



Fairfield Medical Center

THE MONITOR

SPRING 2020



**BATTLING THE
BURN**

p.16

**STATE-OF-THE-
HEART
TECHNOLOGY**

p.4

**FINDING HIS
VOICE**

p.8

Contents

SPRING 2020



4 STATE-OF-THE-HEART TECHNOLOGY
Robert "Bob" Jones recently became the first patient at Fairfield Medical Center to be treated with the TAVR procedure, an innovative alternative to open-heart surgery.



In Every Issue

19: Healthy Habits
22: New Providers
23: Volunteer Spotlight

12 FEELING FIERCE
Lisa Fierce is finally making herself – and her health – a priority after shedding more than 180 pounds following her weight loss surgery at Fairfield Medical Center.



On the Cover

8: FINDING HIS VOICE

With the help of FMC's therapy team, Josh Claybourn, 7, can now communicate verbally with the world around him.



16 BATTLING THE BURN

Tired of letting the pain and discomfort of heartburn run his life, Columbus firefighter Kelly Storts turned to the Fairfield Medical Heartburn Center for a solution.

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

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

LETTER FROM THE PRESIDENT & CEO

John R. "Jack" Janoso, Jr.

For so many of us, the start of spring marks a welcome relief from the cold, dark days of winter. The weather gets warmer, the evenings become longer, and we notice a significant improvement in our morale as we spend more time outdoors and less time inside.

Unfortunately, I think we can all agree that our spring this year has been unlike any we've experienced in our lifetime. Playgrounds and parks have fallen silent. Family gatherings and graduations have been cancelled or postponed.

Conversations with our neighbors are now reduced to a quick wave from our cars as we pull into our driveways at night. Living in the midst of a global pandemic has left us isolated and uncertain at a time of the year when we should be feeling optimistic and hopeful.

Like so many of you who have had to change your day-to-day routines to keep yourselves and your family safe, we at Fairfield Medical Center have also had to make extreme adjustments in response to the COVID-19 pandemic. Back in March, we enacted a plan of action that required us to restrict visitation, cancel events, set up screening stations, expand our telehealth technology and take extra precautions to protect our patients and staff. We have had to temporarily close offices and halt certain services in order to make your safety our top priority. We know it hasn't been easy on you – as a result of this plan, you may have been asked to reschedule a doctor's appointment, delay an elective surgery, miss a support group meeting or keep your distance from a loved one who was hospitalized in our facility. Through it all, we have appreciated your flexibility and willingness to partner with us in battling the spread of this virus. Every measure we have taken, every restriction we have put into place, has been done with one goal – to keep our community safe.

As we continue to make our way through this storm, we want you to know that we are still here for you and your family. We also want to give you hope. This issue of *The Monitor* is filled with stories of patients who have battled serious health issues and come out strong on the other side. While many of the services we have highlighted in this issue have unfortunately been put on hold in the face of this pandemic, they are not gone forever. When this is over, we look forward to bringing back the programs, services and events that matter to you. Until then, we ask you to stay strong, stay healthy and not lose hope. The real arrival of spring is just around the corner.

John R. "Jack" Janoso, Jr.



Editor's Note: Due to numerous cancellations related to COVID-19, we have removed our event calendar from this issue. For up-to-date event information, visit fmchealth.org.

State-of-the- **HEART** Technology



Bob Jones enjoys an evening with his family at his home in Bremen.

When Robert “Bob” Jones, 86, was diagnosed with a heart condition that would require surgical repair, his care team at Fairfield Medical Center had a lot to consider in regard to his treatment plan.

Bob could undergo open-heart surgery, but his age and other health conditions would put him at high risk for complications – a chance his doctors weren't willing to take.

Luckily for Bob, there was another less invasive option waiting in the wings.

After years of preparation, Fairfield Medical Center was getting ready to introduce a new technology called TAVR (transcatheter aortic valve replacement) to the community – an innovative alternative to open-heart surgery that could serve as a safer treatment option for many patients. Without hesitation, Bob agreed to be the first to undergo the TAVR procedure at FMC on Nov. 20, 2019.

"I wasn't nervous at all about being the first patient," Bob, of Bremen, shared.

"I have a lot of faith in these doctors – every single one of them – and I would recommend this surgery and their care to anyone that needs it. I feel like I've been given my life back."

TAKING ACTION

When Bob visited his family doctor to address his arthritis concerns last winter, the last thing he expected was to wind up with a cardiology appointment.

"When the doctor saw how swollen I was, he told me I needed to see my heart specialist right away," Bob recalled. "At the time, I just thought it was normal – I didn't realize I was filling up with fluid."

Bob minded his physician's advice and attended a follow up appointment with his cardiologist – Michael Reinig, D.O., of Fairfield Healthcare Professionals Cardiology – with whom he had established a relationship several years prior. That was when Bob was diagnosed with a progressive heart disease known as aortic stenosis.

"He told me my aortic valve was narrowing," Bob recalled. "And that I would probably have to consider heart surgery a few years down the road: he was exactly right."

Aortic stenosis, which is characterized by the narrowing or stiffening of the

aortic heart valve, makes it more difficult for the heart to pump blood to the rest of the body. The disease can go unnoticed for several years, especially among the aging population, but tends to grow more severe with time. As the function of the valve continues to decline, the symptoms associated with the disease can get significantly worse.

"I had severe shortness of breath. I couldn't walk more than 50 feet without having to stop and rest – sometimes I felt like I couldn't even catch my breath while sitting in my chair," Bob said. "And there was the swelling in my legs, of course."

After listening to his symptoms, Dr. Reinig diagnosed Bob with heart failure secondary to his worsening aortic stenosis. Together, the pair decided it was time for Bob to pursue treatment to replace the malfunctioning valve.

"Aortic stenosis can be monitored and managed conservatively until symptoms develop," Dr. Reinig said. "But Bob's heart failure was an indication that it was time to take action, and I told him I would recommend to him what I would recommend for my own family."

With this in mind, Dr. Reinig referred Bob to Fairfield Medical Center's Structural Heart Program – a specialty service designed to diagnose, monitor and treat diseases of the heart's valves, walls and muscles. Here, Bob would undergo additional testing and meet with interventional cardiologists John Lazarus, M.D., Ph.D, and Jason Weingart, M.D., to discuss his treatment options in more detail. That was when Bob first learned about the TAVR technology.

I wanted to be here at FMC, where they've always taken great care of me.

"Open-heart surgery wasn't completely out of the question for Bob, but he was at high risk for complications due to his age and other health conditions," Dr. Lazarus said. "TAVR turned out to be a really great strategy for him, and we were excited to be able to offer this procedure as a solution."

