

Feature Story



Aortic stenosis is one of the most common – and most serious – forms of structural heart disease. With an increasing prevalence among the aging population, Fairfield Medical Center offers high quality, lifesaving care to patients in southeastern Ohio – without the travel to large city centers.

In 2019, this lifesaving care was expanded to include transcatheter aortic valve replacement (TAVR), which allows patients in the counties of Fairfield, Hocking, Athens and beyond to receive comprehensive heart care in a convenient location.

"TAVR patients have extensive workups and follow-up visits which, for many patients in our rural market, is a hardship," said cardiologist John Lazarus, MD, PhD. "In fact, some patients opted to forgo lifesaving treatment because they simply did not want to go to Columbus. Now they can have that treatment right here at FMC."

In addition to the geographical benefits, FMC offers a truly personalized experience with cardiac specialists remaining directly involved in patient care from diagnosis to recovery. According to Dr. Lazarus, this hands-on approach, coupled with clinical safety measures, has resulted in life-changing patient outcomes. Among those clinical safety measures is the incorporation of Sentinel® Cerebral Protection System and an exceptional imaging protocol for precision, as well as the use of physician anesthesiologists for direct care in all TAVR procedures, which are done as a conscious sedation in more than 90% of cases.

"This avoids the effects of general anesthesia, and patients maintain their natural physiological reflexes, breathe on their own and have a shorter length of stay – typically next-day discharge," Dr. Lazarus said. The expedited recovery associated with TAVR has stood out most to cardiothoracic surgeon P. Aryeh Cohen, MD.

"The recovery time compared to surgery has been remarkable, even for elderly patients," Dr. Cohen shared, which was certainly true of FMC's first TAVR patient, 86-year-old Bob Jones. Because of his age, Jones was not an ideal candidate for open heart surgery. Experiencing severe shortness of breath and heart failure as a result of aortic stenosis, he was quickly approved for TAVR. On Nov. 20, 2019, he became FMC's premiere TAVR patient – a decision he didn't doubt for a second.

"I have a lot of faith in these doctors – every single one of them – and I would recommend their care to anyone that needs it," he said. "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."

Cardiologist Jason Weingart, MD, said bringing the TAVR technology to FMC has been a game-changer for the region and being able to participate in the program has been a true honor. "We aren't just treating aortic stenosis patients here, we are treating grandfathers and grandmothers, brothers and sisters, moms and dads – we are giving these folks more time to spend with their families, and we are improving their quality of life in the process."



Word of Mouth Patient Quote

"I never dreamed I would be able to do (cardiac rehab). 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."

-Bob Jones, TAVR patient



FMC's commitment to quality in TAVR offers:

- Direct physician anesthesiologist care with conscious sedation whenever feasible
- Use of Sentinel® Cerebral Protection System to prevent strokes
- Two types of valves to accommodate varying anatomies
- Expedited discharge
- Continuous post-procedure follow-up, including imaging and consultation
- · Ongoing communication with referring providers



Top left: FMC's TAVR team deploy a valve during a recent procedure; bottom left: P. Aryeh Cohen, MD of FMC and Nic Hunter of Medtronic with the TAVR device; top right: image of new valve functioning; bottom right: John Lazarus, MD, PhD, and P. Aryeh Cohen, MD

Feature Story (cont.)

FMC Structural Heart Team



Pictured above (left to right): Jeremy Buckley, MD; Abby Grubb, CNP; John Lazarus, MD, PhD; Jason Weingart, MD; Jonathan Forquer, DO; Michael Reinig, DO, and P. Aryeh Cohen, MD

TAVR Case Study

By John Lazarus, MD, PhD



John Lazarus, MD, PhD

One of the benefits of our Structural Heart Program is that we can offer a customized approach to patients in our community with communication and coordination from physicians that they have grown to know and trust.

