



Fairfield Medical Center

THE MONITOR

FALL 2018

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FALL 2018

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THE MONITOR

Letter from the CEO

No matter how you live it, life is full of growing pains. At various points throughout our lives, we encounter people who challenge us or situations that push us outside of our comfort zones. These instances can make us feel uncomfortable, causing added stress or worry in our lives. The good news about growing pains is that they're usually short-lived and almost always make us stronger, wiser and better in the end.

Like people, organizations also experience growing pains. Fairfield Medical Center is no stranger to them – throughout our history, our organization has evolved over and over again in order to better serve the needs of our community. The upside of that growth has been the addition of new services, buildings and technology. The downside? Each time, it required us to pull our belts a little tighter, make some sacrifices and get creative about ways that we could manage our resources to provide the opportunity to usher in these new endeavors.

In my last *Monitor* column, I spoke about two major changes that Fairfield Medical Center has recently experienced – the on-going construction of our new River Valley Campus and the implementation of our new electronic medical record (EMR). Both of these projects represent investments in our long-term success. The River Valley Campus will allow us to better serve a growing community of patients, particularly with the addition of a second, 24-hour emergency department. Our new EMR now allows for a more seamless and comprehensive use of critically important patient care information. The new FMC Patient Portal allows our patients to securely access and manage their health information online, making it easier to order prescriptions, schedule appointments and view test results. We knew before embarking on both of these endeavors that each would come with its own set of growing pains. Anticipation of these challenges ahead of time has allowed us to plan accordingly and prepare for the uncomfortable months ahead. It feels good to know that the light at the end of the tunnel is growing closer – our staff and physicians have become proficient navigating the EMR and the last beam has officially been placed on the River Valley Campus, which is slated to open in the first quarter of 2019. We look forward to seeing the benefits of both of these massive undertakings in the coming year, and hearing how they impact your experience as a patient and member of our community.

In closing, I would like to take a moment to acknowledge our patients, physicians, staff and volunteers for staying the course during these times of growing pains. Together, we've navigated through this change with great grace and understanding. It's never easy to embrace change, but as I've personally come to find, it's inevitable and always worth it in the end.

John R. "Jack" Janoso, Jr.



Matters of the HEART

For what may have been years, Lisa Lipka was living her life unaware of the fact that a cyst was slowly growing right next to her heart.

Aside from occasionally feeling winded and short of breath, Lisa said she didn't have any noticeable symptoms that would have led her to believe that something serious was brewing on the inside. She was still able to keep up with her nine children, all of whom are homeschooled, while still making time for outdoor activities like hiking and gardening.

It wasn't until the cyst had grown to nearly the size of a grapefruit that it started to make its presence known.

"I remember the symptoms started on a Friday afternoon with a headache," Lisa recalled. "I took my blood pressure and it was elevated, which is odd because it's typically very low."

After a fitful night's sleep, Lisa's headache worsened. Her blood pressure was

still elevated, so she decided to go to Fairfield Medical Center's Emergency Department.

"They ran several tests, which included an X-ray, a CT scan and an ultrasound of the heart," Lisa said. "There were several providers all working together to try to figure out what was wrong with me."

Lisa's test results revealed a pericardial cyst. The pericardium is a membrane, or bag-like structure, that surrounds the heart and a pericardial cyst is a small, fluid-filled mass. It typically does not cause symptoms until it grows to the point where it is pressing on the heart or the large blood vessels leading to or from the heart, obstructing blood flow.

"They had no idea how long the cyst had been growing, but the doctors told me I shouldn't have been able to take more than three steps without becoming out of breath," Lisa said. "They were pretty amazed at how well I had been functioning."

“The doctors told me I shouldn't have been able to take more than three steps without becoming out of breath. They were pretty amazed at how well I had been functioning.”



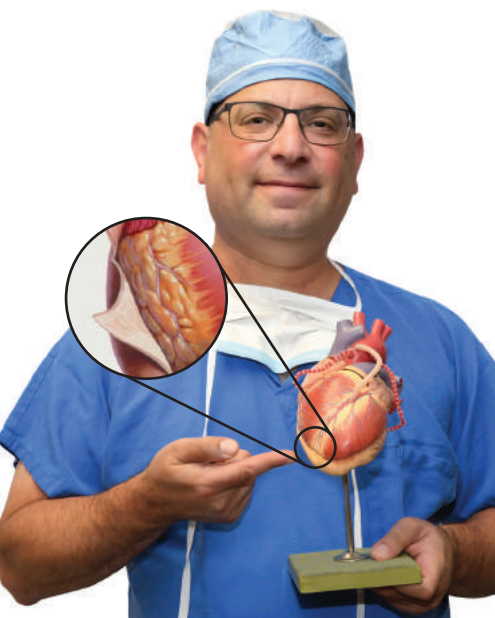
TAKE NOTE

Video-assisted thoracoscopic surgery is a minimally invasive surgical technique used to diagnose and treat problems in your chest. During the procedure, a tiny camera called a thoracoscope and surgical instruments are inserted into the chest through small incisions in the chest wall. The camera transmits images of the inside of the chest onto a video monitor to guide the surgeon in performing the procedure.

Dr. P. Aryeh Cohen, FMC cardiothoracic surgeon, points to the pericardium where he removed the cyst.

Pericardial cysts are rare, affecting 1 in every 100,000 patients, said Fairfield Healthcare Professionals cardiothoracic surgeon P. Aryeh Cohen, M.D.

