



Fairfield Medical Center

THE MONITOR

WINTER 2017

EVERY
MINUTE
COUNTS

KEEPING THE
PACE

**STRENGTH
IN NUMBERS**



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WINTER 2017



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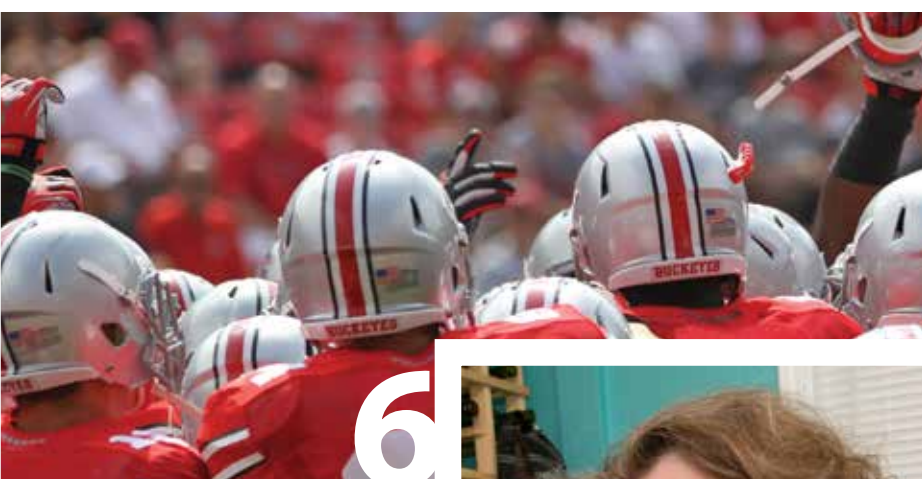
Has Fairfield Medical Center made a difference in your life? We'd love to hear your story.

Email us at marketing@fmchealth.org, or share your story on our Facebook page.



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THE MONITOR

Letter from the CEO

Life can change in an instant. No one knows that better than the patients who are featured in this current issue of *The Monitor*. From Rick Cochran, who developed sepsis from a minor cut to his leg, to Kim Coakley, who had to adjust to a whole new lifestyle after she was diagnosed with diabetes, each one of these patients encountered a medical diagnosis that – in an instant – changed their life and turned their world upside down.



At Fairfield Medical Center, our job is to be there for you when change – whether it's an unexpected diagnosis, a devastating injury or a sudden emergency – impacts your life. Last year, we made a number of improvements and expansions both on and off our campus to better accommodate the needs of our patients. We moved all of our oncology services under one roof with the opening of our Cancer Care and Infusion Center. We broke ground on a Health & Wellness Center to bring a new concept of medical fitness to our community. This facility also will feature emergency, diagnostic and rehabilitative services to patients living in the communities we serve. We joined together with The Ohio State University Wexner Medical Center to open a new office – Fairfield Healthcare Professionals Orthopedics – in order to offer new choices in orthopedic care right here in your hometown, while also expanding the specialized orthopedic care services that The Ohio State University is known for. We have worked to make the changes necessary on our end to ensure that when your life is impacted medically, we can be there for you.

Change is inevitable and as the care we provide continues to evolve, our motivation will remain the same: to improve and expand the high quality healthcare options we provide to our wonderful community. Thank you for trusting FMC to care for you and your healthcare needs in those times when your life takes an unexpected path. To learn more about the ways we've expanded our services in 2016, turn to pages 6 and 16.

Thank you for your continued support as we begin our next 100 years of making a difference, from the hearts – always.

John R. "Jack" Janoso, Jr.



CHEERING

ON THE FIGHT AGAINST BREAST CANCER



Watch Traci's story at
<http://youtube.com/fmchealth>



Students at Fairfield Union have been wearing a lot more pink than red and black this year, and no one is more surprised than the person who inspired it all – middle school librarian Traci Mahler.

When Traci was diagnosed with breast cancer right before the start of the school year, she decided to be upfront with her students about the battle she was about to face.

Within days, she noticed that students were not only sympathetic toward her diagnosis, but also taking an active approach to help her and other patients in her situation.

"Some of the kids designed shirts, they had a Pink Spirit Day, they put up signs all over, they started raising money," said Traci, who has four children in the district and one in college. "This isn't something someone is telling them to do and it isn't just a handful of kids either – it's been two whole buildings."

To date, students from Fairfield Union High School, Fairfield Union Junior High School and the Lancaster Girls Softball Association have collectively donated \$2,500 to the Fairfield Medical Center Foundation. The funds go to the FMC Foundation Cancer Care Fund, which assists local cancer patients in need. Traci has been receiving treatment at FMC since August.

"One of the things I love about our community is how ready we are to support our family, friends and neighbors when something happens," said Amanda Strigle, Team Leader for the FMC Foundation. "Traci's story and strength are incredible and she's a reminder that we are all connected. When Traci was suddenly diagnosed with cancer, it became real to these students and they wanted to take action. Because of their willingness to honor Traci in so many creative ways, cancer patients in our community will continue to have access to great resources and care, close to home."

The "Team Traci" movement started in September when middle school students Kody Beal and Tucker Thomas designed shirts for their classmates. Kody's shirt says "Team Mahler" and Tucker's shirt

says "One Squad, One Fight." Both slogans have since become rallying cries for students to stand up and support the fight against breast cancer.

"It started at the beginning of the school year and hasn't slowed down," Traci said. "In fact, it keeps gaining momentum."

Many of the students have shown support in their own way: Trevor Thomas, 7th grade, shaved his head shortly after Traci lost her hair. Eighth-graders Jeff King and Josh Starner encouraged other 4-H students to donate the proceeds from their livestock sales to the Cancer Care Fund in Traci's name. Emma Leising, sixth grade, started sewing "port pillows" for cancer patients and is now looking to start her own business. Athletes Camden Moellendick, Stacie Noble, Parker Ruff, Brent Gulling and Hayden Price have coordinated Pink Spirit rallies, and raised money in the fight against breast cancer.