Recently, we met an 80-year-old resident of Logan, OH, who presented to our hospital with heart failure. She was found to have a new diagnosis of severe aortic stenosis for which I discussed plans for TAVR workup as an outpatient. After her discharge, she developed rapid

decline with two different admissions for chest pain and heart failure. Based on her clinical decline, we expedited preoperative testing and performed TAVR while she was inpatient with great results. Since then, she has experienced no syncope or exertional chest pain/dyspnea.

Although she could have received TAVR in Columbus, it would not have been performed by those who had developed a strong connection with her during preceding admissions. Moreover, it was important for the patient to be around friends and family that she trusted and to stay close to her home, all of which was fulfilled at FMC.

When to Refer: Structural Heart Program at FMC

In some cases, structural heart disease can be managed with conservative treatment, but close monitoring and more aggressive treatment should be considered when indicated.

It is recommended that any patients with the following be referred to the Structural Heart Program:

- Previously diagnosed valve disease
- Symptoms of valve disease, including: heart murmur, heart failure, decreased exercise tolerance, fatigue, shortness of breath or difficulty doing simple tasks
- · History of TIA or stroke of unknown cause
- Patent foramen ovale (PFO) or atrial septal defect (ASD)
- Atrial fibrillation with previous stroke/bleeding or intolerant to anticoagulation



To refer a patient to FMC's Structural Heart Program, call 740-689-4480.



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

New Technology & Services

FMC Heart Failure Clinic Introduces New Technology





To refer a patient to FMC's Heart Failure clinic or learn more about the CardioMEMS™ technology, please call 740-687-8173.

FMC now offers CardioMEMS[™] – a remote monitoring technology that has been clinically proven to reduce CHF hospitalizations by 58% over 12 months, according to the American College of Cardiology.

The size of a paperclip, the device is inserted through the femoral vein in the groin and threaded to the pulmonary artery. Once implanted, it can predict when CHF symptoms are about to worsen by measuring pressures in the pulmonary artery that indicate fluid build-up in the lungs. Patients transmit data to their care team on a daily basis with a home unit that is wireless and easy to use. When the care team sees spikes in pressure, they quickly intervene to manage heart failure before it has serious effects on quality of life or requires hospitalization. The device has no batteries or wires, does not interfere with pacemakers or ICDs and is covered by most insurances.

The device is approved for use on patients who have New York Heart Association (NYHA) Class III heart failure that limits daily life and who have been hospitalized within the past year.

Anterior Hip Replacement a Beneficial Approach to Major Surgery



Jordan Bonier, DO, MS

Anterior hip replacement is a minimally invasive surgical approach that could put your patient on the road to a shorter, less painful recovery. During the procedure, an orthopedic surgeon makes an incision at the front of the hip and carefully works between muscles to replace the joint. By navigating around the major muscle group instead of cutting through it, the tissue remains intact – a practice that has been associated with several advantages (see box).

Orthopedic surgeon and adult reconstruction specialist Jordan Bonier, DO, MS, of Fairfield Healthcare Professionals Orthopedics and Physical Medicine & Rehabilitation provides personalized patient care by identifying if the anterior hip surgical approach is an appropriate option for his patients. Many factors are considered, such as the patient's build, overall health and anatomy, prosthesis used and support at home for post-surgical rehabilitation. "I truly care about my patients' overall well-being. I always take a holistic approach to their care to ensure them the best quality orthopedic experience," said Dr. Bonier.

Regardless of the selected surgical approach, our team will collaborate with your office to help your patients take their first step toward relieving their hip pain.



To refer a patient to Fairfield Healthcare Professionals Orthopedics and Physical Medicine & Rehabilitation, please call 740-689-4935.