Similar to a heart cath, TAVR can be performed under anesthesia or conscious sedation. During the procedure, an interventional cardiologist guides a catheter to the heart through a small incision, typically in the patient's thigh. The physician then places an artificial valve within the diseased heart valve, improving blood flow and



FMC exercise physiologist Sara Miller works with Bob in the cardiac rehab gym at Fairfield Medical Center.

BOB'S CARE TEAM



Abby Grubb, CNP

is an advanced practice nurse with FHP Cardiology and nurse navigator of FMC's Structural Heart Program.

John Lazarus, M.D., Ph.D

is a board-certified interventional cardiologist with FHP Cardiology and FMC's Structural Heart Program.

P. Aryeh Cohen, M.D.

is a board-certified cardiothoracic surgeon with FHP Cardiothoracic Surgery and FMC's Structural Heart Program.

Jason Weingart, M.D.

is a board-certified interventional cardiologist with FHP Cardiology and FMC's Structural Heart Program.

Michael Reinig, D.O., FACC

is a board-certified cardiologist and electrophysiologist with FHP Cardiology and FMC's Structural Heart Program.

Pictured above (left to right): Abby Grubb, CNP, John Lazarus, M.D., Ph.D, P. Aryeh Cohen, M.D., Bob Jones, Jason Weingart, M.D., Michael Reinig, D.O., at the TAVR Appreciation Celebration at FMC.

Fairfield Healthcare Professionals Cardiology, 2405 N. Columbus St., Ste. 200, Lancaster
Fairfield Healthcare Professionals Cardiothoracic Surgery, 618 Pleasantville Road, Ste. 202, Lancaster

restoring function to the heart without ever having to open the chest cavity.

This minimally invasive procedure sounded like a good plan to Bob, but there was just one small catch: the TAVR procedure, which had been in development at FMC for several years, wouldn't be officially available at the facility until the fall.

"Dr. Lazarus explained every detail about the procedure, and told me they would have it all set up in a couple of months," Bob recalled. "I told them that would be just fine."

And when the team offered to refer Bob to a hospital in Columbus rather than waiting, he declined.

"This is my hospital, right here," Bob shared. "I knew I could have gone somewhere else, but I didn't want to. I wanted to be here at FMC, where they've always taken great care of me – and it was absolutely worth the wait."

A NEW LEASE ON LIFE

Since his TAVR procedure in November, Bob's quality of life has improved immensely, and his symptoms associated with aortic stenosis – including his shortness of breath and fluid retention – have resolved completely. It didn't take long for him to notice a difference, either.

"I think I felt better right away," Bob stated – a sentiment that his care team and family witnessed firsthand.

"The night before his procedure, my dad couldn't walk from one room to the next without being winded," Bob's daughter, Brenda, explained. "Three hours after he left recovery, he was up and walking the whole second floor of the hospital with his care team. It was amazing."

As the days passed, Bob continued to grow stronger, reclaiming the energy and independence he feared might have been lost forever. And within six weeks of his TAVR procedure, after celebrating his 86th birthday and the holiday season, Bob accomplished another feat he never imagined possible: working out three times weekly in the cardiac rehabilitation gym at Fairfield Medical Center.

"I never dreamed I would be able to do this," Bob said of his newfound workout regimen. "I could hardly get out of my easy chair or go to the grocery store before, and now I'm walking laps and exercising. I don't think it's possible for me to feel any better than I do now."

In addition to his improved physical ability, Bob is finding more enjoyment in his day-to-day life, particularly when it comes to family gatherings and get-togethers – a benefit of the procedure that has not gone unnoticed by his loved ones.

"Thanks to TAVR and the Structural Heart Team at FMC, we will be able to share more memories with my dad – memories that we might have missed out on otherwise," Brenda shared.

"This procedure is about so much more than helping people live longer," Dr. Lazarus added. "It's about helping them live better."

And Bob certainly is.

UNDERSTANDING AORTIC STENOSIS

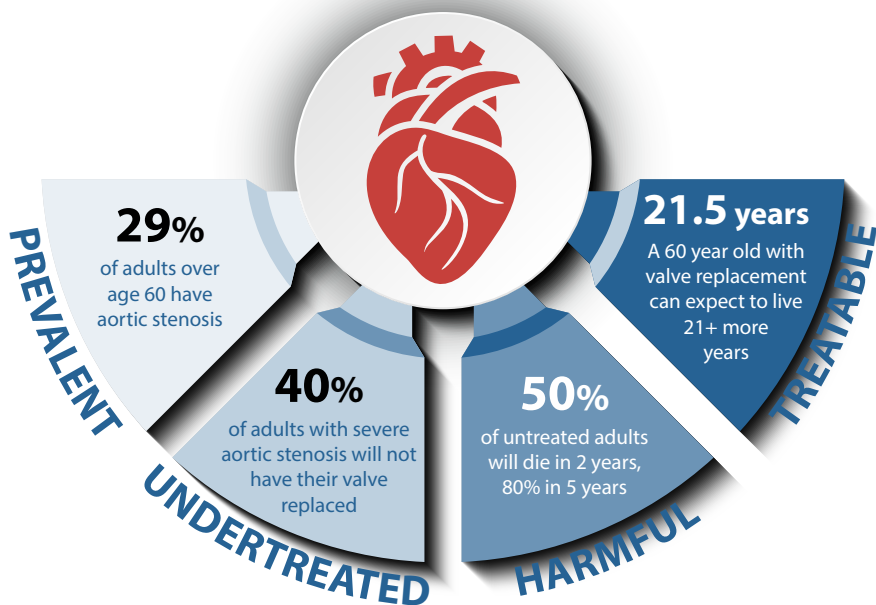
Aortic stenosis is one of the most common and serious heart valve conditions. The disease usually develops as a result of the normal aging process, typically in those who are 60 and older, and worsens with time. Chronic kidney disease, diabetes, high blood pressure and high cholesterol may increase your risk, as will a history of heart defects present at birth, rheumatic fever, infection, radiation and certain medical conditions.

If aortic stenosis that causes symptoms is left untreated, the average life expectancy is approximately two years. Common symptoms may include:

- Shortness of breath or fatigue while doing tasks that were once simple (ex. walking, climbing stairs, mowing the lawn)
- Chest pain or pressure
- Dizziness, feeling lightheaded or fainting
- Palpitations (feeling as if your heart is beating too fast, too slow or skipping beats)
- Swelling in the feet, legs or abdomen
- Signs of heart failure, such as rapid weight gain or moist cough

If you believe you or a loved one may be suffering from aortic stenosis, talk to your doctor about referral to the Structural Heart Program, or call 740-689-4480 to learn more.

BY THE NUMBERS: AORTIC STENOSIS



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MEET THE TEAM: STRUCTURAL HEART PROGRAM

"The attention this team gave my father was genuine and from the heart. They really got to know my dad, and they cared about how he felt, mentally and physically."