"We can find these cysts when they are small, but we are more concerned when they cause symptoms," Dr. Cohen said. "They can become infected, or bleed. They cause chest pain by putting direct pressure on the heart. They also can cause shortness of breath by putting pressure on the lung. Generally, if these cysts are causing symptoms, it is beneficial for the patient to have them removed."





Lisa Lipka (center) and her children, (from left) Grace, Josiah and Faith, hike through Christmas Rock in Lancaster.

Lisa immediately underwent video-assisted thoracoscopic surgery (VATS) in order for Dr. Cohen to remove the cyst (see "Take Note" box). During the procedure, Dr. Cohen noticed that one of Lisa's lungs was very dark and black. The following day, pulmonologist Dr. Andrew Twehues removed a one centimeter section from Lisa's lung so it could be tested for cancer. Thankfully, the results revealed no cancer.

Lisa said the idea of both procedures concerned her because she wasn't sure how she would handle her recovery, as she is allergic to pain medication.

"My care team really worked with me to control my pain through a combination of Tylenol and Toradol, which is typically given for migraines," Lisa said. "Incredibly, it worked. I know it sounds strange, but I didn't have any pain after surgery."

Lisa said she was very impressed with the care she received during her time at Fairfield Medical Center. From the collaboration of the doctors to the compassion she experienced from a nurse who held her hand during a particularly uncomfortable test, she felt unafraid and confident the entire time that she was in the best of hands.

"All in all, my recovery was only two days, when it probably should have been about a week," Lisa said.

It wasn't long before Lisa was back to her normal, busy routine of home schooling, gardening and, most recently, hiking through one of her favorite scenic spots, Christmas Rock in Lancaster.

"I had a lot of faith in both God and my care team and they helped me through it," she said.

Gary Swope and his wife, Margie Swope, walk in the woods near their home.

WITH EVERY BREATH

As a retired wildlife officer, nothing gives Gary Swope more pleasure than being out amongst nature with a walking stick in hand and his wife, Margie, by his side.

When a stroke sidelined Gary several years ago, he worked hard to rehabilitate and get back to the outdoor activities he enjoys. He never imagined that just a short time later, his health would be challenged once again.

As a volunteer at FMC, I got to experience the staff on the other side of things – as the loved one of someone in the hospital. I was very impressed.

It was Christmas Eve 2016 when Gary, 76, woke up barely able to swallow. He also was experiencing soreness on one side of his body. When he described his symptoms to Margie, a retired lab tech, she insisted he go to Fairfield Medical Center's Emergency Department for testing.

"They did bloodwork and the labs came back abnormal," Gary said. "They took some films of my throat and discovered a mass of infection. It was so bad, the doctor couldn't get a scope down my throat."

Gary was diagnosed with Ludwig's Angina, a cellulitis of the neck and chest, and sent home with antibiotics and instructions to come back if his condition worsened. By that afternoon, Gary's breathing had become extremely labored. By the time he and Margie rushed through the doors of FMC's Emergency Department, Gary felt as though he was gasping for air.

"I was afraid that he was taking his final breaths," Margie recalled.

Ludwig's Angina is an infection of the skin and soft tissues just under the skin. It can progress rapidly, but Gary's team of doctors at Fairfield Medical Center were quick to act.

"They worked together as a team and saved his life," Margie said.

Fairfield Healthcare Professional's provider Andrew Dagg-Murry, M.D. said Ludwig's Angina is often related to an infected tooth but, in Gary's case, most likely started out as pneumonia with the fluid around the lungs acting as a source for the infection to grow. The infected fluid is thick and sets up "like Jello" inside the chest, Dr. Dagg-Murry said.

Margie, even with her clinical background, was stunned by the amount of fluid build-up inside her husband's body. She remembers watching in horror while FMC radiologist Ricardo Barboza, M.D. drained bags and bags of thick, yellowish fluid from her husband's lungs.

"It was neverending, and if you don't remove it, it just goes through your body and eats away at it," she said of the fluid.

While the condition is typically treated with three weeks of oral antibiotics, which had initially been prescribed to Gary, cardiothoracic surgeon P. Aryeh Cohen, M.D. was concerned that treatment might not be enough in Gary's case.

"In cases like these, the lung infection is so severe that infected fluid can collect in the space between the lungs and the rib cage," Dr. Cohen said. "This condition is very hard to treat with antibiotics alone; it usually requires a drainage procedure."

On Jan. 2, 2017, Gary underwent a 4-hour surgery with Dr. Cohen called video-assisted thoracoscopic surgery (VATS) to clean out the infection and help the lungs heal. By the end of the surgery, the majority of the fluid was gone, but Gary was left feeling very weak and unstable.

"A therapy team was called in to help him regain his ability to walk again," Margie said. "It was like he was completely starting over."

Gary was released from the hospital on Jan. 18, four weeks after his Christmas Eve diagnosis. While much of his hospital stay remains a blur, one portion of it stands out in his mind crystal clear – the caring and compassionate teamwork of the many different providers, nurses and specialists who treated him.

"Everyone was just on top of it; they kept us informed and answered questions –

they were very accommodating," Gary said. "They took care of my wife and my family, too."

Margie agreed. "As a volunteer at FMC, I got to experience the staff on the other side of things – not as a volunteer, but as the loved one of someone who was in the hospital," she said. "I was very impressed; the way that his caregivers collaborated and shared information and worked quickly to diagnose him and ultimately save his life."

Since his diagnosis, the road to recovery hasn't been easy for Gary. Two weeks after he was discharged from the hospital, he was readmitted, this time with severe back pain. Doctors found that the fast-moving infection had settled into the vertebrae of his spine, a condition known as vertebral osteomyelitis.

