



Fairfield Medical Center

THE MONITOR

SUMMER 2019

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HEART** p.16

**TIME ON MY
SIDE** p.4

**RIVER VALLEY CAMPUS
A LOOK INSIDE**



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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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LETTER FROM THE PRESIDENT & CEO

John R. "Jack" Janoso, Jr.

In 1916, when our Lancaster Municipal Hospital opened its doors as the first not-for-profit hospital in town, the brand-new, 36-bed facility was like nothing the community had ever seen before. Many hailed it as a "gem," with the editor of *The Gazette* proudly proclaiming it "second to none in the United States of its size." But perhaps the most impactful part of this opening was not so much the beauty of the facility, but the fact that residents no longer had to travel outside their community for advanced medical care.

Fast forward 103 years later, and our organization has once again opened a new set of doors to the community. On June 20, we cut the ribbon on our River Valley Campus, a sprawling community center of medical care and fitness. Like our very first hospital, this new campus is innovative and beautifully designed, achieving the vision we had for it when we broke ground in 2016. That vision was to expand our presence in the community with new, modern and needed services, closer to where you live and work. The River Valley Campus was conceived as a true "Community Center" with the mission of creating a high-quality, more personalized and convenient experience for those we serve. Not only is the building unlike anything we've constructed before, it allows us to expand and enhance so many areas of patient care that we already provide – emergency services, women's services, therapy, diagnostic imaging, lab and more. As an added benefit, our partnership with the Robert K. Fox Family Y will allow us to put a strong focus on community health and wellness.

At FMC, we are a family of dedicated care providers committed to operational and cultural excellence. We have challenged ourselves to be genuine, try harder and place "Caring" back into the care process. As a result, we have once again been named a Top Workplace by *Columbus CEO* magazine. Our staff and physicians have embraced our commitment to live by our service standards of Safety, Personal Connection, Seamless Experience, Appearance and Efficiency. We know that updated facilities, as well as a top-notch, culturally aligned staff, are crucial components in allowing us to uphold our commitment to providing a patient experience second to none. We are proud and satisfied that a project of River Valley's scale and magnitude was worth the time (nearly four years) and investment necessary to create a facility that will be valued by the community for generations to come.

If you have not yet had the opportunity to visit our River Valley Campus, we encourage you to come and experience all we have to offer when our facility officially opens later this summer. In addition, turn to page 12 to check out photos from our June 20 open house.

Thank you for entrusting us with your care,

John R. "Jack" Janoso, Jr.



Time on MY SIDE

When Jackie Bailey, 57, had a stroke on Jan. 15, she never saw it coming.

The day started much like any other Tuesday – Jackie and her son, Chase, ran some errands, dropped their dog off at the groomer and grabbed a bite of lunch – but as they headed for home, Chase made a quick observation that may have saved his mother's life.

"He looked at me and said, 'Mom, there's something wrong with your face.'" Jackie recalled. "And he was right, half of my face was drooping and frozen."

Thinking the discovery strange, but feeling fine otherwise, Jackie – a patient of the Fairfield Healthcare Professionals Family Medicine of Amanda office – calmly got a hold of her primary care provider. Full of concern, the staff

instructed her to call 9-1-1 immediately, making her promise she would get to the emergency room. Jackie agreed. She would go to the hospital, but not before going home to call her husband first.

"I've always been healthy, and I've been eating better and exercising more over the past year – I've lost 60-pounds," Jackie said. "It never even entered my mind that I might be having a stroke."

Composed and level-headed, Jackie was confident there must be another explanation for her symptoms. Nevertheless, her husband, Gene, rushed her to Fairfield Medical Center.

As Jackie checked in at the front desk, a nearby Emergency Department nurse overheard her concerns. Without hesitation, the nurse asked Jackie to do two very simple things: to smile and raise her arms above her head.

"The next thing I knew, I was in a wheelchair, and my husband was running to keep up with us," Jackie recalled. "It was like I was the only patient in the hospital."

Time is a critical factor in stroke

I walked into Fairfield Medical Center, and they knew exactly what to do.

treatment. TPA, also known as the clot-busting drug, must be given within 4.5-hours of the onset of symptoms: a looming deadline that the Fairfield Medical Center staff was all too aware of. With the vital help of The Ohio State University Wexner Medical Center's Telstroke program, Jackie's care team at FMC managed to complete diagnostics, confirm that she had suffered an ischemic stroke and administer TPA





within an hour of her arrival.

"The doctor [Zebula Reed, M.D.] was sitting next to me with the medicine in his hand, waiting to administer it as soon as my lab work confirmed it was safe," Jackie said. "My story is such a success because I walked into Fairfield Medical Center, and they knew exactly what to do."

With her treatment plan underway, the team then worked to coordinate the transfer of Jackie's care to Ohio State Wexner Medical Center's Comprehensive Stroke Center, FMC's partner in stroke

excellence. However, travel proved difficult; with the helicopter flight deemed unsafe due to the bitter and gusting January winds, they would have to travel by ambulance.

"I was already well into the second hour," Jackie recalled, "If FMC hadn't been able to give me that medicine, it may have been too late by the time I got to Columbus."

As Jackie arrived at the Ohio State Wexner Medical Center, a familiar scene awaited her: an expert team was on-hand and prepared to provide her with

outstanding care. "It was like something out of a TV show," Jackie smiled. "My husband described it as a well-oiled machine – and he's a mechanic!"

Jackie spent her time at Ohio State under the care of Neurologist Deepak Gulati, M.D.

