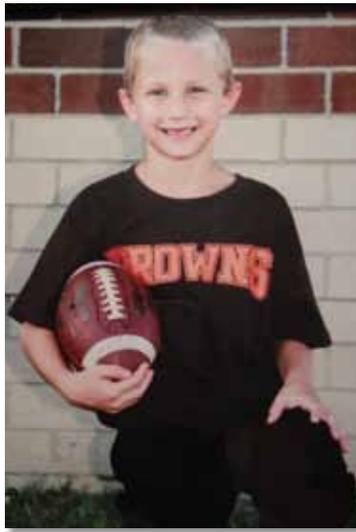
generosity and commitment that the LMHS staff demonstrates to improving the health of the community. I am proud of the care that we provide to our neighbors, friends, coworkers and family members throughout Licking County.”

In addition, LMH presented each baby born on the Hospital’s birthday with a special gift in honor of their shared birthday. Three babies were born on January 18, and each of their mothers received a \$116 gift card to Toys ‘R’ Us.

# Youth Athletes Benefit From LMHS Scholarships

To help combat the childhood obesity epidemic, Licking Memorial Health Systems (LMHS) continues its mission to improve the health of the community by offering the LMHS Youth League Scholarship program. The program, which began in 2010, provides registration fee scholarships to ensure that all youth in Licking County have the opportunity to participate in recreational team sports. In 2013, 15 youth athletes benefitted from a scholarship, including 7-year-old Donovan Peck.

The LMHS Youth League Scholarship program helped Donovan participate in baseball and basketball, and continue his love of playing football for a second year, according to his mother, Annette Gordon. She had discovered the scholarship program through Licking Valley Youth Sports Association and decided to apply at the Hospital. “Donovan is an athlete and loves sports,” said Annette. “If he can continue playing, maybe he can earn a college scholarship someday.” She added that because her son is involved in sports, it will keep him active and out of trouble.



Donovan Peck plays football through the Licking Valley Youth Sports Association.

Eligibility for the Youth League Scholarship program is determined by financial need, in addition to the following guidelines:

- Athlete must be a Licking County resident.
- Athlete must be 15 years or younger.
- Athlete participates in a minimum of 80% of the scheduled practices and games.
- Participation by a family member in at least one volunteer opportunity during the scholarship season.
- Athlete or parent must have completed the youth league’s registration form.
- Application must be completed by a parent, guardian, or head of household, with all requested information provided.
- Application first must be reviewed by the league and recommendation provided before consideration for LMHS assistance.

To complete the LMHS Youth League Scholarship application, visit the Active•Fit website at [www.ActiveFit.org](http://www.ActiveFit.org), or download the form from the Community Support page of the LMHS website at [www.LMHealth.org](http://www.LMHealth.org). Applications also are available at Licking Memorial Hospital – for more information, please contact the Development Department at (740) 348-4102.

## Active•Fit Period 1 Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the youth wellness program who completed their fitness goals between September 1 and December 31, 2013, were entered into a special drawing. Winners and their families received their prizes from LMHS as special recognition for their achievements. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2014 began January 1 and continues through April 30. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit [www.ActiveFit.org](http://www.ActiveFit.org).

1. **Xbox 360 with Kinect & Fitness Software**  
Madelyn Reed, Newton Elementary
2. **Xbox 360 with Kinect & Fitness Software**  
Cameron Kirkendall, Licking Valley Intermediate
3. **Bicycle**  
Tavious Head, Garfield Elementary
4. **\$200 Dick’s Sporting Goods Gift Card**  
Megan Herriot, Legend Elementary
5. **Nike Shoes with iPod & Nike/iPod Connect**  
Jessica Treinish, Pataskala Elementary
6. **Nike Shoes with iPod & Nike/iPod Connect**  
Ophelia Lonzo, Welsh Hills
7. **iPod Nano with Fitness Software**  
Austin Rush, St. Francis DeSales
8. **iPod Nano with Fitness Software**  
Hailey Smith, Northridge Primary
9. **\$100 Dick’s Sporting Goods Gift Card**  
Bridger Ashworth, Welsh Hills
10. **\$100 Dick’s Sporting Goods Gift Card**  
Madison Boyd, Liberty Middle School
11. **\$100 Dick’s Sporting Goods Gift Card**  
Grace Wolf, Welsh Hills
12. **\$100 Dick’s Sporting Goods Gift Card**  
Megan Mazik, Granville Intermediate
13. **\$100 Dick’s Sporting Goods Gift Card**  
Hadley Vance, Welsh Hills
14. **\$100 Dick’s Sporting Goods Gift Card**  
Abigail Scarberry, John Clem Elementary
15. **\$50 Dick’s Sporting Goods Gift Card**  
Daniel Betz, homeschooled
16. **\$50 Dick’s Sporting Goods Gift Card**  
Drew Custer, Welsh Hills
17. **\$50 Dick’s Sporting Goods Gift Card**  
JJ Herro, Welsh Hills
18. **\$50 Dick’s Sporting Goods Gift Card**  
Rowan Jackson, Hillview Elementary
19. **\$50 Dick’s Sporting Goods Gift Card**  
Kayla Fox, Newark Digital Academy
20. **\$50 Dick’s Sporting Goods Gift Card**  
Cassidy Lonzo, Welsh Hills

# Physician Spotlight – Kenneth Parker, M.D.



Kenneth Parker, M.D.

Kenneth Parker, M.D., joined Licking Memorial Otolaryngology in July 2006. Dr. Parker received his Medical Degree from University of Cincinnati College of Medicine in Cincinnati. He completed a general surgery internship and a residency in otolaryngology – head and neck surgery at University of Louisville College of Medicine in Louisville, Kentucky. He received a Master of Science degree with an emphasis in molecular genetics from Bowling Green State University in Bowling Green, Ohio, and a Bachelor of Science degree in zoology from Miami University in Oxford, Ohio.

Dr. Parker is a member of the American Medical Association and the Academy of Otolaryngology – Head and Neck Surgery, and currently serves as President of the Licking County Medical Society. He is board certified in Otolaryngology.