- Brenda Dean, daughter of Bob Jones

Fairfield Medical Center's Structural Heart Team is made up of cardiologists, heart surgeons, imaging specialists and advanced practice nurses. The team works together to ensure each patient receives individualized care during every step of the process: from diagnostic testing and treatment decisions to patient education and follow-up care. And since its inception, the team has worked tirelessly to expand treatment options in the community.

"Historically, therapies like TAVR were only available at large medical centers, often in major cities – but those days are over," explained Jason Weingart, M.D. "Now, our patients can receive this lifesaving treatment right here in their own community, where they can be closer to home, closer to their family and friends and cared for by the doctors they've grown to know and trust."



The Structural Heart Team (left to right): Jeremy Buckley, M.D.; Abby Grubb, CNP; John Lazarus, M.D., Ph.D.; Jason Weingart, M.D.; Jonathan Forquer, D.O.; Michael Reinig, D.O., FACC; P. Aryeh Cohen, M.D.; Not pictured: Alyson Adams, CNP.

Finding His **VOICE**



*Josh Claybourn and his mother,
Ashley Claybourn*

Ever since the age of three, Josh Claybourn was unable to express his needs to others. With the help of the therapy team at FMC, he has finally found his voice.

Josh Claybourn's mother, Ashley Claybourn, always knew her little boy was unique. As a baby, he had a low birth weight and deficient calcium levels. Then at just eight months old, Josh was diagnosed with Williams syndrome. Individuals with this rare genetic condition tend to be extremely outgoing with a deep love of music and strong verbal communication skills.

But as Josh grew older, he struggled to convey his wants and needs. His parents were unable to understand anything that their son was trying to communicate. Outside of saying "mama" and "dada," Josh was considered non-verbal and could not express himself. "It was really frustrating for Josh," Ashley said. "It broke our heart when he was upset and cried – nobody could understand him. We didn't know what to do and just felt hopeless." Josh's inability to speak not only hindered his communication, but prevented him from singing along to his favorite songs.

Aware that Williams syndrome could cause developmental delays, and recognizing that Josh's speech needed to be evaluated, his family sought assistance from local therapists. "We started working with several therapists and still did not see a change in his speech like we had hoped," Ashley said. The family's frustration progressed to the point where they all agreed to learn sign language, feeling that it was the only hope for communication with Josh.

NEW REVELATIONS

During a routine checkup at Nationwide Children's Hospital for his Williams syndrome, Josh's parents mentioned their concerns about Josh's communication and fine motor


skills. "The doctor told us that it was common for people who have Williams syndrome to have accelerated speech and language abilities, and it was abnormal that Josh didn't have that," Ashley said. "We had some additional testing done through a psychologist, and he confirmed that Josh is autistic, which was why his speech development was delayed and why he couldn't express his needs or sing. We had so many new resources available to us because of his additional diagnosis."

Nationwide Children's Hospital referred Josh to the speech and occupational therapy teams at Fairfield Medical Center Outpatient Therapy Services to begin a new approach in dealing with his speech challenges.

Thanks to a better understanding of his condition, Josh started working with the speech therapists for his delayed communication skills and with occupational therapists to improve his fine motor skills and sensory processing delays. "At his first session, I was very skeptical because I felt hopeless – like Josh would never speak," Ashley said. "After a few sessions, I was really surprised because I felt like the therapists were making really good progress."

VOICING HIS HAPPINESS

Every week, Josh would learn something new and continue to practice at home what he had learned during his therapy sessions. His family was finally noticing a difference in his communication skills, and frustration levels were not as high in the Claybourn household.



His therapy team has helped motivate him ... and for that, we are grateful.

"We were in the waiting room, ready for one of his weekly therapy sessions to start, and he said, 'I'm so happy.' I was shocked when I heard him say that because he had never been able to express himself like that before," Ashley stated about the moment when she knew the sessions were working for her son. "I asked him to repeat what he said, and he said it again: 'I'm so happy.' I realized that he likes coming here – he likes learning how to use his words and how to say words, and it makes him happy. This is his happy place."

In addition to the strides Josh was making in his speech therapy, his family also noticed improvements in his fine motor skills. Much of that progress is due to occupational therapist Christina Shaw-Bosch, MOT, OTR/L, and her dedication to encouraging Josh to try new exercises. "Josh is very motivated by positive reinforcement," Christina said. "He will try new things if we make it fun and make a game out of it. He can get easily discouraged, but is able to be redirected if you can get him smiling and laughing."

Josh's family and therapists worked as a team to help him find his voice and meet his therapy goals. His mother was involved with all aspects of his care, and the therapists worked with her every week to go over his achievements and challenges. "Josh is delightful and inquisitive," stated speech therapist



The therapy team knows what he likes ... they are very personalized with his care."



Occupational therapist Christina Shaw-Bosch, MOT, OTR/L, works with Josh during a therapy session at the FMC River Valley Campus.

Courtney Howard, MA, CCC-SLP, MBA. "His family has played a pivotal role in the success of his treatment."

ENCOURAGED BY PROGRESS

Josh, now seven years old, still attends his weekly therapy sessions. "It's hard now to even realize how much he couldn't communicate because of how far he's come," Ashley said. "He's now able to communicate anything because of his therapy sessions. He never stops talking. Now he can sing along to music and

enjoys playing his keyboard."

Over the past four years, his therapists have developed customized care for Josh. "Josh is his own little person and unique in every way," said his mom. "The therapy team knows what he likes, they know his triggers, they know what sets him off and how to prevent his meltdowns. They are very personalized with his care."

The team continues to motivate and push Josh to achieve new goals in his

weekly sessions. "Every child is different, and it is no different for kids on the spectrum," Ashley said. "You don't know what your child is capable of until you try, and his therapy team has helped motivate him to try, and for that, we are grateful."

JOSH'S CARE TEAM



Christina Shaw-Bosch, MOT, OTR/L is an occupational therapist at Fairfield Medical Center Outpatient Therapy Services, 1143 E. Main St., Lancaster and the River Valley Campus, 2384 N. Memorial Dr., Lancaster



Courtney Howard, MA, CCC-SLP, MBA is a speech therapist at Fairfield Medical Center Outpatient Therapy Services, 1143 E. Main St., Lancaster

PEDIATRIC SERVICES

at Fairfield Medical Center

At Fairfield Medical Center, we understand there is nothing more important than your child's health. That's why our organization is dedicated to providing compassionate, high-quality care to patients of all ages, including the youngest members of our community.

The following pediatric services are available at FMC:

Outpatient Therapy:

Our dedicated therapy team provides comprehensive care, close to home. We understand that every child is unique, and we create a personalized therapy plan that includes the entire family to promote reinforcement.