"Time is brain," Dr. Gulati explained. "Every 30-minute delay in breaking up a blood clot from a stroke is associated with a 10 percent decrease in the likelihood of a good outcome." In Jackie's case, the coordination of care between organizations played a crucial



I believe everything happens for a reason. I made some mistakes... but I learned from them; I hope others can learn from them, too.

WHAT IS THE TELESTROKE?

If a patient presents at Fairfield Medical Center exhibiting symptoms of a stroke, doctors may utilize what is known as telestroke, or telemedicine. In telestroke, patients can communicate with a physician at the The Ohio State University Wexner Medical Center via a robotic telemonitor. With the help of this technology, the physician can evaluate the patient, ask him or her questions, diagnose and recommend treatment without the patient having to leave their local hospital.

In telestroke, the responding team is made up of a variety of people, including a program manager, a clinical coordinator, vascular neurologists, neurosurgeons and radiologists at Ohio State Wexner Medical Center, and emergency medicine doctors, clinicians and other staff at FMC.

Source: mayoclinic.org

role in her return to health.

"I believe in my heart that my recovery was possible because of Fairfield Medical Center's ability to communicate with the physicians at OSU and administer treatment in Lancaster," Jackie shared. "Because of their teamwork, I'm living a success story."

Even after Jackie returned home, she had difficulty coming to terms with her diagnosis. "It was unreal – it's still unreal," Jackie said. "But I knew how important speech, language and physical therapy was, so I decided to start right away."

It wasn't until she began outpatient therapy at Fairfield Medical Center with speech therapist Courtney Howard that she fully recognized the lingering effects of her medical emergency.

"During the assessment process, it's not uncommon for us to identify deficits that patients didn't know they had," Courtney explained, a sentiment that Jackie can attest to.

"Things that should have been easy for me were difficult. That's when I realized there was some damage there, when it really hit home that I had suffered a stroke," Jackie admitted.

For example, Jackie, an avid reader, was shocked to find how significantly the stroke had impacted her memory. "They told me a short story and asked me to repeat it back," Jackie explained. "I couldn't tell them a single sentence." Jackie's vocal ability had been affected as well. When Courtney asked her to mimic a series of sounds, Jackie was stunned to find that it was a challenge.

Know the signs of a **STROKE**. Act **F.A.S.T**. Call **911**.



FACE



ARM



SPEECH



TIME



Jackie Bailey (middle) and her husband, Gene (left), and son, Chase (right), at their farm near Amanda.

"It sounded like I had a mouthful of marbles," she recalled. "I looked at Courtney and said, 'Oh my gosh, I can't do that.'" Full of confidence, Jackie's team reassured her that she would soon see an improvement.

"Each person's plan of care meets their individual needs," said Courtney. "And Jackie was committed to her recovery. She diligently completed exercises at home – that's crucial to a successful outcome."

The hard work paid off: after six weeks of dedication, Jackie has made a remarkable recovery. "Therapy was hard," Jackie shared, "but I'm so glad I did it."

Now, she has set her sights on helping others – even if it means using herself as an example.

"I believe everything happens for a reason. I made some mistakes, like waiting to get to the hospital, but I learned from those; I hope others can

learn from my mistakes, too," said Jackie, who is passionate about increasing stroke awareness.

"A stroke can happen to anyone and they don't all look the same, they're not all massive," she explained. "Know the symptoms and even if you think you're okay, it's better to be safe than sorry: call 9-1-1."

JACKIE'S CARE TEAM



Deepak Gulati, M.D., Vascular Neurologist, Medical Director of Telestroke Services, The Ohio State University Wexner Medical Center serves on many national and international stroke trials as a principal investigator and co-investigator. He also serves as a reviewer for multiple stroke journals including *Stroke* (American Heart Association Journal), *Neurology*, *Journal of the Neurological Sciences* and *Journal of Neuroimmunology*.



Courtney Howard, M.A. CCC-SLP is a Speech Language Pathologist who works at Fairfield Medical Center's Outpatient Therapy Services. Courtney has been employed with FMC since 2014.



FEARLESS **FIGHTER**

Julie Lindsey, a 25-year-old mother of two from Galloway, Ohio, has visited more hospitals and medical offices than some people will in an entire lifetime – that’s how she knew Fairfield Medical Center was something special.

Every single person I met was kind and helpful and caring. That's hard to find.

"A lot of hospitals treat people like numbers – get them in, get them out," Julie explained. "Fairfield Medical Center is different. Every single person I met was kind and helpful and caring. That's hard to find."

For nearly 15 years, Julie has weathered the storm of unpredictable health. At just 10 years old, her world was turned upside down by a terrifying diagnosis: end-stage chronic kidney disease. Since then, Julie has undergone two kidney transplants, vascular surgery and dialysis treatments at various medical facilities across Columbus.

"Fairfield Medical Center is a hidden gem," Julie shared. Her experience at FMC with Vascular Surgeon Krishna Mannava, M.D., has been a bright spot in the difficult battle of health that she's been fighting for so long.

"When I was young, it took a while to get diagnosed because my symptoms were really vague," Julie recalled, "but my mom was persistent. She knew something was wrong."

When the doctors finally checked Julie's blood work, they were floored.

Julie's kidney disease was advanced, and her physicians at the time didn't sugarcoat the situation. "They told me that – in my current state – I would only have about six months to live," Julie remembered; so she and her family got to work.

After countless fundraisers, rallies and appeals to the public, a Good Samaritan

stepped forward. Julie received her first kidney transplant from a total stranger at the age of 11, just months after her diagnosis.

For five years, Julie lived a healthy, normal life. At the age of 16, however, her body rejected the transplant. "I lost my kidney," Julie said, "and my mom – who was pregnant with my brother when I got diagnosed – donated hers for my second surgery."

