



Community Connection

Licking Memorial Health Systems

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



Volume 7, Issue 2

March/April 2010

Measurably Different ... for Your Health!

LMHS Partners with Health Department for Breast Cancer Screening Program



Carolyn Stotler, an imaging specialist at the Women's Imaging Center, positions a patient for mammography testing.

Licking Memorial Health Systems (LMHS) and the Licking County Health Department are pleased to announce a partnership to ensure all women in Licking County have access to mammograms. The two organizations are offering free screening mammograms to under-insured and uninsured women in Licking County through the Screening and Survivor Support (SASS) for Breast Cancer program.

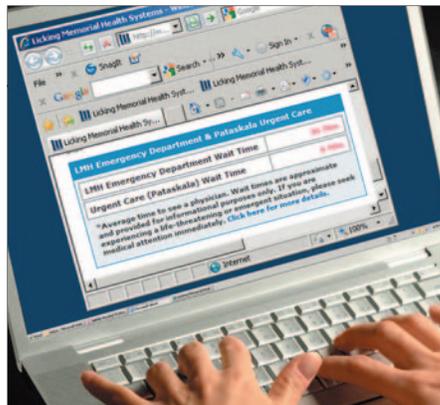
"Mammograms are still the best way to detect breast cancer in its early stages," explained Rob Montagnese, LMHS President & CEO. "As part of our mission To Improve the Health of the

Community, we urge women to be proactive about their health. In 2009, we opened the new Women's Imaging Center at Licking Memorial Hospital (LMH) with a spa-like atmosphere. Our goal is to make the mammogram experience more pleasant so that more women will be encouraged to receive them and not procrastinate. *LMHS Partners with Health Department for Breast Cancer Screening Program (continued on page 2)*

Wait Time Comparisons Available for Emergency and Urgent Care

During its initial eight months, Licking Memorial Urgent Care in Pataskala received 4,777 patient visits. Urgent Care, which opened in April 2009, is an alternative to emergency care for patients who need to be seen immediately for an illness or injury that is not life-threatening. The facility is staffed by highly skilled emergency physicians from Licking Memorial Hospital (LMH).

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese said, "Some patients have told us they were unsure which facility would be better for them to visit. Patients often want to know where they can receive care more quickly. To help them make that decision, we have implemented wait boards online that compare the wait times at Urgent Care and the LMH Emergency Department."



Patients can compare wait times in Licking Memorial Hospital's Emergency Department and the Urgent Care Center to help them decide where to receive care for illnesses and injuries that are not life-threatening. The wait times are listed on the home page of Licking Memorial Health Systems' Web site, www.LMHealth.org.

Wait Time Comparisons Available for Emergency and Urgent Care (continued on page 2)

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

See pages 8 - 12 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Colorectal Cancer Awareness

- Date:** Thursday, March 25
- Location:** Conference Rooms A & B, first floor Licking Memorial Hospital
- Time:** 6:00 p.m.
- Speaker:** Shakil Karim, D.O.

(continued on page 4)

Dining with Diabetes

- Date:** April 20, 22 and 27
- Location:** The OSU Newark Extension Office
- Time:** 5:30 to 7:30 p.m.
- Speakers:** Annmarie Thacker, R.D., L.D., C.D.E. Shari L. Gallup, M.S., CFLE

(continued on page 16)

Anxiety/Depression/Stress Management

- Date:** Thursday, April 15
- Location:** Conference Rooms A & B, first floor Licking Memorial Hospital
- Time:** 6:00 p.m.
- Speakers:** Timothy McNeish, Ph.D. Betty Gebhart, LISW

(continued on page 16)

The online wait boards show the average wait times at Urgent Care and the LMH Emergency Department over the previous 24 hours. They also show, in real time, how many patients are currently waiting to be seen in each facility.

The wait boards are available online on the home page of the LMHS Web site, www.LMHealth.org. Monitors have also been installed in the Hospital's Emergency Department waiting room to provide the same information.

"Patients who have life-threatening illnesses or injuries should report directly to the Hospital's Emergency Department to receive the intensive care they require," Rob stated. "Patients with less severe conditions can compare the wait board information to decide which location is more convenient for them to receive care."

Patients with minor injuries and illnesses may visit Urgent Care, when their primary care physician is not available. Illnesses and injuries that need immediate care, but are not life-threatening, include minor sprains and fractures, ear infections, colds and flu symptoms, minor burns and skin rashes. Licking Memorial Urgent Care is open from 12:00 Noon to 8:00 p.m., Monday through Saturday, and from 12:00 Noon to 6:00 p.m., on Sunday.

The wait boards reflect average times that may not be indicative of each patient's experience. Patients are seen in the order of their condition's severity; therefore, some individuals may receive care at the Emergency Department more quickly than others.

LMHS Partners with Health Department for Breast Cancer Screening Program (continued from front page)

If breast cancer is detected in its early stages, the patient will have more treatment options and better chances for a good outcome. We are very pleased that partnering with the Licking County Health Department will provide screenings to more women so they can lead longer, healthier lives."

The SASS program also offers education about early breast cancer detection and self-examination and provides survivor support to women who are diagnosed with breast cancer. Free screening mammograms under the SASS program are offered to eligible women who are at least 40 years of age, and women under the age of 40 years may also be eligible if they have a known risk for breast cancer, such as family history.

"The SASS program is funded through Susan G. Komen for the Cure – Columbus, and local donations to the Public Health Partnership of Licking County. We hope to provide screening mammograms to at least 100 women in 2010," stated Licking County Health Commissioner Joseph Ebel. "We truly welcome LMHS' partnership. The recently remodeled Women's Imaging Center at LMH is state-of-the-art. I believe women who neglected to have screening mammograms previously will be encouraged to visit LMH's

comfortable and inviting facility."