"Every time I see Traci, I tell her she makes me a stronger person," said Parker, a soccer player who came up with the idea to dedicate the soccer season to Traci. "When I see her in the stands, it makes me more excited and less nervous and stressed."

Watching Traci's battle with cancer, the students say, has given them a new sense of purpose and made them more aware of the struggles that cancer patients face.

"After one of my games, I saw her in the parking lot talking to someone and thought, she's going through all of this, the least I could do is let her know I'm thinking about her," said Hayden, a senior soccer player. "I hugged her and told her she's in my prayers, that she always was and still is."

Stacie, a senior cheerleader, said Traci's cancer battle has given her a different perspective on her own life.

"Sometimes you don't want to do something because it's not fun or you don't like doing it, but then I think about Traci – she doesn't want to do chemo, but she has no other choice," Stacie said. "Sometimes it helps me remember that I've got it good now."

Traci said the support of the students has

meant more to her than the support from anyone else, in part because it was so pleasantly unexpected.

"I heard one boy say he would love to go on a field trip to the Cancer Resource Center at FMC so he could make someone else feel good too," Traci said. "It makes it extra special coming from younger people. I started this job thinking I could make a difference. I never thought these kids would change my life."

GIVING

Back Through the Cancer Care Fund



About The FMC Foundation Cancer Care Fund

This fund offers individualized assistance for patients in need. Funding supports treatment, diagnostics, screening, equipment and patient comfort items, providing a pathway to survivorship.

For more information regarding the Cancer Care Fund, please contact the FMC Foundation at 740-687-8107.



**YOUR FRIENDS.
YOUR FAMILY.
YOUR COMMUNITY.
YOUR FMC FOUNDATION.**

TEAM UP



In January, Fairfield Medical Center opened up a new office called Fairfield Healthcare Professionals Orthopedics. The goal? To provide the best in orthopedic care without asking patients to drive far from home to get it. In order to make that goal a reality, FMC teamed up with The Ohio State University Wexner Medical Center to bring five of their orthopedic surgeons to Lancaster. The following five surgeons have joined FMC's medical staff and are now accepting patients:

01 Gerald Rosenberg, M.D.
Orthopedic Surgeon, joints and joint preservation, general orthopedics

Education and Training:

- **Fellowship:** Hand & Upper Extremity Surgery, Hospital for Special Surgery, Cornell Medical Center, New York, NY
- **Fellowship:** Orthopaedic Surgery, International College of Surgeons, Northwick Park Hospital, London, England
- **Residency:** Orthopaedic Surgery, Nationwide Children's Hospital, Columbus, OH & Mount Carmel Medical Center, Columbus, OH
- **Medical School:** The Ohio State University College of Medicine, Columbus, OH

What about your line of work do you find most rewarding?

"I love interacting with patients. It's fun for me to meet a variety of people, learn about them and their life experiences and help them get better. It's rewarding to see people get back to what they like to do, pain-free and improved."

02 Tim Miller, M.D.
Orthopedic Surgeon, sports medicine

Education and Training:

- **Fellowship:** Sports Medicine, University of Pittsburgh Medical Center, Pittsburgh, PA
- **Residency:** Orthopaedic Surgery, The Ohio State University Wexner Medical Center, Columbus, OH
- **Medical School:** Wright State University School of Medicine, Dayton, OH

How would your patients describe you?

"I try to be as good of a teacher as I can be ... Some offices will just call patients with their imaging results, but I bring them in for almost every imaging follow-up. I go through the MRI and the X-rays with them so they can learn about what their condition really is and how I can fix it, treat it and make it better."



03 David Flanigan, M.D. Orthopedic Surgeon, sports medicine

Dr. Flanigan is the director of the Cartilage and Restoration Program at Ohio State and a team physician for The Ohio State University Athletic Department.

Education and Training:

- **Fellowship:** Sports Medicine, University of Wisconsin, Madison, WI
- **Residency:** General Surgery & Orthopedic Surgery, McGaw Medical Center of Northwestern University, Chicago, IL
- **Medical School:** University of Iowa College of Medicine, Iowa City, IA

What initially drew you to the field of orthopedics?

"Two reasons. My grandfather was a pillar in my life. He had a lot of ailments and a lot of those ailments were bad knees. I remember driving him to his doctor appointments and seeing how the doctors helped him bring life back to his knees. Then I played football in college and was injured. It was an orthopedic surgeon who got me back into the game, and when I had the opportunity to see what orthopedic surgery was like, I knew right then that was what I wanted to do for the rest of my life."

04 Andrew Glassman, M.D. Orthopedic Surgeon, joints and joint preservation

Dr. Glassman is president of the Columbus Orthopedic Society, chairman of the Department of Orthopedic Surgery at OSU and a Frank J. Kloeppen Chair in Orthopedics at OSU.

Education and Training:

- **Fellowship:** Total Joint Replacement and Adult Reconstructive Surgery, National Hospital for Orthopedics and Rehabilitation, Arlington, VA
- **Residency:** General Surgery, Ohio State University Hospital, Columbus, OH
- **Medical School:** Medical College of Ohio, Toledo, OH

Why did you want to join the FHP Orthopedics team?

"FMC is a proud hospital organization with a very committed medical staff that wants the very best in terms of patient care and the delivery of that care. It's really a win-win situation: we can expand our presence and let more people become familiar with the quality of work that we produce at Ohio State and share that branding with a very proud medical staff and hospital, and a very nice, tightly bound community."

05 Ryan Harrison, M.D. Orthopedic Surgeon, fracture care, joint replacement and general orthopedics

Education and Training:

- **Fellowship:** Orthopedic Trauma, Grant Medical Center, Columbus, OH
- **Residency:** Orthopedic Surgery, The Ohio State University Wexner Medical Center, Columbus, OH
- **Medical School:** Indiana University School of Medicine, Indianapolis, IN

How would your patients describe you?