Once again, Julie returned to health. As time passed, her kidney disease was no longer the central focus of her life. She grew as an individual, entered adulthood and even started her own beautiful family. Shortly after giving birth to her youngest son, Xavier, in 2015, however,

she was faced with a painful realization: her body was rejecting her donor kidney – again.

"After my second rejection, I had to start hemodialysis," Julie said.

Hemodialysis, or dialysis, is a process that replaces the kidneys' essential role of "cleaning" the blood by filtering out waste and toxins.

"I go three times a week for four hours at a time," Julie said. "It took a long time to get used to – and it was especially tough with a newborn, but I've learned to deal with it one day at a time."

It was during these dialysis sessions four years ago that Julie met Amber



Murphy, a dialysis nurse and renal access coordinator who would go on to become both a friend and supporter in Julie's journey, as well as FMC's renal access coordinator. At the time, Amber had no idea that she would someday lead Julie through Fairfield Medical Center's doors.

Prior to beginning hemodialysis, Julie underwent surgery for the creation of an arteriovenous (AV) fistula: a procedure that joined together a vein and an artery in her upper arm. "It's basically a super vein," Julie said of the fistula.

For many, dialysis access sites like Julie's fistula are considered a lifeline for treatment. The "super vein" is designed to better accommodate the sizeable needles associated with dialysis and allow for the blood to flow more steadily from the arm, through the machine and back into the body again.

While the procedure made treatment more efficient, Julie wasn't prepared for what it would do to her arm cosmetically.

"Each dialysis session, I get stuck with two needles, and after getting stuck over and over again, it started to cause some issues with my fistula," Julie said.

Over time, the blood vessels in her arm began to weaken from the wear and tear of dialysis. These damaged spots, coupled with the increased blood flow through her fistula, caused Julie's "super vein" to grow larger and larger. As a result, her upper arm appeared swollen and irregular. The fistula was progressing

into an aneurysm, a potentially dangerous enlargement of the blood vessel.

"It was embarrassing. I was super self-conscious about it," Julie shared. "People would stare or whisper things. Even in the middle of summer, I couldn't bring myself to wear anything but long sleeves."

When she asked her doctors about solutions, she was met with resistance. "They were afraid they would mess it up," Julie said. "It was working fine and they decided it was just a cosmetic issue – they wanted to leave well-enough alone."

As a young woman, it began to take a massive toll on Julie's confidence.

"I just wanted to feel as normal as possible, and that was starting to seem hopeless," Julie admitted.

That's when Amber, who keeps in touch with Julie through social media, decided to reach out. "Julie is so sweet," said Amber, "we really just bonded. I hated to see her struggle."

At Amber's recommendation, Julie made a call to the office of Dr. Mannava.

"He agreed to see me right away, and he not only realized that something was wrong, but he was willing to help me," Julie recalled of her first appointment

I'm so grateful for the care I received. Dr. Mannava was so kind and personable.

with Dr. Mannava.

"Revising Julie's functioning fistula carried the risk of losing her dialysis access completely," Dr. Mannava shared. "But after listening to her story and taking the time to understand her perspective, the decision to proceed with surgery was easy."

In fact, after performing a fistulogram – a form of diagnostic imaging that evaluates blood flow – Dr. Mannava determined that the issue was more than just cosmetic: Julie's aneurysm was affecting her heart.

"So much of my blood flow was going through my arm that my heart was working harder to supply enough blood to the rest of my body," Julie explained. "If we didn't fix it, it could have eventually led to heart failure."

BEFORE



AFTER





Julie with her two sons, Zane and Xavier at Battelle Darby Creek in Galloway.

Shortly after her consult, Julie underwent a complex vascular operation at FMC, where Dr. Mannava removed the damaged part of her fistula and replaced it with a graft. The graft, made of soft tubing, served as a “replacement” blood vessel while the bulging effects of the aneurysm were completely resolved.

For Julie, the difference was night and day. “For the first time in a long time, I felt like

I could go outside without hiding my arms – I felt like I had a fresh start,” Julie said. “I’m so grateful for that – and for the care I received. Dr. Mannava was so kind and personable. He was the first doctor that really listened to me; he made me feel like he truly cared.”

“I even wrote a thank you card,” Julie shared. “It was more than just a surgery to me; it’s given me the chance to continue my life with more self-confidence.”

Julie still has a tough road ahead of her: she is a young mother on the transplant list, and she will continue dialysis until a donor is found – but she refuses to let that overshadow her positive outlook.

“You work through the bumps in the journey, and you make the best of it,” Julie said.

Now, she’s making the best of it with FMC by her side.

JULIE'S CARE TEAM



Krishna Mannava, M.D., FACS, joined Fairfield Medical Center as a Vascular Surgeon in 2009. Dr. Mannava has been influential in the field of vascular services and is passionate about providing high-quality, compassionate care.



Amber Murphy, LPN, has served the dialysis community for more than 18 years. She recently celebrated her one year anniversary as a member of the FMC staff, where she serves as a Dialysis Access Coordinator.

EXPERIENCE RIVER VALLEY CAMPUS





When the doors of the River Valley Campus opened for the first time on June 20 during a “sneak peek” open house for the community, there were a lot of people eager to catch a glimpse of the new facility. With several hundred attendees gathered inside the front vestibule, and another hundred more lined up outside the front doors, Fairfield Medical Center cut the ribbon on a four-year project that promises to be more than “just another healthcare facility,” said FMC president and CEO John R. “Jack” Janoso, Jr. “We recognize that in this facility, we have the opportunity to add more services that are needed, but we also have the ability to add new services to keep our community more healthier and more sustained for the long-term,” Janoso said. “The reason behind all of those is we want to remain relevant in our community. We want you to drive to us, not past us. We want you to know that the best care you’ll ever receive comes from Fairfield Medical Center.”

