



Fairfield Medical Center

People You Know. Care You Trust.

THE MONITOR

SUMMER 2015

15 FACTS ABOUT
**PROJECT
BRIGHT**

GETTING
SAUCY
AGAIN

2014 ANNUAL
REPORT

STRIKING OUT
PAIN



Two-Time Aster Awards Winner for Excellence in Medical Marketing



Growing Together

As Fairfield Medical Center approaches an important milestone in its history, we are reflecting back on why our doors first opened nearly 100 years ago. It's been humbling to learn how strongly our community supported the construction of a hospital in Lancaster, which at the time was experiencing a tremendous population growth. In fact, it was members of our own community who contributed money to furnish and equip the new hospital in 1916 at a cost of \$175-\$350 per room.

This is just one example of how essential a role our community has played in our history. Without you, we would not be the independently owned, non-profit hospital we are today. It's because of you that we are reinventing our culture and the way we care for our patients. It's because of you that we are participating in groundbreaking studies and enhancing patient care through the recent opening of our new Surgical Tower, which the community helped build. Because of you, Fairfield Medical Center is still here today.

This is why I want our community to be as involved as possible in our centennial celebration. On Aug. 22, we will host an event at the Fairfield County Fairgrounds called the Centennial Community Rock Party to thank the community for its ongoing support. The day will feature rock music from local bands and will conclude with a fantastic fireworks display. Admission to this event is free. In addition, a Community Healthfest, food and crafts for purchase, and fun giveaways will be offered all day. This event is all about you and we hope you'll bring your family, friends and neighbors.

We also want to give an opportunity for you to leave your legacy on our centennial by sharing a story of when you or a loved one received excellent care at FMC, whether it was recently or decades ago. We're also collecting mementos from the past representing the hospital, including newspaper clippings and old photos, such as photos of anyone who was born at the hospital since 1916. Read more on the centennial insert about how these items and memories will be an important part of our story.

Thank you for allowing us to serve you for nearly a century. We look forward to celebrating this exciting time in our history with you.

John R. "Jack" Janoso, Jr.



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Get To Know Us

 Facebook.com/FMCHealth

 @FMCHealth

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.



NEW: To see more of the story, check out behind-the-scenes footage at fmchealth.org.



STRIKING PAIN



As a high school sports official, Timothy McGee has to be just as active as the athletes he officiates during baseball and football season.

So when the Carroll resident started experiencing a nagging discomfort in his hip last spring, he set out to find relief. After seeing a doctor, a physical therapist and then a chiropractor near his job in Columbus, he was still experiencing hip pain.

"I was taking ibuprofen probably every other day," he recalled.

It was Mark D'Onofrio, M.D., an orthopedic surgeon at Fairfield Medical Center, who finally helped Timothy get back in the game. He recommended that Timothy, 55, undergo a total hip replacement to alleviate his pain.

Having watched his father go through a painful hip surgery years ago, Timothy was originally wary of the idea. However, he said Dr. D'Onofrio, who performs approximately 500 joint replacement surgeries a year at FMC, quickly put him at ease.

"This guy loves what he does and knows how to do it," Timothy said. "I think it's wonderful that FMC has a doctor who walks around with his level of confidence, who looks at you and says 'I'm going to change your life.'"

And he did. Timothy said his recovery from the surgery was better than he could have anticipated. Within hours, he was up and walking around. Within two months, he was back on the field and ready for baseball season.

Timothy shared that a key benefit of having his surgery at FMC is a one-day educational session for orthopedic patients. The session is taught by orthopedic-certified nurses and incorporates staff members who will be involved in the patient's care.

"It gives a personal side to everything because you meet the people who are going to be in the operating room with you, and then you're talking with the physical therapy people you'll be working with afterwards," he said.

He also liked that he didn't have to drive far from home to have surgery. He said his care at FMC was superior.

"I told the doctors and nurses how much I thank God that there are people like them on the planet," he said. "I've never felt vulnerable until I had my surgery, so I was very appreciative and grateful for the care I received."



View behind-the-scenes footage at fmchealth.org.

To learn more about FMC's nationally recognized orthopedic program, call 740-687-8276 or go to fmchealth.org.



Putting the **FUN** in **Physical THERAPY**

When Melissa Newman was told that her four-year-old daughter, Marissa, would need weekly sessions with a physical therapist and an occupational therapist, she knew it would be a major time commitment.

So Melissa, a Lancaster resident, was excited when she learned that she wouldn't have to drive Marissa to Cincinnati Children's Hospital every week for therapy; instead, she could schedule it close to home at Fairfield Medical Center.

Marissa is just one of the many children who receives occupational and physical therapy at FMC's Outpatient Therapy Services, or OPTS.

"Having these services here in our community has made the weekly therapies much more manageable," Melissa said.

One of the key things Marissa uses for her therapy is a pediatric climbing wall, which is customizable for each patient based on skill level and goals. The wall helps children improve fine motor skills, strength and balance.

"Marissa enjoys the climbing wall, but it's also really challenging with her low

muscle tone," Melissa said.

FMC's OPTS offers Physical, Occupational and Speech Therapy at 1143 E. Main St. in the Kroger shopping plaza. The pediatric therapy services are designed to help children build confidence as they reach their full developmental potential while still having fun.

In 2014, OPTS was able to purchase 11 new pieces of equipment to help pediatric patients who have injuries or developmental delays. The items were purchased through a \$20,000 donation from the Aladdin Shriners Hospital Association for Children, Inc., which has gifted more than \$250,000 to FMC in the past 40 years.

Carolyn Gilliam, physical medicine manager of OPTS, said she's thankful for the support of the Aladdin Shriners Hospital Association for Children, as it has allowed OPTS to expand its services for young patients like Marissa.

"Considering that up to 50 percent of our patients at any given time are young children and young adults experiencing everything from developmental delays to sports injuries, this equipment is imperative to their success," Gilliam said.

To learn more about FMC's Outpatient Therapy Services, call 740-687-8602, go to fmchealth.org or visit the facility at 1143 E. Main St. in Lancaster.

BLOCK THE RAYS, NOT JUST ON SUNNY DAYS

Skin cancer is the most common form of cancer in the U.S., with more than one million skin cancers diagnosed every year. Safeguarding yourself from the sun can dramatically lower your chances of getting premature wrinkles, sun spots and, most importantly, cancer.

Check the label. When purchasing sunscreen, pay close attention to the SPF number. The FDA recommends you apply sunscreen with an SPF of 15 or higher daily.

Ingredients matter. The two most effective ingredients for sun protection are zinc oxide and titanium dioxide. Combined, they provide a physical block against both UVA and UVB rays. Pick a sunscreen with endorsement from the National Skin Cancer Foundation or the American Academy of Dermatology.