- Aquatic Therapy
- Audiology
- Occupational Therapy
- Physical Therapy
- Speech Therapy

Outpatient Therapy Services

1143 E. Main St., Lancaster
P: 740-687-8602

FMC River Valley Campus

2384 N. Memorial Dr., Lancaster
P: 740-687-8602

Outpatient Imaging and Laboratory Services:

- X-ray, MRI, CT, ultrasound, bone density, EKG and blood draw.
- FMC offers pediatric echocardiogram (ECHO) & electrocardiogram (EKG) testing by partnering with Nationwide Children's Hospital.
- Visit fmchealth.org to see a complete listing of our imaging and lab locations.

Emergency & Urgent Care:

Accidents happen, and when they do, we are here for your child when they need us most. Our registered nurses are certified in Pediatric Advanced Life Support (PALS) from the American Red Cross.

In the event of an emergency, call 911.

Fairfield Medical Center Emergency Department

401 N. Ewing St., Lancaster
Open 24/7

FMC River Valley Campus Emergency Department

2384 N. Memorial Dr., Lancaster
Open 24/7

First Medical Urgent Care

1201 River Valley Blvd., Lancaster
P: 740-687-2273
Monday-Friday: 8 a.m.-8 p.m.
Saturday: 8 a.m.-6 p.m.
Sunday: Noon-6 p.m.



Inpatient Care:

A partnership with Nationwide Children's Hospital has allowed for the expansion of expert pediatric inpatient care. Nationwide Children's pediatric hospitalists are familiar faces in the community, bringing with them years of local experience. These skilled providers work closely with FMC's clinical staff to provide comprehensive, advanced care in a variety of hospital settings. From the maternity department to the emergency department, you can expect your child to receive the best pediatric care possible.



Teaming Up For Pediatric Care

Feeling **FIERCE**



On a typical Saturday afternoon, you won't find Lisa Fierce, 50, of Gloucester, sitting at home. Instead, she prefers to spend her free time playing with her new grandchild, traveling with her family, enjoying the outdoors and staying active.



It's a lifestyle that was once nothing more than a dream for the loving mother of three, who used to weigh more than 350 pounds. Her decision to undergo weight loss surgery, and ultimately change her life, has since made those dreams a reality in the span of just one year.

"Because of my weight loss surgery, the life I'm living now is the best I've ever lived," Lisa said. "I can do things now with my family – my children, grandchildren, husband, parents – that I've never been able to do before."

THE START OF IT ALL

Lisa's road to bariatric surgery was filled with twists and turns. She initially considered taking the step nearly a decade ago, but the timing wasn't quite right. "I had two young children, I had just started back to work, and I wasn't sure the type of procedure that I was considering at the time was right for me," Lisa recalled.

As her children grew older, life grew busier, and Lisa's personal plans were put on hold: a sentiment many mothers know all too well. When the idea of weight loss surgery was eventually reintroduced, it came about somewhat unexpectedly. For several years, Lisa had been dealing with bothersome urinary issues, including urinary retention, feelings of urgency and straining.

"I would feel like I just drank 10 gallons of water, but I would only be able to urinate a tablespoon," Lisa shared. "It was really frustrating."

In search of answers, Lisa paid a visit to her primary care provider who, at the time, suspected the issues may be obesity-related and referred Lisa on to Fairfield Medical Center bariatric surgeon Timothy Custer, M.D., FACS. At the time of referral, Lisa weighed 364 lbs. and was also diabetic.

"I am thankful for that referral," Lisa shared. "I was miserable, and I knew that – for my health and if I wanted to be around for my children and grandchildren – I really needed to do something."



Lisa takes a selfie with (from left) daughter Abby, son Connor and her parents, Diana and Robert Buchman.

ON THE ROAD TO SUCCESS

Her initial consult with Dr. Custer and the rest of the bariatric team at FMC was what Lisa could only describe as "eye-opening."

"It can be hard to have an honest conversation about weight," Dr. Custer explained. "I try to approach every conversation in a very straightforward manner: I don't shy away from the consequences that can be associated with obesity, and I try to explain the science behind the disease while figuring out each patient's goals for the future and how we can best accomplish those together."

For Lisa, this no-nonsense approach confirmed what she had known all along: that she was making the right decision for her health and her family.

"Dr. Custer discussed the risks of continuing on at my weight, and he really struck a nerve that day," Lisa said of her initial consultation. "He didn't mince words. He didn't sugarcoat it. He told me exactly what I needed to hear, and I'm grateful for that."

Shortly after her first appointment, Lisa buckled down and got to work. She faithfully attended the required bariatric education classes, where she learned about the lifestyle and nutrition changes

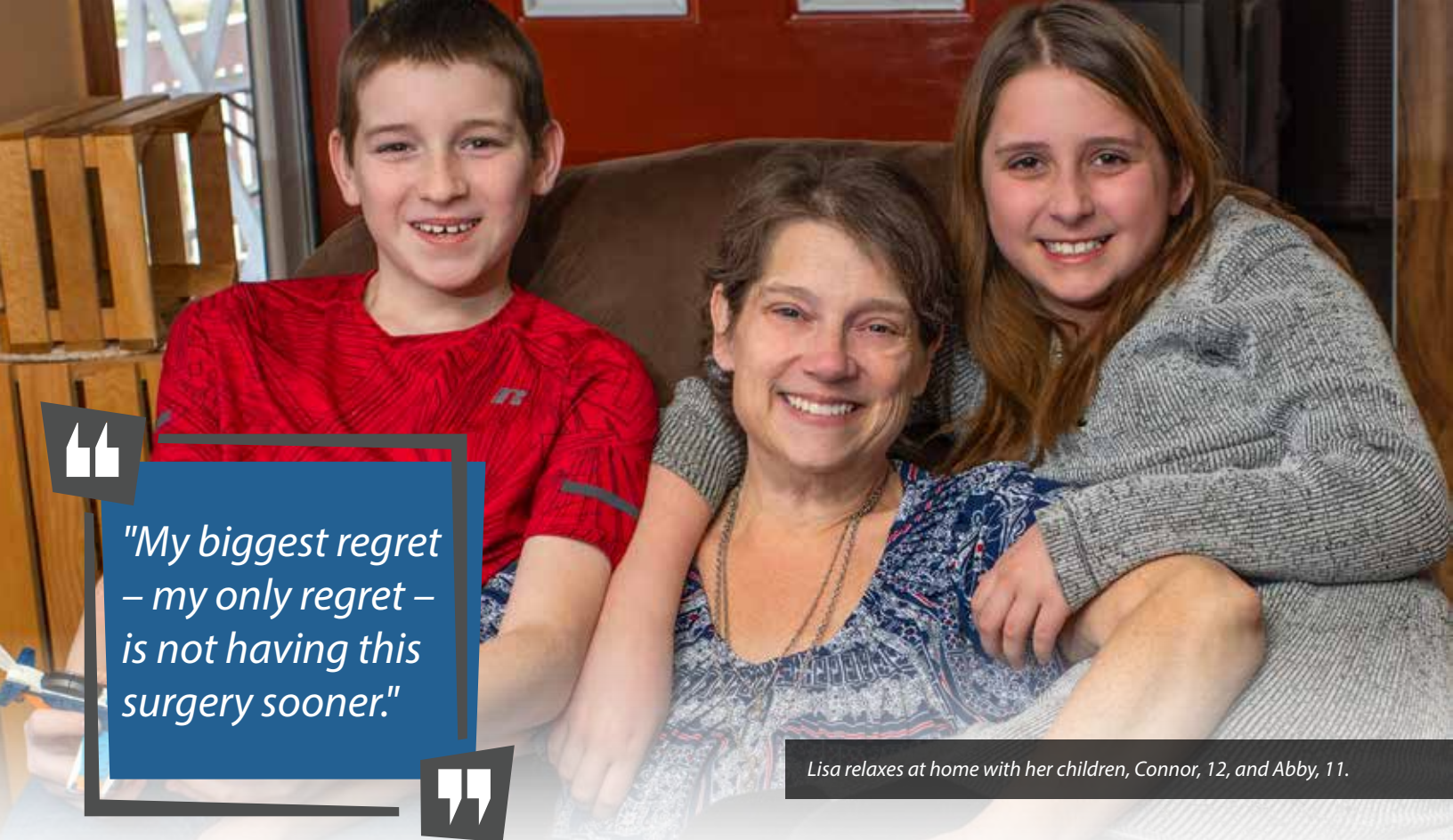
Bariatric surgery saved my life in more ways than one.