The River Valley Campus, slated to open later this summer, spans more than 90,000-square-feet and boasts everything from a 24-hour Emergency Department to a Women’s Health Center to imaging, lab, clinical, outpatient and physical therapy services. The building also is designed to serve as a community center, with meeting rooms for the public and a 10,000-square-foot gymnasium co-owned by the Robert K. Fox Family Y. Below is a glimpse at the inside of the River Valley Campus and everything it has to offer the community.

A Matter of **TRUST**



All of the people who have cared for me at FMC have been consistently wonderful.



Carla Munsey may be battling cancer for the fifth time, but that has never stopped her from living life to the fullest.

"I keep busy – I like taking care of others," said Carla, who lives in Lancaster. "I help out my aunt who has Alzheimer's; I help my mom do bookwork for MRDD. I make crafts for the flea market."

For Carla, 56, being able to stay close to home and receive advanced, personalized treatment for stage 4 Hodgkin lymphoma and lung cancer, both of which she has battled previously, has made a world of difference in her ability to continue to care for those who depend on her. Since 1998, she has received the majority of her cancer care at Fairfield Medical Center and, over the past two decades, has built a strong relationship with the oncologist who has been there for her from the very beginning – Kanwaljit Singh, M.D. of Fairfield Healthcare Professionals Hematology-Oncology.

"Dr. Singh is compassionate and kind; any time I've had questions, he's answered them. If I have any concerns, I know I can call his office and get an answer back right away," she said. "He has been by my side through it all."

Carla first came to FMC in 1998, when she was diagnosed with Hodgkin lymphoma, which is cancer of the lymphatic, or immune, system.

She disliked the idea of having to travel back and forth to Columbus for her care and was thrilled when she found out she wouldn't have to. At the time, FMC was offering a clinical trial where Carla could receive chemotherapy on top of the standard treatment for Hodgkin lymphoma, all while being constantly monitored by FMC staff. Carla jumped at the opportunity to participate.

"Doing the trial gave me a lot of peace of mind," she said.

Carla's other comfort was Dr. Singh, who was relatively new to FMC at the time. Board-certified in medical oncology and hematology, Dr. Singh was one of the first physicians Carla met and has consistently guided her through every obstacle she has encountered in her

cancer journey. Since 1998, Carla has undergone several cancer surgeries and chemotherapy treatments at FMC while battling reoccurring Hodgkin lymphoma and lung cancer.

"Cancer can become a chronic disease for some people, like Carla – she gets cancer, it gets better, and then it comes back," Dr. Singh said. "She has consistently put her faith in us each and every time. She never asks for a second opinion. She knows if I have any doubts, I will tell her. She has trusted us from the very beginning."

Carla said while she initially chose to come to FMC because of the cancer trial and the close proximity of the campus to her home, it's the people, like Dr. Singh, who have truly made the difference over the years.

"All of the people who have cared for me at FMC have been consistently wonderful – I've never met anyone who was not nice," Carla said.

She's also had the opportunity to watch the evolution of FMC's Cancer Care program and personally benefitted from the Center's advancements in technology and treatment. Currently, she is receiving a new and innovative cancer drug that contains both an antibody and a toxin. Referring to it as a type of "Smart Bomb," Dr. Singh said the antibody seeks out and binds to cancerous cells so that the toxin can destroy them.

"There is no doubt that Carla's case has been challenging with the reoccurrence of her cancers and now with both of her cancers coming at the same time," Dr. Singh said. "But it has also been rewarding to see that the advanced treatments that we are doing this time are working for her."

Dr. Singh said his goal has always been to give patients at FMC comprehensive, dedicated cancer treatment. For patients like Carla, that has meant everything.

"Over the years, particularly the past 10, FMC's cancer program has grown dramatically and more and more patients



EXPERT CANCER CARE

Fairfield Medical Center offers a comprehensive cancer program that is accredited by the American College of Surgeons Commission on Cancer. As part of our program, we offer diagnosis, treatment planning, medical oncology, surgical oncology and radiation oncology.

In addition to clinical treatment, we have a variety of support services including: oncology nurse navigators to help guide you through your cancer journey, an oncology social worker to provide you with emotional and educational resources and the Cancer Resource Center to supply cancer-related information and retail products.

are staying here, not just because it is convenient, but because they have developed a trust in our program," Dr. Singh said.

Tending to the HEART

I'm very thankful for this program and the Heart and Lung Fund... It's amazing the amount of people FMC helps.

Tim Graham, 61, will be the first to tell you that he's no stranger to miracles. He is a cancer survivor and, in November 2018, he became the proud and humbled recipient of the ultimate gift: a new heart.

Months later, he received another life-changing gift – the opportunity to participate in 12 weeks of cardiac rehabilitation, with minimal expense, through the Heart & Lung Run Fund at Fairfield Medical Center.

"I'm very thankful for this program and the Heart and Lung Fund," said Tim, who attends cardiac rehabilitation three times a week. "It's amazing the amount of people FMC helps."

The Heart and Lung Fund, an assistance program established by the FMC Foundation, was created to eliminate the financial hurdle that may keep some patients from participating in rehabilitation. Cardiac rehab is a supervised exercise program designed specifically for patients with heart-related

conditions who need help regaining their strength and endurance.

"We never want patients to have to make a choice between their health and their finances," said Stephanie

Young, cardio fitness team lead. "Their job is to concentrate on getting healthy, not to worry about whether or not they can afford to get healthy."