LMH is also a provider for the Breast and Cervical Cancer Project (BCCP) through the Licking County Health Department, with funding from the Centers for Disease Control and Prevention. Under the BCCP, low-income, uninsured women can receive free pelvic exams, Pap tests, clinical breast exams and diagnostic testing. To be eligible for BCCP services, women must meet the following guidelines:

- Live in households with a combined income that is less than 200 percent of the national poverty level
- Have no medical insurance
- Be at least 40 years old for pelvic exams, Pap tests and clinical breast exams
- Be at least 50 years old for mammograms

The Licking County Health Department will determine if a patient meets the financial criteria for free services through SASS and BCCP. Anyone who would like to learn more about eligibility for either program should contact the Licking County Health Department by calling (740) 349-6535, or visiting online at www.lickingcohealth.org.

Main Street Coffee

Licking Memorial Hospital proudly offers Main Street Coffee, a neighborhood coffee shop open to the community. Main Street Coffee, located near the Hospital front entrance lobby, features Starbucks® specialty coffees including traditional, espresso and iced blended coffee drinks. Teas, sandwiches, hot toasted bagels, muffins, scones and other delicious bakery items are also available.



Licking Memorial Hospital

Hours of Operation
Monday through Friday
6:00 a.m. to 7:00 p.m.



LMHS Supports Licking Park District Tax Levy



Many Licking County residents enjoy exercising at sites operated by the Licking Park District. However, the Park District's programs are likely to suffer cutbacks unless a 2-mill tax levy is passed on May 4.

The Licking Park District is the only countywide agency preserving open space and providing outdoor recreation services to the citizens of Licking County. The Park District is responsible for the care and upkeep of over 1,500 acres of open space parkland and 25 miles of bike paths. However, due to increased competition for county tax dollars, the Park

District has suffered a devastating 53 percent cut in its 2010 budget, which may lead to reductions in programs and facility closures.

Due to these severe cutbacks, the district has placed a .2 mill levy on the May 4 ballot. Voter approval of the levy will ensure the continuation of services for the next 5 years. This levy will raise \$740,000 annually at an average homeowner cost of only 50 cents per month.

People for Parks!, a group of concerned central Ohio residents, have united to support the levy, and help to prevent the drastic budget cuts and potential facility closures. Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS), is an Honorary Co-Chair of the group, along with Dan DeLawder, Chairman & CEO of Park National Bank.

"LMHS proudly supports the Licking Park District levy initiative. Parks, bike paths and open spaces are wonderful outlets for community members to enjoy Licking County's natural and cultural heritage, as well as maintain a healthy lifestyle," stated Montagnese.

Dr. LeMay Receives Recognition for Outstanding Immunization Rates

The Licking County Health Department has given special recognition to Pediatrician Diane LeMay, M.D., for outstanding success in immunizing her young patients. Dr. LeMay practices at the East Main Street location of Licking Memorial Pediatrics.

The Licking County Health Department aligns its immunization goals with the Centers for Disease Control (CDC) and Prevention's goal of ensuring that 90 percent of children up to the age of 3 years are fully immunized. In 2009, more than 90 percent of Dr. LeMay's patients in that age group were completely up to date on all immunizations.

Licking County Health Commissioner Joe Ebel presented a crystal recognition piece to Dr. LeMay, saying, "It is often difficult for parents to understand the importance of having children immunized for diseases they have not known in their own lifetimes. A few decades ago, people lined up for polio



Pediatrician Diane LeMay, M.D., recently received recognition for her practice's high immunization rates. Shown are: (left to right): Licking County Health Commissioner Joe Ebel, Diane LeMay, M.D., Vice President Physician Practices Christine McGee and LMHS President & CEO Rob Montagnese.

vaccines when polio was perceived by the public as a real threat. The danger is that parents may not have their children immunized for diseases that are not currently common in their communities, and those diseases could re-emerge as a result. We congratulate Dr. LeMay and her staff for being so diligent in protecting her patients and the entire community from preventable diseases."

In the late 1980s, an outbreak of measles in the U.S., revealed that many 2-year-old children had not received the recommended vaccinations for infants and toddlers. The CDC recommends that by the age of 3 years, children should be protected against hepatitis A, hepatitis B, rotavirus, diphtheria, tetanus, pertussis, influenza, hemophilus influenza type B, pneumococcal disease, polio, measles, mumps, rubella and chicken pox.

Baby Born on Hospital's 112th Birthday



The Mason family of Granville welcomed Baby Cooper on January 18, which is also Licking Memorial Hospital's birthday. Pictured are (left to right): Averi, Angela, Cooper, Carter and Eric.

Licking Memorial Hospital recently observed its birthday, and shared the special day with a newborn baby boy, Cooper Mason, of Newark. Each year, Licking Memorial Health Systems' employees celebrate the Hospital's anniversary, January 18. In addition, the Hospital honors all babies born on that day by presenting a gift card in an amount that matches the Hospital's age. This year, a \$112 Toys R Us gift card was presented to Cooper's parents, Angela and Eric Mason, in recognition of LMH's 112th birthday.

Angela was surprised to learn her new son was an instant celebrity at LMH. "We had no idea he was the LMH birthday

baby until right after he was born," she said. "It was a really nice surprise. We plan to use the gift card to buy Cooper a car seat for when he gets older."

The Masons, who own The Grill on Twenty First restaurant in Newark, have three children, all delivered at LMH. "We could not have asked for a better experience. The nurses made us feel comfortable, and they were always happy to answer any questions I had. Even after having a previous child, I still had lots of questions! Everyone was quick to react when I needed something, even if it was as simple as a glass of water," Angela said.

Being born at LMH has become a Mason tradition – even Angela and Eric were born at the Hospital. "We feel lucky to have such a high quality Hospital right here in our community," Eric stated. "To anyone who ever has reservations about going to the local community Hospital, I would like to say, 'There is no place like home.' Just compare the services to what is available in larger cities, and it becomes obvious that Licking County has the best care available without having to leave the area."

LMH was first established in 1898 as Newark Hospital Association, a nine-room facility on North Street. Today, LMH has grown to a 417,231-square foot facility and is part of Licking Memorial Health Systems with the Urgent Care facility in Pataskala, and physician offices in Granville, Hanover, Hebron, Johnstown, Newark and Pataskala.