"Haemophilus is a common cause of respiratory track infections; it is likely that Gary had this infection develop and then the bacteria got into his blood and landed in his spine where it set up an infection," Dr. Dagg-Murry said. "Both Ludwig's Angina and then a spinal bone infection after it are exceedingly rare."

Gary was treated for 4 weeks with intravenous antibiotics, followed by oral antibiotics for an additional 3-6 months. He also was seen regularly by Dr. Dagg-Murry during that time. By July 2017, his labs had normalized, allowing him to slowly begin the path to healing once again.

"I still struggle with exhaustion and finding the energy to get back to the activities I once loved, but I'm just grateful to be alive," Gary said. "While there is a lot I wish I could do again, I've gotten into the mindset of being thankful for everything I can still do."

Marilyn Stephenson (far left) enjoys a meal with her children and grandchildren at her home in Lancaster.

CALMING THE CHAOS



When Marilyn Stephenson is asked to describe what life was like with chronic heartburn, a condition that plagued her for years and even landed her in the hospital, the word “chaos” always immediately comes to mind.

“I would tell people there was a lot of chaos going on inside of me,” she said. “The aches, the pain, the burning, the belching – that was my life and I had learned to live with it.”

Like many patients, Marilyn believed for a long time that her esophageal problems were the result of a sensitive stomach. She never went anywhere without her antacids, all while knowing that if she indulged in something spicy or acidic, she would pay for it later.

“There would be times where food would get lodged in my throat; I wasn’t choking, but I could feel that something was stuck, which would cause 5-10 minutes of panic as I tried to get it up,” Marilyn said. “Once that finally happened, I would be fine.”

People don't realize that it can be a bigger problem than just heartburn. That's why I thank God for the Heartburn Center. They changed my way of thinking and, ultimately, changed my life.



TAKE NOTE

The Fairfield Medical Heartburn Center provides state-of-the-art diagnosis and comprehensive treatment to patients suffering from gastroesophageal reflux disease (GERD). The Center offers diagnostic testing/therapies, a customized treatment plan, patient education and two options for anti-reflux surgery – the LINX® and the Nissen fundoplication. To learn more or to schedule a free consultation, call 740-689-6486.

The Fairfield Medical Center Heartburn Center team – Timothy Custer, M.D.; Tonya Mundy, R.N.; Srinivas Kolli, M.D.; Steven Cox, M.D.; Scott Johnson, M.D.; Jeffrey Yenchar, M.D.; David Hasl, M.D.; Margaret Sawyer, M.D. and David Robertson, M.D.

It's a scenario that Tonya Mundy, nurse coordinator for the Fairfield Medical Heartburn Center, knows all too well. A former reflux sufferer herself, Tonya sees patients like Marilyn on a weekly basis who are battling the pain, discomfort and embarrassment that accompanies acid reflux or gastroesophageal reflux disease (GERD).

"People don't realize heartburn/reflux can lead to bigger problems," Tonya said. "It can affect your health, your well-being and also your entire family. When your loved ones see you suffering, they suffer, too."

TAKING CONTROL

The Fairfield Medical Heartburn Center is supported by a team of multidisciplinary physicians who provide comprehensive diagnosis and treatment of GERD (see "Take Note" box). As the

nurse coordinator, Tonya offers free consultations for patients who are ready to find relief from their reflux symptoms. During the consultations, she provides education and talks about testing and treatment options. She also shares her own story.

"The way Marilyn described reflux is spot on, it feels like chaos," Tonya said. "It becomes a part of your life and you don't realize how bad you feel with it until you experience life without it."

Marilyn said she was introduced to the Heartburn Center and Tonya in late 2017 after a particularly concerning episode of regurgitation.

"I had attended a family gathering where I had my usual pizza and pop and later that night, I woke up to this wave of acid coming up," she said. "It felt like someone had lit a torch inside of me."





Pictured (above): Heartburn Center nurse coordinator Tonya Mundy talks with Marilyn.

REFLUX-FRIENDLY FOODS TO TRY:

Meats: Ground round or ground sirloin, flank steak, skinless chicken breasts and turkey

Seafood: Wild fish, shrimp and lobster

Grains: Multi-grain or white bread, cereal, oatmeal, bran, crackers, brown rice, pasta, corn, pretzels

Dairy: Egg whites, low fat milk, almond milk, soy milk, rice milk, feta cheese, non-fat cream cheese, non-fat sour cream, soy cheese, plain yogurt

Vegetables: Arugula, asparagus, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chard, collards, cucumber, eggplant, green beans, kale, leeks, lettuce, parsley, peas, baked potatoes, pumpkin, radish, spinach

Fruit: Apples, avocados, bananas, berries, cantaloupe, honeydew, mangos, papaya, peaches, pears, pineapple, plums, prunes, watermelon

Other: Ginger, fennel, fresh herbs, low-fat salad dressing

At the time, Marilyn was on an anti-reflux medication that had, up until that point, been providing her with some relief. Concerned about this sudden setback, Marilyn went to see her primary care physician, David Scoggin, M.D. During the visit, Dr. Scoggin handed her a list that would end up changing her life.

"It contained all of the foods I could eat and all the foods I couldn't eat, and he told me I needed to go on this diet right now," Marilyn said. "I was mad; I had gone from this pill, which had helped me for a long time, to a restricted diet."

Marilyn said she gave herself 24 hours to make a decision – did she want to eat whatever, and potentially experience another frightening episode of regurgitation, or did she want to go on the diet and feel better?