Annually, the Heart & Lung Fund helps nearly 50 individuals receive the care they need in order to return to an active lifestyle – an impressive number that FMC has every intention of increasing.



TIM'S CARE TEAM



Staff members from left to right
Back row: Stephanie Young, Teresa Horn,
Sara Miller, Karmen Armstrong Bolton, Julie
Edwards

Front row: Rebekah Copeland, Lisa Rookard,
Jennifer Turner

Fairfield Medical Center's Cardiac and
Pulmonary Rehab program offers an
individualized and personalized
treatment plan, including education
and instruction on physical activity,
nutrition, stress management and
other heart-related areas, for patients with
heart and pulmonary-related conditions.

Tim began his cardiac rehab sessions at FMC before his heart transplant in October 2018. At the time, he had been working closely with his physicians at The Ohio State University for nearly a decade to treat and manage his progressive heart disease. But when his health began to decline dramatically, Tim's cardiac rehabilitation was put on hold.

"I knew something was really wrong," Tim said. "I could still walk and talk, but I didn't look real good."

In the following weeks, Tim met with his physicians at OSU and, shortly after, he was placed at the top of the organ transplant list. Within a matter of days, on Thanksgiving weekend, they found the perfect match: at 11:59 p.m. on Nov. 26, Tim had a new heart beating in his chest.

"I honestly never thought I'd get a heart – I always thought there was someone out there needing it worse than I did," Tim recalled.

As Tim's initial stretch of recovery came to a close, his next step of recovery was set

to begin – again. Two months after his incredible procedure, Tim resumed his 12-week, 36-session rehab program, which includes in-depth education classes in addition to medically monitored exercise.

"Since his heart transplant, I can see how much better he feels," reported FMC exercise physiologist Karmen Armstrong-Bolton. "Tim is dedicated to working hard and getting stronger; it's been a pleasure working with him."

Tim, who's looking forward to reclaiming his active lifestyle, agreed that he feels much better since he resumed his cardiac rehabilitation. "I just can't thank those ladies enough," Tim said of the cardiac rehab staff.

"I'm really looking forward to getting back on the golf course in the spring," Tim smiled. "And I'm a car guy; I have some cars to restore that I never thought I'd get the chance to. I feel fortunate – I really am a new man."

HEART & LUNG FUND

If you feel you may qualify to benefit from the Heart & Lung Fund, call 740-687-8174 to discuss your options.

Contributing to the Heart and Lung Fund is simple: throw on your shoes and get moving. FMC's Heart and Lung Run is the primary source of monetary donations; participants have the choice of partaking in a 5K walk/run or a 10K run.

The 2019 Heart and Lung Run will take place on Aug. 3 at 8 a.m. at the Fairfield County Fairgrounds. Visit fmchealth.org/events for more details about the run.



HEALTHY HABITS

Guest Columnist: Tonya Mundy, RN
Fairfield Medical Heartburn Center

Heartburn /Acid Reflux is Treatable – Not a Life Sentence

As the nurse coordinator for the Fairfield Medical Heartburn Center, I talk to patients every day who suffer from a chronic, progressive condition known as **gastroesophageal reflux disease, or GERD**. GERD causes symptoms like heartburn, regurgitation, chest pain, nausea, vomiting and shortness of breath. I know these symptoms all too well. Like many of my patients, I struggled for years with persistent heartburn, eventually becoming a patient at the same place where I care for others every day.

I first experienced heartburn while pregnant with my oldest child. After my third child was born, the heartburn symptoms never went away. I initially treated my heartburn with over-the-counter medications like Tums. The annoyance of my symptoms were something I dealt with the best I could –

until they worsened and began to cause upper stomach pain. I realized I needed to start making my health a priority, so I underwent diagnostic testing. It revealed some serious medical concerns – a hiatal hernia, GERD and Barrett's esophagus, in which stomach acid mutates the esophagus tissue. I was prescribed daily medication to reduce the acid production, which controlled my symptoms for many years. When my symptoms worsened, my dosage was increased to the maximum limit. Even then, I still had to supplement with over-the-counter medications to find relief. The medication was helping, but it wasn't doing anything to fix the underlying disease.

That's when I experienced a major scare. One evening, I inhaled my own stomach contents while sleeping, which caused pain, coughing, panic, and an upper

respiratory infection. That was the final straw for me. With the help of the Fairfield Medical Heartburn Center, I opted to undergo surgery to correct the weakened part of my esophagus that was causing the heartburn. FMC offers two surgical options to correct GERD – the Nissen Fundoplication and the LINX Reflux Management System. Although not everyone needs surgery, it was the best option for me. Today, I am finally living a heartburn-free life.

Patients are often surprised to learn that I lived with GERD for many years. If my story sounds familiar, it's time to talk to your doctor or schedule a free nurse consultation with me (no physician referral required). To make an appointment, call 740-689-6486. Below are five common myths I often hear from patients regarding acid reflux and heartburn.

MYTH

Extra pillows help my symptoms at night.

FACT

Instead of pillows, raise the head of your bed 2-3" or use a wedge pillow. Both allow gravity to keep the fluid in your stomach. You should also sleep on your left side.

MYTH

Acid reflux/heartburn is just an annoyance to be tolerated

FACT

Reflux should not be ignored. It can affect your life beyond just your symptoms, causing poor sleep, limited diet options and reduced work productivity. It also can create problems like Barrett's esophagus, which has been linked to esophageal cancer. The more you experience reflux, the greater the need for an evaluation.

MYTH

Only unhealthy people have acid reflux/heartburn.

