



THE MONITOR

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LETTER FROM THE PRESIDENT & CEO

John R. "Jack" Janoso, Jr.

This past June, shortly before we officially opened the doors of our River Valley Campus, we invited the community to attend an "open house" and get a first glimpse of the new building. I anticipated a good turnout from our community, but nothing could have prepared me or our team for the number of people who would end up coming through our doors that evening. As I watched a continuous stream of residents make their way through the facility – touring exam rooms, asking questions and admiring their surroundings – I felt a sense of not only pride, but thankfulness. A project the size and scale of the River Valley Campus can't be considered a success without the support of our community, and for that, I'm truly grateful.

As the largest employer in Fairfield County, we at Fairfield Medical Center have a lot to be grateful for during this season of Thanksgiving. We've been an independent healthcare provider for more than 100 years. We have a community that entrusts us with their care and supports our endeavors and gives us their feedback so we can grow to better serve their needs through new technology, facilities and services. We have dedicated, high-quality staff members and providers who choose to come work for us because they have personally witnessed how we live out our mission and values, and they want to be a part of that culture. In addition, we are thankful to have a Board of Directors that is truly invested in the community and makes decisions based upon what's best for the organization. It's easy to take all of these blessings for granted or – even worse – only focus on the negative, but that's not Fairfield Medical Center's way of operating. Together, we all make an amazing team and I couldn't be prouder of how we've grown together.

As we make our way to a new year, we hope to continue to show our appreciation to you by growing as an organization to better serve you and your family. Thank you for inspiring us to continue to make a difference.



John R. "Jack" Janoso, Jr.

Community members line up outside the River Valley Campus on June 21 to wait their turn to view the new facility, which officially opened in September.

WHOLE NEW WORLD

In March 2018, Donald Tinnermann was facing an unexpected – and uncertain – future.

Fortunately, after receiving care for more than a year at various medical facilities, including Fairfield Medical Center's Wound Clinic, his life is finally back on track.

"If you would have asked me last year whether or not he'd see his 74th birthday, I wouldn't have had an answer," said Donald's wife, Jan. "But he's a miracle," she smiled. "Everyone says so."

Donald, a retired firefighter and Columbus native, was never really bothered by his type II diabetes. "Sometimes I would take my medicine, sometimes I wouldn't," he admitted. But after contracting a near-fatal infection, he's adamant that he doesn't miss doses anymore.

Last spring, a seemingly normal morning took a turn for the worse when Donald fell suddenly ill. "I was in the car with Jan,

and there was a bright light – so bright that I couldn't see anything," Donald recalled. "I don't remember anything after that."

Suspecting a stroke, Donald was rushed to a Columbus hospital. Once he arrived, however, his symptoms began to change. Initial testing ruled out a stroke – but it didn't provide any answers. Several hours and multiple biopsies later, it was determined that Donald was suffering from necrotizing fasciitis, an infection more commonly known as the "flesh-eating disease."

Necrotizing fasciitis, which is caused by bacteria, usually enters the body through an open wound or break in the skin. It spreads quickly, killing the body's soft tissue as it progresses. In Donald's case, the infection was the result of a breakdown of cells brought about by his unchecked diabetes.

In a matter of hours, what started as a small, pink rash on the inside of Donald's ankle had spread across the entirety of his leg. As the infection advanced and more of his tissue became affected, Donald's leg began to swell and split. Meanwhile, his health was rapidly declining.

Donald was placed on life support and put into a medically induced coma, marking the start of his two-month stay in the ICU. "He was only given a 20 percent chance of survival," Jan recalled solemnly.

While she prepared for the worst – which included finalizing Donald's funeral arrangements – Jan tirelessly persevered and advocated for her husband. When the physicians recommended



A lot of good people got me here. I never could have done it by myself.

amputating Donald's leg, Jan resisted. When they began to discuss removing Donald's life support, she downright refused. "I think I knew in my soul he was going to be okay," Jan remembered.

"Not many people can say they got to read their own obituary," Donald admitted light-heartedly.

After weeks of intensive care, Donald's condition began to improve – but he found himself facing a difficult road to recovery. The infection had left him incapacitated: he needed to learn how to eat, swallow and walk again.

Donald was transferred to a series of rehabilitation centers to regain his strength and ability to perform day-to-day functions.

"The physical therapy team at Main Street Terrace was wonderful – they were the ones that referred us to the Wound Clinic at Fairfield Medical Center," Jan shared. "And they've done a marvelous job: the Wound Clinic is a 20 on a scale of 10."

Fairfield Healthcare Professionals Vascular Surgeon James Pan, M.D., and Debbie Paynter, CNP, have been helping Donald heal since his first appointment in June 2018.

"It's comforting having the same care team for the past year," the couple agreed. "You just know everything's going to be fine, that they're going to take care of you – even when things feel really fragile."



Donald Tinnermann and wife, Jan, walk along the beach at Apple Valley in Howard, OH.

CONTROLLING DIABETES

One out of every 10 adults in the United States has diabetes. Of those, one out of every four does not know they have the disease.

Diabetes is characterized by excess sugar in the blood, which can lead to an increased risk of serious health issues, including infection, heart disease, stroke, kidney failure, vision loss and nerve damage. Fortunately, with a healthy lifestyle and the right education, diabetes – and its complications – can be controlled.

Fairfield Medical Center's comprehensive Diabetes Self-Management Education and Support Program has been designed to teach patients the skills they need to manage their blood sugar levels, including how to properly use medications, make healthy diet choices and lead an active lifestyle to improve overall health.

For questions or more information, contact Diabetic Instructor Stephanie Van Horn at 740-687-8492.

Source: Centers for Disease Control and Prevention

Donald initially began attending visits at the Wound Clinic on a weekly basis, where the staff would change his dressing and evaluate the best treatment plan for his extensive wounds. As time passed and his healing continued, the staff taught Jan how to care for her husband at home.