Dr. Parker is accepting new patients at Licking Memorial Otolaryngology, located at 88 McMillen Drive in Newark. Appointments can be made with Dr. Parker by calling (740) 348-4270.

## Ask a Doc – Hearing Loss with Kenneth Parker, M.D.

Hearing loss and tinnitus (ringing of the ears) are extremely common problems in the United States. Approximately 17 percent (36 million) of Americans report some degree of hearing loss. Of adults 65 or older in the United States, about 12 percent of men and nearly 14 percent of women are affected by tinnitus.

Some hearing loss cannot be avoided. About two out of every 1,000 children born in the U.S. are deaf or hard-of-hearing. Of those children who are born with hearing loss, about one-half have a genetic cause for their loss. Of the rest, about one-half of them have hearing loss due to maternal infection (such as human herpes virus 5 infection), and of the remaining one-half, a cause is never determined.

Adults also can develop hearing loss as a side effect of various treatments, such as chemotherapy or certain high dose IV antibiotics. Both children and adults can experience hearing loss with chronic ear infections or certain uncommon medical conditions, such as Menieres or acoustic neuromas.

The majority of people, however, have preventable hearing loss that is secondary to noise exposure. The National Institute on Deafness and Other Communication Disorders estimates that approximately 26 million Americans between the ages of 20 and 69 have high frequency hearing loss due to exposure to loud sounds at work or in leisure activities.

In view of the overwhelming numbers of people with noise-induced hearing loss, the Occupational Safety and Health Administration and the National Institute for Occupational Safety and Health have established workplace guidelines for exposure to noise. Workers should not be exposed to more than 80-85 decibels (dB) of constant noise without having regular hearing checks, and they should not be exposed to more than 90 dB of constant noise on average without wearing hearing protection.

What few people realize is how damaging commonly experienced noises around the home can be. A standard lawnmower can run at 65-95 dB, an electric drill averages 95 dB, and a snow blower or power saw averages 105–110 dB. MP3 players can reach levels of 120-135 dB, and a handgun or rifle hits 160-170 dB. At 110 dB, the maximum exposure time before damage can occur is one minute and 29 seconds, and at 140 dB, permanent damage can occur with a single exposure.

The majority of hearing loss is caused by noise exposure; therefore, it is critical that individuals take measures to protect themselves from loud noises. I counsel patients that they should wear hearing protection around anything that is as loud as a lawnmower or louder. Inexpensive, but effective, earplugs and over-the-ear muffs are available at many standard shopping centers, such as Wal-Mart and Target, as well as many sporting goods stores. For typical exposures, such as lawnmowers and saws, I recommend the over-the-ear muffs as they are less likely to cause irritation of the ear canals, and are easier to use properly. I recommend that patients avoid using earbud headphones for longer than an hour at a time. During longer use, the ears become acclimated to the sound, and the volume on a portable music unit tends to be increased. While various devices, such as MP3 players, will function differently, keeping volumes at 50 percent or lower and being able to hear surrounding conversation are good ways to make sure that noise exposure is lower. I also recommend that patients use earplugs when attending loud concerts or car racing events. If you look carefully, you will find that many performers and event personnel wear them.

Anyone who is experiencing hearing loss or persistent tinnitus should consider obtaining an audiogram and evaluation. Appointments with an audiologist for hearing tests can be made by calling Licking Memorial Audiology at (740) 348-4275. The office is located at 88 McMillen Drive in Newark.



## The Heart Truth – A Red Dress Event Encourages Lifelong Exercise to Improve Cardiac Health

The message that David Alianiello, P.T., CSCS, wanted the guests at The Heart Truth – A Red Dress Event to learn is that physical activity is an investment that will result in better cardiac health. Even a small amount of regular exercise can greatly reduce an individual's risk of developing heart disease.

David has been a physical therapist at Licking Memorial Hospital since 1989. He also is certified in strength and conditioning training and senior strength training. He encouraged the guests to find a form of activity or exercise that they truly enjoy.

“The exercise program that is best for you is one that you like,” he said. “That way you will stick with it. The recommendation is for adults to engage in 20 to 30 minutes of vigorous exercise, three or four days each week. The exercise sessions also can be broken up into two or three 10-minute sessions, and you will still receive the same benefit. The point is to start moving more and increase your heart rate to strengthen your heart muscle.”

Licking Memorial Health Systems (LMHS) has hosted The Heart Truth – A Red Dress Event for 10 years with the goal of increasing awareness about heart issues and symptoms that are specific to women. President & CEO Rob Montagnese explained that the free event is one of many approaches which LMHS uses to decrease the number of heart-attack deaths in Licking County. “LMHS is committed to increasing awareness about women's heart attacks, which are the leading cause of death for women,” Rob cited. “Furthermore, smoking is one of the leading causes of heart disease, so I urge anyone who smokes to take advantage of our free tobacco cessation services, called Quit for Your Health. The program offers nicotine-replacement patches, gum and counseling.”

“Heart attacks used to be considered a men's problem,” David said. “However, that began to change as more women began smoking and took on the stresses of the workplace. By the 1980s, more women than men were suffering from heart attacks.”

David added, “The symptoms of heart attack are different for women than men, and many women have needlessly died



LMHS President & CEO Rob Montagnese welcomed guests to the 10th annual The Heart Truth – A Red Dress Event.

because they did not recognize that a heart attack was occurring. You should call 911 immediately if you think that you or someone around you may be having a heart attack.”

The most common symptom of heart attack is pain in the middle or left side of the chest. However, the National Institutes of Health reports that approximately one-third of women and one-fourth of men who have heart attacks do not report any chest pain. Some patients, especially women, senior citizens and patients with diabetes, experience less common signs and symptoms of heart attack, such as:

- Pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Lightheadedness or dizziness
- Breaking out in a cold sweat
- Heart palpitations
- Weakness or fatigue
- Loss of appetite
- Indigestion
- Nausea or vomiting
- Cough
- Fainting

Individuals should wait no longer than five minutes before calling 911 if any of these signs persist, and a heart attack is suspected.

