



Fairfield Medical Center

100 YEARS *of Caring.*

THE MONITOR

CENTENNIAL EDITION

FALL 2015

Opening the Doors to a

Century of Miracles:

The Story of Our First Patients

NO FEAR
ALLOWED



5 Ways
to Beat Holiday Stress

Trip of My
Dreams

MAKING A MARK ★ ★ ON ★ ★ HISTORY

Imagine for a moment what medical care must have been like in Lancaster in the early 20th century. If you were ill, you called a doctor to come out to your home. If you couldn't afford to pay a doctor, you were referred to the county infirmary for your care. If you were suffering from an infection, you went to a local bath house for a mud or mineral treatment. If you were gravely ill, the closest hospital was a lengthy drive to Columbus.

With the city's population growing by leaps and bounds during this time, the need for a hospital in Lancaster – and a person who could oversee the daily operations of that hospital – was great. That's when a woman by the name of Lillian Allen entered the picture.

In 1916, Lillian Allen of Fultonham, Ohio, was named the first superintendent of Lancaster Municipal Hospital, now known as Fairfield Medical Center. She was appointed to that position by the city's Safety Department and was to stay in the role "as long as competent." As superintendent, Lillian was in "absolute charge" of the hospital, and her responsibilities were great. Not only did she live at the 36-bed hospital, but she was responsible for record keeping, financial responsibilities, inventory of supplies, discharging of the patients and the eventual establishment of a nursing school. While we know little about why Lillian was selected to take on such an important role, one thing is for certain – her job was far from easy.

As we've geared up for our Centennial year, I've spent a lot of time learning about the people, like Lillian, who played an integral role in our hospital's early history. Some of them were our staff and physicians, while others were people in the community, such as the members of the Elizabeth Reese chapter of the Daughters of the American Revolution, who raised \$500 in 1901 to build a hospital in Lancaster. Looking back on their lives has helped me appreciate just how hard they all worked to help lay the foundation for the health system we have today. The people who came together to build our first hospital all believed in the importance of providing "good will for the ill" and better healthcare to their community. As part of our Centennial, we need to honor them and their legacy.

With that in mind, I hope you will join me in learning more about the history and future of our hospital as we celebrate our golden anniversary. Please know that, without your continued support, we would not be celebrating this important milestone. Just like those who came before us, we all have the ability to make our mark on history and on the future of Fairfield Medical Center for many years to come. I am honored to lead FMC in the memory of Lillian Allen and the others who have served this community so expertly. I'm also very excited to be a part of our next 100-year story.

John R. "Jack" Janoso, Jr.





FALL 2015

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Has Fairfield Medical Center made a difference in your life? We'd love to hear your story.
Email us at marketing@fmchealth.org, or share your story on our Facebook page.



TRIP OF MY DREAM

It was to be the trip of a lifetime. Over the course of a month, Lancaster resident Susan Bloom would travel through Europe and Germany, making stops in London, France and Belgium. The goal of Susan's trip was to commemorate the 70-year anniversary of D-Day and honor her father, a World War II veteran.

But just four months before Susan was set to leave, there was an unexpected setback: She had a stroke.

"I was on the phone at work one day when I noticed that I was struggling to get words out," recalled Susan, director of the Fairfield County Board of Elections.

Less than an hour later, Susan was in the Emergency Department at Fairfield Medical Center feeling apprehensive about her diagnosis and concerned about what it meant for her travel plans.

"I had been planning this trip for a year and I kept thinking about how I had worked so hard and had saved up all this money to be able to go and do what I wanted to do," she said. "Now I was afraid that might not happen."

Luckily for Susan, the doctors at FMC worked quickly to investigate the cause of her stroke. During Susan's hospital stay, they noticed she was frequently waking up in the middle of the night, a symptom of a possible sleeping disorder.

Susan was visited the next day by her primary care physician, Bradley Lewis, M.D., who was accompanied by Christopher Ryckman, M.D., the medical director of the Fairfield Medical Sleep Lab (also known as the Southeast Ohio Sleep Disorders Center), located at 135 N. Ewing St., #303 in Lancaster.

"They started asking me questions like, 'Do you snore? Do you feel rested when you wake up? Do you dream?'" Susan said. "The more we talked, the more I realized that while I felt like I was sleeping well at night, I never woke up in the morning feeling rested."

Dr. Ryckman asked Susan to complete a two-night study at the Fairfield Medical Sleep Lab. The study revealed that Susan had sleep apnea, a disorder in which a person repeatedly stops breathing as they sleep. Sleep apnea can lead to serious health problems over time, including diabetes, high blood pressure, heart disease, weight gain and stroke.

During a sleep study, electrodes are placed on the patient's body to monitor everything from brain activity and eye movements, to heart rate and blood pressure. Throughout the evening, the sleep technicians at the center closely observe and evaluate the patient for signs of a sleeping disorder.

When Susan saw the results of her sleep

study, she was shocked.

"I couldn't believe the amount of times I was waking up during the night and the amount of times that I had actually stopped breathing," she said.

On the night of her second sleep study, the sleep technicians fit Susan with a device called a CPAP, also known as continuous positive airway pressure. The CPAP includes a mask that fits over the wearer's nose and mouth. The mask creates mild pressure on the person's airway, keeping it from collapsing or becoming blocked during sleep.