Protecting children is critical. Just one blistering sunburn under the age of 18 more than doubles the chance of skin cancer. Get creative – try fun, kid-approved products like the ColoreScience® powder brush sunscreen with sparkles, which has the National Skin Cancer Foundation seal of approval.

Apply head to toe. Hands, feet, behind your ears and even your scalp are just as likely to burn as your arms, legs and back, so be sure to give them a healthy dose of sunscreen.

Once isn't enough. Be sure to reapply every 90 minutes and immediately after swimming or sweating – even if you have a sunscreen with a high SPF.

Get covered. Clothing and hats can help protect you from the sun, but not by themselves. Most summer-weight clothing only provides an SPF of about 6, so make sure you're still applying your sunscreen.

Apply year-round. Don't pack away your sunscreen once summer is over. UVA and UVB rays, which can lead to skin cancer and visible signs of aging, are present year-round. You should apply sunscreen every day, rain or shine.



Tips provided by plastic surgeon Jason Lichten, M.D., of Central Ohio Plastic Surgery, Inc. in Lancaster.



View behind-the-scenes footage at fmchealth.org.





Getting Saucy Again

Priscilla Fitzsimmons remembers when a typical day included popping Tums® antacids every half hour and trying to find food that wouldn't aggravate her heartburn. She frequently steered clear of her biggest triggers – milk, oranges and spaghetti sauce – and would sometimes skip lunch altogether.

"I can eat what I want and now I'm able to get the nutrients in my diet I was missing out on before."

"There were days when I would actually not eat because it just made the heartburn worse," the 34-year-old Thurston resident recalled.

Today, nine months after undergoing surgery at Fairfield Medical Center to relieve her heartburn, Priscilla no longer dreads mealtime.

"I can eat what I want and I'm now able to get the nutrients in my diet I was missing out on before," she said.

The surgery that changed Priscilla's life is called the Nissen fundoplication, one of two surgical options at FMC for patients with chronic acid reflux and heartburn. The surgery involves wrapping the upper part of the stomach

around the lower end of the esophagus and stitching it into place.

Priscilla's surgeon, Timothy Custer, M.D., is one of nine physicians with the Fairfield Medical Heartburn Center. He said 95 percent of patients who undergo surgical therapy for reflux experience excellent long-term control of their symptoms.

"Critical to this success is the ability to obtain a precise diagnosis and pursue standardized treatment," he said. "The Heartburn Center is able to provide consistent, state-of-the-art management for those with diseases of the esophagus and has cared for more than 1,500 people since it opened in 2012."

Priscilla said her heartburn began when she was a teenager and got progressively worse during her twenties. For the past several years, she had been taking medication daily, but getting little relief.

Prior to surgery, she underwent several tests to determine the severity of her acid reflux.

"All of the people I worked with at the Heartburn Center were great," Priscilla said. "I was a bit anxious about the tests I had to take, but nurse coordinator Tina Cass put me at ease."

Priscilla said she was not nervous about having surgery because she was so eager to start feeling better again. She didn't have to wait long to see positive results; within one week of surgery, she was back to work and no longer experiencing issues with eating and sleeping.

"I used to wake up in the mornings and dread how I would feel," she said. "Now I wake up feeling awesome."

To learn more about the Fairfield Medical Heartburn Center or to schedule a free nurse consultation, call 740-689-6486 or visit fmchealth.org.

Did You Know?

Acid reflux can lead to serious consequences if left untreated, one of which is esophageal cancer. Esophageal cancer that is caused by gastroesophageal reflux disease (GERD), is called adenocarcinoma, and strikes 16,000 to 18,000 Americans every year. It is important to see a doctor if you are experiencing heartburn and acid reflux, as the acid can damage the lining of the esophagus over time. While heartburn medication can help many people manage their symptoms by getting rid of the acid, it does not stop reflux. Talk with your doctor about what treatment options are best for you, and whether you're a candidate for surgery.



Beating

When Roy Nichols moved to Somerset last year, his doctors back home in Pennsylvania believed he was in the final days of his life.

Prior to the move, Roy's congestive heart failure had been spiraling out of control, largely because he wasn't taking care of himself like he should. His last hope was to relocate closer to family and seek help from Fairfield Medical Center's Congestive Heart Failure Clinic.

"I was alone and eating improper things, and was in and out of the hospital," said Roy, 68. "I was so swollen, out of breath and sore that I could barely walk."

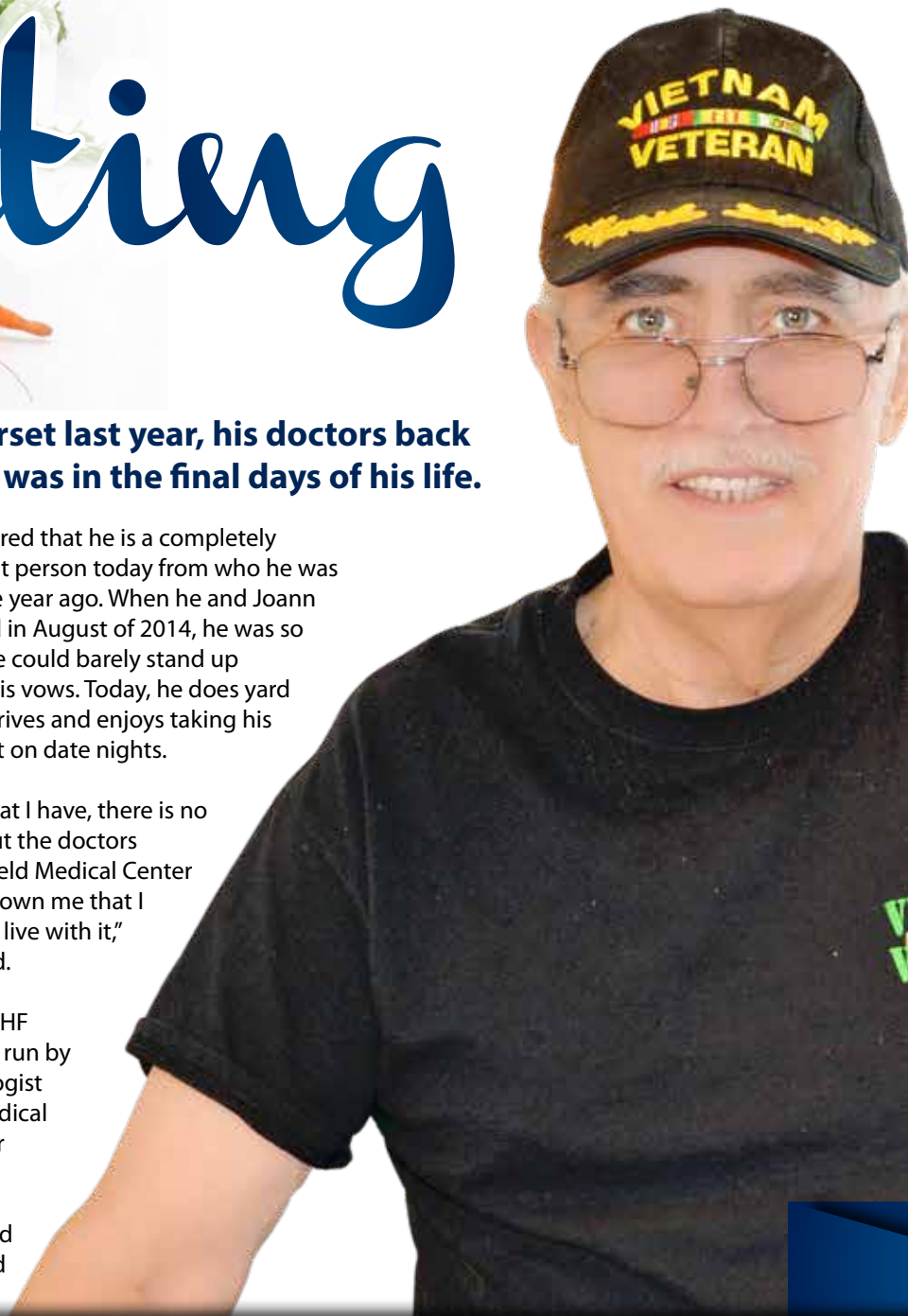
During his first appointment at the clinic, Roy weighed 235 pounds and was rated as a Class D patient, meaning he had severe cardiovascular disease that was putting major limitations on his life.