"My patients would describe me as pretty straightforward, but an easy-going type of person. You're going to hear from me exactly what I think; I don't like to beat around the bush. I'm straightforward, but fun – I like to joke around when appropriate and make sure we're having a little bit of fun throughout the process."

MAKE AN APPOINTMENT

To schedule an appointment with Fairfield Healthcare Professionals Orthopedics, call 740-689-4935.



Every MINUTE COUNTS

As an R.N., Denise Bauer has a sixth sense when it comes to the health and well-being of her loved ones.

So when her husband, Rick Cochran, "didn't sound quite right" during a phone call one afternoon in late August, Denise, who was an hour away from him at a meeting in Dublin, instantly alerted 911 and rushed home.

It was a decision that saved Rick's life. By the time emergency crews arrived at the couple's Buckeye Lake residence, Rick could barely stand as a result of going into septic shock, a life-threatening condition caused by a severe localized or system-wide infection. He was rushed to Fairfield Medical Center, where he was placed into a medically induced coma as 11 different I.V.'s pumped life-saving fluids into his body.

"Had I not made that call ... had the staff at FMC not responded quickly ... he would not be with us today," said Denise, who is the CEO of FairHoPe Hospice & Palliative Care in Lancaster.

Sepsis occurs when a person's body has an overwhelming immune response to a bacterial infection. If not treated quickly, it can lead to tissue damage, organ failure and death. While in the hospital, Denise and Rick learned the infection might have originated from a cut Rick sustained on vacation earlier that month.

"He had been previously diagnosed with cellulitis, so I wrapped his leg and everything seemed fine," Denise said about the injury.

But four days after returning home, Rick was fighting for his life at FMC. Denise remained by his side constantly

– until she began to experience health complications of her own.

"I had an upset stomach, was dehydrated and vomiting," she said. "It turns out I was having a gallbladder attack."

No longer able to be with her husband around the clock, Denise watched as the staff on the Medical and Surgical Patient Care Units at FMC went the extra mile to care for both her and her husband.

"Since we were in different units, they tried to accommodate us being together," Denise said. "Every person was friendly and helpful; they were always asking, 'what can we do for you'? It was heartfelt."

Rick said he also experienced heartfelt care from the staff who assisted him during his month-long stay at FMC. He recalls one such moment between him and FMC intensivist Jarrod Bruce, M.D.

"He sat down on my bed, patted my arm and squeezed my hand," Rick recalls. "He was very emotional and choked up about how I had improved. That is the sign of a true doctor."





Dr. Bruce said Rick and Denise are an amazing example of how perseverance and family support are crucial in the healing process.

"Rick's positive outcome was a result of great teamwork from our entire staff and Rick's unbelievable drive to regain his quality of life," Dr. Bruce said. "Sepsis is a life-threatening illness that can result in death unless you are vigilant. At FMC, we have worked hard on instituting protocols that start in the Emergency Department and extend to the floors that constantly monitor for early signs of sepsis in our patients."

On Sept. 30, Rick returned home with a temporary trach and a long recovery ahead of him that included extensive physical therapy.

"Being able to get up and move was everything – my muscles were atrophying," Rick said. "The hardest part was not being able to talk because of the trach. It was a relief when I could finally take it out."

Rick's other major accomplishment: Going for a ride in his golf cart.

"That's the happiest I was because it was the first thing I did to feel more normal," Rick said.

Denise said she's always had a positive working experience with FMC due to her position with FairHoPe Hospice & Palliative Care. Having now experienced FMC care firsthand, she is even more appreciative of the hospital.

"FMC was able to anticipate the problem before it got bad," Denise said. "That's the sign of a great healthcare facility."

SIGNS of SEPSIS

Since sepsis is the result of an infection, symptoms can include those of an infection (diarrhea, vomiting, sore throat, etc.), as well as ANY of the symptoms below:

- Shivering, fever or very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Confusion
- Shortness of breath
- High heart rate

Keeping the Pace

Afib patient Jay Truesdell is back in action following cryoablation procedure.





Ever since his very first bike race in 8th grade, Jay Truesdell has loved the exhilaration that comes from his favorite sport – cycling.

So when Jay's atrial fibrillation (Afib) medication was making it difficult for him to keep up with his fellow cyclists – or get to the top of that next hill – he knew he needed another alternative for treating his condition.

"After my first Afib episode, I was put on a beta blocker, but it suppressed my heart rate," Jay said. "I was later put on Diltiazem, but it was still suppressing my heart rate, so I stopped taking it. Then I had my third Afib episode."

For Jay, he knew that choosing not to take his medication was a risky decision. Afib is an irregular heartbeat that can lead to blood clots, stroke, heart failure and other heart-related complications.

With each Afib episode, Jay would feel winded and experience some palpitations, which would last 7-8 hours at a time. When he told FMC cardiologist Dr. Michael Reinig that he had stopped taking his medication, Dr. Reinig suggested Jay consider undergoing a procedure called a cryoablation. The procedure, Dr. Reinig explained, could fix the issue so that Jay no longer had to take medication.

"Since I hadn't taken my medicine in 8 months, I was ready to at least consider this option," Jay said.

Dr. Reinig referred Jay to Dr. Maninder Bedi, an electrophysiologist with Fairfield Healthcare Professionals Cardiology who treats patients with Afib.

At Jay's first appointment, Dr. Bedi explained how cryoablation works: a balloon is inserted into the heart to where Afib originates. The balloon then freezes the heart tissue, thus

restoring normal heart rhythm.

"Jay was an excellent candidate for the procedure since his Afib was paroxysmal (new in onset) and highly symptomatic," Dr. Reinig said. "He had failed attempted medications and, therefore, cryoablation was a reasonable next step. Using the cryoablation balloon procedure, 70-75 percent of patients have complete resolution of their symptoms long-term."