"We're fortunate to have Fairfield Medical Center so close to where we live; everyone at the Wound Clinic has been so reassuring, so encouraging," Jan said. "It's always 'call if you have any questions, call if you have any concerns, call if you need any help.' It has just been wonderful."

Now, Donald only visits the Wound Clinic once to twice a month. Defying all odds, he's gone from having to be transported to the clinic in a wheelchair to walking through the doors with barely a limp.

"Seeing our patients improve and heal the way Donald has is the most rewarding part of our job," said Debbie

Paynter, CNP. "He and Jan are both truly amazing people."

Donald still has two small wounds that are in the process of healing, but it's a far cry from where he was a year ago. As his recovery continues, he has reclaimed a quality of life that he feared might have been lost forever.

"I can drive wherever I want to go now; I can take care of the lawn and socialize with friends – I'm fortunate," Donald said. "My story has a good ending." Donald and Jan also have resumed one of their favorite pastimes: camping at Apple Valley in Howard, Ohio.

While the Tinnermanns will be glad to see this chapter come to a close, they won't soon forget the people that helped make it possible.

"It was our faith, our support system and the expertise of all the medical professionals involved that got us through this," Jan said.

Donald agreed. "A lot of good people got me here," he said. "I never could have done it by myself."

DONALD'S CARE TEAM



James Pan, M.D. is a board-certified general and vascular surgeon, and is also a member of the American College of Surgeons and a Fellow in the Society of Vascular Surgery. Dr. Pan is a Registered Physician in Vascular Interpretation and is certified in Hyperbaric Oxygen Chamber Therapy, as well as Wound Care.



Debbie Paynter, CNP joined the staff of FMC's Wound Clinic in 2018 as an advanced practice provider.



Christine Arni and her husband, Mark, walk with their family through the woods near their home.

A MISSION OF **HEALING**

Christine Arni, 53, of Lancaster, has dedicated her life to serving others. Every year, she and members of her family travel to Honduras on a mission trip through their church to provide support and education to people in need.

But when Christine discovered that she had breast cancer just months before one of her regularly scheduled trips, she was faced with the possibility of having to cancel her travel plans. Determined to make a full recovery – and still visit Honduras as scheduled – Christine put her trust in the cancer care program at Fairfield Medical Center.

Christine found a lump in her left breast in late January of 2018. Her general surgeon, Scott Johnson, M.D., FACS, of Fairfield Health Professionals General Surgery River View, initially evaluated the lump using an ultrasound and core needle biopsy. Just a few days after contacting Dr. Johnson, Christine was diagnosed with Invasive Ductal

Carcinoma (IDC), the most common type of breast cancer.

“I have eight children, and I had a lot of living left to do,” Christine said of her initial emotions about the life-changing diagnosis.

With her family in mind, Christine



Christine Arni reads a book about Honduras to husband, Mark, and their family at their Lancaster home.

It's very clear that the whole cancer care team, the whole oncology department, works closely with each other to make certain the experience is the least stressful that it can be for the patient and their family.

of Shelly. Christine began intensive rounds of chemotherapy in March with the goal of keeping her planned mission trip on track and transitioning into radiation therapy upon her return from Honduras. But during her chemotherapy, Christine encountered an unexpected hurdle that almost prevented her from boarding her plane: Dr. Singh and Shelly delivered the news that Christine was not a candidate for radiation.

Christine determined that an expander implant-based reconstruction would be Christine's best option. In this type of reconstruction, tissue expanders prepare a space for the long-term breast implant.

Supported by the compassion and care of her team at FMC, Christine felt healthy and confident enough to keep her travel plans. A few weeks prior to her double mastectomy surgery, she boarded her plane for her yearly mission trip. That trip was an especially memorable one for Christine, making a difference in the lives of others while celebrating her 30th wedding anniversary with her husband.

Upon her return from Honduras, Dr. Johnson performed her double mastectomy, and Dr. Lichten placed the tissue expanders during the same operation. Just a few months later, one of the final steps of Christine's cancer treatment was completed when Dr. Lichten successfully placed Christine's long-term implants.

Christine says that the team approach at Fairfield Medical Center had a big impact on her treatment process. "It's very clear that the whole cancer care team, the whole oncology department, works closely with each other to make certain the experience is the least stressful that it can be for the patient and their family," Christine said.

gathered all of her courage to tackle her cancer diagnosis by creating a plan with her oncology care team, which included Fairfield Healthcare Professionals Oncologist Kanwaljit Singh, M.D., and FMC Oncology Nurse Navigator Shelly Romine. Christine quickly formed a bond with her caregivers, especially Shelly, whose role is to offer individualized assistance to cancer patients through the entirety of their cancer treatment.

"I remember thinking, 'Wow, that sounds wonderful – there's someone who will walk with me through the process and help guide the journey through these uncharted waters,'" Christine said

Christine was taken aback by the unanticipated news. Her only option for treatment was now a double mastectomy. "Having a cancer diagnosis in and of itself is enough to shock someone," Christine said. "Now such a large part of my femininity was going to be taken away from me."

Despite her fears, Christine was comforted by Shelly's promise: she would never be alone in her journey. With her treatment plan revised, the team moved forward.

After explaining the change of plans to plastic surgeon Jason Lichten, M.D., of Central Ohio Plastic Surgery, he and

Christine recently celebrated being one year cancer-free and, this summer, she traveled to Honduras with her family to continue her mission of serving others. Before she left, she once again received support from Shelly, who supplied her with cancer prevention materials in Spanish to educate women in the rural area Christine serves.

“Shelly has continued to be a partner – even here a year out from treatment,” Christine said.

WHAT IS A NURSE NAVIGATOR?

Navigating a health concern and treatment can be daunting. But with the help of FMC's nurse navigators, patients don't have to do it alone. The nurse navigator is by the patients side every step of the way, providing guidance through every part of their treatment journey.

Nurse navigators provide support and education, as well as maintain open communication between the patient, their family and the care team. From managing appointments and referrals, to guiding expectations before, during and after treatment, the nurse navigator will ensure care runs as smoothly as possible.