David described a convenient workout routine to jump start a healthier lifestyle for those who would like to strengthen their hearts. “I like a simple circuit training session with a large rubber exercise band. It does not require expensive equipment or a lot of time,” he said. He then demonstrated techniques, such as squats, bicep curls, twisting motions and leg pulls that are performed with a rubber exercise band in a succession of 20-second intervals. “Just concentrate on controlling your

movements against the band’s resistance and remember to breathe as you move. This routine is easy and goes by so quickly. Yet, it will make a huge improvement in your health if you do it every day,” he said.

Guests at The Heart Truth – A Red Dress Event received platters of heart-healthy hors d’oeuvres, along with recipe cards to show how to prepare them at home. In addition, each guest received a gift bag with information about cardiac health and a complimentary rubber exercise band so that they could practice the techniques that they had just observed.



The red dress is nationally recognized as a symbol for women’s heart health. Many of the guests at The Heart Truth – A Red Dress Event donned red outfits to show their support. Pictured are (left to right) Sharice Martin, Mary Anthony and Theresa Mehringer, who won awards for their ensembles.

# Health & Fitness Fest

Sponsored by  
Licking County Family YMCA, Denison University and Licking Memorial Health Systems



**Saturday, March 29  
12:00 Noon - 3:00 p.m.**

**Licking County Family YMCA Mitchell Center  
470 West Church Street, Newark**

- Health screenings • Wii Just Dance • Zumba • Yoga
- Track sprints • Gymnastics • Healthy snacks
- Obstacle course • Inflatables • Face painting & balloons

**Take the Health and Fitness Fest challenge! Complete a total of eight activities and health screenings at the event to be entered in a drawing for great fitness prizes.**

**The Health & Fitness Fest is FREE and open to all youth in the community.**

**Active•Fit**  
YOUTH WELLNESS EVENT

Participation at this event will count toward your Active•Fit program goals. Visit [www.ActiveFit.org](http://www.ActiveFit.org) for details.

**For additional information or to register for this event, please contact Licking Memorial Public Relations - (740) 348-1572.**



## Patient Story – Bob Hunt

For most of their lives, John R. (Bob) and LaDonna Hunt have worked together – first as coworkers, then as husband and wife. So it was only natural that when Bob was diagnosed with lung cancer in late 2012, that LaDonna would be by his side as a caregiver in addition to the medical professionals at Licking Memorial Health Systems who dedicated themselves to providing his care with compassion.

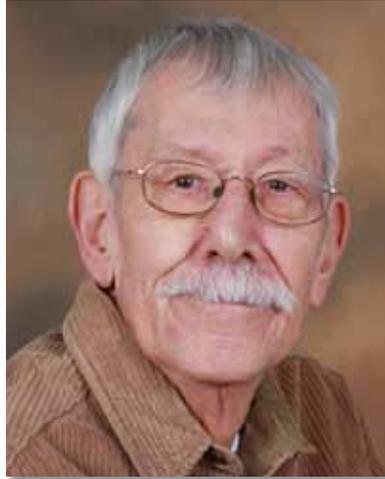
Bob and LaDonna met at Newark Stove Company where he was a tool and die maker, and she was a typist. They married in 1955, and had a daughter. Bob later worked at Owens Corning, and then accepted a post-retirement position at Meijer. Back in those days, Bob smoked cigarettes, and occasionally a pipe, just as many of his friends and coworkers did.

At the age of 79, Bob had recurrent back pain around his left shoulder along with shortness of breath, and made an appointment with his family physician, Richard E. Simon, M.D., of Licking Memorial Family Practice. Dr. Simon first ordered a chest X-ray, then a nuclear medicine study and a CT scan at Licking Memorial Hospital (LMH) to check Bob's heart and lungs.

Bob was shocked to learn that the tests indicated that he had two tumors in his left lung that appeared to be malignant. "I had given up smoking many years ago, so I did not even consider cancer as a possibility," he said. "It came completely out of the blue."

Bob was referred to Pulmonologist Eric R. Pacht, M.D., who ordered a minimally invasive CT guided needle biopsy performed by Radiologist Joseph Fondriest, M.D. The biopsy confirmed that the tumors were malignant, and Bob underwent a series of tests to determine the extent of the cancer. With each test, the Hunts had more questions, so LaDonna began taking careful notes to keep track of the high-tech details that were quickly consuming their lives.

"The doctors and their staff spent a lot of time talking to us about what was going to happen at each step," LaDonna said, "but



Bob Hunt

there were times that we were back home, and Bob did not understand something. It helped that I could find the answer in my notes."

Bob and LaDonna met with Jacqueline J. Jones, M.D., of Licking Memorial Hematology/Oncology. Together, they developed a 15-week treatment plan for Bob that included a combination of radiation and chemotherapy to shrink the tumors.

From the beginning, the Hunts felt the Hospital staff was going above and beyond to provide compassionate, professional care. "In our opinion, Bob would not have gotten along as well as he did without Dr. Jones and the Oncology staff. At Bob's

first chemotherapy session, we were there pretty late into the evening. He had a transfusion port surgically implanted earlier in the day. We were so tired, and Bob was pretty nervous about the treatment. One of the nurses came in and stayed with us for a long time. It was so comforting to have her there to reassure Bob that everything that he was feeling was normal. Another time, Bob and I were in the Café, and a member of the Pharmacy staff greeted us and carried our trays for us. Everyone at the Hospital paid so much attention to Bob and me. I do not know where you can go elsewhere and receive better care."

In addition to the excellent patient care, LaDonna felt that she also received special attention as a caregiver. "The staff always made me feel welcome and that I was an important part of Bob's team," she said. "Being a caregiver is pretty much a full-time job, and it made me feel good to have their support."

Bob tolerated the treatments well. "Chemotherapy was a little rough," he said. "Dr. Jones prescribed medicine to control nausea, but I did not need to take it very often."

Throughout his treatment, Bob had periodic tests that showed the tumors were shrinking. He continues to visit Dr. Jones every eight weeks to monitor his progress, with LaDonna by his side to learn more about his condition and take more careful notes.