FACT

Anyone can suffer from acid reflux/heartburn. An unhealthy lifestyle can increase your risk of developing GERD, but the condition is actually caused by a physical abnormality of the lower esophageal sphincter (LES). Bad diet, smoking and eating acidic foods may trigger the condition, but changing those habits can greatly reduce your symptoms.

MYTH

I'm on medication, so I don't need an evaluation.

FACT

While reflux can be treated with over-the-counter or prescription medication, those pills only treat the symptoms, not the condition. If you take over-the-counter medication, talk to your doctor about your reflux symptoms. While safe, these medications aren't meant to be a long-term solution without an evaluation.

MYTH

Milk and mint will help relieve my symptoms.

FACT

Chamomile or licorice may be a better alternative, as they won't trigger the stomach to produce more acid or cause further symptoms.

Local Businesses, Organizations Partner with FMC to Assist Patients

The FMC Foundation is the charitable branch of Fairfield Medical Center. Our support helps the hospital provide compassionate care to everyone, regardless of ability to pay. Every year, we work with different organizations that want to help our mission by organizing fundraisers to support the Foundation. Donations can be earmarked for a specific fund, such as the Cancer Care Fund, the Cardiovascular Care Fund, or the Emergency Department Clothing Fund, among others. Below is a look at some recent fundraisers that have directly impacted our community. If you are interested in participating in one of these events, or organizing something yourself, please contact Amie Cohen at 740-689-4976 or amy.cohen@fmchealth.org for more information.

JOE CARSON MOTOR SALES PINK LABEL FUNDRAISER



Inspired by Harley-Davidson, Joe Carson Motor Sales in Lancaster decided in 2018 to donate 10% of the MSRP of their sales of the Pink Label Collection to the FMC Foundation. Through those

sales and a raffle, the business was able to raise \$325 for the FMC Foundation Cancer Care Fund. Michelle Storts, Events and Marketing Coordinator for Joe Carson, said Joe Carson Motor Sales was proud to work with FMC and the FMC Foundation. "FMC has made our community better, and any help we can offer to help the community is worth our time and effort," she said. "It seems breast cancer has affected everyone; if they are not fighting it themselves, they know someone that is or has fought it. This makes it a cause that all can support."

BLOCK OUT CANCER

The Fairfield Union Volleyball program has traditionally supported the Susan G. Komen Volley for the Cure, but in 2018, they wanted to put the focus on their community and increase awareness of all cancers. What started as an idea in the locker room grew into a huge event. With the help of sponsors, the team designed game jerseys and T-shirts that could be sold, and coordinated a raffle basket competition at the grade school level. During the event, special tribute was paid to the cancer survivors in attendance, with flowers and hugs from the players and coaches. "These young ladies did an exceptional community service, and were instrumental in the entire process," said Coach Mindy Miller. The 2018 Block Out Cancer Fundraiser brought in \$5,000, thanks to everyone's support.



STRIKE OUT BREAST CANCER

The Southeastern Ohio USBC, the local association of the United States Bowling Congress, coordinates a fundraiser every year called "Strike Out Breast Cancer." In 2018, the event raised \$7,800 for the FMC Foundation Cancer Care Fund. Joy Kellenbarger, Association Manager and Chair of the event, said teamwork and organization is key to the event's success. "Lancaster as a whole is very blessed with businesses who donate items for our raffle table, and the bowlers in the community come out and support this and are so generous," she said. The organization also solicits sponsors to cover the cost of T-shirts, which are then sold to the public. "Strike out Breast Cancer" will be held on Oct. 13, 2019 at Tiki Bowling Lanes in Lancaster.

PADDLE FOR THE BATTLE



In 2009, Logan resident and FMC employee Constance Barbini lost her long battle with breast cancer. Connie's love for the outdoors inspired her husband, Lew Barbini, to organize a fundraiser called "Paddle for the Battle" that includes a guided hike in the Rockbridge State Nature Preserve and canoe trip on the Hocking River. The fundraiser has only grown since its inception; in 2018, it boasted the most participants to date, with the family donating \$1,800 to the FMC Foundation Cancer Care Fund. "We are celebrating lives and families by working together as a community," said Sybil Barbini, Connie's daughter-in-law. "We are supporting those still fighting and honoring those we lost. We are trying to make a difference, one paddle stroke at a time." The 2019 Paddle for the Battle will take place on Oct. 5, 2019.



Summer 2019 Calendar



Childbirth Refresher

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

Registration: Register online at fmchealth.org or call 740-687-8218. Registration is required, as dates are subject to change.
Price: \$35/family

Dates/Times:

Call to schedule

Location:

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

Childcare & Babysitting Safety (CABS)

Learn what to do in an emergency, what to expect at what age and how to positively discipline kids. Participants will receive CPR and Foreign Body Airway Obstruction Training. Open to children/teens ages 11-15.

Pre-Registration: Required.
Call 740-687-8477 or email resa@fmchealth.org
Price: \$35/attendee

Dates/Times:

Dec. 27, 8:30 a.m.-3:30 p.m.

Location:

Mid-level classrooms at FMC
401 N. Ewing St., Lancaster

Sibling Class

This class is geared toward children 3-6 years of age and focuses on safety with hands-on practice and education.

Registration: Register online at fmchealth.org or call 740-687-8218. Registration is required, as dates are subject to change.
Price: \$15/family

Dates/Times:

Aug. 25, 1:30-3 p.m.
Sept. 29, 3:30-5 p.m.
Oct. 27, 1-2:30 p.m.
Nov. 24, 1-2:30 p.m.

Location:

Second Floor Conference Room 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: Register online at fmchealth.org or call 740-687-8218.
Price: \$25/family

Dates/Times:

Call to schedule

Location:

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

Childbirth Education Series

This series of classes explores labor and birth, pain control options, relaxation techniques, childbirth recovery, cesarean birth, and newborn care; participants will be given a tour of the Maternity Unit. *A full version of the newborn care class is included in the childbirth series.