Benefits of anterior hip replacement surgery:

- Less damage to major muscles. The anterior hip approach avoids damaging major muscles because there are naturally fewer muscles at the front of the hip.
- Lower risk for dislocation. The muscles that stabilize the hip joint are preserved, decreasing the risk for dislocation when compared to the traditional posterior approach.
- Less postoperative pain. Because major muscles are spared, patients typically experience less discomfort during recovery, potentially decreasing the amount of pain medication needed.
- Reduced length of stay at the hospital and faster recovery. Studies have suggested that patients who have anterior hip replacement stop using assistive devices 5-7 days sooner than traditional hip surgery patients.¹
- Taunton MJ, Mason JB, Odum SM, Springer BD. Direct Anterior Total Hip Arthroplasty Yields More Rapid Voluntary Cessation of All Walking Aids: A Prospective, Randomized Clinical Trial. J Arthroplasty. 2014 May 25. pii: S0883-5403(14)00340-4. doi: 10.1016/j. arth.2014.03.051. [Epub ahead of print] PubMed PMID: 25007723.

Service Line Spotlights

Heartburn



Pictured: Tonya Mundy, nurse coordinator for the Fairfield Medical Heartburn Center, consults with patient Marilyn Stephenson.

Non-Cardiac Chest Pain Could Be a Sign of GERD

If you have patients who are experiencing chest pain and you have ruled out heart disease, they may be suffering from gastroesophageal reflux disease (GERD), which is the most common cause of non-cardiac chest pain. As a leading heartburn center in Ohio, the Fairfield Medical Heartburn Center provides one-on-one consultation with a nurse coordinator who develops a customized treatment plan that may include medication, dietary changes or surgery. We offer two types of anti-reflux surgery – traditional Nissen fundoplication and the LINX® Reflux Management System.



To refer a patient to the Fairfield Medical Heartburn Center, please call 740-689-6486.

Bariatric Services

Uncomfortable Conversations: Discussing Obesity With Patients

Fairfield Medical Center's Bariatric Services Team has seen how dramatically a patient's life can change following weight loss surgery. Medical conditions resolve, mobility improves, quality of life increases, and patients experience a boost in confidence and overall mood. In many cases, their journey to health starts with you – their referring provider.

We know it can be uncomfortable to discuss obesity and weight loss with patients. Here are some tips to get this important conversation started:

- Address the patient's main concern first immediately redirecting the topic towards weight may come off as dismissive.
- Approach the topic collaboratively: you are an ally in their health, and weight loss may be a helpful solution to their concerns.
- Use terms like "weight" and "BMI," rather than "obesity" and "excess fat."
- Recognize that some patients may not be ready to attempt weight loss or a lifestyle change. Continue to talk with these patients about the benefits of healthy eating and physical activity.



To refer a patient to FMC Bariatric Services, or for more information about the office's free monthly patient seminars, please call 740-475-0442 or visit fmchealth.org.

Word of Mouth Patient Quote



"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."

- Patient Lisa Fierce, who lost a total of 185 lbs. following a Roux-en-Y gastric bypass procedure in 2018

Cancer

Women's Health Nurse Navigator Eases Concerns for Patients



Sarah Jones, BSN, RN

Navigating a health concern and treatment can be daunting for patients. At FMC, our women's health nurse navigator will guide your patient through diagnostic breast screenings and other women's health issues. Sarah Jones, BSN, RN, helps your patient feel less frightened and alone by providing support, education and guidance.

Sarah has many years of experience working as an RN in the Emergency Department and in Case Management. Sarah

has an Associates Degree of Nursing from Hocking College and a Bachelor of Science in Nursing from Ohio University.



Patients can reach the women's health nurse navigator at 740-687-2727.

The role of a women's health nurse navigator includes:

- Evaluate breast, gynecological and other women's health concerns
- Streamline the referral process to ensure timely follow-up
- Assistance with financial concerns
- Education regarding diagnostics, diagnosis and treatment
- Emotional support for patients and their families
- Facilitation of open communication between the patient and their care team

Palliative Care

Could Your Patient Benefit from Palliative Care?