# Cancer Care – How do we compare?

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

At Licking Memorial Health Systems, 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** Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2010	LMH 2011	LMH 2012	Goal
Percentage of cancers correctly identified by the mammogram	NA <sup>(1)</sup>	96.5%	97.1%	78% <sup>(2)</sup>
Percentage of patients without cancer correctly identified by the mammogram	NA <sup>(1)</sup>	99.7%	99.7%	90% <sup>(3)</sup>

**2** So as not to miss cancers, mammography can suggest malignancy when in fact no cancer is present. If the mammogram is suggestive of cancer, the radiologist may recommend a biopsy and many biopsies subsequently are negative for cancer. Because of this, another parameter we measure is the percentage of cases for which biopsy is recommended that are positive for cancer.

	LMH 2010	LMH 2011	LMH 2012	Goal
Percentage of cases with radiologist recommended biopsy that actually had cancer	NA <sup>(1)</sup>	35.1%	37.0%	24 to 40% <sup>(4)</sup>

**3** Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative – meaning no cancer was detected – for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2010	LMH 2011	LMH 2012	Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	4.2	3.0	3.0	2 to 10 <sup>(4)</sup>

**4** Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2010	LMH 2011	LMH 2012	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

**5** When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It then is the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff may also contact the primary care physician to ensure the health of the patient.

	LMH 2010	LMH 2011	LMH 2012	Goal
Cancer Registry patients with annual follow-up	94%	90%	93%	greater than 90%

**6** Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2010	LMH 2011	LMH 2012	Goal
Newly diagnosed and/or treated patients in clinical trials	5.6%	5.1%	11.3%	greater than 2%

**7** In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals measure and track results of cancer screening tests for breast cancer, cervical cancer and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2010	LMHP 2011	LMHP 2012	National Average <sup>(5)</sup>
LMHP patients who received screening tests for:				
Breast cancer	85%	84%	84%	64%
Cervical cancer	85%	83%	83%	73%
Colorectal cancer	64%	64%	64%	58%

**Data footnotes:** (1) While LMH has been tracking this information for many years, data collection guidelines changed in 2011. As a result, data collected prior to 2011 cannot be used for comparison purposes. (2) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005. (3) Bassett LW, Hendrick RE, Bassford TL, et al. Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994. (4) D’Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 4th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas, Reston, VA, American College of Radiology, 2003. (5) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality 2012,” Healthcare Effectiveness Data and Information Set, “Measures of Care.”

## Colorectal Cancer Screenings Save Lives by Enabling Early Detection and Treatment



Jacqueline J. Jones, M.D.

Colorectal cancer is the second leading cause of cancer deaths in Licking County. It is also among the most common causes of cancer deaths in the nation, affecting men and women of all ages, although it is most often diagnosed in patients over the age of 50. “Any loss of life is tragic, but these deaths are all the more distressing because an estimated 60 percent of them could have been prevented through

regular screening and early treatment,” stated Jacqueline J. Jones, M.D., a hematologist/oncologist at Licking Memorial Oncology.

Colorectal cancer occurs when abnormal cells grow uncontrollably in the colon and rectum, which together make up the large intestine. Nearly all colorectal cancers begin as non-cancerous polyp growths that frequently bleed and may eventually become malignant. Left untreated, malignancies in the large intestine can spread to other parts of the body. The cause of colorectal cancer is not known; however, many studies indicate that a high-fat diet, lack of exercise, chemical exposure, smoking, and heredity may play a role. Individuals

who are at increased risk of developing colorectal cancer include:

- Those with a strong family history of colorectal cancer
- Those who have certain conditions, such as ulcerative colitis, Crohn’s disease, or cancer of the breast, ovaries or uterus
- Those who have had a previous colorectal cancer diagnosis
- Those who consume more than four alcoholic drinks per week

In many cases, colorectal cancer does not cause noticeable symptoms until it has grown to an advanced stage. (See Health Tips on page 15 for possible symptoms.) Patients who do not have symptoms or increased risk of colorectal cancer are usually advised to begin regular screenings at age 50. Licking Memorial Hospital (LMH) offers three types of colorectal screening tests: colonoscopy, flexible sigmoidoscopy (FOPS) and the high-sensitivity fecal occult blood test (FOBT).

The FOBT uses a tiny stool sample that the patient can prepare at home and mail for laboratory testing for traces of blood. Although many patients prefer the convenience and privacy

*Colorectal Cancer Screenings Save Lives by Enabling Early Detection and Treatment (continued on page 15)*

of the FOBT over other screening methods, it has limitations. If the test results are positive, the FOBT cannot determine the origin of the bleeding which may include a number of benign conditions, such as hemorrhoids, peptic ulcers and Crohn's disease. The FOBT will not detect the presence of polyps if they have not recently caused bleeding, and in cases where the test results point to the possibility of polyps, a follow-up colonoscopy will be required to identify, remove and biopsy the growths. The Centers for Disease Control and Prevention (CDC) recommends an annual FOBT screening for average-risk patients between the ages of 55 and 75.

The FOPS checks the condition of the lower gastrointestinal (GI) tract. It is often performed as a diagnostic tool for patients who have lower GI problems and those who have had abnormality detected through X-rays. It is also used as a screening tool for colorectal cancer on patients with no symptoms. At LMH, the FOPS is performed, with or without sedation, on an outpatient basis in the GI Lab and takes approximately 15 minutes. During the procedure, the gastroenterologist uses an endoscope, which is a narrow, flexible tube with a tiny video camera, to view the lower portion of the large intestine. Biopsies and polyp removals can be performed during the FOPS, if necessary. For patients who choose FOPS screenings, the CDC's recommendation is to have the test repeated every five years, from age 50 to 75, combined with FOBT home screenings every three years.