she would need to make in order to be successful. "I don't think I could have done any of this without the bariatric team," she said. "They encouraged me a lot, they were patient and kind, and by the end of my classes, I thought to myself, 'I'm ready. Let's do this thing.'"

After months of preparation, education and anticipation, the day finally arrived: on Sept. 25, 2018, Dr. Custer performed Lisa's Roux-en-Y gastric bypass procedure, marking the start of her new life – and the beginning of a journey Lisa never expected to face.

AN UNEXPECTED DETOUR

On that September day, Lisa's weight loss surgery was nothing short of a shining



"My biggest regret – my only regret – is not having this surgery sooner."

Lisa relaxes at home with her children, Connor, 12, and Abby, 11.

success. In the midst of her procedure, however, Dr. Custer and his team made a startling discovery: there was blood in Lisa's routinely placed urinary catheter.

The medical staff quickly established that Lisa's lab work was within normal limits, while Dr. Custer – familiar with Lisa's history of urinary concerns – promptly ordered diagnostic testing.

A CT scan soon confirmed that Lisa wasn't in any immediate danger, but it was determined that she would need to schedule an appointment with Derrick L. Reedus, Sr., M.D., of Fairfield Healthcare Professionals Urology following her recovery to learn more about the causes of her urinary issues.

GETTING BACK ON TRACK

Wonderful blessings arrived in the months that followed. By December, Lisa had already lost 50 lbs., landed a new job alongside a group of supportive and caring people, and – most notably – welcomed her beautiful granddaughter, Sophia Grace, into the world.

Even so, her urinary issues persisted. "I had cancelled and rescheduled my appointment with Dr. Reedus a couple of times," Lisa admitted. "There was always something that came up, or something else that needed done, and I just kept putting it off."

After receiving some tough love from a coworker, Lisa finally obliged – she

would attend her appointment with FHP Urology. No exceptions. No excuses. "They scheduled a scope of my bladder and ureters," Lisa recalled. "When I woke up in recovery, my mom was there waiting. She told me they found something in my bladder."

During a procedure known as a transurethral resection, Dr. Reedus removed a 13-centimeter mass from Lisa's urinary tract – a tumor that had grown large enough to partially block her urethra. A sample of the tissue soon confirmed that bladder cancer was to blame for Lisa's ongoing struggles. Fortunately, the cancer had not spread into the muscle wall of Lisa's bladder, and Dr. Reedus was able to remove all of the cancerous cells during surgery.

LISA'S CARE TEAM



Timothy Custer, M.D., FACS
is a board-certified general and bariatric surgeon with FHP General Surgery River View, 2405 N. Columbus St., Ste. 250, Lancaster.



Derrick L. Reedus, Sr., M.D.
is a board-certified urologist with FHP Urology and is also a member of the American Urological Association and Ohio Urological Society. FHP Urology has two locations: 618 Pleasantville Road, Ste. 203, Lancaster. 751 State Route 664 N., Logan.

"Had it not been for my primary care provider referring me to Dr. Custer, and had it not been for my gastric bypass surgery and the red flags they found during my procedure, I have no idea how long it would have taken me to find out I had cancer. Bariatric surgery saved my life in more ways than one."

DESTINATION: HEALTH AND HAPPINESS

Despite the detours, Lisa has finally reached the goal she worked so hard to achieve: a life full of health and happiness. Since her cancer diagnosis, scopes of Lisa's bladder have continued to come back clear. As for her weight, she's lost a total of 185 lbs.

"It's absolutely amazing how much can change in a year," she marveled. "Because of my weight loss, I no longer have diabetes, I no longer have acid reflux, my knees and feet don't hurt anymore, my back doesn't ache like it used to, my fibromyalgia doesn't flare up like it did before – and I'm doing things that I never dreamed of."

Dr. Custer said, for him and his team, watching patients like Lisa find success is the most rewarding part of the experience. "We get the privilege of sharing in the joy of lives changed and dreams coming true. We get to witness people completely transform themselves and share in the exhilaration of folks

reaching goals they once felt were unattainable."

With the burden of her weight in the rearview mirror, Lisa has been making up for lost time. Her summer was filled with days of play and family trips (including a long-awaited vacation to the beach), and her fall a blur of pumpkin patches, corn mazes and sweet memories. Instead of finding herself winded and uncomfortable, Lisa is now leading the pack. "I couldn't walk long distances before. I was always falling behind or taking a break," Lisa explained. "These days, my husband is the one asking me to slow down."

But perhaps the most profound change of all can be found in the quietest of moments.

"I can hold my family so much closer now," Lisa smiled. "I finally have a lap that the kids can sit on, and when the baby lays her head on me and

falls asleep, it's just an incredible feeling. My biggest regret – my only regret – is not having this surgery sooner."



Lisa with her granddaughter, Sophia Grace, 1.