Jay said the procedure went smoothly; within 24 hours, he was recovering at home and within two weeks, he was back on his bike. He said he hasn't had any Afib issues since the procedure.

"I was very happy that Dr. Reinig and Dr. Bedi worked with me to find a treatment for my Afib that wouldn't keep me from the cycling that I enjoy so much," Jay said.

For more information about Dr. Bedi, Dr. Reinig and cryoablation, call FHP Cardiology at 740-689-4480.

What is Afib?

The heart is designed to beat in a steady, regular manner. The beat is controlled by electrical signals that travel through the tissues of your heart. When the heart is "in Afib," these signals are disrupted, causing an abnormal heartbeat. When the heart doesn't beat in rhythm, it does not pump blood properly to deliver the energy and oxygen your body needs.

Symptoms of Afib include:

- Fluttering of chest/rapid heartbeat
- Shortness of breath
- Tiring more easily with exercise
- Fatigue
- Dizziness

STRENGTH *in numbers*

Never has a Bible passage spoken more clearly to Renee Reindle about her current situation than Ecclesiastes 4:9-12:

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up."

Ever since she was diagnosed with breast cancer, Renee Reindle has relied heavily on the strength of others, as well as her own inner willpower and faith, to get through the most difficult days. Each of her four children have helped her weather the storm in their own way: her oldest, Emi, 15, is the strong one; Sophia, 13, provides the much-needed humor; sons Christian, 9, and Colin, 7, are the protective ones who are always keeping a watchful eye on Mom.



And then, there is the cancer care staff at Fairfield Medical Center whom Renee, 42, says have made a tremendous impact on her recovery.

"There have been many situations where the right person just happened to be there at the right time," she said of FMC. "I have no doubt I made the best decision by staying here for my care."

Breast cancer was not the diagnosis Renee originally received when she went to the doctor several months ago with breast pain and a constant feeling of exhaustion. Her blood test results came back showing she had reactivated mono, a diagnosis that Renee questioned.

"I was confused because I had never had mono before, so how could it be reactivated?" she said.

Several days later, Renee felt a lump in her breast. Her husband, Chris Reindle, urged her to go back to the doctor and get a mammogram.

"When they pulled the mammogram picture up for me, you could clearly see a huge mass," Renee said.

An ultrasound was ordered for later that day. As Renee awaited her results, she had a feeling she was about to get bad news. When her radiologist, ultrasound tech and FMC oncology nurse navigator Shelly Romine came into the room, she was certain of it.

"They told me I had breast cancer," Renee said. "I was scared. I was upset. I was agitated because no one else in my family was there with me."

As Renee processed the news in stunned silence, Romine quietly slipped away to retrieve Renee's clothes and coffee. When

she returned, Renee was startled to see that Romine had warmed up her coffee for her.

"That act of compassion meant so much to me in that moment," Renee recalled. "That weekend was the worst ever, but Shelly was the key."

FMC has two oncology nurse navigators – professional registered nurses with oncology-specific clinical knowledge who offer individualized assistance to patients, families and caregivers whose lives are impacted by cancer.

Renee said she initially struggled with where she should go for her cancer care, as several family members and friends were urging her to go to Columbus. But she kept revisiting the touching interaction she had shared with Romine on the day she received her diagnosis. She liked the idea of receiving personalized care at a hospital where she was a name – not a number.

"Renee and I went into a meeting with (FMC surgeon) Dr. Jeffrey Yenchar with the attitude of, why should we stay here, why not go to Columbus and see a breast cancer specialist?" Chris said. "He said he'd support us regardless of which way we went. (FMC oncologist) Dr. Kanwaljit Singh was the same way. There was no sales pitch – their confidence just shone through. They knew they had their side handled; it was all about what we wanted to do."

The Reindles decided to stay local. Since that day, they have not regretted their decision. Renee said she has had so many positive interactions with staff, and has been touched over and over again by their kindness and compassion.

"On the day that I had my double

mastectomy, everything was happening so fast and I get very emotional when I'm not in control of things," Renee said. "I told the pre-op nurses, Stacy Smith and Dawn Stump, 'I'm sorry, this is all just happening so fast.' They sat on either side of me and said, 'we'll take as long or as short as you need us to take.'"

Renee said the three women started talking about life and God. Five minutes later, Renee was ready for surgery.

"It's just another example of the right people being in the right place at the right time," Renee said.

Romine, who has developed a close friendship with the whole Reindle family, said she has been impressed with the support that Renee has received from her loved ones.

"From the first day I met Chris, he has brought logical, factual thinking to a situation of many unknowns," Romine said. "The day of Renee's surgery, all four of her children were there with her step by step. Most children may not be able to handle such an emotional experience, but hers are the most eloquently spoken and thinking children I have ever met."

Renee said she feels blessed to be surrounded by so much strength and love during a difficult time in her life. She's also grateful that FMC provides the option for her to receive her cancer care in a place where she can be close to the ones who matter most – her family.

"This can be a minute-by-minute, hour-by-hour, day-by-day struggle," Renee said. "But there is strength in numbers; you can do anything if you have others by your side."