But with the help of FMC's clinic and his wife, Joann Nichols, Roy was upgraded to Class B, indicating that he had mild symptoms that were causing only slight limitations on ordinary activity.

Roy shared that he is a completely different person today from who he was just one year ago. When he and Joann married in August of 2014, he was so weak he could barely stand up to say his vows. Today, he does yard work, drives and enjoys taking his wife out on date nights.

"For what I have, there is no cure, but the doctors at Fairfield Medical Center have shown me that I can still live with it," Roy said.

FMC's CHF Clinic is run by cardiologist and Medical Director Michael Reinig, D.O., and certified



Heart failure is a leading cause of death in the U.S., affecting approximately

FIVE MILLION AMERICANS.

Heart failure means that a person's heart is pumping weaker than normal, which may cause a number of uncomfortable symptoms such as congestion in the lungs, fluid and water retention, dizziness, fatigue, and rapid or irregular heartbeats. There is no treatment for heart failure, but the disease can be managed through close monitoring of medications, exercise and a healthy diet.

the odds

nurse practitioner Jill Kennedy. The purpose of the clinic is to help patients learn how to manage heart failure to improve their quality of life, and keep from being readmitted to the hospital.

Roy, who is diabetic, said one of the biggest changes he made to better manage his congestive heart failure was his diet. Joann has since become an expert at no-salt cooking and Roy has lost

approximately 40 pounds. He also does cardiopulmonary rehab at FMC's Cardiac Rehab gym three days a week and keeps a daily journal where he logs his blood pressure, blood oxygen and sugar levels. If anything is off, he knows Kennedy is just a phone call or short drive away.

"Jill has been a real ally for us," he said.

Roy stressed his appreciation for how everyone at FMC works together as a team to help patients like him.

"Everybody at that clinic knows me because they communicate with each other," Roy said. "When someone mentions 'Roy,' they don't have to run and get a chart. They know who they're talking about."

To learn more about FMC's CHF Clinic, call 740-689-6498 or visit fmchealth.org.



Heart Failure

Accreditation

Fairfield Medical Center is one of only five hospitals in Ohio – and just 77 in the nation – to receive full Heart Failure Accreditation status from the Society of Cardiovascular Patient Care. This achievement demonstrates FMC's excellence in the full spectrum care of patients, from diagnosis through follow-up care. When a patient is diagnosed with heart failure, he/she is admitted to a dedicated unit of the hospital for about three days. During this time, a multi-disciplinary team meets with the patient to determine the next phase of his/her care. When discharged, patients are connected with a number of resources – such as the Heart Failure Clinic and FMC's Heart Failure Support Group – to help them better manage their disease and avoid readmission to the hospital.



CARING FOR OUR COMMUNITY

Charitable & Uncompensated CARE

As a nonprofit, 501(c)(3) organization, Fairfield Medical Center cares for patients regardless of their ability to pay. Below is an overview of our charitable and uncompensated care data from the previous year.

Hospital Care Assurance Program

Cost: \$1,379,623

The Hospital Care Assurance Program provides Ohio residents free care for medically necessary hospital services if they are at or below 100 percent of the current Federal Poverty Guideline Level and ineligible for Medicaid.

Bad Debt Cost: \$3,313,094

Bad debt consists of services for which a hospital anticipates, but did not receive, payment.

Charity Care: \$938,166

Charity care consists of services for which a hospital did not receive, nor expected to receive, payment because the patient's inability to pay had already been determined.

Uncompensated Care: \$2,317,789

Uncompensated care consists of Hospital Care Assurance Program costs and Charity Care combined.

Business FMC Generated for Area

Vendors: \$11,624,818

Shortfalls in Medicaid

Reimbursement: \$6,113,294

Amount Paid in FMC Salaries

for 2014: \$90,267,869

Local Taxes Paid by, or on Behalf of, FMC Employees in 2014: \$2,232,566



fmchealth.org

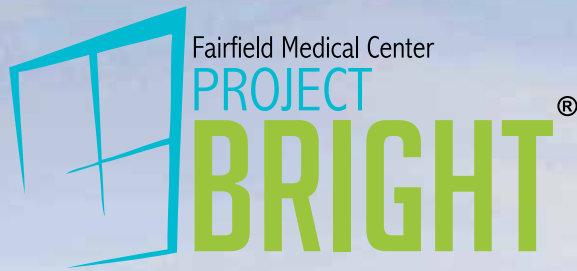
On May 19, Fairfield Medical Center cut the ribbon to celebrate the opening of the new Surgical Tower, a 116,000-square-foot addition to the hospital, known throughout its construction as Project BRIGHT. One of FMC's goals is to make the patient/visitor experience as pleasant as one could hope to have during a hospital stay. That's why the Surgical Tower was designed to accommodate private rooms large enough for overnight visitors, waiting areas that provide a calming environment and operating rooms that offer the latest in surgical technology.