In the end, she picked the diet. She then scheduled an appointment with the Heartburn Center to undergo testing and meet with Scott Johnson, M.D., of the Fairfield Medical Heartburn Center, to discuss surgery options. With their help, Marilyn began to take control of her health, completely eliminating all the foods from her diet that had been making her sick. Within just two days, she started to notice a difference.

"I wanted to heal my esophagus and that's what I did," said Marilyn, who is no longer experiencing heartburn and has lost more than 50 pounds.

Marilyn said changing the way she eats wasn't as difficult as she imagined. As someone who loves to bake, she started to have fun switching up recipes to make meals more heartburn-friendly or, as her family jokingly calls it, "GERD for you." She sells her baked goods in the FMC cafeteria and is now looking to sell some GERD-friendly ones, as well.

"I've had people ask me, 'do you want to live the rest of your life on this diet?'" Marilyn said. "To be honest, I don't think about tomorrow or the future, I just focus on today. And I don't call it a diet – I call it a new lifestyle."

"GERD" FOR YOU

Tonya said there are many different options patients can consider when it comes to finding relief from heartburn or GERD. Following the initial nurse consultation, patients are encouraged to undergo testing to determine if what they are suffering from is indeed reflux. Once that diagnosis is made, a Heartburn Center physician will meet with the patient to discuss his or her options, which may or may not include surgery.

"Only a slim portion of our patients choose to do surgery; the majority are able to control their reflux through medication or lifestyle changes," Tonya said. "Every patient's path is different."

For Tonya, surgery ended up being the best option to treat her reflux; in 2017,

she had the LINX® Reflux Management System procedure and is no longer experiencing reflux. The LINX is a small, flexible band of magnets enclosed in titanium beads that is surgically placed around the esophagus to keep the weak lower esophageal sphincter closed.

For Marilyn, surgery was something she didn't want to undergo unless it was absolutely necessary.

"We try to always go the easiest route for the patient," Tonya said. "It's been so rewarding to be able to help someone like Marilyn accomplish her goals and then see the results of her hard work."

Marilyn said her best advice for other patients suffering from reflux is to not ignore their symptoms or brush them off as "just a little heartburn." Over time, reflux can cause serious complications to the esophagus, including cancer.

"People don't realize that it can be a bigger problem than just heartburn," Marilyn said. "That's why I thank God for the Heartburn Center. They changed my way of thinking and, ultimately, changed my life."

A SECOND SHOT



On the morning of May 8, the day Brittany Devall was set to compete in the Mid-State League Buckeye Division Track & Field Meet, the 16-year-old was feeling more nervous than usual. She was confident in her abilities, but also about to do something she had never done before – throw shot put just four months after undergoing surgery for a torn ACL.

"I lay awake in bed thinking, 'should I take this risk? What if I fall?'" said Brittany, a junior at Fairfield Union High School. "I had been waiting and working for this moment for so long, and now it was here."

For Brittany, a lot of hard work, pain and uncertainty had led up to this one important moment in her life. Almost immediately

after learning that she had torn her ACL for the second time in two years, she had been focused on one goal – recovering in time to compete in the MSL. Luckily, she had a supportive team on her side – her therapists, her athletic trainer and her orthopedic surgeon, Kristyn Darmafall, M.D. of Fairfield Healthcare Professionals.

"I love track and, in my first year, I ended up winning the MSL Buckeye Division in shot put," Brittany said. "Ever since then, it has been this dream of mine to compete in the MSL all four years of high school. It's just something I want to say I did."

A MAJOR SETBACK

Reinjuring herself was the last worry on Brittany's mind as she and her teammates competed in a basketball game against Teays Valley in December 2017. It was the end of the game, the Falcons were winning, and Brittany was elated to be back on the court.

"I had a previous ACL injury when I was 14 and that game against Teays Valley was significant because it was the first game where I finally felt like I was getting back at it," Brittany said.

Moments later, the game took a sudden turn for the worse.

"We were pressing the team and they threw the ball high, so I sprinted to get it," Brittany said. "That's when my knee caved in and I fell."

Fairfield Union Athletic Trainer Alex Craine immediately rushed in to do an evaluation. He initially thought it might have been a bone bruising, as Brittany didn't have the typical symptoms of a torn ACL, such as swelling and severe pain when she walked. He referred Brittany to Fairfield Healthcare Professionals Orthopedics to get an MRI of her knee.

A few days later, Brittany was on her way to basketball practice to watch her fellow teammates when her mother, Suzanna Devall, called her with the news.

"She told me Dr. Darmafall had read the MRI report and it was an ACL," Brittany said. "I was so upset; I remember trying so hard not to cry. Anyone who has been through it knows that a torn ACL is a mentally tough injury – it's not an injury where you are in a cast for a few weeks and then you're fine. The recovery is a very long process."

At Brittany's first appointment with Dr. Darmafall, she broached the subject of whether she would be able to compete in track, which was just four months away. Dr. Darmafall was honest in her feedback, telling Brittany she didn't think it was likely she would be ready. However, despite her doubts, she didn't discourage Brittany from her goal.

Brittany Devall practices shot put on the field behind Fairfield Union High School in Lancaster.



"As a former college athlete myself, I know how difficult it can be recovering from an injury," Dr. Darmafall said. "I try to encourage patients and remind them of their end goals, whatever those may be."

Brittany and Suzanna said from the very beginning, they felt comfortable with Dr. Darmafall and confident that they were in the best hands.

"Dr. Darmafall was great, she was understanding, she was like a friend," Brittany said. "It was obvious to me that she cared about my recovery."