Susan said the CPAP has made a huge difference in how she sleeps. Each morning, she wakes up feeling more refreshed and alert than the day before. She now wears the mask every night.

"It was amazing how one thing could make such a huge difference," she said.

Susan's health improved so much and so rapidly, that she started wondering if she could still go to Europe. When she mentioned her vacation





plans to her doctors, they urged her to keep them.

"Because of the quick treatment and care I received at FMC and the Sleep Lab, I was not only able to go and enjoy myself, but I'm now taking better care of my health," she said. "I feel like I'm one of the lucky ones. I'm 61-years-old and I still have a lot of life to live."

Do You Suffer From Sleep Apnea?

Sleep apnea affects more than 18 million Americans and is more common in men, particularly African-American and Hispanic men. Only a sleep study in a sleep laboratory or a home sleep study can show definitively the presence and severity of sleep apnea. Talk with your primary care physician or the Fairfield Medical Sleep Disorder Center if you suffer from any of the symptoms below:

- ✓ Loud, chronic snoring
- ✓ Sleepiness during the day
- ✓ Morning headaches
- ✓ Memory or learning problems
- ✓ Not being able to concentrate
- ✓ Irritability
- ✓ Depression
- ✓ Mood swings/personality changes
- ✓ Waking up frequently to urinate
- ✓ Dry mouth or sore throat when you wake up

Source: American Sleep Apnea Association

The Fairfield Medical Sleep Lab

The Fairfield Medical Sleep Lab, also known as the Southeast Ohio Sleep Disorders Center, is a four-bed lab that is nationally accredited by the American Academy of Sleep Medicine. The center offers comfortable, private rooms where patients are carefully evaluated and monitored by sleep technicians through the use of state-of-the-art technology. With the help of a variety of subspecialists, the Lab is capable of working with the over 100 recognized sleep disorders. To learn more about the Fairfield Medical Sleep Lab, call **740-689-6390**.



HIC



ghway TO HEALTH

This past summer, most of Ken Bussart's mornings would start with a 45-minute commute to Fairfield Medical Center for cardiac rehab.

By 7 a.m., the Gloucester resident was in the gym warming up for his 90-minute session. Two hours later, when most people are just getting their day started, he was in his car and on his way home.

When it comes to his heart, Ken is willing to do whatever it takes to be healthy. That plan has included making the lengthy drive to FMC three days a week

Cardiopulmonary Rehab, said that in her 15 years at FMC, Ken has one of the longest commutes of any patient.

"It's beyond unusual for a patient to drive over an hour to come here for rehab," she said. "I think that alone speaks volumes for how much Ken loves this hospital."

Ken's relationship with FMC is one built upon trust and gratitude. Twice, doctors at FMC have treated him in what were serious, life-threatening situations. The first time was in 1982, when Ken came through FMC's Emergency Department

"They say, 'you've had all that done at that little hospital'?" Ken said. "And I say, 'have you seen that little hospital lately? It's not so little anymore.'"

for his cardiac rehab, which ended in October. FMC offers a cardiac rehab program that is specially-designed for patients like Ken who use a wheelchair - but that's not the only reason Ken was willing to make the long commute.

"I could have done my rehab in Athens, but I feel comfortable at Fairfield Medical Center," said Ken, a Rushville native who started cardiac rehab in July following pacemaker surgery. "I don't mind driving far to get the best care."

Noelle Pierce, supervisor of FMC's

with his back broken in four places.

"I was in a dune buggy accident where I rolled one hundred yards, end over end," Ken recalled. "I had no idea if I was going to make it out of the hospital alive. The doctors ended up taking bone out of my hips and grafting it into my back."

More than 30 years later, Ken was back at FMC for a standard cardiac stent procedure when his heart suddenly stopped beating.

"I was lying on the table and talking to

Dr. [Alaeddin] Ayyad, the physician doing the procedure," Ken recalled. "I looked over at the heart monitor and I actually saw myself flatline."

The last thing Ken remembers was the sound of a Code Blue being called overhead and the sight of Dr. Ayyad performing chest compressions on him.

"They were all right there for me," Ken said. "If they wouldn't have been on their A-game, I'd be dead."

In all, Ken has had nine stent procedures at FMC, as well as surgeries to repair his sternum and place a pacemaker. He's formed close friendships with many of the staff members and sees them as part of his family.

Recently he decided to give back to FMC by becoming a Patient Pal volunteer with his dog, Bella. As a Patient Pal, Ken visits with patients to ensure they are having the best experience possible.

He said some people are surprised when he tells them about all of the ways FMC has cared for him over the years.

"They say, 'you've had all that done at that little hospital'?" Ken said. "And I say, 'have you seen that little hospital lately? It's not so little anymore.'"

To learn more about FMC's cardiac rehab program, call 740-687-8174.



BREAKING FREE

FROM ACID REFLUX

Several months ago, it was almost guaranteed that wherever Dora Kern went, a bottle of antacids went with her.

"I kept them in my car, in my locker at work, at home and at my mother-in-law's home," said Dora, 53, of Lancaster. "People would tease me about my stash of antacids."

But the antacids only provided temporary relief for Dora's heartburn, which plagued her night and day for three long years. No matter what she ate or what she drank, she could count on heartburn to soon follow.