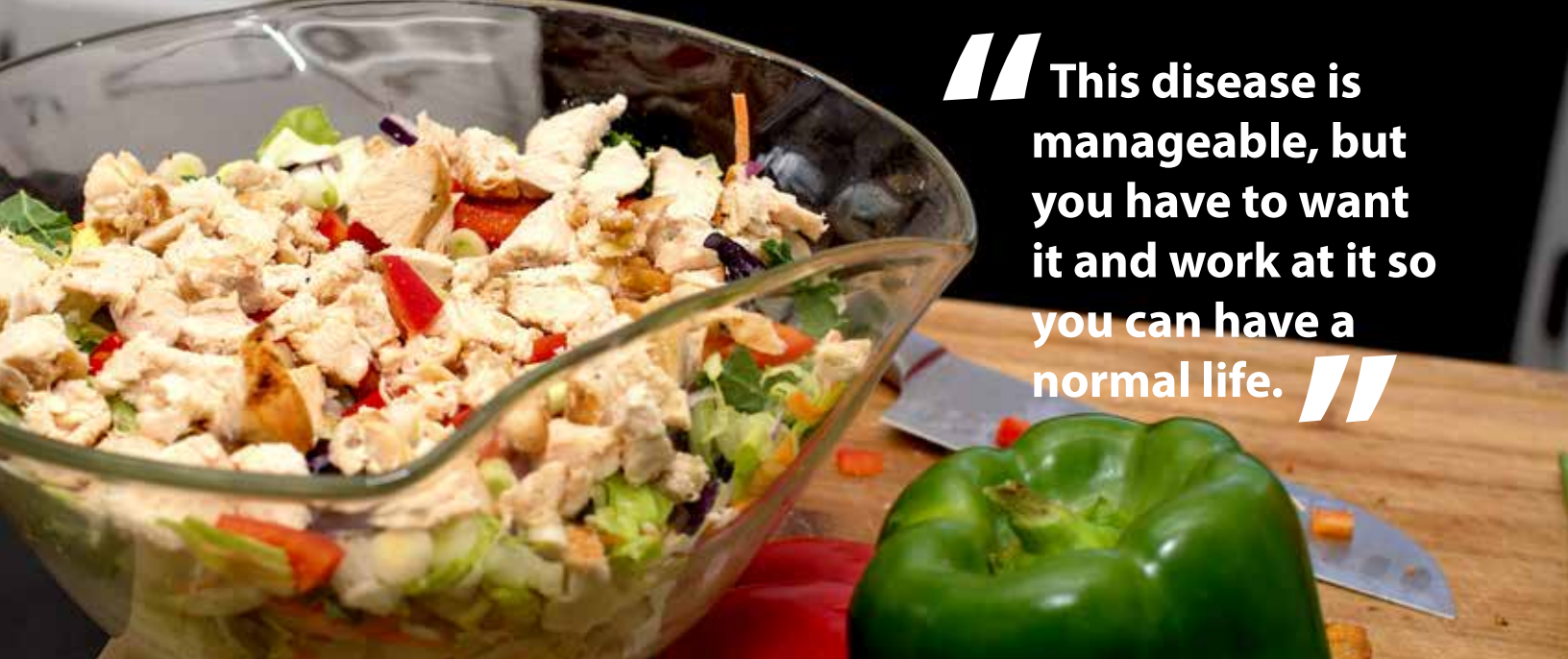


A New (& Healthier) Normal

Kim Coakley never thought she would one day be living with diabetes. She ate well, kept active and always had good test results during her yearly physicals. Most importantly, there was no history of the disease in her family.

But in the winter of 2012, Kim started to notice some changes in her health. She was constantly thirsty and would often feel run-down and tired. On the night before she was rushed to Fairfield Medical Center's Emergency Department, she started experiencing problems with her eyes.

"I was grocery shopping and my vision seemed off – all I could see were the colors green and red," said Kim, who lives in Millersport. "My husband and I got in the car to drive home and whenever another car would drive toward us, the headlights would look like fireworks. I know now what I didn't know at the time – those bright colors were the result of my eyes swelling."



“This disease is manageable, but you have to want it and work at it so you can have a normal life.”

Within hours, Kim’s vision was still off and she was vomiting and having trouble breathing. When she arrived at FMC, she was shocked to discover that her blood sugar level was at 1,008. A normal blood sugar level is under 100, and between 130 and 180 is considered pre-diabetic.

“It was bad,” Kim said. “They called my family in and my mother came up from Florida because they didn’t think I was going to make it.”

During her week-long hospitalization, Kim was diagnosed with stress-onset diabetes. She temporarily lost her vision, experienced extreme swelling in her legs and suddenly found herself taking 6-8 insulin shots a day just to keep her blood sugar in check.

“I learned that stress can take my sugar way up,” Kim said. “I was never pre-diabetic – I just went full-blown.”

Four years later, Kim has become a master at managing the daily obstacles that come with diabetes thanks to FMC’s Diabetes Support Group. Led by certified diabetes education nurse Stephanie Van Horn, the Diabetes Support Group meets at FMC once a month to help diabetics face the challenges of the disease.

“I feel it is important for people with diabetes to have a group of friends who understand what they are facing daily,” Van Horn said. “During our meetings, we learn from each other and have a great time, as well. We discuss topics of

importance and we always have a new recipe or product to taste-test. We share our recipes, too. The Diabetes Support Group gives people with diabetes a place to belong, to learn from each other and to know they are not alone.”

Kim said the support group was essential in helping her adapt to a disease that turned her world upside down overnight. Kim said she and her husband, Marc Coakley, who attends every meeting with her, enjoy listening to the guest speakers and talking to others in the group about their experiences.

“We talk about how diabetes affects everything we do – traveling on a plane, going to the movies, counting carbs, caring for our hair and skin,” Kim said. “There are about 12 of us and we’ve become like family.”

Kim said it has taken time to adapt to a completely different lifestyle. Thanks to the encouragement of her friend, Debbie Haffner, she began walking every day shortly after she was discharged from the hospital. For a full year after her diagnosis, she wrote down everything she ate and tracked how it affected her sugar levels. Through that process, she discovered she could no longer eat certain foods, such as wheat and spaghetti.

“I’ve learned how to revamp all of my favorite foods and how to control my portions,” Kim said. “My whole family has adjusted to my diet. The same things I

eat, my family eats. You learn to cook whatever you’re eating for your family.”

Kim said she’s also learned that life with diabetes doesn’t have to be a struggle – as long as you accept and respect the disease.

“This disease is manageable, but you have to want it and work at it so you can have a normal life,” she said.

Fairfield Medical Center’s Diabetes Support Group

If you are living with diabetes, you are not alone. The Diabetes Support Group meets once a month to provide education and help patients and their loved ones cope with the challenges of the disease. Join us at 6 p.m. on the following dates (no registration required).