On Jan. 9, Brittany underwent ACL surgery. Two days later, she was able to put weight on her knee, a positive first step in the right direction. In the months to follow, as winter slowly melted into spring, Brittany worked harder than she'd

ever worked before. The MSL meet was inching closer and closer, and Brittany wasn't about to let this opportunity slip away without a fight.

"I knew if I didn't work on it, it wasn't going to get any better," Brittany said. "I did all of my exercises and was making progress quickly. My range of motion was good and I was proud of that."

Brittany said her therapists at Fairfield Medical Center's Outpatient Therapy Services were, like Dr. Darmafall, supportive of her personal goal to make it to MSL.

"Every person at Fairfield Medical Center who worked with me was encouraging – they never acted like my dream was something I couldn't achieve," she said.

Dr. Darmafall said recovering from ACL reconstruction can take anywhere from 6-12 months before the patient recovers adequate strength, balance and agility to return to a level 1 sport, such as football, soccer, basketball, lacrosse and rugby. There is a range for when a patient is cleared to return to a sport based on functional testing performance, which evaluates limb symmetry between the surgical knee leg and the uninjured leg.

She said when she saw Brittany in clinic a few weeks later, she was pleasantly surprised with her progress.

"I was impressed with where her strength and balance were at this point in a normal recovery, especially considering the full year it took her to recover her strength after her first ACL surgery," Dr. Darmfall said.

“Every person at Fairfield Medical Center who worked with me was encouraging – they never acted like my dream was something I couldn't achieve.”



During that appointment, Brittany nervously raised the question she had asked several months prior – did Dr. Darmafall think she would be able to compete in the MSL that May?

Dr. Darmafall said she was still reluctant, as she was envisioning Brittany using a high-level rotation pivoting maneuver to throw, which would have put a lot of strain across the ACL graft. When Brittany explained that she planned to do a gliding type of throw, the mood in the room suddenly changed.

“She demonstrated the power throws she was hoping to do,” Dr. Darmafall said. “Based on how well she had committed to her rehab and training, I felt comfortable enough to consider allowing her to safely work toward being able to perform those two power throws potentially by the end of the season.”

Brittany was thrilled – but there were still a few hurdles she would have to scale. She would need to wear a special ACL functional brace due to her early return and if it rained on the day of the meet, she was out of luck. She also would need to get cleared by the therapy team and Alex Craine. With just weeks to go, Brittany worked hard to get all of the approvals she needed to compete.

“While I did set high standards for this early return to competition, Brittany was dedicated and passed every test Alex and I threw at her,” Dr. Darmafall said. “I

was proud of how hard Brittany worked at meeting her goal of throwing at MSL, especially given the rocky course she had with her first ACL injury recovery.”

AN ADDED REWARD

On the day of the MSL, Brittany learned that a very special fan would be watching her from the stands – the physician who had been with her every step of the way, Dr. Darmafall. Dr. Darmafall said she was both nervous and excited to watch Brittany finally compete.

“Brittany worked so hard on her recovery after the second ACL surgery, despite having had a difficult prior experience, that she truly earned this opportunity to throw shot put,” Dr. Darmafall said.

The hard work ended up being worth it. Brittany competed flawlessly and left the meet with a first-place medal.

“She truly worked harder than almost any athlete I have seen and I wanted her to be happy with her performance whether she finished first or last,” Dr. Darmafall said. “Being present when she took first place was an added reward!”

Brittany said she is thankful to Dr. Darmafall, Alex and the Outpatient Therapy staff at FMC for supporting her goal and helping her reach it. She said she hopes her story inspires other athletes who are in her situation.

“I want other female athletes, especially those with ACL injuries, to know that if they work hard, they can meet their goals,” she said.

Fairfield Healthcare Professionals is a multi-specialty medical group owned and operated by Fairfield Medical Center that was formed for the purpose of providing healthcare services in Fairfield and contiguous counties. To learn more about Fairfield Healthcare Professionals Orthopedics, call 740-689-4935.



Brittany and Dr. Darmafall smile for a photo following the MSL meet on May 11.



TOUGH AS IRON

As someone who has experienced a lot of cancer in her family, Tracy Simons has always been ultra-vigilant about her health, knowing that the possibility of it impacting her at some point in her lifetime was likely.

"On my mother's side of the family, we've seen brain, pancreatic and uterine," Tracy said. "But on my father's side, it's a mystery."

When she spoke about her family history of cancer with Deidre Arms, CNP, of the Women's Comprehensive Health Center in Lancaster, she was intrigued to learn that the office offered genetic testing, which can estimate a patient's likelihood of developing cancer in their lifetime. The testing, which is done through a simple blood test, searches for specific changes, called mutations, in the patient's genes, chromosomes or proteins.

While a genetic test cannot confirm whether a patient will develop cancer, it

can predict a patient's risk of a particular disease, as well as uncover genes that may pass an increased cancer risk on to the patient's children.

Tracy opted to undergo the genetic testing, which revealed that she did in fact have an unidentified mutation on the gene. A colonoscopy and further testing revealed a devastating diagnosis – stage 3 colon cancer.

"Deidre was my saving grace; had the genetic testing not been recommended to me, the cancer likely wouldn't have been found until I was 50," said Tracy, who was 47 when she was diagnosed and has been in remission since January. "By then, I might have had a much different outcome."

Laurianne Scott, D.O., of the Women's Comprehensive Health Center, said genetic testing is considered when reviewing a patient's family and health history. Colon,

pancreatic, breast and uterine cancer, as well as malignant melanoma, are all types of cancers that can be genetic. If the patient is under the age of 50 and has a family history of those types of cancers, a personal history of cancer or an unknown family history, genetic testing is considered.