Community Education – Colorectal Cancer Awareness *(continued from front page)*



Shakil Karim,
D.O.

Colorectal cancer is the third most common form of cancer in both men and women in the United States. The American Cancer Society reports that nearly 1 in 19 Americans will develop colorectal cancer in their lifetimes. Tremendous strides are being made in the prevention, diagnosis and treatment of colorectal cancer, and as a result, the death rate from this type of cancer has decreased during the past 15 years.

Screening tests help the physician find polyps or cancer before symptoms arise. Finding and removing polyps may prevent colorectal cancer from developing. Also, treatment for colorectal cancer is more likely to be effective when the disease is found in its early stages. Licking Memorial Health Systems encourages men and women to be proactive about

their health with education on colorectal cancer. A free colorectal cancer education program is scheduled for Thursday, March 25, at 6:00 p.m., in Conference Rooms A & B on the first floor of Licking Memorial Hospital.

Gastroenterologist Shakil Karim, D.O., of Licking Memorial Gastroenterology, will be the speaker at this program. He will discuss risk factors, prevention measures, the importance of early detection and the latest treatment developments. Registration is required. To register, please call (740) 348-2527.

The Heart Truth – A Red Dress Event Draws Record Attendance

Licking Memorial Hospital (LMH) presented the sixth annual “The Heart Truth – A Red Dress Event” on February 4 to a record attendance. Approximately 300 guests gathered at the Bryn Du Field House in Granville to learn about women’s heart health and to sample heart healthy foods.



Many of the guests at The Heart Truth – A Red Dress Event wore red outfits.

Vice President Development & Public Relations Veronica Link said, “The Heart Truth program has become increasingly popular, and we simply outgrew our former location, which was the Hospital Café. We were thrilled to be able to expand the program at the Bryn Du Field House this year. The program focused on preventing women’s heart disease, and it is our hope that through education, we can influence women to make lifestyle changes to protect their hearts. LMH has made great advances in providing state-of-the-art cardiology services to treat heart disease, but we urge the community to prevent it from developing.”



Theresa Shaffer and Rose Robinson enjoyed a ladies' night out to learn more about women's heart health.

Five speakers at The Heart Truth – A Red Dress event offered options to promote healthier lifestyles:

- Christy Plaughter, of Granville Fitness, presented information about yoga meditation and exercise techniques.

- Heidi Saunders, of Total Athletic Development and Advantage Fitness Clubs, spoke about the benefits of functional strength training.
- Sarah Parker, of the Licking County Family YMCA, emceed a game about cardiovascular health.
- Annmarie Thacker, R.D., L.D., C.D.E., a certified dietitian at Licking Memorial Case Management, presented information about nutrition and serving sizes.
- Chef Adam Miller demonstrated the preparation of heart healthy recipes.



Licking Memorial Hospital's Chef Adam Miller demonstrated how to make some quick and savory healthy foods.

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

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

First place – Dianne Loughman

Second place – Barbara Lux

Third place – Julie Brown



Pictured are the winners of the best red outfit awards (left to right): third place – Julie Brown, second place – Barbara Lux, and first place – Dianne Loughman.

Physician Spotlight – Shakil Karim, D.O.



Shakil Karim, D.O.

Gastroenterologist Shakil Karim, D.O., received his Doctor of Osteopathic Medicine Degree at the Pikeville College School of Osteopathic Medicine in Pikeville, Kentucky. He completed an internal medicine internship, internal medicine residency and a gastroenterology fellowship at Midwestern University's

Chicago College of Osteopathic Medicine in Olympia Fields, Illinois. Dr. Karim joined Licking Memorial Gastroenterology in 2008.

Dr. Karim is board certified in gastroenterology and internal medicine. He is specially trained to perform high-tech PillCam and Bravo pH Monitoring procedures at Licking Memorial Hospital to diagnose disorders of the digestive tract.

Ask a Doc – Colorectal Cancer with Shakil Karim, D.O.

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

Answer: Colorectal cancer is one of the most frequently diagnosed types of cancer in the U.S. Like many other types of cancer, colorectal cancer may have a link to family history. Although the exact causes are not known, it is widely believed that lifestyle factors play a large role, and by changing these factors, an individual can indeed reduce the risk for colorectal cancer.

The American Cancer Society (ACS) estimates that more than 106,000 people in the U.S. were newly diagnosed with cancer of the colon in 2009, while more than 40,000 were newly diagnosed with cancer of the rectum. These two diseases combined are categorized as colorectal cancer, which claimed the lives of nearly 50,000 Americans in 2009.

According to the ACS, 1 of every 19 Americans will develop colorectal cancer in their lifetimes. For unknown reasons, African Americans have the highest rate of diagnosis in the U.S., and also the highest rate of mortality from the disease. Worldwide, Jews of Eastern European descent have the highest rates of diagnosis and death, and the reason for their higher risk is also unknown.

Age has also been established as a risk factor for colorectal cancer. More than 90 percent of all patients diagnosed with colorectal cancer are over the age of 50 years. Other risk factors for colorectal cancer include:

- Diet
- Obesity
- Inactivity
- Smoking
- Heavy alcohol consumption
- Type 2 diabetes
- Night shift work
- Previous cancer treatments

Colorectal cancer tends to be very slow growing. The ACS estimates it may take 10 to 15 years for colorectal cancer to develop. It generally begins as a non-malignant polyp in the lining of the colon or rectum. Most polyps are benign,

but some can develop abnormal cell structures that are precancerous. These can become malignant and deadly if not treated in time.

Fortunately, polyps can be detected and removed while they are still benign – preventing cancer from developing. The ACS recommends regular screening tests for patients who are 50 years or older. Several methods of screening are available at LMH, including:

- PillCam[®] endoscopy, using a tiny, state-of-the-art video capsule that the patient swallows
- Flexible sigmoidoscopy, using a flexible, lighted tube that the gastroenterologist inserts into the colon
- Colonoscopy, the preferred diagnostic tool to detect colon polyps and colon cancer, using a longer flexible, lighted tube that allows the gastroenterologist to view the entire length of the colon
- Double-contrast barium enema, using a barium sulfate solution and air to coat and inflate the colon for X-ray images
- Fecal occult blood test, using the patient's stool samples to find occult (hidden) blood from polyps.