The Surgical Tower also has a number of unique features to help enhance the patient experience, such as a healing garden with more than 27 different plants and 23,000 square feet of windows to allow plenty of natural sunlight. In addition, patients and their families can look out second story windows onto the green roof, which is covered with grass and flowers.

For a by-the-numbers look at Project BRIGHT, turn the page ...

A photograph of a smiling woman and a young child, both looking upwards and smiling. The woman is on the right, and the child is on the left. They are in front of the Fairfield Medical Center Surgical Tower, which is a large brick building with a green logo and the text "Fairfield Medical Center" on its facade. The child is wearing a plaid shirt. The overall mood is positive and hopeful.

Project Bright...



Build, Revitalize and Innovate for Greater Healthcare Tomorrow.



... BY THE NUMBERS



68,600
BRICKS



567
DAYS OF
CONSTRUCTION



156 WORKERS IN
A SINGLE DAY



2,734 LIGHT BULBS



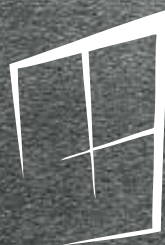
994
TONS OF STEEL



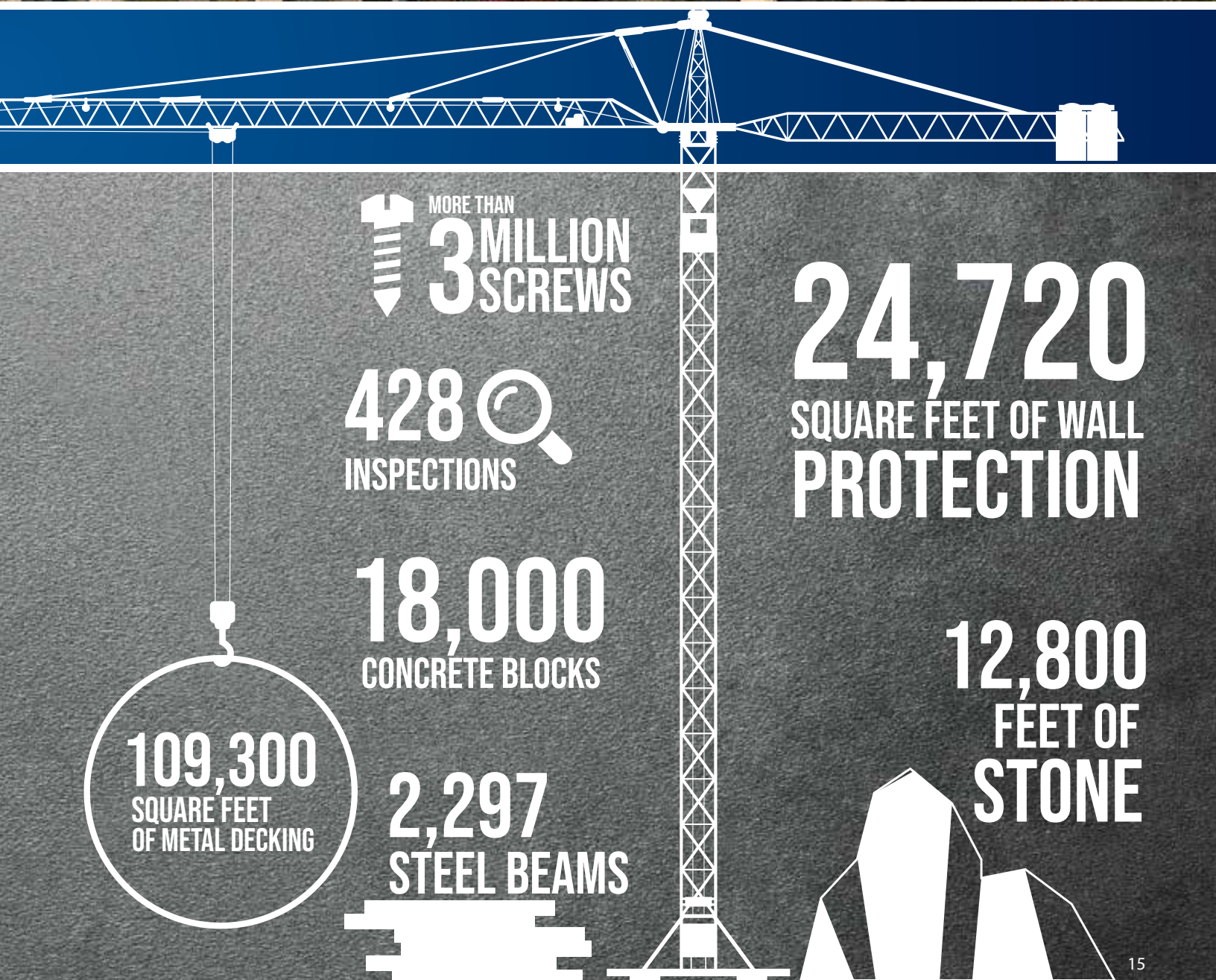
162
LOCAL
BUSINESSES
CONTRIBUTED



27
PLANTS
IN THE HEALING GARDEN



SQUARE FEET OF WINDOWS



NOTHING IS GOING TO BREAK MY



Ed Readman knows what it means to be in the right place at the right time.

He tries not to think about what could have happened had he skipped his daily workout session on the afternoon of Feb. 16.

It was a cold and snowy day, but Ed, an FMC volunteer, decided to still make the drive to Fairfield Medical Center's Cardiac Rehab gym. Since his diagnosis of congestive heart failure in 2010, he doesn't like to miss a workout unless it's absolutely necessary.

In the gym that day was cardiac rehab nurse Jennifer Turner, a good friend of Ed's. Before the day was over, she and several others would be instrumental in saving Ed's life.

"I was 25 minutes into a 30-minute walk on the treadmill when I started to feel dizzy, so I reached out to grab

the railing," Ed recalls. "The next thing I remember was Jennifer next to me, telling me to squeeze her hand."

Turner said she was shocked when she saw Ed lying facedown behind the treadmill. At first she thought he had just tripped – until he started slurring his speech and his face began to turn a bluish-gray color.

"I could tell he had stopped breathing, and when I checked him, there was no pulse," she said.

Ed had gone into cardiac arrest, a condition in which the heart suddenly and unexpectedly stops beating. For several minutes, Turner, along with FMC staff Karmen Armstrong-Bolton, Brandon Phoenix, Robert Zee, M.D.,

and Kelly Marion, did CPR on Ed until he was resuscitated.