Colonoscopy, another procedure that is performed on an outpatient basis in LMH's GI Lab, allows the gastroenterologist to view the entire large intestine. For this reason, it is considered the "gold standard" in colorectal cancer screening. During a colonoscopy, the patient is usually sedated while the gastroenterologist uses an endoscope. The length of the procedure varies, but it typically takes 30 to 40 minutes. Like the flexible sigmoidoscopy, a colonoscopy allows the gastroenterologist to remove any polyps and take additional tissue samples for biopsies. The CDC recommends

colonoscopy screenings every 10 years for average-risk patients between the ages of 50 and 75.

Dr. Jones said, "One of the main reasons that patients neglect to have colorectal screenings performed is due to their fear of embarrassment or physical discomfort. They can be assured that many patients find that the most unpleasant part of the FOPS or colonoscopy experience is the preparation they do at home to cleanse their large intestine before the procedure. The GI team is very sensitive to patients' concerns about privacy and is very skilled in making patients feel comfortable."

Treatment procedures for colorectal cancer include surgery, chemotherapy and radiation. Patients whose malignancies are detected in early stages have more options in treatment plans than patients whose cancer has spread beyond the original site.

"Patients with late-stage malignancies have told me that they delayed colorectal cancer screening because they were anxious that a tumor might be found and could require a permanent colostomy (an opening that is made in the patient's abdomen after a portion of the large intestine is removed)," Dr. Jones said. "This is so sad because they may have had the option for a simple polyp removal, if only they had been screened much earlier. Even if patients do need to have colostomies, there have been so many innovations in the surgery and post-surgical products that it is probably not nearly as daunting as previously imagined." Dr. Jones added, "The most compelling reason that I can give patients for regular screening is that 90 percent of patients in the U.S. whose colorectal cancer was detected and treated at an early stage are still alive after five years."

The LMH GI Lab is located on the second floor of the John and Mary Alford Pavilion. Patients who have questions about their own colorectal cancer risk and recommended screening schedule should consult with their family physician.

## Health Tips – Possible Signs and Symptoms of Colorectal Cancer

Colorectal cancer often has no obvious symptoms until it has spread and becomes more difficult to treat. However, in some cases, there are symptoms that patients disregard, hoping that they will go away on their own. Colorectal cancer usually can be successfully treated in its early stages, so it is important to get regular screenings from age 50 to 70, unless otherwise advised by your physician. Do not wait to consult with your physician if you have any of the following signs or symptoms:

- Pain or cramping in the abdomen
- Blood in or on the stools
- Rectal bleeding
- Reduced-size or ribbon-like stools
- Diarrhea for more than two weeks
- Constipation for more than two weeks
- Change in bowel movements
- Feeling of fullness, even after evacuating bowels
- Nausea or vomiting
- Loss of appetite
- Bloating
- Excessive flatulence
- Tiredness
- Unexplained weight loss
- Anemia
- Jaundice



## Patient Story – Amy Hiner

In early April 2013, Amy Hiner of Newark had a feeling that her baby was going to arrive early. However, her regular prenatal visits with Licking Memorial Obstetrician/Gynecologist Janae M. Davis, M.D., had all gone well, and everything (except for some third trimester foot swelling) indicated that she was on course for her May 31 due date. Still, as an elementary school teacher, Amy liked to be prepared, so she already had a bag packed with items that she would need when she went to the Hospital to have her first baby.

On April 9, Amy decided to check her e-mail before she retired for the evening. As she was reading her messages around 10:45 p.m., she realized her water had broken and woke her husband, Chris, with the news.

The Hiners had registered for several First Impressions classes at Licking Memorial Hospital (LMH) to prepare for the upcoming birth, but at seven-and-one-half months into the pregnancy, they had attended only the Prenatal Breastfeeding Basics Class. They were still weeks away from the Childbirth Education Class that would have taught them the signs of labor. Unsure about this new development, Amy called her mother, and her mother urged her to call LMH's Maternity Department for professional advice.

A maternity nurse instructed Amy to come to LMH as soon as possible to be evaluated for possible premature rupture of the membranes. Amy grabbed her pre-packed bag, and Chris drove the seven-mile trip to LMH.

"I was not frightened at all," Amy recalled. "Actually, I was excited because I thought we were probably going to meet our new baby very soon, and I could not wait. It did not register to me at that point that the baby would be premature, and there could be health consequences from being born so early."

The Hiners arrived at LMH at 11:30 p.m., and a quick examination revealed that Amy was dilated eight centimeters, and her contractions were already coming four minutes apart. The staff quickly checked her into a Labor and Delivery room and helped her change into a hospital gown.

Even though Amy had not had an opportunity to attend the Childbirth Education class, she had talked with friends and researched enough to know the usual options for pain relief during labor. "I want an epidural," she told Dr. Davis through the commotion. However, Dr. Davis explained that there simply was not enough time to set up an epidural. The baby was ready to be born.



Amy, Chris and Maeley Hiner

After a speedy delivery, Chris and Amy welcomed their 4 pound, 10 ounce baby girl at 12:29 a.m., on April 10, just one hour and 44 minutes after Amy had been checking her e-mail at home. They named their precious newborn "Maeley," a name inspired by Amy's grandmother, Betty Mae.

Pediatric Hospitalist Obiaghanwa S. Ugbana, M.D., immediately began examining Maeley. The Maternity staff had alerted Dr. Ugbana as soon as they confirmed that Amy was in pre-term labor. Dr. Ugbana determined that Maeley was in overall good health, but was having some breathing difficulty due to her tiny, underdeveloped lungs. Amy and Chris were able to hold Maeley for a short time before she was taken to the Maternity Department's Special Care Nursery.

"It was frightening to be told that my baby needed to be placed in the special care nursery," Amy said. "I began to realize just how fragile a premature baby can be. However, the nurses and doctors were phenomenal. They answered all our questions and reassured us that Maeley was doing very well. Maeley was in the Hospital for 18 days, and LMH was so accommodating. Since Maeley was in the special care nursery, and I was breastfeeding, I was permitted to stay in my patient room throughout the length of her stay."