The physician may recommend one of the diagnostic tests for patients younger than age 50 if they have symptoms that are consistent with colorectal cancer. Those symptoms include:

- A change in bowel habits, such as diarrhea, constipation, or "ribboning" of the stool, lasting more than a few days
- A feeling of "fullness" even after moving the bowels
- Rectal bleeding, dark stools, or blood in the stool
- Cramping or abdominal pain
- Weakness and fatigue

Even though the exact causes of colorectal cancer are not known, physicians generally agree that patients can lower the risk of developing the cancer by:

- Having suspicious intestinal polyps removed
- Quitting smoking
- Maintaining a healthy body weight
- Being physically active
- Limiting consumption of alcoholic beverages
- Limiting consumption of red meat and processed meat
- Eating a diet rich in whole grains, vegetables and fruits

Ask a Doc – Colorectal Cancer (continued on page 17)

Development Spotlight – Jerry McClain



Jerry McClain

Jerry McClain, Founder and President of The Jerry McClain Co., Inc., a local construction/development corporation, has a long, supportive history with Licking Memorial Hospital. “My children and most of my grandchildren were born at LMH,” he said. “In addition, I have personally received excellent care over the years. The Licking County community is truly blessed to

have a high-caliber community hospital.” He and his family understand the importance of quality care – all are associated with various assisted care and home health care centers throughout the area, mostly owned by his company. Jerry has shown his appreciation for LMH over the years with philanthropic contributions through his membership in the William Schaffner Society, part of the Licking Memorial Health Foundation. He recently affirmed his appreciation for the Hospital by accepting an invitation to become a member of the Licking Memorial Development Council. “My goal is to show strong

support for the Hospital by promoting its services throughout the community,” said Jerry.

Jerry is a Licking County native and attended Newark High School. He is a director at Heartland Bank, Managing Member of the Inn at SharonBrooke, and Chairman of the Board at The Inn at Chapel Grove. He serves on the Board of the Salvation Army and the Licking County Foundation, and is a member of the Newark Rotary, Downtown Newark Association, Licking County Home Builders Association, Licking County Chamber of Commerce, Granville Chamber of Commerce and the State and National Home Builders Associations. Jerry resides in Newark with his wife, Debbie, and has six grown children, Roger, Beverly, Lori, Kelly, Penni, Jarrod, and two stepsons, Matthew and Jeff. He enjoys life in the seclusion of his country home, farming over 50 acres, entertaining family and friends, and his involvement in the Heath Church of Christ. Jerry’s aspiration is to develop the north side of downtown Newark, from Fourth to Second Street, and north of Locust Street to State Route 16.

Development Spotlight – Douglas Ute



Douglas Ute

As a recent addition to Licking County, Douglas Ute was eager to participate in community events and form associations within the area. “I was recently asked to join the Licking Memorial Hospital Development Council and serve as a member of the Annual Support Committee,” said Douglas. “As the Superintendent of Newark City Schools, I felt this would be an excellent opportunity to assist in community relations.”

In addition to the Development Council, he also keeps a pulse on the community through his membership in Newark Rotary.

Douglas received his Bachelor of Science degree in business administration from Ashland College in Ashland, Ohio, and took additional courses for his Superintendent license. He is a member of Buckeye Association of School Administrators, Eastern States Consortium, a past member of the Central District Athletic Board, and previously served for nine years as President of the Board of Directors for TRECA Digital Academy, a K-12 online school.

A Lexington, Ohio native, Douglas and his wife, Koreen, currently live in Prospect, Ohio, and have four children, Taryn, Jocelyn, Doug and Jordyn, and one granddaughter, Kamryn. He enjoys swimming, biking and a variety of sports.

Donors

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

COMMUNITY CORNERSTONE

Mr. Fred Costaschuk
Mr. and Mrs. Thomas and Kathryn Cumiskey
Ms. Barbara Cunningham
Mr. and Mrs. David and Sandra Evans
Mr. and Mrs. Dave and Pam Froelich
Mr. and Mrs. Theodore Griley, II
Mr. and Mrs. Jay Hottinger
Mr. and Mrs. Dean and Grace Markle
Mr. John Row

GENERAL

Twentieth Century Club

GOLDEN CORPORATE HONOR ROLL

Summit Custom Cabinets – Scott Thomas

HONORARY

In honor of Gerald Ehram, M.D.
by: Mr. and Mrs. Howard Boykin
In honor of Mark Mitchell, M.D.
by: Mr. and Mrs. Howard Boykin
In honor of Jeff Smith
by: Dr. and Mrs. Howard Reeves
In honor of Garth Bennington, M.D.
by: Deborah and Timothy Young

MEMORIAL

In memory of Doug Mye
by: Licking Memorial Hospital
In memory of Diane Sherrard
by: C. Ann Howard

PAVING OUR FUTURE

Jim and Cara Riddel

PRIDE CORNERSTONE BRONZE

Nicole Conrad
Ashley Finney
Sara Frenton
Melissa Gallagher
Kendra Shriner

PRIDE CORNERSTONE SILVER

Mary Van Almsick

SCHAFFNER SOCIETY

In memory of Kathy J. Wenzelberger
by: Mr. Richard Wenzelberger
Teresa Wood, Ph.D.



Patient Story – Sam Smith

When Carol and Michael Smith watch their young son, Sam, playing outdoors with other children, they see a vibrant, active boy. They are grateful for that sense of normalcy, because asthma and other complications have seriously threatened the kindergartner's health many times in the short five years since his birth.