Feb. 27
March 27
April 24
May 22

The Diabetes Support Group meets in the Second Floor Assembly Rooms at Fairfield Medical Center, 401 N. Ewing St., Lancaster. For more information, contact Stephanie Van Horn at 740-687-8492.

Growing

With the Community

Fairfield Medical Center's Centennial year was one of celebration, reflection – and immense growth. FMC's overall strategic plan calls for an expansion of services beyond the hospital's main location at 401 N. Ewing St., a move that will ultimately bring care closer to those in the community. This initiative was evident throughout 2016 with the establishment of new services, joint ventures and a groundbreaking for the Fairfield Medical Health & Wellness Center.

"Fairfield Medical Center is positioning itself to better serve the health and well-being of our community for the 'next 100 years,'" said John R. "Jack" Janoso, Jr., president and CEO of FMC. "This commitment begins by recognizing that FMC must focus on healthier lifestyles, but also address the need for more accessible, convenient and comprehensive services to our community."



Fairfield Medical Health & Wellness Center

In November, Fairfield Medical Center broke ground on its next major construction project – an 85,000-square-foot Health & Wellness Center. The project is slated for completion in the summer of 2018.

Where: The center will be located adjacent to River View Surgery Center on North Columbus Street in Lancaster.

Planned Services: Emergency, diagnostic, rehabilitative, laboratory, X-ray and women's imaging services, as well as a retail pharmacy.

For more information: Construction news and updates will be posted on the Fairfield Medical Center website at fmchealth.org



First Medical Urgent Care & Occupational Health

In July, the First Medical Urgent & Family Care facility became an affiliate of Fairfield Medical Center.

Where: 1201 River Valley Blvd., Lancaster

Services: Occupational health services along with urgent care services. Urgent care services include X-rays, lab testing, EKGs, pulmonary function tests, minor wound repair, minor incision and drainage, splinting, sports physicals and more. Occupational health services include employment physicals, DOT physicals, fire/police pension exams and more.

Hours of operation: 9 a.m.-7 p.m. Monday-Friday, 9 a.m.-5 p.m. Saturday and noon-5 p.m. Sunday

For more information: Call 740-687-2273 (CARE)



New Lexington Diagnostic Center

In an effort to meet the healthcare needs of residents in Perry County, FMC opened a diagnostic center in May of 2016.

Where: 6898 Hunter Dr., New Lexington • **Services:** EKGs, lab testing and DOT drug screen collections

Hours of operation: Monday- Friday from 7 a.m.-5 p.m. • **For more information:** Call 740-343-4053



Fairfield County Employee Health & Wellness Clinic

The Fairfield County Employee Health & Wellness Clinic opened as part of a joint venture between FMC and the Fairfield County Commissioners. The clinic is open to all employees who work for the county.

Where: 1199 River Valley Blvd., Lancaster

Services: Wellness physicals, in-clinic lab tests, treatment for skin conditions and minor illness or injuries. The clinic also is providing a supportive role for those who need smoking cessation and diabetes education.

Hours of operation: 10 a.m.-6 p.m. Monday-Wednesday, 10 a.m.-2 p.m. Fridays and Saturdays.

For more information: Visit fmchealth.org



Fairfield
Medical Center



HOCKING VALLEY
Community Hospital

Hocking Valley Specialty Clinic

In support of primary care in Logan, FMC and Hocking Valley teamed up over the summer to open a new clinic in Hocking County with the support of Fairfield Healthcare Professionals' physicians.

Where: 31500 Chieftain Dr., Suite B/C, Logan

Services: Rheumatology, cardiology, pulmonology, vascular surgery and cardiac electrophysiology. Service offerings may expand in the future.

Hours of operation: Schedule an appointment by contacting one of the offices below:

Cardiology and Electrophysiology – 740-689-4480

Pulmonology – 740-689-6833

Rheumatology – 740-689-6408

Vascular Surgery – 740-687-6910



A SERVANT'S heart

After working more than 30 years in emergency departments across the country, Colleen Justus has developed a “servant’s heart” when it comes to her patients, co-workers and community.

“When you feel blessed to have an abundance, you have a responsibility to do something with it,” said Colleen, a Team Leader in Fairfield Medical Center’s Emergency Department and a member of TWIG 7. “I love how, as an E.D. nurse, I can touch lives every day and, in a brief moment, make a difference.”

For Colleen, giving back to the Fairfield Medical Center Foundation is one of the best ways that she can positively impact the lives of others. The FMC Foundation is a 501(c)(3) nonprofit organization that supports healthcare programs, projects and services of FMC, including patient care and comfort.

“It’s private, it’s specific, and you can give a little or a lot,” said Colleen, who has

supported the hospital through the FMC Foundation for more than a decade.

Donated funds are used for everything from advanced technology and facilities to medical innovations. Donors at any level can choose a specific fund to support that best matches their area of interest, or they can give to the area of greatest need.

“The Foundation knows so many more needs than I know,” Colleen said. “I don’t think some people are even aware of all the different ways that you can help others through the Foundation.”

Colleen said she’s always been passionate about volunteering and encouraging her three children to do the same. She credits Dave Ramsey’s Financial Peace University with helping her and husband, Karl Justus, get to a place where they can give back to others.

“I’ve learned that you can’t fulfill the

needs of others if you yourself are struggling,” she said.

Amanda Strigle, Team Leader for the FMC Foundation, said Colleen is a great example of how one person can impact the lives of others in many ways.

“She gives of herself not only through her job and her TWIG, but she goes beyond that, investing in her FMC Foundation,” Strigle said. “Colleen’s investment ensures she and her co-workers have the best tools to heal others, and that their patients, family and friends continue to have excellent care. As a nurse, she’s seen the FMC Foundation at work throughout the hospital and continues to make the investment because she knows it makes a direct impact on the lives of people in her community.”