YOUR JOURNEY BEGINS HERE

BARIATRIC SERVICES AT FMC



Timothy Custer, M.D., FACS, greets a patient in his office.

"It is so satisfying and humbling to have the opportunity to walk alongside our patients as they realize their potential and make new plans for their future. As a physician, it doesn't get any better than that."

- Bariatric Surgeon Timothy Custer, M.D., FACS

If you've been considering weight loss surgery, the Bariatric Services Team at FMC is here to support you on your journey. From start to finish, our program is staffed with compassionate, caring individuals who are committed to helping you reach your goals.

Beyond our specialty medical staff, FMC's bariatric team includes program and eligibility coordinators to assist you in navigating any pre-surgical requirements. In addition, our expertly trained registered dietitians help you gather the knowledge and tools you'll need to find lasting success.

To get started on your journey, please attend one of our free information sessions. For more details, please call 740-689-6718 or visit fmchealth.org. We can't wait to celebrate your new life with you.

Battling the **BURN**

As a firefighter and paramedic at a busy station in Columbus, Kelly Storts, 55, of Sugar Grove, doesn't have time to let heartburn run his life.



Kelly Storts, Heartburn Center patient, serves lunch at his fire station in Columbus.

I feel completely different now ... you really saved my life here. You made a big difference.

After being diagnosed with gastroesophageal reflux disease, or (GERD) – a digestive disorder that can cause heartburn, a sore throat, difficulty swallowing or even chest pain – and suffering from the related symptoms for nearly 30 years, Kelly decided it was time to find a lasting solution.

Kelly had been taking medication for almost 20 years to help control his symptoms, but the drugs eventually stopped working. At that point, his heartburn was affecting not only his digestion, but also his sleep. “As a firefighter, I have to get my sleep when I can,” Kelly said, “and if it’s interrupted by my stomach, that’s just not going to fly.”

In addition to suffering from regurgitation, reflux and heartburn, Kelly had also developed Barrett’s esophagus, a condition characterized by changes in the esophageal lining caused by chronic acid reflux. Those with Barrett’s esophagus have an increased risk of developing esophageal cancer. And according to Kelly, he was willing to do what he needed to do to reduce his risk. “I wanted to take esophageal cancer off the table. Any chance of cancer is more than I want,” Kelly confirmed.

After Kelly voiced his frustration with his medication no longer working, his primary care provider, Troy Hampton, D.O., of Fairfield Community Health Center, recommended that he visit FMC’s Heartburn Center for a consultation.

As one of the leading heartburn centers in Ohio, the Fairfield Medical Heartburn Center provides state-of-the-art diagnostics and comprehensive treatment to patients like Kelly who are suffering from GERD symptoms. The dedicated nurse coordinator and team of multidisciplinary providers use a collaborative approach to educate patients and provide both non-surgical treatment options, such as medication or lifestyle changes, and surgical

options, like the Nissen fundoplication or the LINX® procedure.

During his initial consultation in March 2019, Kelly heard from Tonya Mundy, Heartburn Center nurse coordinator, about how her own GERD had been successfully treated with a surgery. “I share my story with patients because it reassures them that someone knows and understands exactly what they are going through,” Tonya said.

Next, providers from the Heartburn Center ran a series of tests to learn more about Kelly’s GERD and develop his treatment plan. When presented with the

options for treatment, Kelly decided to move forward with the LINX® procedure, during which a surgeon places a flexible magnetic ring around the esophagus to prevent reflux. “I liked the fact that it’s reversible and can be taken back out if I have an issue with it,” Kelly explained. “That was probably the biggest selling point for me.”

Kelly’s surgery was completed in late August 2019 by Jeffrey Yenchar, M.D., general surgeon and Heartburn Center Medical Director. Immediately following surgery, Kelly was able to stop taking his heartburn medication completely. And soon after, Kelly was back at work with no restrictions. He says he couldn’t be happier with the results of his procedure. “I’ve been able to eat whatever I want, whenever I want. No heartburn, no reflux,” Kelly shared.

One of the most impactful benefits of Kelly’s surgery has been the improvement in his sleep. As an emergency responder, getting restful sleep is vital for his job, which often has him up in the middle of the night for calls. “Getting better sleep, not having the foggiest – it’s been a gamechanger,” Kelly admitted.

Kelly says he wishes he would have known sooner about the alternatives to medication for treating GERD symptoms, and he hopes that sharing his story will help encourage others to consider



Kelly stands next to one of the fire engines at Station 3 in Columbus.



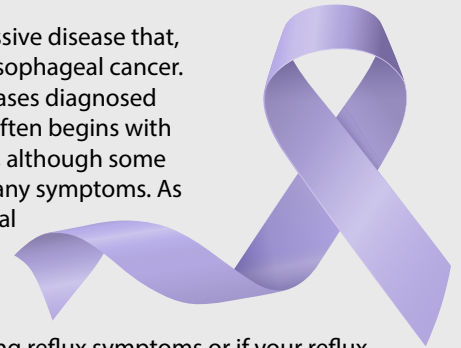
Kelly Storts, Heartburn Center patient, enjoys lunch with colleague Steve Kelley at Station 3 in Columbus.

pursuing the surgical route. "There are options out there. I'm a paramedic, and I had no idea," he admitted. "Now that I don't have to make plans for what I eat, when I eat, how I sleep, when I sleep – I just keep wondering why I didn't do this earlier. It would have saved me a lot of restless nights."

In fact, Kelly feels that his overall quality of life has improved since seeking surgical treatment for GERD. "I didn't realize how bad of shape I was in before the surgery. I just knew I had reflux," Kelly shared. "I feel completely different now. I told Dr. Yenchar, 'I know people tell you this a lot, but you really saved my life here. You made a big difference.'"

INCREASING AWARENESS Esophageal Cancer

GERD is a chronic and progressive disease that, if left untreated, can lead to esophageal cancer. With more than 17,000 new cases diagnosed last year, esophageal cancer often begins with persistent heartburn or GERD, although some patients may not experience any symptoms. As with many cancers, esophageal cancer has a better prognosis if the cancer is caught early.



If you are experiencing ongoing reflux symptoms or if your reflux medication is no longer working, contact the Fairfield Medical Heartburn Center at 740-689-6486 for a free consultation.

KELLY'S CARE TEAM



Troy Hampton, D.O.

is the Director of Medical Education at FMC and a board-certified family physician at Fairfield Community Health Center, 1155 E. Main St., Lancaster.



Srinivas Kolli, M.D.

is a Heartburn Center physician and a board-certified gastroenterologist with Fairfield Healthcare Professionals Gastroenterology, 1500 E. Main St., Ste. 2D, Lancaster.



Jeffrey Yenchar, M.D.

is the Heartburn Center Medical Director and a board-certified general surgeon with General Surgical Associates, 618 Pleasantville Road, Ste. 301, Lancaster.