Sam is the second of three boys in the Smith family. His brothers are 7-year-old Ben and 2-year-old Jack. Ever since their sons were born, Michael, a teacher at Newark High School, and Carol, a self-employed transcriptionist, have been taking them to Licking Memorial Pediatrician Richard Baltisberger, M.D., who is affectionately known as “Dr. Rick.”

When Sam was just three months old, Carol became concerned about his increasing breathing problems and described the symptoms to Dr. Baltisberger. Carol said, “When Sam was born, he had some breathing retractions, where the chest sinks in with each inhalation. By the time he was three months old, he was also wheezing and having difficulty breathing. Dr. Rick prescribed a nebulizer machine to provide breathing treatments at home.”

Several months later, the Smith family was vacationing in Texas, when Sam became very ill. “I could see him fading quickly,” Carol said. “He was coughing badly. We gave him nebulizer treatments, but he was droopy and lethargic – just not like himself at all. It turned out that his blood oxygen level was quite low, and he had a lung infection which required an eight-day stay in the Texas hospital.”

At 3 years of age, Sam was examined by Kenneth Parker, M.D., of Licking Memorial Otolaryngology, who determined the young boy had sleep apnea that was causing him to intermittently stop breathing while he was asleep. Dr. Parker performed surgery at Licking Memorial Hospital (LMH) to remove Sam's tonsils and adenoids. “Before the surgery, Sam snored so loudly,” Carol recalled. “In fact, at his preschool, they nicknamed him ‘Grandpa’ because of his loud snoring during naptime. Dr. Parker was so wonderful with Sam, and the surgery greatly improved the snoring. It also seems like he does not get sick quite as often now.”



Five-year-old Sam Smith of Newark loves to play soccer. Careful management of his asthma allows him to play without any restrictions.

Sam has continued to have occasional asthma episodes, which can usually be managed at home or school. “If Sam feels like an episode is coming on, he knows to ask for a treatment,” Carol said. “Approximately once a year, he will have a severe episode, and we have learned how to tell when that is happening. Sam has this look that is very distinct to me. I call it ‘fading,’ and when I see that, I know it is time to take him to the Hospital.”

The asthma condition puts Sam at a higher risk for pneumonia. He has developed pneumonia several times, most recently in September 2009, requiring a three-day stay at LMH. Carol explained that Sam has adjusted to his periodic hospitalizations. “When he was a toddler, he would resist the breathing treatments, but now he understands that he needs them in order to feel better,” she said. “He uses the time to watch videos or play with Play-Doh. He also has a really keen sense of humor, so he keeps the nurses entertained.”

Dr. Baltisberger continues to monitor Sam's health closely to find which combination of medications will work best, and to try to identify “triggers” that set off the asthma episodes. Carol said, “A couple of years ago, we realized that albuterol was making Sam's heart race, so Dr. Rick prescribed Xopenex. It works much better for him, and we have recently tried Advair, which appears to work well. We are still trying to identify triggers. Sam went through a complete range of allergy testing that was inconclusive. He tested positive for allergens, such as horses, rabbits and hamsters – things we do not have at home. I have noticed that he has more problems when the air is hot and humid.”

Except for the times that asthma complications arise, Sam enjoys rigorous sports, especially soccer and basketball. He tends to minimize his down-times, describing his recent bout of pneumonia in simple terms. “It felt funny, and it hurt a little,” he said.

In some cases, children seem to outgrow asthma, which is Carol's prevailing wish. “I would like for it to go away and not have to deal with it anymore,” she stated. “However, we do know the signs, and it is under control, so if we never get rid of the asthma, at least we can manage it and not let it

Pediatric Care – How do we compare?

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

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

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

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

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
Childhood immunization rate (4:3:1:3:3:1 series)	85%	89%	89%	76%
Children, aged 6 months to 5 years, receiving the influenza vaccination	15%	25%	31%	27%

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

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
Female adolescents, aged 12 to 18 years, and women, up to 26 years, completing HPV vaccination series	5%	25%	36%	18%
Adolescent children, aged 7 to 13 years, receiving varicella vaccination	36%	64%	83%	34%
Adolescent children, aged 11 to 18 years, receiving meningococcal vaccination	33%	54%	67%	42%

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

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽²⁾
Children with pharyngitis receiving test before antibiotics	95%	95%	94%	69%

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

	LMH 2008	LMH 2009	National ⁽³⁾
Children receiving relievers while hospitalized for asthma	100%	100%	100%

5 The American Academy of Pediatrics recommends the use of corticosteroid medications to gain control of asthma attacks and reduce severity as quickly as possible. Corticosteroid medications include drugs, such as Prednisone or Dexamethasone, that reduce airway inflammation and swelling. This measure reflects the percentage of pediatric asthma patients who received corticosteroid medications during their hospitalization.

	LMH 2008	LMH 2009	National ⁽³⁾
Children receiving systemic corticosteroid medication while hospitalized for asthma	100%	100%	99%



Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care



Patient Story – Tasha Johnson

In the spring of 2009, Tasha and Joshua Johnson, of Newark, purchased a new seven-passenger vehicle for themselves and their two small children. One week later, they were surprised to learn that they were really going to need the extra space. “When we found out we were going to have another baby, my initial reaction was that we were lucky we had not chosen a smaller car,” Tasha said.

On January 26, 2010, Tasha and Joshua welcomed a baby girl to their young family that already included two boys, 3½-year-old Bentley and 1½-year-old Crete. Certified Nurse Midwife Erica Brown, C.N.M., of Licking Memorial Women’s Health, delivered Baby Emerson at Licking Memorial Hospital (LMH), the same place her big brothers entered the world.

Tasha said, “When we were expecting Bentley, we looked around a little bit at larger hospitals in Columbus, just to compare the maternity facilities. I had been going to Licking Memorial Women’s Health for years, but I wanted to be very confident about where I had my baby. We toured a couple of larger hospitals in Columbus, and we were put off by how impersonal they were. The tour groups were very large, and we felt lost in the crowd.”