Christine Arni
and Shelly Romine,
nurse navigator

CHRISTINE'S CARE TEAM



Scott Johnson, M.D., FACS
is a board-certified general surgeon with Fairfield Healthcare Professionals General Surgery River View in Lancaster.



Jason Lichten, M.D.
is a board-certified plastic surgeon who performs cosmetic and reconstructive surgery. His office, Central Ohio Plastic Surgery, Inc., is located in Lancaster.



Shelly Romine, MSN, RN, BC, CCRN
is one of two oncology nurse navigators at FMC. Shelly serves as a liaison between the patient and provider while providing emotional support and education.



Kanwaljit Singh, M.D.
is a board-certified medical oncologist and hematologist with Fairfield Healthcare Professionals Hematology-Oncology in Lancaster.

Redefining **GOALS**

If you were to ask Fairfield Union soccer player Brianna "Bri" West what one of her goals in life is, she would say to play soccer in college. But after two knee injuries sidelined her from the sport she loves, the therapy team at Fairfield Medical Center inspired her to reach a new goal.



Ever since Bri West, 17, of Lancaster was a little girl, she had her heart set on playing soccer in college. Her whole life revolved around the sport, along with her plans for the future. In March 2018, she was practicing with her club soccer team when she shifted her weight in the wrong direction and felt a pop in her knee. Determined to not sit on the sidelines, she continued to play with her team that day.

"I am not the type of person to step out of a game, and I probably injured myself even further by continuing to play," Bri stated about her injury. "I couldn't walk up the steps when I got home, and that's when I knew I needed to have my knee looked at."

After a week of continuous knee pain, Bri and her parents decided to reach out to the orthopedic team at Fairfield Medical Center. Fairfield Healthcare Professionals Orthopedics delivered the news that Bri had a complex lateral meniscus tear in her left leg and would need surgery. The meniscus is cartilage in the knee that acts as a shock absorber to cushion the area between the thighbone and the shinbone, while providing stability to the kneecap.

Not surprised by the news and wanting to get back on the field, Bri underwent outpatient surgery at

River View Surgery Center. After a successful surgery, she completed her therapy with a local outpatient physical therapy company. When she was cleared from physical therapy months later, she hit the grass running and was thrilled to be playing soccer again. A college soccer recruiter from Marietta College even watched Bri play and discussed the possibility of her continuing the sport in college. Despite her knee injury, Bri was feeling hopeful that her childhood dream was still a reality.

UNFORGETTABLE PAIN

In November 2018, Bri was once again on the practice field with her club soccer team when she took a shot on goal that would change everything.

"When I kicked the ball, my opponent's knee hit my right leg," Bri stated. "I was in the air, and I could feel that same unforgettable pain in my knee – the same pain I felt the first time I injured myself. When I landed, I just laid on the

ground and knew that this process was going to happen all over again."

Not even a year after her first knee surgery, Bri once again found herself in the Fairfield Healthcare Professionals Orthopedic clinic, where she was told that she had bone bruising, a subcortical fracture and an ACL tear in her right leg. "I was devastated and confused, but I was just going to take it day-by-day," Bri stated. "I knew I had to get better, but I



... the experience I had with the rest of the physical therapy team made me want to become a physical therapist or pursue sports medicine.



BRI'S SUPPORT TEAM



Pictured left to right:

Casey Bischof, Fairfield Union Head Coach Girls Soccer, has been with Fairfield Union for seven years and enjoys helping players like Bri persevere, while realizing their true potential both on and off the field.

David Craine, ATC, Fairfield Union Head Athletic Trainer & Fairfield Medical Center Athletic Trainer, has worked with Bri since her freshman year, providing supplemental rehabilitation, strength and conditioning training, and education to prevent further injuries.

Thad Bowersock, PTA, Fairfield Medical Center Physical Therapy Assistant, has been with Fairfield Medical Center for eight years, and works with athletes like Bri to help them rehabilitate following an injury or surgery.

didn't know what would come of it this time around."

Starting the recovery process all over again, Bri's second surgery was done by the same orthopedic team at Fairfield Medical Center. After they successfully repaired her ACL, Bri knew Outpatient Physical Therapy Services at Fairfield Medical Center was where she wanted to complete her therapy for her second knee injury.

Bri began her outpatient physical therapy and the long journey to recovery with Physical Therapist Assistant (PTA) Thad Bowersock. "Bri is one of the most passionate and determined people I have ever met," Thad said. "I saw how motivated Bri was, and any new challenge I threw at her, she continued to push herself. She is more than just a patient; I see her as a friend that I can help get better and meet her goals."

During her therapy sessions, Thad motivated Bri to always push herself and not give up on her soccer dream. "Thad gave me a lot of hope," Bri said. "Every time we stepped up to a new obstacle or machine during PT, he would amplify it by one more exercise. If I could do one or two more workouts, I could keep going, and that motivated me."

Bri has been doing one more workout and pushing herself every day because of Thad's encouragement. "I feel stronger mentally than I did before," Bri stated. She runs 2-3 miles every day and, when she has the time, she practices by kicking 32 goals – her jersey number.

A NEW GOAL IN MIND

Even with soccer still on her mind, the team at FMC inspired Bri to expand her ambitions to include another goal. "These two surgeries happened for a reason," Bri stated. "My dream has always been to play college soccer, but I know now that I want to help others reach their goals. Thad helped me become stronger and more positive, and I want

to carry that on to others. Working with Thad and the experience I had with the rest of the physical therapy team made me want to become a physical therapist or pursue sports medicine."

With that new goal in mind, Bri became a volunteer at Fairfield Medical Center, so she can give back and learn as much as she can about the medical field. She has been volunteering at the new River Valley Campus to learn more about sports medicine and physical therapy.

As for soccer, Bri transitioned out of physical therapy and is working with Fairfield Union Athletic Trainer David Craine, ATC, to begin functional return-to-play protocols, such as rehabilitation and strength and conditioning training.