"Knowing family history is important because it helps your healthcare provider individualize your care based on certain diseases that have a genetic predisposition," Dr. Scott said. "In Tracy's case, her compliance and receptiveness to have genetic testing done as well as her willingness to follow recommendations based on her genetic test results led to an early diagnosis of her disease."

Early cases of colon cancer typically begin as noncancerous polyps that don't cause symptoms, but can be detected through a colonoscopy. When symptoms do occur, they vary depending on the size and



TAKE NOTE

Family history is significant when it comes to determining your risk for developing colorectal cancer in your lifetime and, as with any cancer, early detection is the key. "Colon cancer is easily detected, and even preventable, with the appropriate screening measures," said Margaret Sawyer, M.D., of General Surgical Associates. "Colonoscopy, the main screening tool, is usually not difficult and there are much easier prep options available today. Unfortunately even without a family history, we are all at risk of developing colon cancer, even at a younger age. Because of this, the age to begin colon cancer screening has been lowered to 45. Be sure to discuss the new screening guidelines with your doctor and get screened."

location of the cancer. Some commonly experienced symptoms include changes in bowel habits and stool consistency, blood in the stool and abdominal discomfort.

Tracy, whose cancer was located in the cecum, or beginning of the large intestine, said she had been experiencing fatigue and pain in her right side prior to her cancer diagnosis, but she had attributed it to a recent diagnosis of diverticulitis.

"I didn't have any visible bleeding or changes in bowel habits, which are typically the most common warning signs of colon cancer," Tracy said.

Tracy opted to do her treatment at Fairfield Medical Center so she could be close to home. She underwent a colectomy, in which a third of her colon was removed. Through it all, she remained strong with the help of her cancer care team.

"That was a hard time for me; if there

is a side effect to anything – surgery, medication, an illness, I get it," said Tracy, who had to take leave from her job while undergoing chemotherapy. "Luckily the care I received at Fairfield Medical Center was wonderful."


Tracy was impressed by the attention she received in the hospital, both after her surgery and throughout her chemotherapy. She said all of the nurses were attentive and her oncologist, Kanjawalit Singh, M.D. did a great job of explaining the next steps of her treatment, even drawing pictures to help her understand.

"I have had surgeries at other hospitals and FMC is by far the best," Tracy said. "In the past, I've found that when you get to your room, the care goes down because of understaffing, but that wasn't the case here. The pre-op was great, the doctors were very nice and the care was exceptional."

Tracy said one of the hardest parts of her cancer journey was being away from her job. Tracy is a program specialist for AEP's ReCreation Land Park, a 52,920-acre outdoor recreation area in McConnelsville built on land once strip mined for coal. She also volunteers her time taking care of wildlife at Hocking College. She has since returned to work and, in that time, has taken on a new role in her personal life – educating others about the importance of knowing their family history and the warning signs of colon cancer.

"My advice is to advocate for yourself and find a doctor who listens to you," Tracy said. "All of my doctors listened to me and were on top of it every step of the way."

To learn more about genetic testing or the Women's Comprehensive Health Center, contact Dr. Scott's office at 740-689-2079.



My advice is to advocate for yourself and find a doctor who listens to you. All of my doctors listened to me and were on top of it every step of the way.

Pictured (left): Tracy Simons smiles for a photo in front of the Big Muskie, a coal-mining dragline excavator located at AEP's ReCreation Land Park, where she works as a program specialist. (bottom photo): Tracy holds Dragon, a hawk she cares for at Hocking College.



HEALTHY HABITS

Flu Season is Here; Do Your Part to Stop the Spread of Infection.

Tina Cass & Kristin Shuman, FMC Infection Control practitioners

Influenza (flu) is a respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs. It can cause mild to severe illnesses and, unfortunately, even death. People with the flu often complain of a fever, cough, sore throat, body aches, headaches, and/or fatigue. Some may have vomiting and diarrhea, although this is more common in children than adults.

How is influenza spread?

The influenza viruses are spread by tiny droplets made when people cough, sneeze or talk. The droplets can land in the mouths or nose of people who are nearby. A person might also get influenza by touching a surface that has the influenza virus on it, and then touching their own mouth or nose. That's why it's important to cover your mouth when coughing or sneezing to protect everyone around you.

Do I need vaccinated?

The Center for Disease Control (CDC) recommends a yearly influenza vaccine (for everyone 6 months and older) as the most important step in preventing influenza. The vaccine protects against multiple influenza viruses. There are many different influenza viruses, so it is still possible to become infected with influenza after getting the vaccine. However, your illness may be less severe.

Influenza prevention:

- Wash your hands with an alcohol-based hand sanitizer or soap and water.
- Use the paper towel in public restrooms to turn the water off and open the door.
- Wipe off the cart handle when shopping.
- If you are sick, stay home.
- Don't touch your eyes, nose or mouth with unclean hands.
- When visiting in the hospital, wash your hands when you arrive and before you leave.

MYTH

You can catch the flu from the vaccine.

FACT

The vaccine is made from an inactivated virus that cannot transmit the infection. It takes approximately two weeks for your body to form antibodies to the vaccine to fully protect you, so it is possible for you to catch the flu even after receiving the vaccine.



MYTH

The flu vaccine will 100% prevent the flu.

FACT

A flu shot is about 60-90% effective, mainly because multiple strains of the flu circulate each year. Therefore, you can still get the flu, even if you have been vaccinated.

Take extra precautions to safeguard yourself – avoid contact with people who have the flu and wash your hands frequently.



MYTH

You don't need to get a flu shot every year.