"It didn't matter what it was ... I would eat a banana – heartburn. I would have a

"On the first day, I refluxed 65 times," Dora said. "The next day, it was 123."

drink of water – heartburn," Dora said. "It was constant."

Seeing herself going down the same path as her mother, who lived with heartburn for 20 years before she had corrective surgery, Dora turned to the Fairfield Medical Heartburn Center. She had heard about a surgical procedure called the LINX® Reflux System that was offered at FMC, and wanted to see if she was a candidate.

"I wasn't bothered by the idea of surgery; I knew I didn't want to take medication for the rest of my life," Dora said.

The LINX is a surgical device made up of a small band of magnets. Through a minimally invasive procedure, the LINX

is placed around the esophagus to keep the lower esophageal sphincter closed. In people who experience reflux, the lower esophageal sphincter does not close properly, which allows acid to flow back up from the stomach.

To see if she was a good candidate for the LINX surgery, Dora had to undergo a series of tests. One of those tests required her to go without her reflux medication for a week so that her doctor could measure how many times she experienced reflux.

"On the first day, I refluxed 65 times," Dora said. "The next day, it was 123."

Dora's testing showed that she not only had gastroesophageal reflux disease, or GERD, but also the beginnings of a hiatal hernia, a condition in which the stomach pushes up into the diaphragm. Both findings made her a good candidate for the LINX surgery. In April, Jeffrey Yenchar, M.D., the medical director of the Heartburn Center, performed Dora's surgery. Within days, Dora was no longer experiencing reflux.

"I can eat any time and I can eat anything," she said. "It's like when I was young and didn't have any of those troubles."

She added that it feels great to finally

stop taking medication after so many years – and she's found a new home for her stash of antacids.

"I've combined them into three containers and I'm giving them to my friend with heartburn," Dora said. "I'm going to tell her, 'Now you can use these, but what you really need to do is check into the surgery.' I would recommend the LINX to anyone."

How does the LINX® Reflux System work?

The LINX is a small, flexible band of magnets enclosed in titanium beads that is surgically placed around the esophagus, just above the stomach. The magnetic attraction between the beads helps keep the weak lower esophageal sphincter closed to prevent acid and bile from flowing back from the stomach into the esophagus. The LINX is the only FDA-approved device for the treatment of gastroesophageal disease, or GERD, which affects one in five U.S. adults. Fairfield Medical Center is one of only three hospitals in Central Ohio to offer this treatment.

To learn more about the LINX, or to schedule a free nurse consultation, contact Tina Cass, nurse coordinator for the Fairfield Medical Heartburn Center, at 740-689-6486.





Fairfield Medical Center's Project SEARCH program helps students with disabilities get their foot in the door.

Every time she walks into a patient's room, Elizabeth Burgoon – a dietary attendant at Fairfield Medical Center – has a goal: To make that person's day a bit easier, and a little brighter.

"My favorite part of the day is delivering trays to patients in their rooms," said Elizabeth, 27. "I explain to them what is on their tray and sometimes I'll help them with things like opening up their mayonnaise packets. I enjoy getting the meal ready for them."

Before coming to FMC, Elizabeth desired a job where she could not only utilize her talents and personality, but also make a difference. Thanks to a program called Project SEARCH, that's exactly what she's doing in her current role.

Project SEARCH is a one-year, school-to-work program that provides real-world work experience for youth with disabilities. In 2010, Elizabeth was a part of FMC's first Project SEARCH class, and upon completion of the program, was hired as a full-time dietary attendant at FMC.

"Project SEARCH gave me the experience I needed to find a job," Elizabeth said. "The instructors are very nice and helpful."

Through the Project SEARCH program, students complete three, 12-week internships at the hospital. They receive classroom time each day, where they work on different skills, such as communication and personal habits. Five hours of the day is then spent at one of 33 internship sites located throughout the hospital.

"A job coach works closely with students and internship departments to make sure there are smooth transitions in the day-to-day work for the student and the department," said Linda Ferguson, Project SEARCH instructor.

At the end of the day, the students return to the classroom to talk about the day and to journal about what they learned.

The ultimate goal of this voluntary program is to ensure that participants gain the skills they will need to enter the workforce. More than half of Project SEARCH students who have completed an internship at FMC have received employment upon completion of those internships. Like Elizabeth, some end up finding a permanent home at FMC, while others find employment at businesses that best fit their personalities.

Chris Stocklin, supervisor of FMC's

Dietary Department, said Elizabeth's compassionate personality makes her a perfect fit for a job where she's interacting with patients on a daily basis.

"Elizabeth enjoys spending time with patients," Chris said. "It's evident that she strives to provide excellent service to both them and their families."

Project SEARCH serves students with developmental disabilities who, in most cases, are on an Individual Education Program and in their last year of high school eligibility. Three elective high school credits can be earned for successful completion of the Project SEARCH program.

Project SEARCH is sponsored by FMC, Eastland-Fairfield Career & Technical Schools, the Fairfield County Board of Developmental Disabilities and Opportunities for Ohioans with Disabilities. For more information, please contact Linda Ferguson at 614-570-7769.

WORLD-CLASS



TALENT

Growing up in Syria, Talal Sabbagh, D.O., dreamed of coming to the U.S. When that dream came true in 2002, he began working toward another important goal – becoming a doctor.