Location:

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

Registration: Register online at fmchealth.org or call 740-687-8218. Registration is required, as dates are subject to change
Price: \$90/family for 3-day, 2-day or online session.

2-Day Class Dates/Times:

Monday, Aug. 12, 5:30-9 p.m. &
Monday, Aug. 19, 5:30-9 p.m.

Monday, Sept. 16, 5:30-9 p.m. &
Monday, Sept. 23, 5:30-9 p.m.

Monday, Oct. 14, 5:30-9 p.m. &
Monday, Oct. 21, 5:30-9 p.m.

Monday, Nov. 11, 5:30-9 p.m. &
Monday, Nov. 18, 5:30-9 p.m.

Weekend Dates/Times:

Sunday, Aug. 4, 8 a.m.-4 p.m.
Sunday, Sept. 8, 8 a.m.-4 p.m.

Sunday, Oct. 6, 8 a.m.-4 p.m.
Sunday, Nov. 3, 8 a.m.-4 p.m.

Don't have time to attend our classes? The online childbirth class may be the option for you. You also can tour our Maternity Unit for free. Registration is requested for both the online classes and the tour. Register online at fmchealth.org or call 740-687-8218.

Breastfeeding

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

Registration: Register online at fmchealth.org or call 740-687-8218. Registration is required, as dates are subject to change.
Price: FREE

Dates/Times:

Aug. 1, 6-8:30 p.m.
Sept. 4, 6-8:30 p.m.
Oct. 3, 6-8:30 p.m.
Oct. 30, 6-8:30 p.m.

Location:

Maternity Unit 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: Register online at fmchealth.org or call 740-687-8218. Registration is required, as dates are subject to change.
Price: \$40/family

Dates/Times:

Aug. 5, 5:30-9 p.m.
Sept. 9, 5:30-9 p.m.
Oct. 7, 5:30-9 p.m.
Nov. 4, 5:30-9 p.m.

Location:

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



Diabetes Self-Management Education/Support

This program teaches the healthy lifestyle skills required for individuals with diabetes to better manage their blood sugar levels.

Registration: 740-687-8492

Price: Check with your insurance company regarding coverage.

Dates/Times:

Call to schedule.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Shine a Light

Join Fairfield Medical Center and FAIRHOPE Hospice & Palliative Care as we come together to honor those who have been impacted by lung cancer. Event includes a balloon lighting ceremony. Sponsored by the Lung Cancer Alliance.

Price: FREE

Date/Time:

Nov. 7, 6-7:30 p.m.

Location:

FAIRHOPE Hospice & Pickering House,
282 Sells Road, 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 614-754-7514

Price: FREE fitting

Dates/Times:

First Monday of every month.
By appointment only.

Location:

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

Grandparenting Class

Expectant grandparents can explore the latest trends in childbirth, as well as SIDS awareness and newborn safety.

Registration: Register online at fmchealth.org or call 740-687-8218.

Registration is required, as dates are subject to change. Price: FREE

Dates/Times:

Aug. 25, 3:30-5 p.m.
Oct. 2, 3:30-5 p.m.
Oct. 27, 3:30-5 p.m.
Nov. 24, 3:30-5 p.m.

Location:

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

Caregivers of Substance-Exposed Infants

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

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

Registration is required, as dates are subject to change Price: \$40/family

Dates/Times:

Call to schedule

Location:

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

Lung Screening

A physician order is required for this screening. Candidates ages 55-77 who are current or former smokers who have quit smoking within the last 15 years, smoked at least one pack a day for 30 years or two packs a day for 15 years.

Registration: Call Sharon to register at 740-687-8134.

Price: Funding is available for those who qualify.

Date/Time:

Nov. 23

Location:

Fairfield Medical Cancer
401 N. Ewing St., Lancaster

Gentle Yoga/PiYo

This introductory class for cancer patients and survivors includes gentle movement, breathing and deep relaxation. Guests and caregivers welcome.

Registration: Not required.

Price: FREE

Dates/Times:

PiYo:
Tuesdays, 10-10:30 a.m.
Thursdays, 9:15-9:45 a.m.

Gentle Yoga:

Tuesdays, 10:45-11:30 a.m.
Thursdays, 10-11 a.m.

Location:

FMC Wellness Center
(Kroger plaza)
1145 E. Main St., Lancaster

Healthfest

Join us for free health screenings, children's activities, giveaways, music, food, craft vendors and two races – the family-friendly Color Mile and the Heart & Lung Run.

Registration: Register online for the Color Mile and the Heart & Lung Run at fmchealth.org

Date/Time:

Aug. 3. Healthfest is from 8 a.m.-2 p.m. The Heart & Lung Run begins at 8 a.m. and benefits FMC's cardiopulmonary rehab program. The Color Mile begins at 11 a.m. and benefits the FMC Autism Camp.

Location:

Fairfield County Fairgrounds
157 E. Fair Ave., Lancaster





Foundation Food and Wine Tasting & Charity Auction

Join us for an evening of wine, tapas, fundraising and live music. All proceeds will benefit patient care at Fairfield Medical Center.

Registration: 740-687-8107

Price: \$50/person

Date/Time:

Sept. 19, 5:30-8:30 p.m.

Location:

The Mill Event Center
431 S. Columbus St.,
Lancaster

Project DAWN

Project DAWN is a community-based overdose education and naloxone (Narcan) distribution program in which FMC provides narcan kits free of charge to individuals or the loved ones of individuals who may be at risk of an overdose. This session will provide education and training.