FACT

The influenza virus changes each year, which means the vaccine you received last year may not work against the current year's strain.



MYTH

The flu is just a bad cold.

FACT

The flu is a serious disease, especially in at-risk populations such as babies, children, older adults and people with compromised immune systems.



MYTH

I'm young and healthy, so I don't need the flu shot.

FACT

While the flu can lead to more serious complications for at-risk populations, it is still important for everyone to get their flu shot to lessen the spread of the disease. Think of it this way – you will be doing a favor for your child, grandchild or grandparent.





Members of the Van Camp family stand beneath the sign that was dedicated on June 14.

A LASTING LEGACY

When it comes to the city of Lancaster, there was little in the community that Paul Van Camp's philanthropic spirit didn't touch during his lifetime.

From local businesses to community organizations to healthcare, Van Camp was determined to do what he could to make his community a better place. It's a legacy that his family and friends want to continue to carry on for many years to come.

On June 14, Fairfield Medical Center renamed its Emergency Department Lobby the Paul Van Camp Lobby in honor of the late business leader and philanthropist, who passed away in 2015.

The commemoration included Van Camp's family, who have

made a transformative gift to support the patient-focused mission of Fairfield Medical Center.

"Paul Van Camp changed the fabric of our community and his legacy of compassion impacted countless lives," said Tracy Kelly, Executive Director of the Fairfield Medical Center Foundation. "Community members from all walks of life are touched by the healing hands of FMC's clinical staff, and Mr. Van Camp's legacy will live on in the hearts of those patients and families who are impacted by this heartfelt act of generosity."

Throughout his life, Van Camp was devoted to numerous community institutions, including serving as a board member of Fairfield National Bank and Lancaster Bingo Company, and as a past

board member, treasurer and president of the Lancaster Festival.

He also owned and operated First Medical Urgent and Family Care in Lancaster from 2005 until his passing. The urgent care was purchased by Fairfield Medical Center in 2016 and renamed First Medical Urgent Care.

"Paul was kind, straightforward in his thoughts, and really cared about the community he lived in," said Tina Anderson,

Manager of First Medical Urgent Care. "Paul did things he thought were right for the community because he cared about it."

If you are interested in learning more about philanthropic support for Fairfield Medical Center, please contact the FMC Foundation at 740-687-8107.



Emergency Department manager Angela Snider (far right) applauds with members of the Van Camp family as Paul Van Camp's name is revealed in the lobby on June 14.



FALL 2018

Calendar



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

Registration is required, as

dates are subject to change.

Price: \$40/family

Dates/Times:

Nov. 5 – 5:30-9 p.m.

Dec. 3 – 5:30-9 p.m.

Location:

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

Breastfeeding

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

Registration: 740-687-8218

or mollyd@fmchealth.org

Registration is required, as

dates are subject to change.

Price: FREE

Dates/Times:

1st Wednesday of each month from 6-8:30 p.m.

Location:

Maternity Unit 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

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

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

Registration is required, as dates are subject to change

Price: \$90/family for 3-day, 2-day or online session.

3-Day Class Dates/Times:

Mondays, Nov. 5, 12 & 19
5:30-9 p.m.

Mondays, Dec. 3, 10 & 17
5:30-9 p.m.

2-Day Class Dates/Times:

Sunday, Nov. 4 – 8 a.m.-3 p.m. &
Monday, Nov. 5 – 5:30-9 p.m.

Sunday, Dec. 2 – 8 a.m.-3 p.m. &
Monday, Dec. 3 – 5:30-9 p.m.

Don't have time to attend our in-person childbirth classes? Our online childbirth class may be the perfect option for you. You also can tour our Maternity Unit for free from 6-7:30 p.m. Oct. 28, Nov. 26 and Dec. 16. Registration is requested for both the online classes and the Maternity tour. To register, call 740-687-8218 or send an email to mollyd@fmchealth.org.

Sibling Class

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

Registration: 740-687-8218

or mollyd@fmchealth.org

Registration is required, as

dates are subject to change.

Price: \$15/family

Dates/Times:

Call for dates/times

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

Dates/Times:

Dec. 27 – 8:30 a.m.-3:30 p.m.

Location:

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

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

Prostate Health Education Group

A presentation about prostate cancer screening, treatment choices, and the consequences of surgery and radiation.

Price: FREE

Date/Time:

Nov. 12 – 7-9 p.m.

Location:

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

Shine the 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. 8 – 6-7:30 p.m.

Location:

FairHoPe Hospice & Palliative Care's Pickering House
282 Sells Road, Lancaster

Lung Screening

A physician order is required for this screening. Candidates must be men or women 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 Central Scheduling to register at 740-687-8666.

Price: Funding is available for those who qualify.

Date/Time:

Nov. 3

Location:

Fairfield Medical Cancer
401 N. Ewing St., Lancaster

Grandparenting Class

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

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

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

Dates/Times:

Monday, Nov. 26 – 3:30-5 p.m.
Sunday, Dec. 16 – 3:30-5 p.m.

Location:

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

Gentle Yoga/Tai Chi/ Gentle Exercise

This introductory class for cancer patients/survivors includes gentle movement, breathing and deep relaxation. Tai Chi (can be done seated in a chair) and Gentle Exercise are beneficial to cancer patients/survivors. Guests/caregivers welcome.