While attending medical school at the Lake Erie College of Osteopathic Medicine in Erie, PA, Dr. Sabbagh started going through the time-intensive process of choosing a hospital where he could perform his residency. Fairfield Medical Center was one of the hospitals he chose to visit.

“For me it was a package deal. I was looking for an excellent program in an area that I could see myself staying long after residency and making it my home,” said Dr. Sabbagh, one of five residents to recently graduate from FMC’s Internal Medicine Residency Program. “It was important for me to be somewhere where I would enjoy going to work.”

FMC is committed to providing the community with the best physicians from around the globe for its Internal Medicine and Family Medicine Residency

programs. Both programs also have an excellent retention rate.

Troy Edwards, D.O., director of the Internal Medicine Residency Program, said there are multiple reasons why FMC’s residency programs are so successful in recruiting candidates from around the world and locally.

“Our medical staff is excellent and helps provide top-notch medical education and challenging experiences for our residents,” Dr. Edwards said. “We use cutting-edge simulation equipment to help train in patient care and procedures, and we are able to provide individualized attention for each resident, as needed.”

He added that FMC treats its residents as integral and active members of the patient care team, and the community.

“We stress the importance of professional communication, and we are focusing in on the vulnerabilities for patients that can occur during care transitions and how to effectively manage and lead in these and other scenarios with quality

and safe medical care as the focus for our patients,” he said.

When Dr. Sabbagh visited FMC, he knew it was the right fit for him, in part, because of the culture of the hospital.

“When I walked into FMC, everyone was smiling,” he said. “You could sense that the culture was a positive one and I left knowing this would be my first choice.”

Among the five residents to graduate with Dr. Sabbagh from the Internal Medicine Program, four have chosen to remain at FMC. They have accepted positions with FMC’s hospitalists group, Community Hospitalists.

“When I was interviewed, I could tell Dr. Edwards was really intent on picking the best candidates for the program, and for FMC,” Dr. Sabbagh said.

To learn more about FMC’s Graduate Medical Education Program, call 740-687-8924 or visit fmchealth.org.



Maris Mahler packs shoe boxes for Operation Christmas Child with five of her 11 grandchildren.

Maris Mahler knows the true meaning of what it takes to give back to the community where she lives. As a Fairfield Medical Center Foundation Board Member for the past three years, Maris takes the time to encourage others to give on a daily basis and tell them how fortunate they are to have such a great hospital in their community.

"I think word-of-mouth is key to having a successful hospital," Maris said. "There's nothing like a community hospital that gives back and that's where the Foundation comes in. Filling in the gaps for families who need help most."

Maris, 70, is the vice-chairman for the FMC Foundation Board of Directors and a retired school teacher. She also volunteers her time with Operation Christmas Child, a Samaritan's Purse project in which gift-filled shoeboxes are sent to children in need around the world.

"Maris is a strong supporter of the Foundation both through advocacy and financial support," said Ricki Chenault, FMC Foundation executive director. "She also doesn't hesitate to lend a hand at our events and goes the extra mile to promote our Grateful Patient Program any chance she gets."

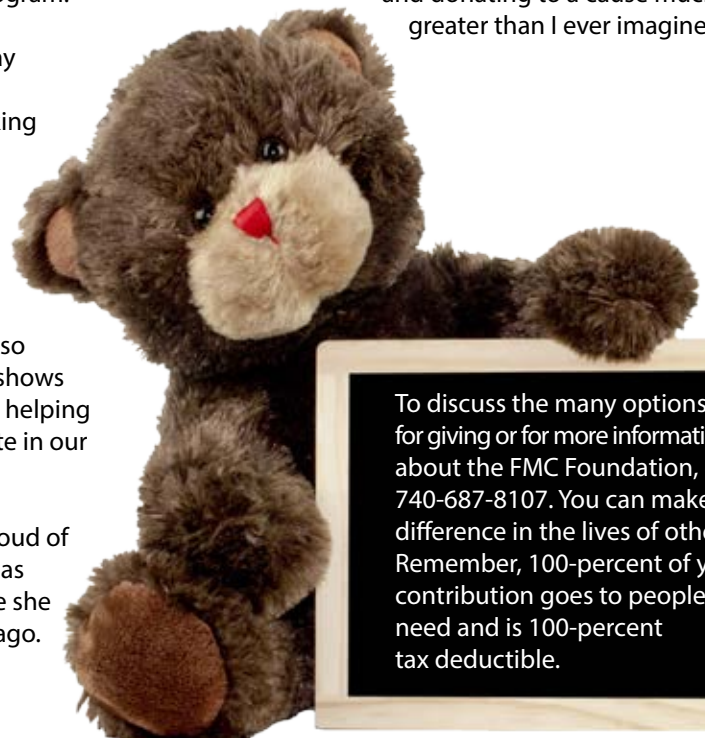
Living is GIVING

One particular instance showcasing Maris' dedication to the Foundation was when she told a friend to honor her caregiver through the Foundation Grateful Patient Program.

"The best way to say 'thank you' to your caregiver is by making a gift in honor of those who made a difference," she said. "Showing gratitude in this way among the caregivers' peers is so moving and really shows you care while also helping others less fortunate in our community!"