FMC Physical Therapy Assistant Thad Bowersock works with Bri West during a therapy session at the River Valley Campus.

“The thing about Bri that I admire most is her will to get better and not allow her injuries to define her,” David Craine, said. “We continue to work to get her stronger, more agile, faster, and just all-around better than before her injury. She is like the Energizer Bunny, no matter what I throw at her, she always wants more.”

After a long journey to play again, Bri passed her functional testing in August, and the team at FHP Orthopedics cleared her to play her senior year of soccer at Fairfield Union. “I am so excited to play and ease back into it,” Bri stated. “It has been a long process, but I can’t wait to be 100% again.”

Bri is back to playing the game she loves and is very hopeful for what her future holds. She is looking at schools such as Marietta College to play soccer and, because of her therapy experience, she is excited to pursue a degree in sports medicine or physical therapy to help others achieve their goals.

FMC SUPPORTS LOCAL ATHLETICS

We provide athletic trainers to our Sports Medicine Affiliates at: Amanda-Clearcreek High School, Fairfield Union High School, Fisher Catholic High School, Lancaster High School and New Lexington High School. Our athletic trainers work with student athletes to prevent knee injuries by teaching the athlete how to improve overall strength, balance, coordination and endurance of the trunk and lower extremity.

KNEE INJURIES FACTS & PREVENTION

FACT: More than 75% of ACL injuries are the result of non-contact incidents and can be attributed to poor neuromuscular control and weakness in the hips and core.

TIPS FOR PREVENTION:

1. **Strength training**
Getting a stronger posterior chain (glutes & hamstrings)
2. **Proper body mechanics**
Improving simple hip hinging and squat form and learning how to jump, land, and change direction properly

Source: David Craine ATC, Fairfield Union Head Athletic Trainer & Fairfield Medical Center Athletic Trainer

SPORTS MEDICINE CARE AT FAIRFIELD MEDICAL CENTER

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- Shoulder and knee joint replacement and preservation
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2384 N. Memorial Dr., Lancaster
740-689-4935

Outpatient Physical Therapy Services
1143 E. Main St., Lancaster
2384 N. Memorial Dr., Lancaster
740-687-8602

Against All ODDS



*I knew
the best care
I could have
ever gotten was
right here.*



Chuck Snider, a long-time resident of the greater Toledo area, is no stranger to the Lancaster community. “I grew up here, and I graduated from Berne Union High School,” he shared. “To come back and see Fairfield Medical Center after all this time has been incredible; it’s an excellent hospital.”

On April 1, Chuck quickly recognized his dizziness, nausea and fatigue as red-flag symptoms. "I've had two heart attacks previously, and a total of six cardiac stents," he explained. Shortly after arriving at Fairfield Medical Center with his partner, Jeanie, their suspicions were confirmed: Chuck had suffered his third cardiac event.

Cardiologist Michael Reinig, D.O., of Fairfield Healthcare Professionals Cardiology, was the first physician of many to care for Chuck during his stay, and it was at his recommendation that Chuck agreed to undergo a heart catheterization in order to evaluate his existing stents. By then, Chuck's daughter, Cindy Millikan, an operating room nurse, had arrived at FMC to be by her father's side. She instantly observed a strong connection between Chuck and his caregivers.

"There was no denying how comfortable he was with his providers," she said.

The following day, FHP Cardiologist Jeremy Buckley, M.D., performed Chuck's cardiac catheterization. Unfortunately, the outcome wasn't what they had hoped for: Dr. Buckley revealed that Chuck would need to undergo a triple – and maybe even a quadruple – bypass surgery.

As the discussion turned to open-heart surgery, Chuck expressed his confidence in FMC's clinical staff. "I knew the best care I could have ever gotten was right here," he shared.

With his procedure scheduled in the coming days, Chuck immediately underwent pre-operative testing, which revealed more bad news: a 95% blockage of Chuck's left carotid artery. On April 4, FHP Vascular Surgeon Krishna Mannava, M.D., performed an endarterectomy to remove the plaque build-up, reducing Chuck's risk of stroke.

Originally, the team planned to perform Chuck's open-heart surgery by the end of the week, but due to the condition of his heart and concerns about his blood pressure following his vascular surgery, Dr. Reinig recommended giving Chuck some time to rest.

He would spend the weekend in the ICU and head to surgery with FHP Cardiothoracic Surgeon P. Aryeh Cohen, M.D., on Monday morning.

"In hindsight, I think that decision probably helped save his life," Cindy shared.

During his stay, Chuck had the opportunity to meet with patients who had undergone similar heart surgeries only days prior and were already progressing well. "He was fully prepared to be one of those people come Monday," Cindy said. But when the day arrived, Chuck and his loved ones found themselves in a very different situation.