To learn more about how you can make a difference through the FMC Foundation, call 740-687-8107.

// When you feel blessed to have an abundance, you have a responsibility to do something with it. //

Awards & Recognition



August 2016

2016 TOP DOCTORS OF CENTRAL OHIO

presented to Fairfield Medical Center cardiologist Richard Bardales, M.D., by *Columbus Monthly* magazine

October 2016

- **Heart of Healthcare Award** – presented to Jean Williams, environmental services at FMC, by the Association for the Healthcare Environment (AHE) and Kimberly-Clark Professional
- **Key to the City of Lancaster** – presented to John R. “Jack” Janoso, Jr., FMC president and CEO, in recognition of Fairfield Medical Center’s 100th birthday. The hospital also received a proclamation from State Rep. Tim Schaffer (R-Lancaster).



November 2016

- **American Osteopathic Association Accreditation** – granted to Fairfield Medical Center’s Graduate Medical Education Internal Medicine Program by the American Osteopathic Association
- **Grand Marshal for Lancaster Holiday Parade** – presented to John R. “Jack” Janoso, Jr., FMC president and CEO, by the Lancaster Holiday Parade Committee



December 2016

- **Central Ohio’s Best Doctors in America** – presented to Andrew Twehues, M.D.; Christian Tencza, M.D.; Jarrod Bruce, M.D.; William Wilmer, M.D. and Douglas Pope, M.D., (not pictured) by *Columbus Monthly*
- **Nurse of the Year Finalists** – The following FMC nurses were recognized as finalists for Nurse of the Year by the March of Dimes:
 - Rising Star Finalist Cassi Rainier, B.S.N., R.N., Cath Lab
 - Critical Care Finalist Joan Evans, M.S.N., R.N., 2 Surgical
 - Ambulatory Care Finalist Martha Taylor, R.N., C.W.S., Wound Clinic/Tissue Therapy
 - Case Management/Managed Care Finalist Charlotte Dresbach, R.N., C.C.M., Maternity





CALENDAR 2017



Childbirth Education Series

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

Registration: 740-687-8218 or mollyd@fmchealth.org

Price: \$90/family

Location:

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

Weeknight Dates/Times:

March 13, 20 & 27 – 5:30-8:30 p.m.

April 13, 20 & 27 – 5:30-8:30 p.m.

Two-Day Class Dates/Times:

March 5 – 8 a.m.-3 p.m. and March 6 – 5:30-8:30 p.m.

April 2 – 9 a.m.-2 p.m. and April 3 – 5:30-8:30 p.m.

To register for online classes, call 740-687-8218 or mollyd@fmchealth.org.

Infant Massage

Gain hands-on experience with infant massage for babies between 3 weeks and 6 months of age.

Registration: 740-687-8218 or mollyd@fmchealth.org

Price: \$20/family

Dates/Times:

Call to schedule

Location:

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

Childcare & Babysitting 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: 740-687-8477

Price: \$35/person

Date/Time:

April 22 – 8:30 a.m.-3:30 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Caregivers of Substance-Exposed Infants

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

Registration: 740-687-8218 or mollyd@fmchealth.org

Price: \$40/family

Dates/Times:

Call to schedule

Location:

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

Childbirth Refresher

This class is designed to review key aspects of childbirth education for families with previous birth experience.

Registration: 740-687-8218 or mollyd@fmchealth.org

Price: \$35/family

Dates/Times:

Call to schedule

Location:

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

Sibling Class

Geared for children 3-6, this class uses hands-on practice to focus on safety and the importance of being a sibling.

Registration: 740-687-8218 or mollyd@fmchealth.org

Price: \$15/family

Date/Time:

April 24 – 5-6:30 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.

Registration: 740-687-8218

Price: FREE

Date/Time:

March 22 – 6-7:30 p.m.

April 17 – 6-7:30 p.m.

Location:

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

Cesarean Section

Expectant mothers can learn and ask questions about procedures before, during and after a cesarean birth.

Registration: 740-687-8218 or mollyd@fmchealth.org

Price: \$25/family

Dates/Times:

Call to schedule

Location:

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





Newborn Care

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

Registration: 740-687-8218 or mollyd@fmchealth.org
Price: \$40/family

Dates/Times:

Feb. 23 – 6-9 p.m.
March 27 – 5:30-8:30 p.m.

Location:

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

Gentle Yoga/Tai Chi

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

Registration: Not required.
Price: FREE

Dates/Times:

Thursdays – 10-10:45 a.m. (yoga)
Thursdays – 11-11:45 a.m. (Tai Chi)

Location:

FMC Wellness Center in Kroger Plaza
1145 E. Main St., Lancaster

Breastfeeding

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

Registration: 740-687-8218 or mollyd@fmchealth.org
Price: FREE

Dates/Times:

March 16 – 6-8:30 p.m.
March 29 – 6-8:30 p.m.

Location:

Lactation Office in Maternity Unit at FMC
401 N. Ewing St., Lancaster

Diabetes Support Group

Our Certified Diabetes Education Nurse helps people with diabetes face the challenges of the disease.

Registration: Not required.
Price: FREE

Dates/Times:

Feb. 27 – 6 p.m.
March 27 – 6 p.m.
April 24 – 6 p.m.
May 22 – 6 p.m.

Location:

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



Coping With Cancer in the Kitchen

This seven-week workshop is led by registered licensed FMC dietitian Catrina Feeney and Angie Santangelo, MSW, LISW-S, clinical program director of Cancer Support Community Central Ohio. Learn healthy eating changes through group counseling, food preparation, recipe tasting, and more. Open to all those who have been diagnosed with cancer.

Registration: 740-687-8079
Price: FREE

Dates/Times:

Class is held weekly every Tuesday from 1-2:30 p.m. beginning March 14.

Location:

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

Heart Tea

This event for both men and women is designed to increase your knowledge regarding heart health and heart-related issues. A light lunch will be served.