Maris said she is proud of all that the board has accomplished since she joined three years ago.

"My experience as a grandmother of 11 has helped shape me into the person I am today and I am so glad I can make a difference by serving on the board and donating to a cause much greater than I ever imagined."



To discuss the many options for giving or for more information about the FMC Foundation, call 740-687-8107. You can make a difference in the lives of others. Remember, 100-percent of your contribution goes to people in need and is 100-percent tax deductible.



Handling the Holiday Hustle

For many, the holiday season is a time of special memories, fellowship and celebration. But with that excitement and joy also comes a feeling that isn't so pleasant – stress. There are many factors that can easily cause stress during the holidays. Below are five tips to help you manage that stress and focus on what matters most – celebrating and spending time with those you love.

1 Recognize your Hurt

If the holidays are a time of sadness due to bad memories or loss of a loved one, ACCEPT your feelings. Don't try to avoid the pain. Spend time with those that understand and try to do something you enjoy that is nurturing and comforting. Don't forget – the holidays will come and go as they do every year. Keep in mind that although the environment around you is showing joy, others may be experiencing sadness.

2 Stick to a Budget

If you can't afford it, don't buy it. Look at what you're comfortable spending and resolve to stick to that budget. If it's going to be a tough year financially, get creative – try your hand at a homemade gift or suggest a gift exchange instead of multiple presents for each family member.

3 Consider your Reality

Look at where you are in your life and be realistic about your expectations for the holidays. If you've recently experienced a major life change, such as the birth of a child or the start of a new job, you may not have the time to plan a lavish party or travel across the country for a holiday get together. Don't get hung up on what someone else's expectations are for you.

4 Learn to say "No"

You can't go to every party. You can't make cookies for each child's classroom. You might not want to host the holiday dinner this year. Know your limits and don't be afraid to say, "I'm sorry, but I just can't do it this year."

5 Communicate your Wishes

Make sure you don't get swept into what everyone else wants to do for the holiday, and then miss out on something that is important to you. Make sure to do at least ONE thing that is guaranteed to make your holiday special.

NOW WE'RE ROLLING *Amanda*

Earlier this year, 44-year-old Amanda Jacobson experienced something she never had before: She rode a bicycle for the first time.

As Amanda swung her leg over the three-wheeled bicycle, a present from her husband, her five-year-old daughter's eyes lit up in amazement.

"She was just beside herself as we were riding up and down the street together, because I had never been able to do that before," Amanda said.

It was a special moment that happened mere weeks after Amanda had her left knee replaced by Mark D'Onofrio, M.D., an orthopedic surgeon at Fairfield Medical Center. Less than four months later, Amanda returned to Dr. D'Onofrio to have her other knee replaced.

"I thought, if I feel this good after the first knee replacement, I might be able to fly after the second," Amanda said with a laugh.

Total knee replacement surgery is one of many orthopedic procedures available at FMC. This type of surgery is considered for patients whose knee joints have been damaged by progressive arthritis, trauma or other destructive diseases of the joint.

During a knee replacement, the damaged part of the bone is removed and the surface of the bone is shaped to hold a metal or plastic artificial joint.





Amanda was a prime candidate for knee replacement surgery due to a birth defect called congenital hip dislocation. The condition can create pain in the person's hips, back and knees. As Amanda grew older, the pain worsened and started to impact her job and daily life.

"I went to work every day, but when I came home, I had nothing left to give," said Amanda, who often worked 13-hour days as the manager of a local gas station. "I started using a cane, but my legs were still hurting."

A self-professed workaholic, Amanda said it took a lot of convincing from her husband to have the surgery, as she knew it meant she would have to take time off work. She also didn't like the idea of going under the knife.

"It's a scary thing – they're basically putting metal where

your bones are," she said. "But the staff at Fairfield Medical Center and Dr. D'Onofrio were wonderful. They prepared me for what was going to happen, and they convinced me that it was going to change my life."


Amanda said one FMC staff member – orthopedic discharge planner Lindsey Klaameyer – even went above and beyond to ensure she had the resources she needed to make a full recovery at home.

"I was joking that I would love to have a hospital bed at home, and she looked into it for me," Amanda said. "She made all the phone calls and the next day, she told me I was going to get the bed and that it would be covered by my insurance."

Since her surgeries, Amanda said she feels like a whole new person,

especially when it comes to spending time with her kids.

"I can do so much more now," she said. "I could never ride a bike or climb the stairs to go up to my children's bedrooms. We can go to the waterpark and the zoo. It's like a whole new life."



As just one of eight Advanced Care Centers in the U.S., FMC's Orthopedic Unit has been used as a model for hospitals nationwide. To learn more about how you can start moving better again, or to schedule a tour of the orthopedic unit, call 740-687-8649.

NFO

“ Breast cancer is a horrible thing, but FMC has made it as pleasant as it could possibly be. ”

BREAST CANCER
PICKED A FIGHT
WITH THE WRONG
CHECK

FEAR

As Susan George prepared to have a surgery in which both of her breasts would be removed, she had a lot of emotions running through her mind – but fear wasn't one of them.

That's because from the moment Susan discovered she had breast cancer, every person she met at Fairfield Medical Center made her feel like she was going to be OK.