A TURN OF EVENTS

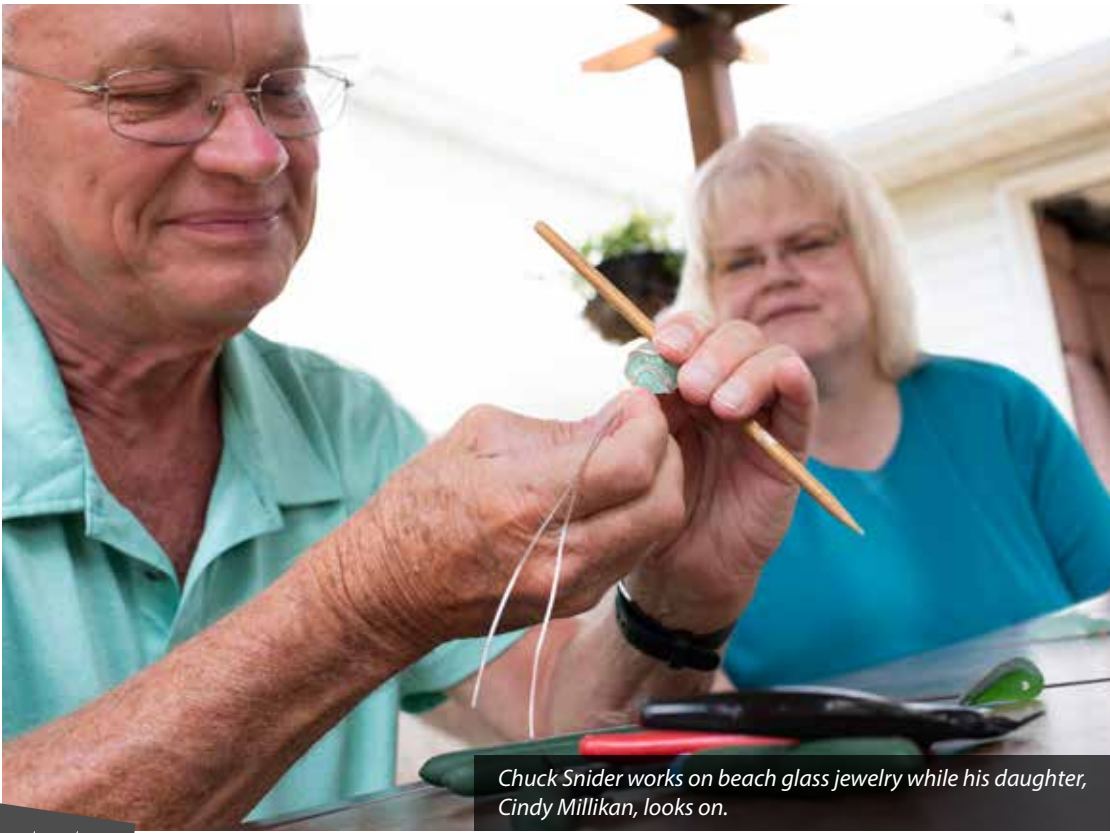
On the morning of April 8, while his biggest supporters gathered in the surgery waiting area, Dr. Cohen successfully completed Chuck's quadruple bypass without complication. With Chuck stable and resting comfortably in recovery, the family took a much-needed break before visiting hours began.

When they returned, however, Chuck's circumstances had changed.

Chuck's blood pressure had grown unstable, and his electrocardiogram (EKG) readings were abnormal, indicating that he was not getting enough blood flow – or oxygen – to his heart. Concerned that one of his existing stents may have closed during surgery, the staff immediately alerted the family and arranged for Chuck to return to the Cath Lab in order to investigate more closely. After a brief visit, Cindy, Jeanie and the rest of the family headed back to the waiting area to continue supporting Chuck – and each other.

In the Cath Lab, Chuck's health was deteriorating quickly. He was placed on a device to assist his failing heart while the team worked to identify the problem.





Chuck Snider works on beach glass jewelry while his daughter, Cindy Millikan, looks on.

"The staff was wonderful. They were supportive and as helpful as they could be," Cindy shared. "It was nice to know that they were thinking of us. They even eased our burden by bringing us food and drinks. I know that seems small, but things were changing so quickly that no one wanted to leave, and because of the staff, no one had to."

As dawn approached, Dr. Cohen appeared in the waiting room. "He looked like he had been up all night," Cindy remembered, "but he came out, and he told us that my dad was alive. It was a surreal moment – you're trying to get a little shut-eye because you haven't

...it was amazing that they kept me alive – it's just unbelievable.

natural heart and lungs. This form of short-term life support allows the body to rest and recover in extremely critical situations.

"ECMO is similar to the heart-lung machine that we place when we do open-heart surgery," Dr. Cohen explained. "It allows us the time we need to help save our patients."

With the ECMO device in place and the time nearing 8 p.m., the team prepared to care

for Chuck through the night. Cindy and her family, exhausted and emotional, returned to the ICU waiting area.

Chuck's condition was touch-and-go through the late night hours, his life hanging delicately in the balance.

"There were nurses everywhere," Cindy recalled. "And they were all there to watch over him." Even so, the situation was fragile, prompting Cindy to discuss her father's end-of-life wishes. He

slept, you're praying to God and you're planning a funeral all at once. And to hear that he was alive? It was just an incredible moment."

Cindy later learned that Dr. Cohen was indeed up all night, performing surgery with her father four additional times to manage his condition. "To get that level of personal care from an attending physician is unheard of," she admitted. "You don't get that from other hospitals."

"Dr. Cohen is an amazing man," Chuck agreed. "I'm quite happy with the way he handled things."

Once Chuck's condition was stable enough for transport, his journey to The Ohio State University Wexner Medical Center – FMC's partner in ECMO patient care – was set to begin. The intricate process spanned several hours and required both a specially trained team and a mobile critical care unit. "Seeing them place him in the mobile ICU was another one of those surreal moments," Cindy remembered. "There was no telling what might happen on that trip."

Upon his arrival at Ohio State University, Chuck was placed in the cardiac ICU. He

The catheterization soon revealed that Chuck's newly created bypasses were open and functioning well, but there was undoubtedly a problem with one of his older stents that would require immediate attention. With Chuck's chances of survival dwindling, Dr. Cohen formulated a plan.

"At that point, they told us they were able to get him on the ECMO machine," Cindy recalled. ECMO (extracorporeal membrane oxygenation) is a life-saving technology that artificially replaces the

was expected to remain on the ECMO device for 3-5 days, and would be taken to surgery every 48 hours to care for his incision and ward off infection. But much to the family's surprise, when Chuck was taken to surgery on April 10, he was also removed from the ECMO device – a mere two days after its placement. "The surgeon said his heart looked really healthy," Cindy said. "And from that point on, my dad did extremely well. He made stride after stride in his recovery."

As Chuck continued to improve, Cindy stayed in touch with Fairfield Medical Center. "I called twice to express how grateful we were for all the good care he received," she shared.

"I can't thank Dr. Cohen and his team enough for everything they did for me," Chuck added. "There was absolutely nothing that could have prevented what happened, and it was amazing that they kept me alive – it's just unbelievable."