"The whole time I was thinking, 'this can't be happening to Ed,'" Turner said. "We all know him; he comes in every day and is like a member of the family. It just didn't seem real."

Sudden cardiac arrest can happen to anyone and often results in death if it's not treated within minutes, especially when it happens to someone like Ed with a history of heart problems.

But Ed's healthy lifestyle and the quick action of many resulted in a full recovery. In fact, he was discharged after just two days in the hospital.

"When we went to visit Ed in the Emergency Department,

"Just because you have a heart problem, it doesn't mean you give up, lie down and quit. You keep going and you keep fighting." – Ed Readman

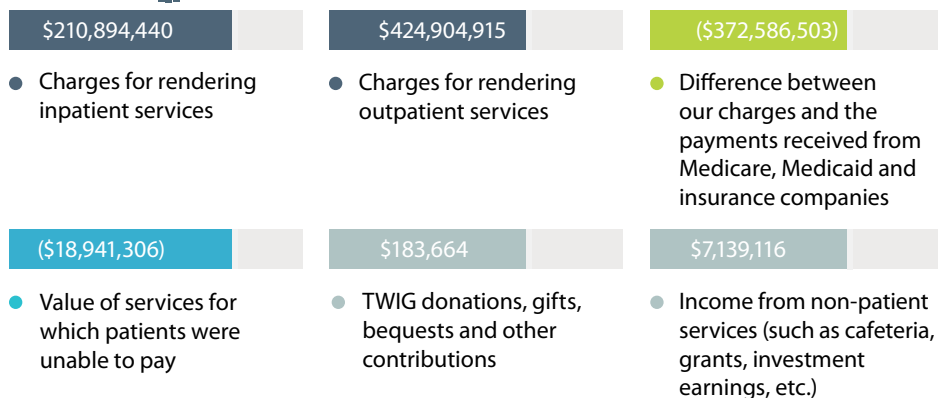
we were shocked to see him completely coherent," said Turner, who Ed has nicknamed his 'guardian angel.' "If Ed wasn't as committed as he has been to making his heart stronger, he probably wouldn't have responded the way he did and recovered."

Ed believes it's a miracle he is here today and is glad to be able to share his story.

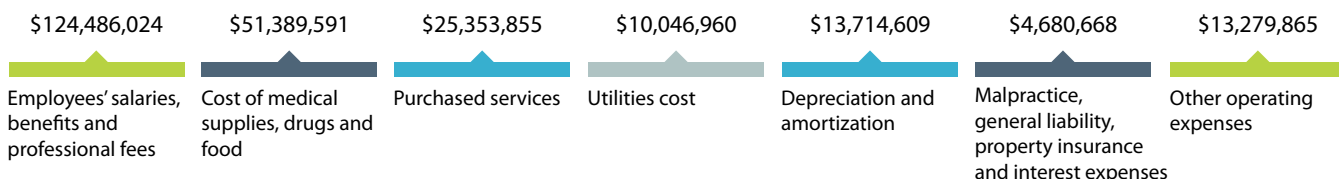
"There's a reason I'm still around," he said. "Maybe it's to keep teaching people from my experience that if you do what you're supposed to do, you're going to be OK. Just because you have a heart problem, it doesn't mean you give up, lie down and quit. You keep going and you keep fighting."

VITAL SIGNS: INDICATORS OF OUR FINANCIAL HEALTH

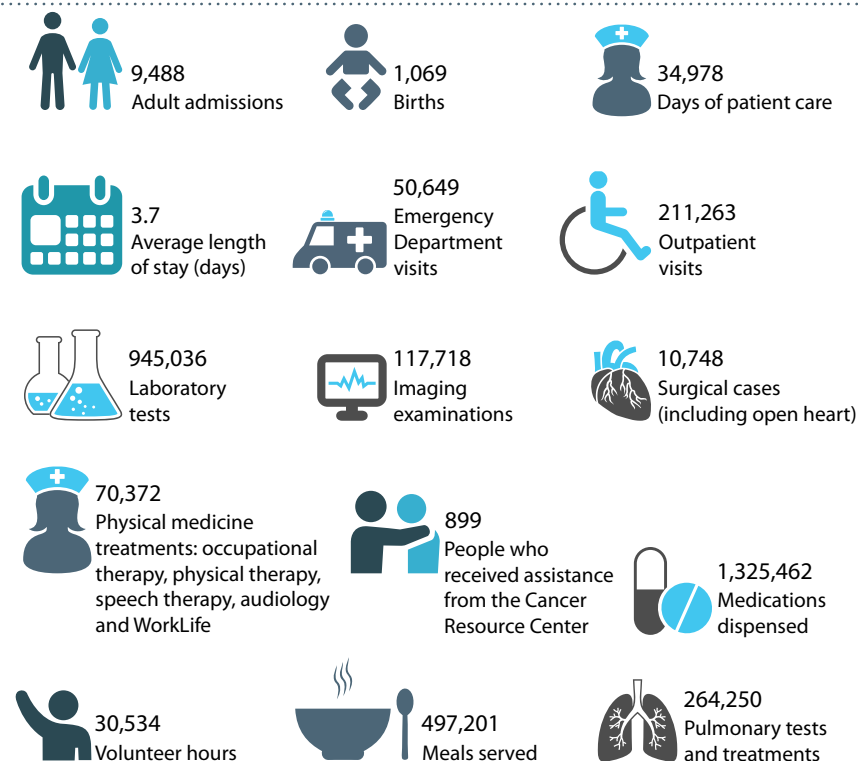
FINANCIALS



TOTAL RECEIPTS
\$251,594,326



STATISTICAL HIGHLIGHTS



Profit (loss) from operations
\$8,642,754

Income on funds held for future improvements in patient care and services
\$3,612,819

Profit (loss) to be invested in future improvement in patient care and services
\$12,255,573

2014 ANNUAL REPORT



INCOME

FMC Contributions	\$228,066
Direct Public Support	\$244,447
TWIG Contributions	\$70,271
Grants	\$114,299
Cancer Care Fund	\$39,659
Cardiovascular Care Fund	\$25,727
Special Events	\$149,290
Investment Income	\$28,412
TOTAL INCOME	\$900,171

EXPENSES

Salaries/Benefits	\$213,128
Direct Patient Assistance	\$196,569
Grants/Scholarships	\$62,372
Operations	\$82,723
Foundation Projects	\$9,311
Special Events	\$47,015
TOTAL EXPENSES	\$611,118

TOTAL ASSETS

Cash	\$191,808
Accounts Receivable	\$7,739
Endowment Fund	\$1,582,550
Planned Gifts Receivable	\$456,000
TOTAL ASSETS	\$2,238,097

FMC Foundation Board of

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Ex-Officio Members

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Sky Gettys

John R. "Jack" Janoso, Jr.