"I have no fear when I'm at FMC," said Susan, a Lancaster resident who finished radiation in August. "Breast cancer is a horrible thing, but everyone at FMC has made

"While I was there, Alice was passionate about getting a good image of the back of the breast," Susan recalled. "It's not easy, so she had to do it several times. I could tell it was very important to her. She wasn't going to let me leave until she got it."

The extra time and effort that Alice put into the procedure proved to be life saving. The following day, Susan received a phone call indicating that something had been found on the mammogram. She was scheduled for another mammogram, and then a sonogram. They both showed

Susan was back at FMC getting prepped for a double mastectomy.

"I met Tara Miller, a nurse who became my new best friend," Susan said. "She gave me a heated gown and told me I was going to get the spa treatment. She was professional, but knew how to put me at ease."

Susan also remembers being touched by the kindness of her anesthesiologist, Joseph

helped her through her breast cancer journey. Her first stop was to Alice at Fairfield Diagnostic Imaging.

"Since the tumor I had was at the back of the breast, against the chest wall, I would have never felt it by just doing a self breast exam," Susan said. "By Alice taking the extra time

 **Cancer Care Begins at Fairfield Medical Center**
Recently accredited by the Commission on Cancer, Fairfield Medical Center's cancer program is designed to provide personalized, multidisciplinary care that is compassionate and close to home. The cancer program is focused on prevention, early diagnosis, cancer staging, treatment, rehabilitation, life-long follow up for recurrent disease and hospice care. To learn more about FMC's cancer care program, visit fmchealth.org or call 740-687-4505.

it as pleasant as it could possibly be."

Susan shared that her exceptional care started when she went to FMC's Fairfield Diagnostic Imaging in Lancaster for her yearly mammogram and met technician Alice Vandermark – the first of many who would play an important role in her breast cancer journey.

the same thing – a tumor at the back of the breast, attached to the chest wall.

"I had a biopsy that afternoon, and they told me it was concerning," Susan said. "I was shell-shocked. My brain wasn't processing what I was hearing."

Just one week later, the day after her 61st birthday,

Mannella, M.D., and her surgeon, Jeffrey Yenchar, M.D.

"Dr. Mannella came right up to my bed and listened to me with such compassion," she said. "He told me he would make sure I didn't feel sick after the surgery. I went into my surgery feeling, not scared, but reassured."

Following Susan's surgery, she made it her goal to go back and thank those who had

to complete that initial mammogram, she saved my life."

Susan and her husband, Jim, said they were impressed at how quickly the cancer was caught and treated. Within a week of receiving the biopsy results, Susan was in surgery to have the tumor removed.

"I have a strong faith in God and I believe that He gives you blessings with every difficult thing you go through," Susan said. "FMC has been one of those blessings."

Bonding at First Breath

When Amanda Horn's first child, Grace, was born, the delivery was typical to what most mothers experience when they undergo a cesarean section.

"They had a blue drape blocking my view from what was going on, so I didn't know when she was finally out," Amanda, 28, recalls. "They brought her around the curtain to give me a 'sneak peek' of her and then she was gone. I didn't actually get to hold her until 30 minutes later, when I was in recovery."

Two years later, Amanda still remembers how difficult it was to not be able to hold her daughter right away.

"I felt like it took me a couple days to realize I was a mom, and I think it was because I didn't get to have that bonding time with my daughter right after delivery," Amanda said.

It's a common emotion for mothers who have a cesarean section - that's why Fairfield Medical Center's Maternity Department is working to make the process more beneficial for both mother and baby with the help of a new birthing experience called a gentle C-section.



Unlike a traditional C-section, a gentle C-section allows the mother to view the birth of her child through a clear, plastic drape, and have skin-to-skin contact immediately after delivery.

On June 2, Amanda became the first patient at FMC to have a gentle C-section when she delivered her second child, Caleb. She said the experience was much better than her first C-section.

"I actually got to see my baby come out versus having the blue drape up and seeing nothing," Amanda said. "They brought him around to me and I got to hold him for about

20 minutes. It was me who told them when they could take him away."

The day before Amanda's second C-section, she was talking with one of the maternity nurses when she brought up the topic of a gentle C-section.

"It was something I had heard about and read about and I thought it sounded great," Amanda said. "The nurse got really excited and said, 'we have been wanting to do this here.'"

That nurse reached out to Amanda's obstetrician, Suzanne Barnhart, M.D., of OB-GYN Associates of Lancaster, an affiliate of FMC, and the gentle C-section was scheduled for the next day.

"A gentle c-section is a more soothing experience," Dr. Barnhart said. "The immediate skin-to-skin contact helps promote breastfeeding and helps regulate the baby's body

temperature. And it's good for the mother, too."

Amanda feels that being able to hold her son right away was a calming experience for them both.

"When I had my daughter, I remember how she was screaming when they took her out of the room," she said. "With my son, he cried at first, but as soon as I started holding him, he stopped. It was amazing."

Amanda said she's grateful that FMC is offering gentle C-sections to mothers who desire to have a memorable birth experience.

"I don't think any woman wants to have a C-section, so the fact that Fairfield Medical Center has made this option available to mothers is truly wonderful," she said.

"With my son, he cried at first, but as soon as I started holding him, he stopped. It was amazing."



CALENDAR 2015



Newborn Care

Learn basic newborn care such as feeding, burping, coping with illness, bathing, sleeping, crying and typical newborn characteristics.