Later, when Chuck returned to FMC for his post-operative recheck, it was a special reunion. "Everyone was there – Dr. Reinig, Dr. Buckley, Dr. Mannava and, of course, Dr. Cohen – and they were all coming in and hugging me," Chuck laughed. "I think they were a little surprised to see me alive and well."

"It was amazing; he looked so good that I didn't even recognize him," Dr. Cohen admitted. "It's moments like that – when



Dr. P. Aryeh Cohen demonstrates the ECMO technology to FMC staff during a training session.

everything ends well – that makes everything we do worth it."

Even as he's on the up-and-up, Chuck is still under the watchful eye of his loved ones. "Cindy has been keeping pretty close tabs on me," he confessed. "And I don't think I would be here without Jeanie," he added gratefully.

Chuck is now participating in cardiac rehabilitation at FMC – although he admittedly took some time off for a well-deserved vacation to the shores of Lake Erie, a place he holds near and dear to his heart. "I make beach glass jewelry," Chuck beamed, "and my daughter and I have a little business we run together. We all

went up to a festival to sell our wares."

"Aside from beach glass jewelry, I draw, I paint – I love art. I like projects and I'm looking forward to doing more of them," Chuck said with the conviction of a man who is simply glad to be alive.

CHUCK'S CARE TEAM



Jeremy Buckley, M.D.
is a board-certified interventional cardiologist with Fairfield Healthcare Professionals Cardiology.



Krishna Mannava, M.D., FACS
is a board-certified vascular surgeon with Fairfield Healthcare Professionals Vascular Surgery. Dr. Mannava currently serves as the Director of Vascular Services at FMC.



P. Aryeh Cohen, M.D.
serves as Director of Cardiothoracic Surgery at FMC, and was recently recognized as a Top Doctor of Cardiothoracic Surgery in Central Ohio for the second consecutive year.



Michael Reinig, D.O., FACC
is a board-certified cardiologist and electrophysiologist with Fairfield Healthcare Professionals Cardiology.



HEALTHY HABITS

Guest Columnist: Daniel DiSalvo, CNP
Fairfield Healthcare Professionals Psychiatry

SURVIVING THE WINTER BLUES

Do the cold, dark days of winter tend to leave you exhausted, sad, uncaring, hopeless, sleep-and-appetite-deprived and even thinking about death and dying? These are some of the common symptoms associated with Major Depressive Disorder (MDD), the leading cause of disability in the U.S. for ages 15-44.

More than 16.1 million American adults of the U.S. population, are affected by MDD. The average age for someone to develop depression is 32 years old; however, it can occur at any time in the lifespan. Individuals who have Seasonal Affective Disorder (SAD), or "seasonal depression," typically experience symptoms of depression at the same time each year, most commonly in the winter.

According to the American Psychiatric Association, SAD is not considered an independent disorder. It is actually one of several symptoms associated with major depressive disorder or bipolar disorder. Patients must meet four criteria to be diagnosed with SAD (see graphic).

More specific to SAD is hypersomnia (sleeping too much), an inability to wake in the morning, nausea, overeating and craving carbohydrates.

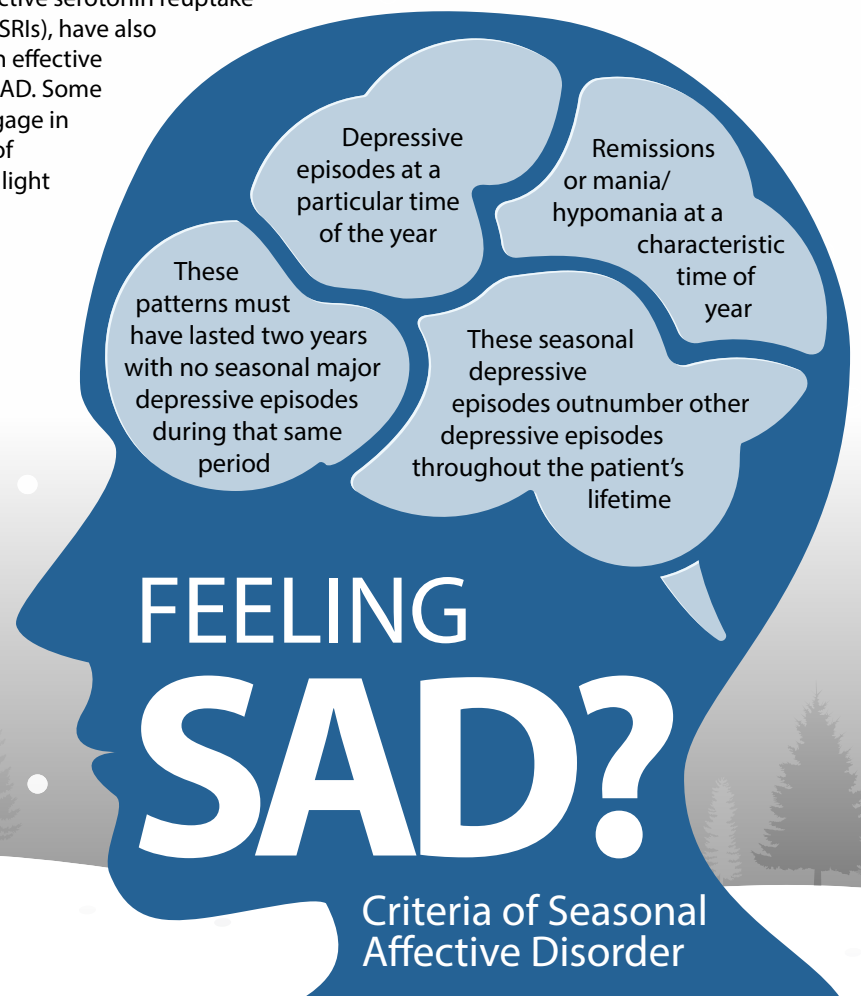
Activity is typically low in Americans during the winter months due to a lack of sunlight. It is thought that with SAD, just like with other types of depression and other mental illnesses for that matter, the patient is experiencing a shortage of serotonin. Serotonin is a chemical in the body that contributes to well-being and happiness.