Chris, a regional manager at Park National Bank, also found the staff to be accommodating when he arrived each day after work. "He was permitted to sleep in a second bed in my room to make it easier for him to see Maeley before he went to work," Amy said. "As soon as Maeley was stable enough, Chris and I were encouraged to hold her with as much skin-to-skin contact as possible to promote her growth and brain development. The grandparents were even welcome to spend as much time with us as they wanted. I am so grateful that LMH had the special care nursery facilities, so that we could all be with Maeley, close to home and begin bonding as a family. I have been recommending LMH to all my friends because the staff really went above and beyond for us."

LMH's Special Care Nursery is accredited as a Level II facility to provide care for moderately ill newborns. Critically ill newborns who need more intensive care at a Level III facility in Columbus may be transferred back to LMH as their conditions improve, which saves the infants' families the inconvenience and expense of a long commute.

# Maternity Care – How do we compare?

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

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

**1** According to the American Academy of Pediatrics, low birth-weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. Many factors contribute to low birth weight, including multiple births, pre-term births, lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. In 2013, there were 1,039 babies delivered at Licking Memorial Hospital (LMH) – 59 with low birth weight.

	LMH 2011	LMH 2012	LMH 2013	National <sup>(1)</sup>
Low birth-weight infants	3.8%	5.0%	5.7%	8.2%

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

	LMH 2011	LMH 2012	LMH 2013	National <sup>(2)</sup>
Patients who reported smoking during pregnancy	24%	24%	21%	13%

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

	LMH 2011	LMH 2012	LMH 2013	National
Mothers with GBS receiving antibiotic before delivery	N/A	97%	97%	100%
Number of newborns testing positive with GBS	0	0	0	0

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

	LMH 2011	LMH 2012	LMH 2013	National <sup>(1)</sup>
Maternity patients who had a C-section	27%	22%	24%	31%
First-time C-sections	15%	10%	13%	17%

**5** Elective deliveries are scheduled in advance, and are induced or performed by C-section, rather than occurring naturally. Studies have shown that elective deliveries performed before 39 weeks’ gestation have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH follows the American Congress of Obstetrics and Gynecology guidelines, and will perform elective deliveries only after 39 weeks’ gestation for patients who meet the appropriate guidelines.

	LMH 2011	LMH 2012	LMH 2013	National <sup>(1)</sup>
Elective deliveries performed before 39 weeks	0%	2%	0%	0.6%

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

	LMH 2011	LMH 2012	LMH 2013	National
Newborns receiving breast milk during Hospital stay	59%	64%	67%	<b>81.9%</b>

**7** “Exclusive” breast milk feeding refers to the nutrition offered to a newborn while in the hospital following delivery. The World Health Organization and many other healthcare providers/agencies recommend feeding newborns only breast milk for the first 6 months of life. Evidence indicates that providing exclusively breast milk during the hospitalization period following birth is critical to the success of meeting this goal. LMH recognizes, however, that this is a personal decision for each mother and is not mandatory.

	LMH 2011	LMH 2012	LMH 2013	National <sup>(1)</sup>
Of newborns who received breast milk during their Hospital stay, percentage of mothers who breastfed exclusively <sup>(4)</sup>	46%	57%	80%	<b>48%</b>

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

	LMHP 2011	LMHP 2012	LMHP 2013	Goal
LMHP pregnant patients screened for GDM by 29 weeks	98%	96%	96%	<b>greater than 90%</b>

**Data Footnotes:**

(1) Births: Preliminary Data for 2009. National Vital Statistics Reports; Vol. 59, No. 3: National Center for Health Statistics. December 21, 2010. (2) Heffner, LJ, Sherman, CB, Speizer, FE, Weiss, ST. Clinical and environmental predictors of preterm labor. *Obstetrics & Gynecology* 1993; 81:750. (3) Tong, VT, Jones, JR, Dietz, PM, et al. Trends in smoking before, during, and after pregnancy – Pregnancy Risk Assessment Monitoring System (PRAMS), United States, 31 sites, 2000-2005. *Morbidity and Mortality Weekly Report Surveillance Summaries* 2009; 58:1. (4) Percentages are determined from mothers who breastfeed any amount during their Hospital stay.

## Health Tips – Taking Over-the-Counter Medications During Pregnancy

When a woman is pregnant, many of the medications that she takes can pass through the placenta, and may cause serious harm to the growing baby. For this reason, pregnant women are often advised not to take any medications without first consulting their physician. The over-the-counter medications listed below are generally regarded as safe to treat common maladies during pregnancy. Use according to the manufacturers’ directions on the label, unless otherwise indicated.

Allergies/rash .....	Benadryl (take one or two 25-mg pills every six hours as needed), or Claritin	Headache.....	Tylenol (take one or two 325-mg pills every four hours as needed)
Cold or flu.....	Robitussin (take one to two teaspoons every four hours as needed), Sudafed (take two 30-mg pills every eight hours as needed), or Tylenol (take one or two 325-mg pills every four hours as needed)	Head lice .....	Elimite, Nix or Rid
Constipation .....	Dialose or Colace (take one or two pills morning and night), Milk of Magnesia, Metamucil, Benefiber, Citrucel or Fibercon	Heartburn .....	Mylanta (low sodium), Pepcid, Zantac, Riopan (low sodium), or Tums
Diarrhea.....	Imodium	Hemorrhoids .....	Diolose, Colace, Milk of Magnesia, Preparation H, or Tucks
		Insomnia.....	Benadryl (take one or two 25-mg pills every six hours as needed)
		Morning sickness...	Dramamine, Emetrol, or Unisom
		Sore throat.....	Cepacol or Chloraseptic

# Licking County Youth Donate Plush Toys to LMH



Members of the Moundbuilders Chapter of DeMolay (pictured above) were recognized by LMHS President & CEO Rob Montagnese for their donation of over 500 stuffed toys to LMH. Pictured from left to right are Sam Lunsford, Nick Willeke, John Elliott, Logan Willeke, Rob Montagnese, Trent White, Austin McLellan, Briar Zehring, Evin Zehring and Alex Hoffman.

Heath High School sophomore Trent White and Granville Christian Academy seventh grader Katarina Lantz recently donated a combined total of nearly 850 plush animal toys to Licking Memorial Hospital (LMH) in December 2013. Both Trent and Katarina began their donation traditions as young children and have continued into their teen years.