Registration: 740-687-8218

Price: \$40/family

Dates/Times:

Nov. 30 – 5:30-8 p.m.

Dec. 17 – 5:30-8 p.m.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Cesarean Section

Expectant mothers who are scheduled for a cesarean section birth can learn and ask questions about procedures before, during and after a cesarean birth.

Registration: 740-687-8218

Price: \$25/family

Date/Time:

Call for class dates.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Childbirth Education Series

Explore labor, birth, pain control options, relaxation techniques, childbirth recovery, cesarean births and newborn care.

Registration: 740-687-8218

Price: \$90/family

Weeknight Dates/Times:

Thursdays, Nov. 4-18 – 5:30-9 p.m.

Tuesdays, Dec. 3-17 – 5:30-9 p.m.

Weekend Date/Time:

Sunday, Dec. 6 – 8 a.m.-5 p.m.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

To register for online childbirth classes, call 740-687-8218.

Substance-Exposed Newborn

Learn about substance abuse trends locally, its impact on a fetus and how to care for substance-exposed babies.

Registration: 740-687-8218

Price: \$40/family

Date/Time:

Dec. 7 – 6-9 p.m.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Maternity Open House & Tour

Tour the Maternity Unit, schedule childbirth classes and ask questions about your upcoming stay and delivery at FMC.

Registration: 740-687-8218

Price: FREE

Dates/Times:

Nov. 19 – 6 p.m.

Dec. 8 – 6 p.m.

Location:

Maternity Unit at FMC
401 N. Ewing St., Lancaster

Infant Massage

Gain hands-on experience with infant massage for babies between three weeks and six months of age.

Registration: 740-687-8218

Price: \$20/family

Date/Time:

Call for class dates.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Gentle Yoga

This introduction to Hatha Yoga, for cancer patients and survivors, includes gentle movement, breathing and deep relaxation.

Registration: 740-277-6941

Price: FREE

Dates/Times:

Call for dates/times/location.



Breastfeeding

This detailed information session for expectant families is provided by lactation nurses to increase breastfeeding success.

Registration: 740-687-8218

Price: FREE

Dates/Times:

Nov. 18 – 6-8:30 p.m.

Dec. 9 – 6-8:30 p.m.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster



Infant & Child CPR Classes

Learn CPR and choking procedures for infants and children, and receive a two-year certification from the American Safety and Health Institute.

Registration: 740-687-8218

Price: \$35/person

Dates/Times:

Dec. 14 – 6-9 p.m.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

For a listing of 2016 events, visit fmchealth.org and click on the event calendar.

Prostate Health Education Group of Fairfield County

This is an educational session on prostate cancer. Guests may ask questions and talk about their experience, including diagnosis, treatment and side effects.

Registration: 740-687-6543

Price: FREE

Date/Time:

Nov. 9 – 7-9 p.m.

Location:

Chapel at Fairfield Christian Church, 1965 N. Columbus St., Lancaster



Bra/Prosthesis Fitting

A certified fitter will assist cancer patients and survivors in selecting a mastectomy bra and prosthesis.

Registration: 614-920-2811

Price: FREE fitting

Date/Time:

Dec. 1 – By appointment

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., Lancaster

Grandparenting Class

Expectant grandparents explore the latest trends in childbirth, Sudden Infant Death Syndrome prevention and newborn safety.

Registration: 740-687-8218

Price: FREE

Date/Time:

Nov. 12 – 6-7:30 p.m.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Diabetes Support Group

Our certified diabetes education nurse helps diabetics face the challenges of the disease.

Registration: 740-687-8492

Price: FREE

Dates/Times:

Nov. 20 – 6-7 p.m.

(Exercise)

Dec. 28 – 6-7 p.m.

(Gastroparesis)

Location:

Assembly Rooms at FMC
401 N. Ewing St., Lancaster

Sibling Class

Geared for children ages three to six, this class focuses on safety and the importance of being a sibling.

Registration: 740-687-8218

Price: \$15/person

Dates/Times:

Nov. 16 – 6-7:30 p.m.

Dec. 15 – 6-7:30 p.m.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Childcare & Baby-Sitting Safety (CABS)

Children ages 11-15 will learn what to expect at what age and how to positively discipline, as well as CPR and Foreign Body Airway Obstruction Training.

Registration: 740-687-8007

Price: \$35/person

Date/Time:

Dec. 30 – 8:30 a.m.-3:30 p.m.

Location:

West Wing Classrooms at FMC
401 N. Ewing St., Lancaster



Gynecological Cancer Education Information & Caregiver Support Group

Gynecological cancer (ovarian, uterine and cervical cancer) patients can discuss and share their experiences with others.

Registration: 740-277-6941

Price: FREE

Date/Time:

Nov. 10 – 7-9 p.m.

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., Lancaster

Look Good, Feel Better

Women undergoing cancer treatment can learn skin care and makeup tips.

Registration: 800-277-2345

Price: FREE

Date/Time:

Nov. 9 – 10 a.m.-Noon

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., Lancaster



Shine a Light on Lung Cancer

This is an event to honor, recognize and memorialize those touched by lung cancer.

Registration: 740-689-6889

Price: FREE

Date/Time:

Nov. 12 – 6-7:30 p.m.