Treatments for winter-based SAD include light therapy, prescribed medication, cognitive behavioral therapy (talk therapy) and use of the supplement melatonin, which can regulate night and day cycles in the body.

With light therapy, patients sit close to a special lightbox, which is much brighter than a customary incandescent lamp, for 30-60 minutes a day. Antidepressants, namely selective serotonin reuptake inhibitors (SSRIs), have also been proven effective in treating SAD. Some patients engage in both types of treatment – light therapy and medication.

In addition, physical exercise has shown to be an effective form of depression therapy; as little as 20 minutes of aerobic activity each day can be beneficial.

Listen to your body. If you have been suffering from symptoms suggestive of SAD, it is important to talk with your healthcare provider. Your provider may refer you to a mental health professional for further assessment and treatment.





Fairfield Medical Center
FOUNDATION

FOUNDATION SPOTLIGHT

The Fairfield Medical Center Foundation is a 501(C)3 nonprofit organization that supports healthcare programs, projects and services of Fairfield Medical Center, including patient care and comfort.



For Cindy Silcott, one of her favorite times of the year is when she can look back on the fundraising projects that she and her fellow TWIG members did over the past 12 months and actually see on paper the value of their hard work.

"My greatest reward as treasurer is writing the annual pledge check knowing the work and dedication of our TWIG members will benefit FMC," said Cindy, who also serves as an InterTWIG representative and InterTWIG 2nd Vice President.

Being able to make a difference is what fuels all nine of FMC's TWIGS, each of which serve as a fundraising arm for the FMC Foundation. TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing, and each TWIG supports different areas of patient care at FMC. Currently, contributions received from all TWIGS total almost \$4.4 million, money that has gone directly toward patient care, equipment, facility renovations and more.

"Being part of TWIG 16 is a constant reminder that kindness is its own reward, and volunteering to help others has made my life fuller," said Lisa Deluse of TWIG 16, who also serves as an InterTWIG representative and InterTWIG President.

New members are always welcome to join a TWIG and help make a difference at FMC. Below is an overview of FMC's nine TWIGS and their areas of interest within the organization. If you are interested in joining a TWIG, contact Amie Cohen, FMC Foundation, at 740-689-4976 or amy.cohen@fmchealth.org.



TWIG ONE

Area of Interest: Cancer Services
Major Fundraiser: Cancer Care Run (Oct.)

TWIG 2

Area of Interest: Emergency Department
Major Fundraiser: The Bargain Boutique, 1724 E. Main St., Lancaster

TWIG 6

Area of Interest: Emergency Department
Major Fundraiser: In the Bag Sale (Sept.)

TWIG 7

Area of Interest: Drug & Substance Abuse
Major Fundraiser: Tree of Light (Nov.), Bridge-O-Rama

TWIG 9

Area of Interest: Maternity Department
Major Fundraiser: Imlays Uniform Sale (Feb., May, Aug., Oct.), Electronics Show (Aug.)

TWIG 12

Area of Interest: Cardiovascular Services
Major Fundraiser: Wishes Gift Shop, located in the Main Lobby of FMC

TWIG 13

Area of Interest: Patient Care & Services
Major Fundraiser: Anthony Thomas Candy Sale (April & Dec.), Pie Sale (Oct. & May)

TWIG 16

Area of Interest: FMC's Autism Camp
Major Fundraiser: Books Are Fun Sale (April & Nov.)

TWIG 17

Area of Interest: Patient Care & Services
Major Fundraiser: Books & More Store, 1151 E. Main St., Lancaster



Lisa Deluse,
TWIG 16, InterTWIG representative and InterTWIG President

"Volunteering for TWIG has brought me life-long friends and a feeling of contentment by being productive, making a difference and bringing a little cheer along the way."



Deb Nixon,
TWIG 9, InterTWIG representative and InterTWIG 1st Vice President

"TWIG members have the patients of FMC close at heart, and THAT'S the best kind of giving."



Cindy Silcott,
TWIG 17, InterTWIG representative and InterTWIG 2nd Vice President

"Our TWIG is different than others as we do not have many meetings or social events. We all work together as a team to support the Foundation and FMC by offering affordable books and other materials to the community."



Anne Brown,
TWIG 6, InterTWIG representative and InterTWIG Past-President

"I joined TWIG because I believe in supporting our community. I also believe that the best patient-centered care is delivered at the local level."



2019 Event Calendar

Childbirth Refresher

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

Call 740-687-8218 to schedule a time.

Price: FREE

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

Date/Time:

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.

Register at fmchealth.org or call 740-687-8218.

Registration required, as dates subject to change.

Price: FREE

Dates/Times:

Dec. 16, 3-4:30 p.m.

Jan. 20, 3-4:30 p.m.

Feb. 17, 3-4:30 p.m.

March 10, 3-4:30 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.

Call 740-687-8218 to schedule a time.

Price: FREE

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

Register at fmchealth.org or call 740-687-8218. Registration required, as dates subject to change.

Price: FREE for 3-day and 2-day.

2-Day Class Dates/Times:

Sunday, Dec. 1, 8 a.m.-4 p.m. &
Monday, Dec. 2, 5:30-9 p.m.

Sunday, Jan. 5, 8 a.m.-4 p.m. &
Monday, Jan. 6, 5:30-9 p.m.

Sunday, Feb. 2, 8 a.m.-4 p.m. &
Monday, Feb. 3, 5:30-9 p.m.

Sunday, March 8, 8 a.m.-4 p.m. &
Monday, March 9, 5:30-9 p.m.

3-Day Class Dates/Times:

Dec. 2, 9 & 16, 5:30-9 p.m.

Jan. 6, 13 & 20, 5:30-9 p.m.