GIVING

HAS NO AGE

Taylor Joy Wise and Caitlyn Messbarger were compelled to donate money to the Fairfield Medical Center Foundation for their own reasons. For Taylor, 11, it was all about keeping her great-grandmother's memory alive. For Caitlyn, 14, it was to support a cause near and dear to her heart.



TAYLOR

money went to buy sleep sacks for newborns.

Together, they are among the FMC Foundation's youngest philanthropists.

"It's wonderful that these girls understand at such a young age how important it is to give back to those in need," said Ricki Chenault, FMC Foundation executive director.



give to those in need. I'm very proud of her."

Taylor gave the \$50 she won from selling her 4-H pig to the Foundation's Grateful Patient Program in memory of her late great-grandmother, Joy Kosch-Parsons, who had always been proud of her granddaughter's 4-H involvement. This program allows donors to show gratitude for the care they or a loved one received at FMC.

"I asked my parents if I could donate in memory of 'Nana' because she meant so much to me," said Taylor, of Somerset. "It just felt like the right thing to do."

Taylor's mother, Alisia Wise, said Joy died on Christmas Day and was a longtime volunteer at FMC. She said Joy would have been proud of Taylor's donation.

"My daughter has a huge heart," Alisia said. "She enjoys helping others and wants to start a tradition each year to

For Caitlyn, a Rushville resident, it became a Christmas tradition to donate her money to the FMC Foundation. Every December, Caitlyn uses the money that her paternal grandparents, Jerry and Beverly Messbarger, would have spent on her Christmas presents to make a donation to a local charity instead.

"She said she didn't need anything for Christmas, at least from us, and instead wanted to help the less fortunate," Beverly said.

After learning about infant loss in Fairfield County, Caitlyn chose the FMC Maternity Department for her charity project. Part of that

"I learned infant deaths could be minimized by using swaddles to prevent entanglement in extra bedding materials," Caitlyn said.

In addition to the sleep sacks, Caitlyn's donation also was used to purchase bereavement boxes for parents who have lost their baby.

"The bereavement boxes are filled with mementos such as a keepsake impression of the infant's footprint, a ring, a donated handmade garment, identification bands and photos," Caitlyn said. "It warmed my heart to learn that such a box provides much needed healing and comfort to families in need."



The FMC Foundation has many opportunities for people of all ages to make a difference. To learn more, call 740-687-8107 or visit fmchealth.org.





Time to exhale

Donna Taylor enjoys a massage at a local spa; now that her health is restored, she's able to relax and enjoy life again.

When Donna Taylor first started experiencing mood swings, sleep disturbances, severe hot flashes and migraines, her doctors all told her the same thing, that it was just menopause.

But Donna, 58, was doubtful.

"The severity of my symptoms was so much more than that of my friends and other women I knew," she said. "I knew there had to be more to it, but I began to question myself, wondering if it was all in my head. Ultimately, I refused to believe it; I knew there was something wrong."

Donna's concerns led her to Laurianne Scott, D.O., a gynecologist at Fairfield Medical Center, who diagnosed Donna with adrenal dysfunction. This hormone imbalance causes severe fatigue and many symptoms that mimic menopause.

At Donna's first appointment, before she could even say a word, Dr. Scott evaluated Donna and told her that her symptoms were a valid concern. She determined that a more extensive evaluation needed to be done.

"I broke down in tears right there in the office, so relieved to feel as though someone finally understood me," said

Donna, a Pickerington resident.

After a comprehensive evaluation is done, Dr. Scott works closely with each patient to decide which treatment will best suit their lifestyle.

Dr. Scott noted that hormonal imbalances, such as adrenal dysfunction, can affect women of all ages – not just those who are approaching menopause. It often causes weight gain, severe fatigue, hot flashes, night sweats, sleeping problems, mood changes and even infertility.

She shared that many people are

"I want all women to know that if you believe something is wrong with you or your body, be persistent in getting the treatment you need," she said.



unaware that hormone imbalances could be a cause of their symptoms and, as a result, may not know where to go for help.

"Helping women who experience these life-affecting problems is a passion of mine," Dr. Scott said. "The extensive education and training I have received in this specialized area of medicine allows me to treat patients in a variety of ways, including prescription medications, which are usually covered by health insurance; lifestyle changes; herbal therapies and supplements."

Donna said she has seen vast improvements in her symptoms over the past three years and believes she will only continue to get better. Dr. Scott said some patients may experience relief of symptoms immediately, while it may take months or even years for others depending on how long the dysfunction has been present.

"I no longer have the intense hot flashes,

my mood is more stable, energy is restored, intimacy is returning, and I have even lost weight," Donna said.

She added that she feels blessed to have found Dr. Scott.

"I want all women to know that if you believe something is wrong with you or with your body, be persistent in getting the treatment you need," she said.

Symptoms of Hormone Imbalance

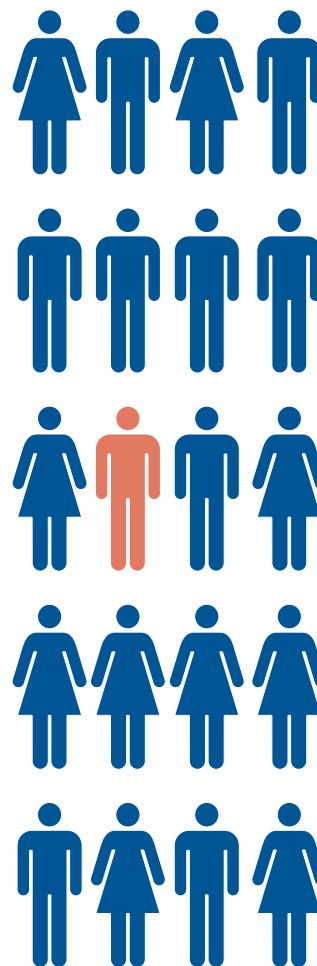
- Fatigue
- Sleeping Difficulties
- Hot Flashes
- Night Sweats
- Decreased Libido
- Infertility
- Weight Gain
- Mood Swings

Hormone imbalances can affect women between the ages of 20-60. If you are experiencing a combination of these symptoms, talk to your physician.