Registration: Not required.
Price: FREE

Dates/Times:

Exercise – Mondays 10-11 a.m.
Yoga – Thursdays 10-11 a.m.
Tai Chi – Thursdays 11:15 a.m. -noon

Location:

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

TWIG 7 Tree of Light

Memorialize a loved one by placing a star or angel on one of two trees at Fairfield Medical Center. If you wish to purchase a star or angel, donation envelopes are available in the Main and North Information lobbies at FMC

Registration: Not required.
Price: FREE

Date/Time:

Tuesday, Nov. 20 – 1 p.m.

Location:

FMC Main Information Lobby
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:

Nov. 3 – Noon-3:30 p.m.

Dec. 1 – Noon-3:30 p.m.

Jan. 5 – Noon-3:30 p.m.

Feb. 2 – Noon-3:30 p.m.

Location:

Fairfield Medical Center
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:

Nov. 3 – 8:30 a.m.-noon

Dec. 1 – 8:30 a.m.-noon

Jan. 5 – 8:30 a.m.-noon

Feb. 2 – 8:30 a.m.-noon

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster



Heart to Heart Support Group

This new support group is designed for individuals or family members of those living with heart-related conditions. A registered dietitian will discuss heart-healthy foods with a strong focus on holiday eating. The event will include a bingo game to win a \$50 gift card to a local grocery store.

Registration: 740-687-8960

Price: FREE

Dates/Times:

Nov. 6 – 4-5 p.m.

Location:

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

Diabetes Self-Management Education/Support

This program is designed to teach 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

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.

Oct. 29 Holiday Eating)

Nov. 26 (What is a Pancreas? & Cookie Exchange)

Dec. 17 (Effects of Alcohol)

Jan. 28

Feb. 25

Location:

FMC Assembly Rooms
401 N. Ewing St., Lancaster

Project DAWN

Project DAWN is a community-based overdose education and naloxone (Narcan) distribution program. Through this program, 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 and a light meal will be provided.

Registration: Not required.

Price: FREE

Date/Time:

Oct. 17 – 5 p.m.

Location:

FMC Assembly Rooms
401 N. Ewing St., Lancaster

Turkey Day 5K

Get your Thanksgiving Day off to a healthy start! Sponsored by the Fairfield Medical Center Foundation.

Registration: Register online at fmchealth.org or download the form from the website and mail it to: Fairfield Medical Center, Attn: Marketing Dept., 401 N. Ewing St., Lancaster, OH 43130. You also can register on the day of the race.

Price: \$25/person by Nov. 1 (includes a long-sleeved shirt), \$30 day of race. Children 13 and under are free.

Date/Time:

Nov. 22 – 8:30 a.m.

Location:

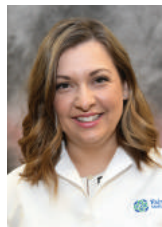
Forest Rose School
1592 Granville Pike, Lancaster



More info at fmchealth.org

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."



Brooke Boron, C.N.P.
Hospice of Central Ohio
2269 Cherry Valley Road,
Newark
740-788-1400



Brandon Cho, M.D.
Gallo & Cho Eye &
Facial Plastics
618 Pleasantville Road,
Suite 204, Lancaster
740-687-6902



David L. Cummin, M.D.
FHP Primary Care of Logan
751 State Route 664 N,
Logan
740-385-9646



**F. Kevin Hackett,
M.D., FACC**
Mt. Carmel Columbus
Cardiology
745 W. State St.,
Suite 705, Columbus
614-224-2281



Jennifer Heck, C.N.P.
FHP Gastroenterology
1500 E. Main St.,
Suite 2D, Lancaster
740-687-9182



Sean Jerig, M.D.
River Valley Women's Health
1319 E. Main St.,
Lancaster
740-687-2229



John Lazarus, M.D., Ph.D.
FHP Cardiology
2405 N. Columbus St.,
Suite 100, Lancaster
740-689-4945



Vinay Mulkanoor, D.O.
1550 Sheridan Dr.,
Suite 103, Lancaster
740-475-0058



Nicole Sabatina, D.O.
FHP Orthopedics
401 N. Ewing St.,
Lancaster
740-689-4935

FHP Bremen
80 Logan-Thornville
Road, Bremen
740-689-4935



Jeffrey Pearch, D.O.
FHP Psychiatry
131 N. Ewing St., Unit C,
Lancaster
740-689-6600



Joshua Silverstein, M.D.
Mt. Carmel Columbus Cardiology
85 McNaughten Road,
Suite 200 & 300, Columbus
614-244-2281



Ashley Wilkett, C.N.P.
FHP Pulmonology-Critical Care
618 Pleasantville Road
Suite 303, Lancaster
740-689-4925

THE MONITOR

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Sky Gettys
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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.
Chief Medical Officer

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Angela Krile

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Linda Sheridan

Susan Nixon-Stoughton

Milt Taylo

Bill Yaple

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Risha Wagner

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 community.

Make an **IMPACT.**

Celebrating 70 years! Organized in 1948 as a way to give purpose and direction to a memorial fund that had been established in honor of the late Myrtle Ginder Smith, TWIG One is the oldest of Fairfield Medical Center's TWIGs. TWIG One was known in its early days for its annual Christmas Bazaar and Candlelight Ball. But TWIG One didn't just throw great parties – they also worked hard to improve FMC's facilities by supporting the passage of a bond issue that was used to construct an addition to the hospital in 1953. Today, this 26-member TWIG is known for its Cancer Care Run & Walk, which is held annually in October to benefit local cancer patients at Fairfield Medical Center. This year's Cancer Care Run & Walk took place on Saturday, Oct. 6 at Martens Park in Lancaster. Thank you to everyone who participated in this important event or has participated in the past.

Since 1948, a powerful network of women 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 dollars, 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 the FMC Foundation office at 740-687-8107.**