LMH received a donation of nearly 550 plush toys from Trent with the help of the DeMolay Moundbuilders Chapter, an organization dedicated to helping young men lead successful, happy and productive lives through civic awareness, personal responsibility and leadership skills. When Trent became a member of DeMolay, he suggested that the chapter consider his donation project as an ongoing venture for the organization. During the past three years, the group has participated in Trent's yearly donation.

Trent earns money for the purchases by performing odd jobs for family members, and collects items throughout the year to donate. He has been donating stuffed toys to LMH since 2002 when he was only four-years-old. In recognition of his efforts to improve the health of the community, Trent was awarded an LMH Community Partner award in 2005. Trent is the youngest person ever to receive the prestigious award.

Katarina has donated stuffed animals to LMH since 2006, when at age five she received Christmas gifts that she felt were not age appropriate. Her grandmother, Robin Lantz, an LMH Volunteer Department employee, suggested that she donate her unwanted toys. Since 2006, Katarina has funded her donation each year by selling her outgrown clothing and toys at the LMH TWIGS 6 Granville Thrift Shop, and using the money earned to purchase toys throughout the year.

This year, Katarina (pictured front left) took her donation idea to school at Granville Christian Academy potentially to involve some of her classmates. Fellow seventh grade students Andrea Caughell, Cody Miller and CJ Travis (center to right) joined Katarina this year for a donation of 300 stuffed animals, including 150 Boyd bears.



## Retiree Spotlight – Don Gardner



Don Gardner

Don Gardner's skill as a carpenter greatly benefited Licking Memorial Hospital (LMH) during his 34-year career. As a member of Engineering Services, he completed custom projects and performed maintenance services throughout the Hospital.

Some of Don's handiwork remains in use today, including the reception desk for the LMH Physical Therapy (PT) Department, which is a building process he recalls with pride. Over the course of a month, he constructed new cabinets and countertops at the Hospital before moving them to and assembling them in the PT reception area at 1865 Tamarack Road. In addition to the reward of seeing his work help meet the healthcare needs of the community, Don most enjoyed the friendly environment at the Hospital and the camaraderie he shared with his colleagues in the Engineering Services, Environmental Services and Plant Operations Departments.

A native of Columbus, Don moved to Licking County to begin an independent carpentry business, which he maintained for two years prior to joining LMH in 1964. He built his own home in Alexandria where he and his wife, Janis, have lived since 1966. Over 58 years of marriage, the couple raised seven children – five sons and two daughters – and now enjoys the company of 12 grandchildren and three great-grandchildren. Since retiring in 1998, Don continues to do some carpentry work around the house, but mostly focuses on the routine upkeep of the residence. He also has helped one of his sons build a log home over the last several years.

Don and Janis regularly vacation in the South, visiting Gatlinburg, Tennessee, several weeks each year. They also rarely miss the opportunity to enjoy their favorite band, Alabama, in concert. The couple estimates they have attended more than 100 of the group's concerts, and particularly enjoyed travelling to see them at the June Jams music festival in Fort Payne, Alabama, in the 1980s and 1990s.

# Donor Recognized for Contribution to the Licking Memorial Health Foundation

A new donor was recently recognized for her generous contribution to Licking Memorial Health Foundation (LMHF). The contribution ensures that Licking Memorial Hospital (LMH) can continue to provide excellent, quality health care for the community with state-of-the-art technology and facilities.

## **The William Schaffner Society Shannon Garten, R.N.**

Shannon Garten, R.N., was recognized for her commitment to The William Schaffner Society. The Society is comprised of community members and Licking Memorial Health Systems (LMHS) employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years.

Shannon, who currently serves as a staff nurse in the Critical Care Unit, was hired at LMH in 2010 while attending nursing school. She received her Licensed Practical Nurse certification in 2011 and continued her education to become a Registered Nurse in 2013. Upon earning her degree, Shannon joined The William Schaffner Society in appreciation of the Hospital's support as she completed her schooling. In her spare time, Shannon enjoys reading and spending time outdoors. She lives in Newark with her husband, John, and 5-year-old son, Layden.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community.

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.

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 will be utilized to provide state-of-the-art technology at LMH. The contributions are not used for salaries or general operating expenses.



In honor of her commitment to The William Schaffner Society, LMHS President & CEO Rob Montagnese (right) and LMHF Board of Directors Chairman Judith Pierce (left) presented Shannon Garten, R.N., with a glass recognition piece.



In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will be utilized for facility improvements at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (740) 348-4102. To make a donation online, visit [www.LMHealth.org](http://www.LMHealth.org), and click on the Doctors' Day Recognition link.

## **National Doctors' Day – March 30**

# Development Spotlight – Jennifer Utrevis



Jennifer Utrevis

Jennifer Utrevis recently joined the Licking Memorial Hospital (LMH) Development Council Community Relations committee. After 27 years as the President and General Manager of the Granville Inn, she now serves as the Executive Director of Big Brothers Big Sisters of Licking and Perry Counties. Prior to joining the Development Council, Jennifer was a member of the LMH Board

of Directors from 2004 to 2012 and received the John Alford Community Service Award in 2007.

“After serving on the Board for eight years, I know that the care provided at LMH is of the highest quality. Everyone on the staff cares about patients and their well-being,” Jennifer said. “LMH remains on the forefront of technological upgrades, employs top-notch physicians and medical personnel, is financially stable, and has an outstanding management team led by Licking Memorial Health Systems President & CEO Rob Montagnese. As a Development Council member, I want to help

spread the word about the terrific health care that is available in our community. I am pleased to be associated with such a fine organization, and believe the best years are yet to come for LMH.”

A graduate of St. Mary Academy High School in Monroe, Michigan, Jennifer received her bachelor’s degree from the University of Detroit in Michigan, and a hospitality degree from the Holiday Inn University in Memphis, Tennessee. She is a member of the Newark Rotary, the Ohio State Association of Big Brothers Big Sisters, Our Futures in Licking County and the Children and Family First Council. She is active in the Licking County United Way as a member of the Agency Executive Council, and is past Chairman for the Licking County Chamber of Commerce.