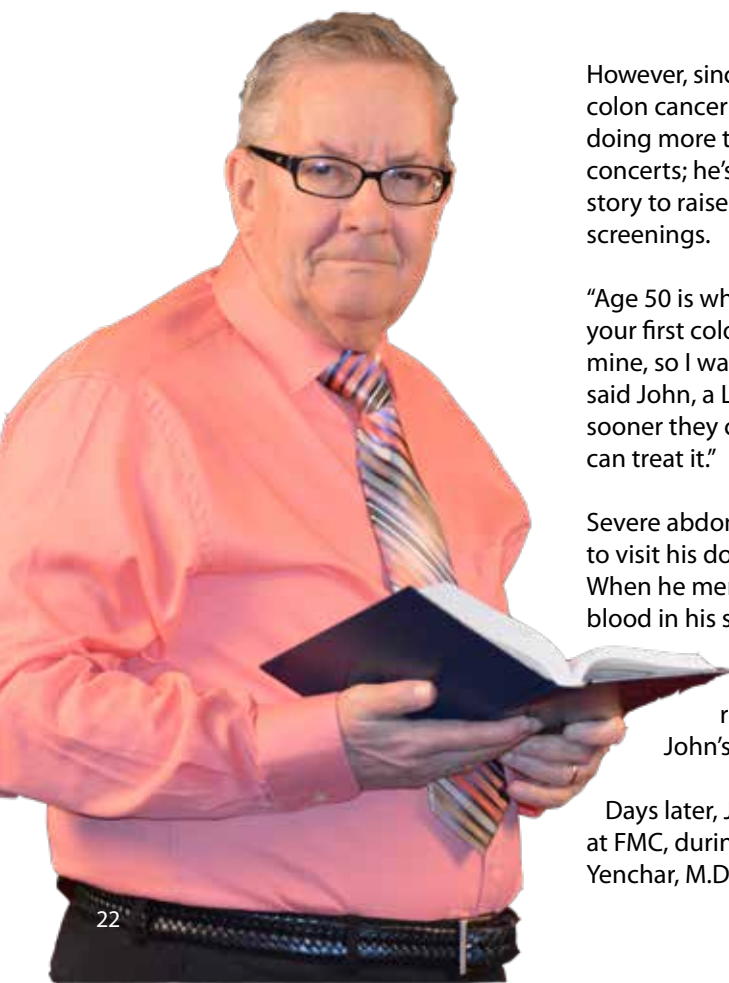


SPREADING THE WORD OF EARLY DETECTION

1 in 20 has colon cancer.



As a local gospel quartet member, there is nothing John Fortner loves more than traveling to different churches to share his love of music.



However, since his diagnosis with stage 1 colon cancer in January, John has been doing more than just singing at these concerts; he's been sharing his personal story to raise awareness about early screenings.

"Age 50 is when you're supposed to have your first colonoscopy. I was 67 when I had mine, so I was 17 years past the due date," said John, a Lancaster area resident. "The sooner they can find it, the sooner they can treat it."

Severe abdominal pain is what led John to visit his doctor at the end of last year. When he mentioned he occasionally had blood in his stool, his doctor ordered a colonoscopy at Fairfield Medical Center. The test revealed a 3-inch tumor in John's colon.

Days later, John underwent surgery at FMC, during which surgeon Jeffrey Yenchar, M.D., removed the tumor and

25 lymph nodes. When the pathology results came back, John and his wife, Judy, braced themselves for the worst.

"Dr. Yenchar said, 'I have some very surprising and pleasant news for you,'" Judy recalled. "He told us all 25 of the lymph nodes he had removed were negative. John was crying, I was crying, the nurse was crying ... I told Dr. Yenchar 'this is an answer to a prayer.'"

Although the lymph nodes were benign, the tumor was not. John was diagnosed with stage 1 colon cancer, but he did not have to undergo chemotherapy or radiation since the cancer was contained to just the colon.

Colon cancer is the second leading cause of cancer-related death in the U.S., with 90 percent of new cases occurring for those 50 and older. Men and women between the ages of 50 and 75 are encouraged to get an annual colonoscopy to help detect cancer early.

Those with a family history of colon cancer also are at a higher risk, and should start screenings at age 40.

The Fortners said the support of God, their church family at Lancaster United Brethren and the staff at FMC is what helped them through one of the scariest times in their lives.

"I cannot say enough about the care John received at Fairfield Medical Center," Judy said. "If there was a word better than 'excellent,' that is what it would be."

Within weeks of his surgery, John was traveling again with his gospel group. Earlier this year, at a concert at Columbia Center Community Church in Pataskala, he shared his cancer story with tears in his eyes.

"It feels good to get back to doing what I love," he said.

Get tested

50+

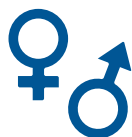
Not just a number
90 percent of new cases occur in people 50 and older. If you're between the ages of 50 and 75, get tested regularly for colon cancer.



Family history
If colorectal cancer runs in your family, **DO NOT WAIT** to talk with your doctor to assess your risk for colorectal cancer.



Catch it early
Colon cancer is the **second leading cause of cancer-related death** in the U.S. Early detection significantly increases survival rates.



Gender matters

Overall, colorectal cancer incidence and mortality rates are **30 to 40 percent higher for men** than for women.

"Age 50 is when you're supposed to have your first colonoscopy. I was 67 when I had mine, so I was 17 years past the due date. The sooner they can find it, the sooner they can treat it."

View behind-the-scenes footage at fmchealth.org.





CALENDAR 2015



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:

Mondays, July 13-27 – 5:30-9 p.m.

Thursdays, Aug. 6, 20 & 27 – 5:30-9 p.m.

Tuesdays, Sept. 8-29 – 6-9 p.m.

Weekend Dates/Times:

Sunday, June 7 – 8 a.m.-5 p.m.

Sunday, Aug. 9 – 8 a.m.-5 p.m.

Location:

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

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

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

Dates/Times:

June 25 – 6-7:30 p.m.

July 24 – 6-7:30 p.m.

Aug. 17 – 6-7:30 p.m.

Sept. 14 – 6-7:30 p.m.

Location:

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

Newborn Care

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

Registration: 740-687-8218

Price: \$40/family

Dates/Times:

June 23 – 6-8:30 p.m.

July 27 – 5:30-8 p.m.

Aug. 27 – 5:30-8 p.m.

Sept. 29 – 6-8:30 p.m.

Location:

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

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: FREE

Dates/Times:

June 18 – 6-9 p.m.

Aug. 18 – 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:

July 30 – 6 p.m.

Aug. 21 – 6 p.m.

Sept. 25 – 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

Dates/Times:

July 28 – 6-7:30 p.m.

Aug. 10 – 5-6:30 p.m.

Sept. 21 – 5-6:30 p.m.

Location:

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



Breastfeeding

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

Registration: 740-687-8218

Price: FREE

Dates/Times:

June 17 – 6-8:30 p.m.