“In comparison,” Tasha continued, “the tour group at Licking Memorial was much more personal, and we were encouraged to ask questions. The staff was friendly and knowledgeable – we were very impressed. The proximity of the Hospital was also very important. Since LMH is close to home, it is much more convenient for us. We feel fortunate to have a facility of this quality in our community.”

Tasha graduated from Newark High School, and Joshua graduated from Granville Christian Academy. They met at dance classes in Newark and married in 2006. Joshua is employed at LPN Health Care Facility in Newark as the Social Services and Admissions Director. Joshua’s experience with health care has heightened his appreciation of quality and attention to detail.

Before their first child was born, Tasha and Joshua attended Childbirth Education classes at LMH, where they learned what to expect during labor, delivery and postpartum. Bentley was



Licking Memorial Hospital’s Maternal Child Department offers spacious, comfortable patient rooms for new mothers and a complimentary gourmet dinner for two.

born on a sweltering 101° F summer day, but once Tasha was inside the Hospital, the delivery went smoothly. “The nurses were careful to attend to Joshua, and he just loved it. We also had both sets of parents in the room, and the staff explained everything to us as they went along. Because they did such a wonderful job of making everyone feel included, it became a family experience.”

When the Johnsons returned to LMH 1½ years later to deliver their second son, Crete, they were grateful to find the Maternal Child Department has a certified level II special care nursery. Tasha’s second pregnancy had progressed normally, until she went into premature labor. Crete was born nearly three weeks early with underdeveloped lungs.

“We were so worried,” Tasha remembered. “The pregnancy had been going well, and we were totally unprepared for him to be born sick. The doctors and nurses in the special care nursery were wonderful. We could check on Crete anytime we wanted, and they were very reassuring. Crete and I were in the Hospital for six days while he received surfactant to strengthen his lungs. I do not know how Joshua and I would have managed if we had been required to transfer Crete to a Columbus hospital for his special care.”

When Emerson was born, the delivery progressed rapidly without any complications. “She was a breeze,” Tasha said. However, the Johnsons soon found that even with two small boys at home, they needed a crash course in caring for a baby girl. “Emerson stayed in the Hospital room with me. The lactation consultant stopped in, and the nurses constantly checked on us to see if we needed anything. They also made sure I was getting enough rest.”

Tasha and Joshua enjoyed LMH’s gourmet dinner for two that is offered to new parents. “I had the lobster, and Joshua had the steak – they were amazing!” Tasha said. “Emerson was sleeping and Joshua and I were alone – it was a memorable evening.”

Tasha was glad to see how quickly Bentley and Crete adjusted to having a new sister. They visited the baby in the Hospital and welcomed her home with protective attention. “They just

Patient Story – Tasha Johnson (continued on page 12)

Maternity 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 health care choices.

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

1 According to the American Academy of Pediatrics, low birth weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. There are many factors contributing to low birth weight, including multiple births, preterm births, lack of prenatal care, a mother's poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are often at increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2009, there were 1,090 babies delivered at Licking Memorial Hospital (LMH) – 49 with low birth weight.

	LMH 2007	LHM 2008	LMH 2009	National ⁽¹⁾
Low birth-weight infants	5.7%	4.6%	4.5%	8.3%

2 Cigarette smoking during pregnancy is one of the factors that can contribute to low birth weight in infants.

	LMHP 2008	LMHP 2009	National ⁽¹⁾
Patients who reported smoking during pregnancy	18%	10%	13%
	LMHP 2008	LMHP 2009	Goal
Pregnant smokers who received smoking cessation counseling	72%	82%	greater than 90%

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

	LMH 2007	LMH 2008	LMH 2009	Goal ⁽²⁾
Mothers with GBS receiving antibiotic before delivery	98%	96%	99%	100%
Number of newborns testing positive with GBS	0	0	0	0

4 Cesarean section deliveries (C-sections) should be performed only when necessary, for example, to save the life of a mother and/or baby. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2007	LMH 2008	LMH 2009	National ⁽³⁾
Maternity patients who had a C-section	20%	22%	24%	32%
First-time C-sections	10%	12%	13%	18%

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

	LMH 2007	LMH 2008	LMH 2009	Goal
Mothers choosing to breastfeed	56%	53%	58%	greater than 55%

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

	LMH 2007	LMH 2008	LMH 2009	National ⁽¹⁾
Induction of labor	32%	29%	28%	23%

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

	LMH 2007	LMH 2008	LMH 2009	National ⁽⁴⁾
Pediatric asthma readmissions within 30 days	3.3%	0%	0%	2.2%

7 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 2007	LMH 2008	LMH 2009	Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

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

Patient Story – Sam Smith (continued from page 8)

regulate Sam’s life. We are so lucky to have Dr. Rick as our pediatrician. I do not know where we would be without all the care he has given us.”

Licking Memorial Pediatrics has a dedicated team of pediatricians to care for infants and children from birth to adulthood, with offices in Newark and Pataskala. In addition, four pediatric hospitalists provide coverage to care for young patients at LMH.

Maternity Care – How do we compare? (continued from page 11)

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

	LMHP 2007	LMHP 2008	LMHP 2009	Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	96%	greater than 90%

Data Footnotes:
 (1) Births: final data for 2006. National Vital Statistics Reports; Vol. 57, No. 7: National Center for Health Statistics. January 7, 2009.
 (2) Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999.
 (3) Comparative data from the Midas Comparative Database.

Patient Story – Tasha Johnson (continued from page 10)

want to be with her for long periods of time. They actually do not like it if someone else is holding her. That is good – I was relieved they did not act jealous and ask me to return her to the Hospital,” she joked.

LMH delivered 1,090 babies in 2009. Many classes and tours are offered throughout the year for expectant parents to become acquainted with Maternal Child services. To learn more about the classes and tours, log on to www.LMHealth.org and click on Hospital Services, then click on the Maternity link. More information is also available by calling (740) 348-4346.