Jennifer and her husband of 42 years, Richard, have two daughters and three grandchildren. She is a member of the Church of St. Edward the Confessor and enjoys reading, going on vacation and spending time with her family.

## Donors

*Undesignated contributions to Licking Memorial Health Foundation in 2013 benefit the Radiology Initiative at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in November and December 2013.*

### CADUCEUS SOCIETY

Dr. and Mrs. Edward J. Starinchak, M.D.

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TWIGS 8  
TWIGS 13  
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In memory of Mohammed Hanif  
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by: Robert and Lauren Montagnese

In memory of Jean A. Lockhart Ullman  
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Jan and Lew Mollica  
Tom and Ann Mullady

# Volunteer Spotlight – Nancy Greten



Nancy Greten

Visitors of Licking Memorial Hospital (LMH) may recognize a familiar face at the help desk of the Betsy Eaton O’Neill Health Resource Center. Volunteer Nancy Greten also is a retired employee of the Hospital, having served LMH for 30 years, 25 of those in Nursing Administration. During her weekly schedule at the Health Resource Center, Nancy enjoys interacting with guests,

patients and employees, as well as assisting LMH Departments with reminder phone calls to patients.

Nancy began volunteering at LMH in May 2010, and has great fondness for the Health Resource Center and its namesake. When providing information to visitors, her favorite questions asked pertain to the large hand-painted portrait of Betsy Eaton O’Neill that hangs behind the help desk area. Nancy was a personal acquaintance of Betsy’s – their families lived in the same community and their sons grew up together.

“Nancy has a caring personality and greets everyone with a smile,” said Director of Volunteers, TWIGS & Events Carol Barnes. “She is a great asset in the Health Resource Center, and we are appreciative of her time and continued support to LMH.”

A native of Muskingum County, Nancy met her husband, Harold, at the 1953 Muskingum County Fair. After receiving her Nursing Degree, the couple married and moved to Granville, where they have remained for the past 46 years.

After her retirement in 1998, Nancy and Harold enjoyed traveling. The Gretens’ favorite place to visit is Florida where two of their three sons reside. They since have reduced their traveling schedule which provides more time for other interests such as volunteerism, playing bridge, and reading historical fiction. Nancy is a member of the Philanthropic Educational Organization, which raises money for scholarships and loans for women seeking higher education. She also is a 46-year member of St. Edwards Catholic Church in Granville. In addition, Nancy enjoys walking her “designer” dog, Charlie, and texting with her three granddaughters.

## Licking Memorial Hospital Volunteer Executive Board Installs New Officers

The Licking Memorial Hospital (LMH) Volunteer Executive Board recently installed new officers for 2014. The new officers are: Diane Swain – Recording Secretary (left), Joan Omlor – President (top center), Joanne Hanson – Corresponding Secretary (right), and Gary Hamilton – Vice President (bottom center).

The LMH Volunteer Department includes more than 100 members who conduct a variety of tasks, ranging from greeting visitors at the reception desk to delivering mail to Hospital departments. To learn about volunteer opportunities, call the Volunteer office at (740) 348-4079, or log on to [www.LMHealth.org](http://www.LMHealth.org) and click on the Volunteers link.



## New Appointments



**Dustin E. Alspach, CRNA,**  
joined Licking Memorial  
Anesthesiology.



**David D. Howell Jr., M.D.,**  
of Newark Radiation Oncology, joined  
the LMH Active Medical Staff.



**Brian W. Korn, D.O.,**  
joined Licking Memorial  
Emergency Medicine.



**Kathleen M. Rogers, M.D.,**  
joined Licking Memorial  
Dermatology.



Licking Memorial Hospital

# "Building a Healthier Community Award"

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for undertaking a non-profit project that has improved the health of the community. The award will be presented at the 2014 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations at (740) 348-4101.

## Nomination Form

Nominee's name (individual or group): \_\_\_\_\_

Address: \_\_\_\_\_

Present employer or vocational status of individual or description of group/organization: \_\_\_\_\_

Description of project: (Please feel free to use additional paper and/or attach relevant documents.)

Explanation of how project helps improve the health of the community:

Additional comments:

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee's activities. Thank you.

Your name

Address

Phone number

All nominations must be received in the Development Office,  
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055  
by June 27, 2014, at 5:00 p.m.



## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

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 (740) 348-1572 to receive future mailings.

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# Community Events

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

## Breastfeeding and Infant Health Fair

Thursday, May 1, 3:00 to 7:00 p.m.  
LMH First Floor Conference Rooms

New and expectant mothers are invited to attend this breastfeeding and infant health fair to explore local resources for maternal and infant health. Come to the event to learn more about breastfeeding, immunizations, car seat installation and other services. Refreshments and prize drawings will also be offered. This event is presented by the Licking County Health Department, the Ohio Lactation Consultant Association, and Licking Memorial Hospital. For more information, please contact Amanda Baker at (740) 348-4334.

## Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC  
150 Price Road, Newark  
1:00 to 3:00 p.m. No charge.

Second Thursday of each month: blood glucose screenings  
Fourth Thursday of each month: blood pressure screenings  
No appointment required. Call (740) 364-2720 for more information.

## 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, Newark

A physician will answer questions about chemical dependency and treatment options. Call (740) 348-4877 for more information.

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

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road  
Tuesday classes                      Wednesday classes  
9:00 to 11:00 a.m.                      1:00 to 3:00 p.m., or 7:00 to 9:00 p.m.

Registration and physician referral are required. To register, please call (740) 348-4722. For information on course fees, call (740) 348-4915. Fees vary depending on insurance coverage.

## First Impressions – Maternal Child Classes

Childbirth Education Classes                      Newborn Basics Class  
Stork Tour    Breastfeeding Class  
Infant and Child CPR                                      Sibling Preparation Class

For more information or to register, call (740) 348-4346 or e-mail: [firstimpressions@LMHealth.org](mailto:firstimpressions@LMHealth.org).