July 9 – 6-8:30 p.m.

Aug. 12 – 6-8:30 p.m.

Sept. 16 – 6-8:30 p.m.

Location:

Second Floor Assembly
Rooms 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:

July 16 – 6-9 p.m.

Aug. 3 – 6-9 p.m.

Sept. 10 – 6-9 p.m.

Location:

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

Tobacco Cessation

This is a community group for former and current tobacco users who want to quit.

Registration: 740-689-6854

Price: FREE

Dates/Times:

Third Wednesday of the month at 6 p.m.

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., Lancaster



Healthy Eating for Life

This eight-week nutrition program helps participants change everyday behaviors to achieve and maintain a healthy lifestyle and weight.

Registration: 740-687-8468

Price: \$220/person

Dates/Times:

June 17-Aug. 5 – 5:30-7 p.m.

Location:

Classroom Beta at FMC
401 N. Ewing St., Lancaster

Look Good, Feel Better

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

Registration: 614-920-2800

Price: FREE

Dates/Times:

July 13 – 10 a.m.-Noon
Aug. 10 – 5:30-7:30 p.m.
Sept. 14 – 10 a.m.-Noon

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., 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/family

Dates/Times:

July 17 – 5-6:30 p.m.
Aug. 7 – 5-6:30 p.m.
Sept. 17 – 5-6:30 p.m.

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: Not required**

Price: FREE

Dates/Times:

Tuesdays – 10-11 a.m.

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., 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: 614-277-6941

Price: FREE

Dates/Times:

May 14 – 2-3 p.m.
Aug. 13 – 2-3 p.m.

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., Lancaster

Bra/Prosthesis Fitting

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

Registration: 740-277-6941

Price: FREE fitting

Dates/Times:

July 7 – By appointment
Aug. 4 – By appointment
Sept. 1 – By appointment

Location:

FMC Cancer Resource Center
616 Forest Rose Ave., 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:

July 17 – 8:30 a.m.-3:30 p.m.

Location:

Assembly Rooms at FMC
401 N. Ewing St., 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

Dates/Times:

July 23 – 5-6:30 p.m.
Aug. 25 – 5-6:30 p.m.
Sept. 11 – 5-6:30 p.m.

Location:

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



Diabetes Support Group

Our certified diabetes educator helps diabetics face the challenges of the disease.

Registration: 740-687-8492
Price: FREE

Dates/Times:

June 29 – 6-7 p.m.
(Diabetes Distress)
July 27 – 6-7 p.m.
(Yoga)
Aug. 31 – 6-7 p.m.
(Take Your Best Shot)

Location:

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

Diabetes Self-Management Class

This six-week series covers long-term effects of poorly controlled blood sugar, diabetes medication and insulin, carbohydrate counting, exercise, managing sick days and more.

Registration: 740-687-8492
Price: Call for more details

Dates/Times:

Call for a class schedule

Location:

Assembly Room 1 at FMC
401 N. Ewing St., Lancaster

Centennial Celebration Rock Party

Join us for a full day of rock music from local bands that will conclude with a spectacular fireworks display. In addition to rock music, a Community Healthfest, food and crafts for purchase, and fun giveaways will be offered throughout the day.

Price: Admission is FREE (no registration required)

Date/Time:

Aug. 22 – 9 a.m.-10 p.m.

Location:

Fairfield County Fairgrounds, 157 E. Fair Ave., 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:

Aug. 1 – Noon-3:30 p.m.
Sept. 5 – 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

Dates/Times:

June 12 – 2-4 p.m.
July 31 – 2-4 p.m.
Sept. 4 – 2-4 p.m.

Location:

Assembly Rooms 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

Dates/Times:

Aug. 1 – 8:30 a.m.-Noon
Sept. 5 – 8:30 a.m.-Noon

Location:

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

Childbirth Refresher

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

Registration: 740-687-8218
Price: \$35/family

Dates/Times:

June 19 – 6-9 p.m.
July 21 – 6-9 p.m.
Aug. 14 – 6-9 p.m.

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

Ostomy Support Group Meeting

This is a support group for anyone who has an ileostomy, colostomy or urostomy.

Registration not required.
Price: FREE

Dates/Times:

July 2 – 6-7 p.m.
Sept. 3 – 6-7 p.m.

Location:

Cancer Resource Center
616 Forest Rose Ave., Lancaster

New Faces

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

Julana Alspach, C.N.P.



Julana joined Fairfield Healthcare Professionals Internal Medicine in December 2014. She received her Bachelor of Science in Nursing at Capital University and her Master of Science in Nursing at Ohio University.

Ginger Davis, C.N.P.



Ginger joined Fairfield Healthcare Professionals Pulmonology – Critical Care in February. Ginger earned her Bachelor of Science in Nursing at Thiel College in Greenville, Pennsylvania and her Master of Science in Nursing and Family Nurse Practitioner degree at Xavier University in Cincinnati.

Julia Foster, C.N.P.



Julia joined the Fairfield Medical Center Wound Clinic in August 2014, and also works at Fairfield Healthcare Professionals Infectious Disease – Wound Care. Julia completed her Bachelor of Science in Nursing at the University of Akron and her Master of Science in Nursing at Malone University.

Brandie Shirey, C.N.P.



Brandie joined OB/GYN Associates of Lancaster in October 2014. She received her Associate degree in Nursing from Hocking College, a Bachelor of Science in Nursing from Ohio University and her Masters and Certified Nurse Practitioner degree from Ohio University.

Sara Welsh, M.D.



Dr. Welsh joined Pediatric Associates of Lancaster in February. She earned her Doctor of Medicine at The Ohio State University School of Medicine. She completed an internship with Akron Children's Hospital and a residency with Nationwide Children's Hospital.

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

Thank you,

to the following community partners who allowed us to come onsite and capture images and footage for this edition of The Monitor.

- Diamond Jim's Pizza in Lancaster
- Julia's Salon & Spa in Lancaster
- Field of Dreams Practice Facility and Training Academy in Lancaster
- Lancaster United Brethren Church
- Columbia Center Community Church in Pataskala

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.



People you know. Care you trust.

401 N. Ewing St.
Lancaster, Ohio 43130-3371
www.fmchealth.org



**Fairfield Medical Center
Foundation New Gift Store,
Wishes, Opens!**

We are excited to announce the opening of the new gift store, Wishes, which offers a wide range of boutique items, collegiate wear, floral and unique upscale gifts. Best of all, proceeds from every item sold in the store goes directly to the FMC Foundation, benefitting the hospital and the community. The store is located inside Fairfield Medical Center's new South Entrance and is open seven days a week. For more information, call 740-687-8098.