LMH Hosts Corporate Breakfast

The Licking Memorial Hospital (LMH) Development Council hosts four Corporate Breakfasts each year to share information about Licking Memorial Health Systems (LMHS) with community leaders. Education and Membership Committee Chairman John Gard welcomed more than 100 guests to the first Corporate Breakfast of 2010 in the Hospital's Café on February 23. LMHS President & CEO Rob Montagnese presented a review of LMHS' many activities and accomplishments over the past year.



LMHS President & CEO Rob Montagnese reviewed the Health Systems' accomplishments of 2009 at the LMH Development Council's Corporate Breakfast.

provide for the growing needs of western Licking County."

"In response to the H1N1 flu pandemic, LMHS immunized 9,682 individuals," Rob said. "In addition to many new projects, LMHS continued to give back to the community in 2009 by providing pre-participation sports screenings and ECGs to more than 1,000 Licking County students, education programs, and uncompensated care to patients with financial hardships.

While many other community hospitals made deep cuts in services, LMH has maintained its strong leadership role in Improving the Health of the Community."

"The year 2009 presented significant challenges for hospitals, such as the nationwide recession and the H1N1 flu pandemic," Rob stated. "LMH was able to meet those challenges while still expanding services to the community. In 2009, LMHS opened the new Licking Memorial Urgent Care in Pataskala, and brought several physician practices to the Pataskala Health Campus to

LMH's Development Council was established in 1987 to increase charitable giving to the Hospital and to promote good community relations. Nearly 80 distinguished members of the community serve on the Development Council.

Golden Corporate Honor Roll Inductee

Scott Thomas, owner of Summit Custom Cabinets in Newark, was recently recognized during a Board meeting for his company's generosity and induction to the Golden Corporate Honor Roll. The Honor Roll is a distinguished list of companies which have made a total commitment of \$10,000 or more to Licking Memorial Hospital (LMH). Participation in this program signifies the company's alliance with LMH to ensure the continuation of excellent health care services.



Scott Thomas (left) was recently recognized by Bob McGaughy (right) for Summit Custom Cabinet's induction into Licking Memorial Health Systems' Golden Corporate Honor Roll.

that time, he has gained a tremendous appreciation for the excellent health care service. "I have had the privilege to work with the staff at LMH, and have learned much about our community Hospital," said Scott. "I decided to give to LMH because of all their contributions to the community."

Scott is a Licking County native and a graduate of Newark High School. He is a member of the local chapter of the Building Industry Association and the Better Business Bureau. Scott has a special interest in local American Indian artifact hunting and restoring old windmills.

Scott said that his company has completed projects for the Hospital for more than 20 years, and during



Johnstown Family Donates Valentine's Greetings

Jacob and Candace Yoder (pictured to the left) helped their parents, Jonathan and Melody Yoder of Johnstown, deliver 56 stuffed animals and valentines to Licking Memorial Hospital. As a family project, the Yoders made the donation to bring some Valentine's Day cheer to children who are patients in the Hospital and the Emergency Department.

Volunteer Spotlight: Freda Harris



Freda Harris

When retiring from the Newark Air Force Base in 1974, Freda Harris soon realized that she had too much time on her hands. After completing 32 years of service at the Air Force Base in the Human Resources Employment and Services Department, she no longer had a busy daily schedule and found this new lifestyle unsatisfactory.

“My health is very important to me and I felt that I needed to stay active to maintain my physical and mental condition,” said Freda.

She committed herself to greater activity through increased involvement within the community. Among many activities, Freda joined the volunteer force at Licking Memorial Hospital (LMH), and serves each Wednesday afternoon making deliveries to the various departments around the Hospital. “After years of performing a desk job, I was pleased to have the opportunity to be a more active participant and have increased interaction with others,” said Freda. “I enjoy

working with the Volunteer Department team members, learning new aspects about the Hospital, and especially appreciate the kindness and responsiveness of the LMH staff when I need to ask questions.”

In January 2009, she broke her hip and had to temporarily postpone her volunteer service. Nearly fully recovered, Freda was delighted to return to active volunteer status. “Freda was missed tremendously while she was recovering. Her dedication to the Hospital is above and beyond expectations. She is very professional, helpful and caring to all she meets,” said Carol Barnes, Director of Volunteers, TWIGS and Events at LMH.

In addition to her service for the Hospital, Freda is active in her church, involved in many community social groups, and a member of the National Association of Federal Retirees. She also enjoys time at the local library and has a great appreciation for her favorite author, Max Lucado.

Retiree Spotlight: Loretta McCollum



Loretta McCollum

Loretta McCollum, R.N., B.S. Ed., C.D.E., began her 14 years of service to Licking Memorial Health Systems (LMHS) in 1993. She began her LMHS career as an office nurse within Licking Memorial Internal Medicine, and eventually transferred to Community Case Management as a Community Case Manager. During this time, she found her career passion when

she accepted the opportunity to develop the diabetes program, and was eventually selected for the role of Diabetes Program Coordinator. “I truly enjoyed teaching patients how to improve their health,” said Loretta. “I cherished the moments when they understood what I was teaching them, and knew that their lives would change for the better.”

Prior to her retirement in 2007, she was honored with statewide recognitions for her excellent service to the community. In 2005, she was presented with the American Red Cross Healthcare Hero award, and was named a finalist for the

Healthcare Worker of the Year Award by the Ohio Hospital Association. Although both recognitions were a source of great pride, she felt that she benefited most from her service. “My experience at LMHS helped me develop my professional abilities, and I truly enjoyed my working relationships and serving others,” said Loretta. “These are also things I miss the most.”

Loretta and her husband, John, have since moved to Florida. The couple, now married for 38 years, has two sons – one of whom also resides in Florida, and the other has just begun his fifth deployment with the United States Air Force. Loretta is involved in numerous community activities including coordinating local art exhibits, and is a member of a local bowling league. The McCollums volunteer through their church outreach programs, enjoy watching The Ohio State University sports events, attended the 2010 Rose Bowl game, and recently took a two-week vacation cruise to Alaska.

New Appointments



Nawar Al-Saieg,
M.D.



Sean K. Choice,
M.D.



Jeanne Emmons,
M.T., B.S., C.I.C.