Location:

FairHoPe Hospice and Palliative Care, Inc.
282 Sells Road, Lancaster
(inside the Pickering House)



Childbirth Refresher

Families with previous birth experience review key aspects of childbirth education.

Registration: 740-687-8218

Price: \$35/family

Dates/Times:

Call for class dates.

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Lung Cancer Screening

A physician order is required for people with a significant smoking history who are 55-74 years of age.

Registration (by appointment only): 740-689-6889

Price: \$99/person

Locations:

River View Imaging – 2405 N. Columbus St., Lancaster
Fairfield Diagnostic Imaging
1241 River Valley Blvd., Lancaster

Rock of Remembrance

This is a memorial service for those who have lost a loved one. This event is brought to you by the FMC Chaplains.

Price: FREE (no registration required)

Date/Times:

Nov. 11 – 2 p.m. or 3:30 p.m.

Location:

Assembly Rooms 2 & 3 at FMC
401 N. Ewing St., Lancaster

First Aid

Receive hands-on emergency training; participants will receive a certification card upon completion of a written exam.

Registration: 740-687-8007

Price: \$35/person

Dates/Times:

Nov. 14 – Noon-3:30 p.m.

Dec. 12 – Noon-3:30 p.m.

Location:

West Wing Classrooms at FMC
401 N. Ewing St., Lancaster

HOPE (Hands-On Practical Experience) Classes

This 45-minute course gives life-saving, hands-on practical experience in chest compression-only CPR.

Registration: 740-687-8007

Price: FREE

Date/Time:

Nov. 13 – 1-2 p.m.

Location:

West Wing Classrooms at FMC
401 N. Ewing St., Lancaster

CPR Classes

Learn adult, child and infant CPR and receive a certification card upon completion of a written exam.

Registration: 740-687-8007

Price: \$35/person

Date/Time:

Dec. 12 – 8:30 a.m.-Noon

Location:

West Wing Classrooms at FMC
401 N. Ewing St., Lancaster



Cancer Fatigue Class

This class helps cancer patients cope with the common symptom of cancer fatigue. The class is open to anyone who is receiving cancer treatments or has received them in the past.

Registration: Not required.

Price: FREE

Date/Time:

Nov. 12 – 2-3 p.m.

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., Lancaster

Turkey Day 5K

This event is part of a community-wide initiative to improve the health of residents in our community by promoting healthier eating habits and increased physical activity.

Registration: 740-689-6822

Price: FREE

Date/Time:

Nov. 26 – 8:30 a.m.

Location:

Forest Rose School
1592 Granville Pike, Lancaster



Tame The Pain® Seminar

Learn about proven chronic pain treatments, therapy and more. A meal will be provided. Co-sponsored by Medtronic and Ron P. Linehan, M.D., with Precision Pain Care.

Registration: 740-689-6494

Price: FREE

Date/Time:

Nov. 11 – 5:30 p.m.

Location:

Assembly Rooms 2 & 3 at FMC
401 N. Ewing St., Lancaster

New Faces

The following medical professionals recently joined the medical staff at Fairfield Medical Center.

Looking for a physician? The right one is just a click away. Go to fmchealth.org and click "**Find a Doctor.**"



Alissa Ackelson, M.D., Ph.D.



Dr. Ackelson joined Fairfield Healthcare Professionals Infectious Disease in October. She earned her Doctor of Medicine Degree from The Ohio State University College of Medicine. She completed her residency at Riverside Methodist Hospital in Columbus and completed a fellowship in Infectious Disease from The Ohio State University.

Hafiz Ayub, M.D.



Dr. Ayub joined Fairfield Healthcare Professionals Internal Medicine in September. He earned his M.B.B.S. (Medical Degree) Bachelor of Medicine and Bachelor of Surgery from Nishtar Medical College, Multan, Pakistan.

John Ireton, D.O.



Dr. Ireton joined Fairfield Healthcare Professionals Family Medicine of Bremen in August. He received a Doctor of Medicine Degree from the Ohio University College of Osteopathic Medicine. He completed his residency at Doctor's Hospital.

Robert Murithi, M.D., Nephrology



Dr. Murithi is a nephrologist who joined Kidney Specialists, Inc. in September. He earned his Doctor of Medicine Degree at the Moi University, College of Health Sciences in Eldoret, Kenya. He performed a medical internship at the Kenyatta National Hospital in Nairobi, Kenya and then went on to complete a residency at the Mount Sinai School of Medicine at Queens Hospital Center in Queens, NY. He also completed a fellowship in Nephrology at the University of Louisville in Louisville, KY.

Nicole Sabatina, D.O.



Dr. Sabatina joined the Fairfield Community Health Center in July 2015. She received a Doctor of Osteopathic Medicine from the West Virginia School of Osteopathic Medicine. She completed her residency in Family Medicine at Fairfield Medical Center.

THE MONITOR

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Fairfield Medical Center, located in Lancaster, Ohio, provides healthcare services to more than 250,000 residents in Southeastern Ohio. FMC is a nonprofit medical center that strives to provide outstanding care to its patients, their families and visitors.

The Monitor, produced by the Marketing and Community Services Department, is published to share health information and updates with members of the communities we serve. All material is property of FMC and may not be reproduced without permission.



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