Registration: 740-687-8960
Price: \$10 per person

Date/Time:

April 29 – 1:30 p.m.

Location:

Crossroads Ministry Center,
2095 W. Fair Ave., Lancaster

Bra/Prosthesis Fitting

Biocare specializes in prosthetic fittings for women who have undergone a mastectomy for breast cancer.

Registration: Call for a Biocare appointment at 614-920-2811
Price: FREE fitting

Dates/Times:

First Wednesday of every month. By appointment only.

Location:

Fairfield Medical Cancer Care & Infusion Center
135 N. Ewing St., Lancaster

Look Good, Feel Better

This class is designed for women undergoing cancer treatment to learn skin care and makeup tips.

Registration: Call the American Cancer Society at 1-800-227-2345
Price: FREE

Dates/Times:

March 13 – 5:30-7:30 p.m.
April 10 – 10 a.m.-noon
May 8 – 5:30-7:30 p.m.

Location:

Fairfield Medical Cancer Care & Infusion Center
135 N. Ewing St., Lancaster

Diabetes Self-Management Education/Support

This is a four-week series covering topics such as long-term effects of poorly controlled blood sugar, diabetes medications and insulin, carbohydrate counting, exercise and more.

Registration: 740-687-8492
Price: Physician referral required.

Dates/Times:

Call for dates/times

Location:

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



Ostomy Support Group

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

Registration: Not required.

Price: FREE

Dates/Times:

March 2 – 6-7 p.m.

May 4 – 6-7 p.m.

Location:

Fairfield Medical Cancer Care & Infusion Center
135 N. Ewing St., Lancaster

HOPE (Hands-On Practical Experience)

This 30-minute course gives life-saving, hands-on practical experience in chest compression-only CPR.

Registration: 740-687-8007

Price: FREE

Dates/Times:

March 4 – 12:30-1 p.m.

April 1 – 12:30-1 p.m.

May 13 – 12:30-1 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Prostate Health Education Group of Fairfield County

Learn about prostate cancer screening, early detection, treatment choices and side effects. Patients are encouraged to share their experiences. Meetings often include health professionals as guest speakers.

Registration/more information: 740-503-0086

Price: FREE

Dates/Times:

April 10 – 7-9 p.m.

May 8 – 7-9 p.m.

Location:

Assembly Room 2 at FMC
401 N. Ewing St., Lancaster

First Aid

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

Registration: 740-687-8477

Price: \$35/person

Dates/Times:

March 4 – Noon-3 p.m.

April 1 – Noon-3 p.m.

May 13 – Noon-3 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

CPR Classes

Learn adult, child and infant CPR and receive a certification card after completing a written exam.

Registration: 740-687-8477

Price: \$35/person

Dates/Times:

March 4 – 8:30-11:45 a.m.

April 1 – 8:30-11:45 a.m.

May 13 – 8:30-11:45 a.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Gentle Exercise

This class is a gentle, relaxing form of exercise that can benefit balance, flexibility and strength. For current cancer patients or survivors.

Registration: Not required.

Price: FREE

Dates/Times:

Every Monday from 10-11 a.m.

Location:

FMC Wellness Center in the Kroger Plaza
1145 E. Main St., Lancaster

State of the Center

The evening will include a year in review recap from CEO John R. "Jack" Janoso, Jr.

Registration: Not required.

Price: FREE

Date/Time:

April 12 – 5:30 p.m.

Location:

Second Floor Assembly Rooms 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. Survivors and caregivers also welcome.

Registration: 740-277-6941

Price: FREE

Date/Time:

April 4 – 6-7 p.m.

Location:

Fairfield Medical Cancer Care & Infusion Center
135 N. Ewing St., Lancaster

Grandparenting Class

An opportunity for expectant grandparents to explore the latest trends in childbirth, SIDS prevention and newborn safety.

Registration: 740-687-8218 or mollyd@fmchealth.org

Price: FREE

Dates/Times:

Feb. 20 – 6-7:30 p.m.

March 16 – 6-7:30 p.m.

April 10 – 6-7:30 p.m.

Location:

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



New Faces

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

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



Daniel DiSalvo, C.N.P.
FHP Psychiatry
740-689-6600



Emily Burnette, D.O.
River Valley
Women's Health
740-687-2229



Glenn Ratliff, C.N.P.
First Medical Urgent Care
740-687-2273



Jeffrey Bevan, C.N.P.
FHP Primary Care of
Diley Ridge
614-829-6138



Jordan Dodge, C.N.P.
FHP Rheumatology
740-689-6408



Katy Marcus, C.N.P.
Fairfield County Employee
Health & Wellness Clinic
740-689-4404



Experience the Support

Placing a child for adoption is a difficult decision for any mother. Luckily, Abbygael Eigel found support at a time when she needed it the most.

Read Abbygael's story at fmchealth.org



THE MONITOR

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John R. "Jack" Janoso, Jr.
President & Chief Executive Officer

Sky Gettys
Chief Financial Officer

Debra Palmer, R.N.
Chief Human Resources Officer

Alan Greenslade
Chief Information Officer

Helen Harding, R.N.
Chief Nursing Officer

Terrence Welsh, M.D.
Chief of Medical Affairs

Martha Buckley, M.D.
Chief Quality Officer

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Jeffrey Yenchur, M.D.

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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 & 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.



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



When it comes to Orthopedics,
We're HIP,

knees, wrist, shoulder and ankle specialists at
Fairfield Medical Center.

From sports medicine to bone and joint ailments and injuries,
we've got you covered. We've brought together a team
of orthopedic specialists from The Ohio State University
Wexner Medical Center to care for you right where you live.
Our dedicated team of professionals will not only come up
with a treatment plan that works for you, they'll be by your
side every step of the way.

Experience the next level of orthopedic care. Call Fairfield Healthcare
Professionals Orthopedics at 740-689-4935 to learn more or to
schedule an appointment.



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



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