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

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

Breastfeeding

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

Register at fmchealth.org or call 740-687-8218.

Registration required, as dates subject to change.

Price: FREE

Dates/Times:

Dec. 18, 6-8:30 p.m.

Jan. 2 & 15, 6-8:30 p.m.

Feb. 6 & 19, 6-8:30 p.m.

March 5 & 18, 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.

Register at fmchealth.org or call 740-687-8218.

Registration required, as dates subject to change.

Price: FREE

Dates/Times:

Dec. 2, 5:30-9 p.m.

Jan. 6, 5:30-9 p.m.

Feb. 3, 5:30-9 p.m.

March 9, 5:30-9 p.m.

Location:

2nd Floor Conference Room at FMC
401 N. Ewing St., Lancaster



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



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:

Jan. 11, Noon-3:30 p.m.
 Feb. 8, Noon-3:30 p.m.
 March 7, Noon-3:30 p.m.
 April 4, 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:

Jan. 11, 8:30 a.m.-Noon
 Feb. 8, 8:30 a.m.-Noon
 March 7, 8:30 a.m.-Noon
 April 4, 8:30 a.m.-Noon

Location:

Fairfield Medical Center
 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:
 Thursdays, 9:15-10 a.m.

TaiChi:
 Thursdays, 11:15 a.m.-Noon

Gentle Yoga:
 Thursdays, 10-11 a.m.

Exercise:
 Mondays, 10-11 a.m.

Location:

FMC Wellness Center
 (Kroger plaza)
 1145 E. Main 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 614-754-7514
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

Learn about the latest trends in childbirth, as well as SIDS awareness and newborn safety.

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

Dates/Times:

Dec. 15, 3:30-5 p.m.
 Jan. 29, 3:30-5 p.m.
 Feb. 26, 3:30-5 p.m.
 March 29, 3:30-5 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

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.
 Nov. 25 – The Vascular System (& Cookie Exchange)
 Dec. 16 – Eating Away From Home

Location:

FMC Assembly Rooms
 401 N. Ewing St., Lancaster

TWIG 7 Tree Lighting

Memorialize a loved one by placing a star or angel on one of two trees at FMC. To purchase a star or angel, pick up a donation envelope at the Main and North Information Desks at FMC Main Campus and at River Valley Campus.

Price: FREE

Dates/Times/Locations:


Nov. 20, 1 p.m.
 FMC Main Lobby (next to Wishes and the Conversations Coffee Bar)
 401 N. Ewing St., Lancaster

Dec. 5, 11 a.m.
 FMC River Valley Campus
 2384 N. Memorial Dr., Lancaster



MEET OUR

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 fmhealth.org and click "Find a Provider." 



Trevor Call, D.O.
FHP Orthopedics
FMC River Valley Campus
2384 N. Memorial Dr.
Lancaster, OH 43130
740-689-4935



Mellisa Hoffman, CNP
Cardiovascular Specialists
618 Pleasantville Road,
Suite 101
Lancaster, OH 43130
740-653-7511



Jordan Leshnock, CNP
Kidney Specialists, Inc.
1550 Sheridan Dr.,
Suite 103
Lancaster, OH 43130
740-475-0058



Kwabena Mawulawde, M.D.
FHP Cardiothoracic Surgery
618 Pleasantville Road,
Suite 202
Lancaster, OH 43130
740-681-9020



Mohammed Mazumder, M.D.
FHP Gastroenterology
1500 E. Main St.,
Suite 2D
Lancaster, OH 43130
740-687-9182



Rachel Pan, M.D.
FHP Neurology
135 N. Ewing St.,
Suite 204
Lancaster, OH 43130
740-687-8888



Jonathan White, DPM
Colonial Foot and Ankle
Center, LLC
121 N Ewing St.,
Lancaster, OH 43130
740-475-0058

FAMILIAR FACES NEW TO

FAIRFIELD HEALTHCARE PROFESSIONALS

Central Ohio General Surgeons is now FHP General Surgery River View
2405 N Columbus St.,
Suite 250
Lancaster, OH 43130
740-654-6213



Timothy Custer, M.D., FACS



David Hasl, M.D., FACS



Scott Johnson, M.D., FACS



Bethany Smith, PA-C

VOLUNTEER SPOTLIGHT

Tracy (Lape) Oppenheimer

Tracy of Hideaway Hills works part-time for Central Ohio Plastic Surgery, Inc. and is a certified fitness instructor. She has been a volunteer with the Cancer Resource Center since 2013, and recently started volunteering in Guest Services at the River Valley Campus.

Seven years ago, Tracy started a yoga program at FMC for cancer patients, survivors and their support persons. Her desire to help those who are struggling is a personal mission, as Tracy's own mother passed away from cancer.

"Volunteering gives me the opportunity to help people live the best life they can in whatever situation they are dealing with. I am always humbled by the strength, courage and positive attitude of the patients I come in contact with. I receive more from them than I could ever give."

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 Information Desks at Fairfield Medical Center and the River Valley Campus 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, TRACY



THE MONITOR

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Vice-President - Director of Patient Services

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Debra Palmer, R.N.
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Alan Greenslade
Chief Administrative Officer

Helen Harding, R.N.
Chief Nursing Officer

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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.



Experience the Best in Pediatric Care

Right here in Lancaster.

Fairfield Medical Center has partnered with Nationwide Children's Hospital to provide comprehensive care to its youngest patients while keeping them close to home.

fmchealth.org



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



Now Open

Services at the River Valley Campus include:

- ✓ 24-hour Emergency Department
- ✓ Fairfield Healthcare Professionals Specialty Clinic
Orthopedics and Physical Medicine & Rehabilitation
- ✓ Occupational & Physical Therapy Services
Warm-water aquatic therapy pool
- ✓ Outpatient Imaging & Laboratory Services
- ✓ YMCA Fitness Services
- ✓ Women's Health
- ✓ Community Rooms



Fairfield Medical Center
River Valley Campus

2384 N. Memorial Dr., Lancaster, OH