Registration: Not required.

Price: FREE

Dates/Times:

Aug. 22, 5 p.m.
Oct. 16, 5 p.m.

Location:

Assembly Room 2
401 N. Ewing St., Lancaster

CPR Classes

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

Pre-registration: Required.

Call 740-687-8477 or

resa@fmchealth.org

Price: \$35/person

Dates/Times:

Aug. 24, 8:30 a.m.-noon
Sept. 7, 8:30 a.m.-noon
Oct. 12, 8:30 a.m.-noon
Nov. 2, 8:30 a.m.-noon

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

First Aid

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

Pre-registration: Required.

Call 740-687-8477 or email

resa@fmchealth.org

Price: \$35/person

Dates/Times:

Aug. 24, Noon-3:30 p.m.
Sept. 7, Noon-3:30 p.m.
Oct. 12, Noon-3:30 p.m.
Nov. 2, Noon-3:30 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Diabetes Support Group

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

Registration: Not required.

Price: FREE

Dates/Times:

The support group meets at 6 p.m. every month.
Aug. 26 – Stress Management,
Sleep and Laughter Therapy
Sept. 30 – 12th Annual Potluck
Oct. 28 – The Kidney with Dr.
Wilmer

Location:

FMC Assembly Rooms
401 N. Ewing St., Lancaster

Turkey Day 5K

Get your Thanksgiving Day off to a healthy start!

Registration: Register online at fmchealth.org. You also can register on the day of the race.

Price: \$25/person before Nov. 13 (includes a long-sleeved shirt), \$30 day of race. Children 13 and under are free.

Date/Time:

Nov. 26, 8:30 a.m.
Registration begins at 7 a.m.

Location:

Forest Rose School
1592 Granville Pike, Lancaster

Wishes Gift Shop Fall Fashion Show

Check out the newest fall fashions, clothing, purses and jewelry that are available in FMC's Wishes Gift Shop. Refreshments, door prizes and special discount coupons will be given out during the event.

Date/Time:

Nov. 6, 11 a.m.-3 p.m.

Location:

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

Fairfield County Fair

Stop by our booth during Fair Week to meet our staff and learn about the various services offered at FMC.

Dates/Times:

Oct. 6-12

Location:

Art Hall
Fairfield County Fairgrounds
157 E. Fair Ave., Lancaster



For more class dates and times, or to register online, visit fmchealth.org.

NEW PROVIDERS

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."



Emily E. Burnette, D.O.
FHP Obstetrics & Gynecology
112 N. Ewing St.,
Lancaster, OH 43130
740-689-6690



Anna Gaal, CNP, FNP-BC
FHP Vascular Surgery
618 Pleasantville Road,
Suite 302
Lancaster, OH 43130
740-687-6910



Abby Grubb, CNP
FHP Cardiology
2405 N. Columbus St.
Suite 100
Lancaster, Ohio 43130
740-689-4480

VOLUNTEER SPOTLIGHT

Dennie & Cheri Johnson

Dennie is a retired dentist and has been a volunteer at the FMC Main Information Desk since November 2018.

His wife, Cheri, joined in early May and volunteers as a Patient Pal. They will be volunteering together at River Valley Campus.

"We have caring personalities and felt guided by our faith to serve others. Serving those who come to FMC and the River Valley Campus gives us a fun new purpose and joy of contributing to the community."



Thursday morning volunteers
at River Valley Campus

We are always looking for energetic, friendly adults and teens to join our volunteer team. Most of our volunteers serve just one, 4-hour shift per week. Applications are available at the Volunteer Office at Fairfield Medical Center or online at fmchealth.org. To learn more, contact Heidi Reed at 740-687-8109 or heidire@fmchealth.org.

THANK YOU FOR ALL YOU DO, DENNIE AND CHERI

THE MONITOR

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Sky Gettys
Chief Financial Officer

Debra Palmer, R.N.
Chief Human Resources Officer

Alan Greenslade
Chief Administrative Officer

Helen Harding, R.N.
Chief Nursing Officer

Laura Moore
Chief Business & Strategy Officer

Renee Wagner, 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

Meet new friends. Connect with your community.

Make an **IMPACT.**

The Dr. P.S. Bone Memorial TWIG 9 was founded in 1950, and named in honor of the long-time ear, nose and throat specialist who served the residents of Lancaster and Fairfield County. TWIG 9's early years consisted of an array of fundraising projects. Its members were instrumental in securing the dedication of the Father's Corner on the second floor of the hospital, and they hosted a Holiday House Bazaar for several years. In the late 1960s, TWIG 9 began the hospital's Baby Picture Service, which continued for many years. Today, TWIG 9 coordinates quarterly Imlay's Uniform sales, where community members and staff can purchase scrubs, shoes and more. They also are adding a new fundraiser this year: an electronics sale on Aug. 23, where buyers can purchase laptops, tablets, iPads, televisions, accessories and more.

For most of its existence, TWIG 9 has supported the Maternity Department with the belief that families begin there. Since 1950, TWIG 9 has donated more than \$280,000 to the hospital for the purchase of new equipment and the construction of new spaces. Every time a baby is born at FMC, Brahms Lullaby is played over the loudspeaker, courtesy of TWIG 9.

Since 1948, a powerful network of volunteers in the community, called "TWIGS," have dedicated themselves to transforming healthcare at Fairfield Medical Center. The impact of the collective power of the TWIGS has produced nearly \$4.3 million, which has gone toward purchasing life-saving equipment, creating new programs and more. **To learn how you can become a part of this lasting legacy, contact Amie Cohen, Donor Relations Representative & TWIG Liaison, at 740-689-4976.**