Tonya Mundy, R.N.

is the nurse coordinator at the Fairfield Medical Heartburn Center, 401 N. Ewing St., Lancaster.



HEALTHY HABITS

*Guest Columnist: Donna Cunningham, MS, CNP, APRN, CTTS,
Fairfield Medical Center Tobacco Cessation Coordinator*

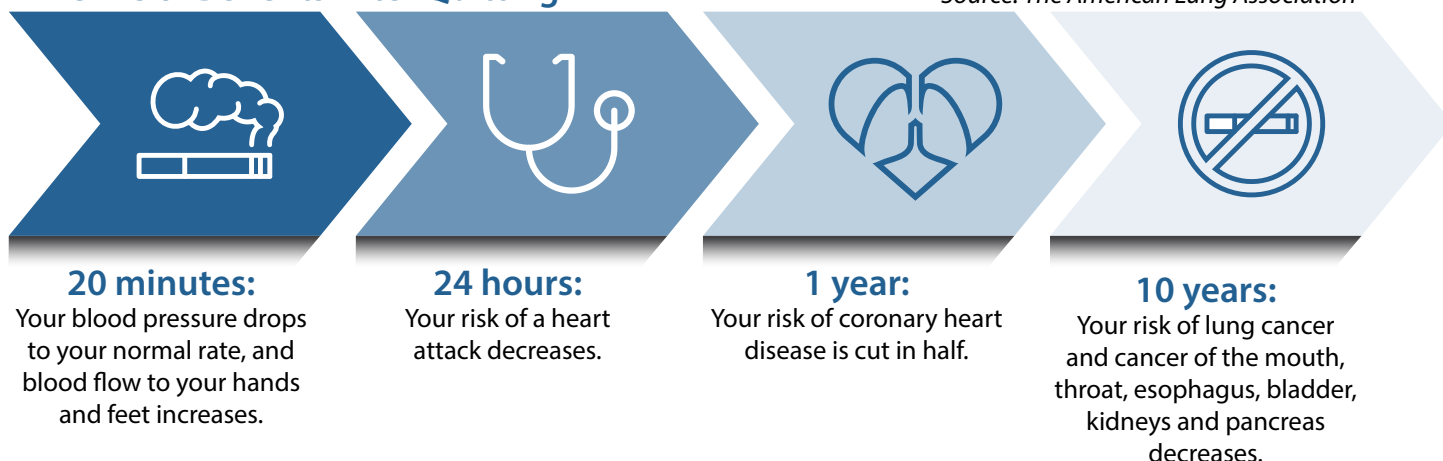
Tobacco Cessation Breaking Habits

Growing up, both of my parents smoked, as did many of my extended family members. As I grew older and learned the dangers of tobacco use, I begged my parents and family to quit. They ended up quitting tobacco use eventually, but not soon enough. Both of my parents suffered from respiratory diseases. My father needs oxygen during activities and gets easily fatigued. My mother needed oxygen around the clock and had to take oxygen tanks with her whenever she left her home. My mother recently passed due to her respiratory illnesses. I share this to show that I have first-hand experience with the devastating effects that tobacco use can cause. I personally know how it can affect not just the individual who uses tobacco, but the whole family.

The last few years, as I've watched my parents' health decline, I have become passionate about tobacco cessation. This passion has led to my current position as the Tobacco Cessation Coordinator for Fairfield Medical Center. It is my desire to help those who wish to stop smoking, using smokeless tobacco, or vaping find a way to quit for good. I am ready to help you break your habit.

Timeline of Benefits After Quitting

Source: The American Lung Association®



Tobacco Cessation at Fairfield Medical Center

Six-week program covers and includes information on:

- Developing substitutions and distractions
- Family support and choosing allies
- Identifying triggers
- Learning from past attempts to quit
- Medications, including nicotine replacement
- Methods of quitting
- Tips for managing withdrawal
- Tracking progress through a program journal

Intake examinations are available if you do not have a primary care provider. This program is covered by most insurances, including Medicare and Medicaid.

If you or a loved one would like more information about the Tobacco Cessation Program, please call 740-689-4404 or email tobaccocessation@fmchealth.org.



Paying It **FORWARD**

Five years ago, Kathryn “Kitty” Handley went through the grueling process of chemotherapy and radiation to treat her breast cancer. Now, the FMC Foundation is working to make that process easier for future patients.



Kitty Handley and FMC Volunteer Anne Brown look at some of the merchandise at the Cancer Resource Center.

In July 2014, Kitty Handley, 69, of Lancaster, was at a routine gynecology appointment when her doctor found a lump in her breast that was thought to be a cyst. To be safe, her doctor ordered a biopsy of the abnormal tissue. The procedure was performed at Fairfield Medical Center, and a few days later, her doctor delivered the news that the lump was cancerous.

The diagnosis was unexpected. “I was totally shocked, very afraid and in disbelief,” Kitty shared. “I thought of myself as a very healthy woman, not as someone who could have a disease.”

Determined to overcome the unexpected hurdle, she began working with her care team to devise a treatment plan to beat her stage one breast cancer.

Within five days of her diagnosis, Kitty’s journey back to health was underway. A lumpectomy was performed to remove the breast tumor, and after recovering from surgery, Kitty began chemotherapy treatments at Fairfield Medical Center’s Cancer Care and Infusion Center, followed by radiation treatments.

“Early on, radiation treatment was a

It's important to me to give back because I am so grateful for all the care I received at FMC.

rough time, but I knew it was necessary," Kitty said. "I would wait all day to go to radiation therapy, sit in the waiting room and then the treatment would take a long time. I was very fatigued."

While lengthy treatments have always been an expected part of radiation, the Fairfield Medical Center Foundation wants to make the process easier for future cancer patients. The FMC Foundation is committed to supporting a linear accelerator, a type of radiation technology that will allow cancer patients to undergo fewer treatment sessions and shorter treatment times, as they will be given a higher dose of focused radiation during each appointment (see box).

"Avoiding that additional time in radiation treatment would be awesome," Kitty said. "After a cancer diagnosis, it's hard to feel like you're really moving on until all of the treatment is over."

"This machine will be a welcomed addition to our facility, with patients' treatment time being reduced in half or more in most cases," said Mark Becker, M.D., Fairfield Healthcare Professionals radiation oncologist. "It will also enable patients with small tumors in sensitive areas of the body to stay at FMC for their treatments if they so wish. The types of tumors that this technology can address include certain brain tumors, spinal tumors and other areas of the body. This will only enhance FMC's ability to deliver the highest quality of care in the region."