Hospitalist Nawar Al-Saieg, M.D., has joined Licking Memorial Hospitalists.

Radiologist Sean K. Choice, M.D., has joined the Licking Memorial Hospital Active Medical Staff.

Jeanne Emmons, M.T., B.S., C.I.C., has been named Director of Infection Prevention.

National Doctors' Day

March 30



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



**Licking Memorial
Health Systems**

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LMH Volunteers Executive Board

The Licking Memorial Hospital (LMH) Volunteers Executive Board recently installed new officers for 2010-2011. The new officers are: Elizabeth Ann Wood – President, Joseph Stenson – Vice President, Beverly Crockford – Corresponding Secretary, and Sharon Miller – Recording Secretary.

The LMH Volunteers include 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 and click on Volunteers.



The Licking Memorial Hospital (LMH) Volunteers Executive Board recently installed new officers for 2010-2011. The new officers are (left to right): Sharon Miller – Recording Secretary; Elizabeth Ann Wood – President; Joseph Stenson – Vice President; and Beverly Crockford – Corresponding Secretary.

Dining with Diabetes *(continued from front page)*



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

A three-class cooking school program, Dining with Diabetes, will be offered to share healthier ways of preparing food for patients with diabetes, their family members and others. Topics will include food preparation, demonstrations, taste-testing, and discussions about carbohydrates, fats and vitamins. The class dates are April 20, 22 and 27, from 5:30 to 7:30 p.m., each evening.

Dining with Diabetes is presented by Licking Memorial Health Systems in conjunction with The Ohio State University Newark Extension Office. Registered Dietitian Annmarie Thacker, R.D., L.D., C.D.E., and Shari L. Gallup, M.S., CFLE, will be the class instructors.



Shari L. Gallup, M.S., CFLE

Advanced registration is required for the program. Please call (740) 670-5315 to register for the program. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and includes all three sessions. The cost is due at the time of registration. Space is limited, and the deadline to register is Tuesday, April 13.

Anxiety/Depression/Stress Management *(continued from front page)*

Many people feel anxious or depressed after a difficult situation, such as losing a loved one, going through a divorce or losing a job. These feelings are normal reactions to life's stressors, but some people experience these feelings on a long-term basis, making it difficult to carry on with normal, everyday functioning. These people may have an anxiety disorder and/or depression that require treatment. Anxiety/Depression/Stress Management is an educational opportunity at Licking Memorial Hospital (LMH) to learn more about depression and anxiety, and how they impact the individual, the family and the community.



LMHS' free community education program, Anxiety/Depression/Stress Management will discuss the effects that stress can have on a person's overall health.

The Anxiety/Depression/Stress Management program will take place on Thursday, April 15, at 6:00 p.m., in Conference Rooms A & B, on the first floor of LMH. Psychologist Timothy J. McNeish, Ph.D., who is in private practice, and Betty Gebhart, LISW, of Licking Memorial Outpatient Psychiatric Services, will be the speakers. There is no fee for the program, however, pre-registration is required. For more information, or to make a reservation, call (740) 348-1424.

The ACS reports that the death rate from colorectal cancer has been dropping over that past 20 years due to more polyps being removed before they develop into malignancies, earlier detection of cancerous growths and better treatment. Despite the lower death rate, colorectal cancer remains the second leading cause of cancer-related deaths in men and women combined. It is important to tell your physician if you experience any of the symptoms of colorectal cancer. With early detection, many cases of colorectal cancer can be prevented and others can be treated before they spread.

Art from the Heart Showcases Children's Creativity



Morgan Terry used a stencil to draw hearts at Licking Memorial Health Systems' Art from the Heart event at The Works on February 13.

Many Licking County families enjoyed a mid-winter break at an event to promote children's art and heart health. The event, Art from the Heart, co-sponsored by Licking Memorial Health Systems and The Works museum, encouraged families to bring

their children to The Works in Newark on February 13 to create art and to learn about their hearts.

The children were able to experiment with various art techniques to compare their effects. All children received one-on-one attention from experienced artists who offered encouragement and a few tricks of the trade.

LMH set up learning stations for children's hands-on activities about the human heart. Registered nurses from LMH Cardiology helped the children draw a heart and other vital organs on their personalized life-sized body outlines.

The children also had an opportunity to wear electrocardiogram electrodes on their wrists and fingertips so that a cardiac monitor could show them their heartbeats. The Hospital also provided refreshments, including heart-healthy snack choices.

More than 380 guests attended the Art from the Heart event. A reception honoring the Art from the Heart participants will take place later this spring. In addition, the young artists' work will be framed and displayed throughout the Hospital.

DID YOU KNOW ... LICKING MEMORIAL HEALTH SYSTEMS INVESTS MORE THAN \$20 MILLION EACH YEAR TO IMPROVE THE HEALTH OF THE COMMUNITY?

Among other contributions, the Health Systems partnered with the Licking County Foundation to create the Licking Memorial Dental Clinic for Children. Located in the practice of Keith A. Wing & Matthew D. Mack, D.D.S., the Clinic serves the dental needs of uninsured, low-income children in Licking County.



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Community Events

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

Colorectal Cancer Awareness

Thursday, March 25 – 6:00 p.m. No charge.
Conference Rooms A & B, first floor, Licking Memorial Hospital

Registration is required. Call (740) 348-2527 to register.
See story on front cover for program details.

Anxiety/Depression/Stress Management

Thursday, April 15 – 6:00 p.m. No charge.
Conference Rooms A & B, first floor, Licking Memorial Hospital

Registration is required. Call (740) 348-2527 to register.
See story on front cover for program details.

Dining with Diabetes

Tuesday, April 20, Thursday, April 22, and Tuesday, April 27 – 5:30 to 7:30 p.m.
Conference Rooms A & B, first floor, Licking Memorial Hospital

Registration is required. Call (740) 348-2527 to register.
See story on front cover for program details.

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m. No charge.
Shepherd Hill, 200 Messimer Drive

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

Diabetes Self-Management Classes

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

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

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