The linear accelerator is just one example of how the FMC Foundation is improving cancer care at Fairfield Medical Center. The Foundation also supports the wig program through the Fairfield Medical Cancer Resource Center, which was available to Kitty during her own cancer battle. Through this program, cancer patients who experience hair loss as a result of their treatment are provided with a wig at no cost.

Kitty said losing her hair was one of the hardest parts of her cancer treatment, so she was grateful when an FMC volunteer told her about the wig program.

"As a woman, the idea of having no hair is hard – you want something like a wig to feel more normal," Kitty said. "I was fitted with a plum-colored wig that was fun and different from my original hair color and style. The wig gave me the confidence to go out in public and do my normal activities again." After six months of receiving cancer care at Fairfield Medical Center, Kitty's cancer was in remission – but her time with FMC was just beginning. Kitty said her

experience at FMC was so impactful that she was inspired to become a volunteer with the Cancer Care and Infusion Center, where her unique perspective as a cancer survivor allows her to provide an extra sense of camaraderie, support and understanding to the people she serves.

"It's important to me to give back because I am so grateful for all the care I received at FMC," Kitty shared.

Fairfield Medical Center and the FMC Foundation are proud to have made a difference in the lives of patients like Kitty. We are inspired by her generous volunteerism and invite others in our community to come together to make a difference for those fighting cancer.



Text **FMC** to
855-735-2437 to
give today.

WHAT IS THE LINEAR ACCELERATOR?

The FMC Foundation wants to help make a difference for our cancer patients through the purchase of a linear accelerator, which can be used to treat cancer anywhere in the body. The radiation therapy can be customized to meet the specific needs of each patient, and patients will experience shorter treatments, allowing them to spend more time doing the things they enjoy.

By giving to your FMC Foundation, you can help provide this essential technology to cancer patients in our community. To learn more, visit fmchealth.org.



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 fmchealth.org and click "Find a Provider."



Sarah Ball, CNP

FHP Internal Medicine
2405 N. Columbus St.,
Ste. 280, Lancaster
740-689-4470



Naveen Bekkam, M.D.

Colonnade Medical Group
1550 Sheridan Dr.,
Ste. 202, Lancaster
740-654-0232



James Foster, DPM

Feet First Podiatry
2405 N. Columbus St.,
Ste. 110, Lancaster
740-689-8085



Brandi Herdlitzka, CNP

FHP Family Medicine of Amanda
5115 Amanda Northern Road,
Amanda
740-969-4928



Kimberly Kohli, Ph.D

FHP Psychiatry &
Health Psychology
131 N. Ewing St.,
Unit C, Lancaster
740-689-6600



Marci Maynard, CNP

FAIRHOPE Hospice &
Palliative Care, Inc.
282 Sells Road, Lancaster
740-475-0699



Amanda Myers, PA

FHP General Surgery
River View
2405 N. Columbus St.,
Ste. 250, Lancaster
740-654-6213



Timothy Norman, PA-C

FHP Orthopedics and Physical
Medicine & Rehabilitation
2384 N. Memorial Dr., Lancaster
740-689-4935



Sara Pieren, M.D.

Fairfield Anesthesia Associates
401 N. Ewing St., Lancaster
740-653-9320



Jason Reed, D.O.

FHP Orthopedics and Physical
Medicine & Rehabilitation
2384 N. Memorial Dr., Lancaster
740-689-4935



Stacey Sams, CNP

FHP Logan Primary Care
751 State Route 664 N.,
Logan
740-385-9646



John Zarick, CNP

FHP Neurology
135 N. Ewing St.,
Ste. 204, Lancaster
740-687-8888

VOLUNTEER SPOTLIGHT

Mary Lou McDaniel

Mary Lou, a retired teacher, first volunteered in the hospital gift shop more than 15 years ago. In 2016, following the opening of the new Wishes Gift Shop, Mary Lou began giving her time there. Since then, she has given more than 2,500 volunteer hours.

More than 20 volunteers, many of whom are members of TWIG 12, help to operate Wishes Gift Shop. Mary Lou says she enjoys the special events put on by Wishes every year – the Fall Trunk Show and Christmas Open House – and is especially proud of the heart pillows the group offers to recovering cardiac patients.

"I like working with people, and volunteering gives me the opportunity to interact with patients, employees and visitors. I like the idea that a portion of Wishes' proceeds support the Fairfield Medical Center Foundation. While our funds go to many needs around the hospital, our main focus is cardiac and pulmonary services – and I think that is a very worthy cause."

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, MARY LOU

Aquatic Therapy

Outpatient Physical Therapy Services

FMC River Valley Campus • 2384 N. Memorial Dr., Lancaster • 740-687-2930

Warm water therapy is a safe environment for addressing posture and balance, building endurance and improving strength and flexibility. It also results in less stress on the joints, which may reduce inflammation and shorten recovery time.

Conditions that could benefit from aquatic therapy:

- ✓ Arthritis
- ✓ Balance problems or falls
- ✓ Chronic pain
- ✓ Myofascial pain or fibromyalgia
- ✓ Cerebral palsy
- ✓ Obesity
- ✓ Orthopedic disorders
- ✓ Post-surgical cases
- ✓ Sports rehabilitation



*A provider referral is needed.
We accept most insurances, including Medicare & Medicaid.*

Learn more at fmchealth.org



Fairfield
Medical Center

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Fairfield Medical Center, located in Lancaster, Ohio, provides healthcare services to more than 250,000 residents in Southeastern Ohio. FMC is a nonprofit medical center that strives to provide outstanding care to its patients, their families and visitors.

The Monitor, produced by the Marketing & Community Services Department, is published to share health information and updates with members of the communities we serve. All material is property of FMC and may not be reproduced without permission.



401 N. Ewing St.
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fmchealth.org

Celebrating 70 years of **CHARITABLE GIVING.**

TWIG 6 is celebrating a legacy of giving, which spans 70 years. Since 1950, TWIG 6 has worked tirelessly through card parties, craft bazaars and various auctions to raise money to support local patient care at Fairfield Medical Center. Today, the group hosts a biannual "In the Bag" purse sale, where community members and staff can purchase name brand purses, luggage and other accessories. This year, the sale will be held on Sept. 24-25 in Assembly Room 2 at Fairfield Medical Center's Main Campus.

TWIG 6 is always willing to support various needs across the health system. This past year, funds were pledged to provide vein visualization technology, which easily locates veins during blood draws. In addition, TWIG 6 purchased new exercise equipment for physical therapy patients, endoscopy surgical equipment and supported the renovations of the Palliative Care rooms at the Main Campus. In their 70 years of service, TWIG 6 has donated more than \$194,163 to the provision of lifesaving equipment, advanced technology and more. To learn how you can become a part of this lasting legacy, contact Amie Cohen, Donor Relations Representative & TWIG Liaison, at 740-689-4976.