Palliative care is specialized medical care for those suffering from a chronic or life-limiting illness. FMC's Palliative Care Team provides support, coordination of care and relief of symptoms in order to improve a patient's quality of life. Palliative care is offered alongside curative treatment to provide relief from symptoms caused by a patient's illness.



If your patient could benefit from palliative care, please call 740-687-8654.

Is palliative care right for my patient? Consider the following:

My patient has:

- Dementia
- Cancer
- Chronic pain
- COPD
- Heart disease
- Liver disease
- Lung disease
- Parkinson's disease
- Kidney disease

My patient is experiencing:

- Depression
- Pain
- Anxiety
- Coughing
- Nausea or vomiting
- Itching
- Lack of appetite
- Difficulty swallowing
- Drv mouth
- Insomnia
- Constipation



Patient Perspectives

Maternity

The Other Side of the Bed: From Provider to Patient



Pictured: Shannon Russell and her daughter, Ellis

ICU nurse Shannon Russell knew that giving birth to her second daughter would be a life-changing experience – but she didn't realize that it would change her career, too.

Two days following an uncomplicated pregnancy and subsequent delivery, Shannon found herself back in the hospital with postpartum preeclampsia. Despite years of providing care to the most critical and intensive patients, she suddenly found herself on the other side of the bed: she was the sick and scared patient.

Shannon said, as a healthcare provider, it's easy to get wrapped up in the demands of the shift, to put your head down and go about your work. There are also times when, in order to provide care, it's necessary to replace life's emotional lens with a clinical one, to see the situation clearly with a level head and steady hand.

"It's not that I wasn't a compassionate nurse before, but my experience opened my eyes to how patients

are feeling. It increased my empathy, not my sympathy," she said. "It really changed my perspective. That experience humbled me."

During her hospitalization, Shannon found comfort in the kindness, confidence and open communication she received from her care team. "They told me what they were doing, but they also told me why they were doing it, what they were looking for and what I should expect next," Shannon explained. "Those are all things that I've carried with me into my own practice – I want to help my patients the way my nurses helped me." To read more of Shannon Russell's story, visit https://bit.ly/3rRlm4f.

<u>Cancer</u>

Personal Connection Helps Patients Through Cancer Journey

Carla Yantes, 57, of Lancaster, had an unusual start to her cancer journey. While moving a heavy box, she bumped her breast and developed a bruise. When the injury didn't heal, she contacted her primary care provider Sara Busch, CNP, of Fairfield Healthcare Professionals Old Schoolhouse Family Practice. An ultrasound confirmed the presence of a hematoma, but when Carla's pain worsened, Sara advised her to go to FMC's Emergency Department right away. Further testing revealed that Carla had an abscess, which was surgically removed by Scott Johnson, MD, of Fairfield Healthcare Professionals General Surgery River View. The abscess was biopsied, and the results came back positive for Stage 3 triple-negative invasive ductal carcinoma.

The diagnosis was a shock for Carla, but she found the strength to face it thanks to the support of her care team – Sara, Dr. Johnson, Kanwaljit Singh, MD, of Fairfield Healthcare Professionals Hematology-Oncology and oncology nurse navigator Shelly Romine. Carla had a double mastectomy with lymph node removal followed by more chemotherapy. Carla also completed 25 rounds of radiation to ensure that all the cancer was eliminated. To read more of Carla Yantes' story, visit https://bit.ly/3rRlm4f.



Pictured: Carla Yantes (front), oncology nurse navigator Shelly Romine and oncologist and hematologist Kanwaljit Singh, MD

"Having a personal connection means the patient has someone familiar at the beginning of this process – to help them through their cancer battle. That familiar person is someone they can trust to tell them the hard truth, stay connected with them through this process as an ally and keep in touch with them for years to come," Dr. Johnson explained. "I hope that personal connection allows a more authentic openness that lets the patient speak from their heart and feel heard and acknowledged. Hopefully, our connection helps patients feel empowered to ask hard questions, knowing they deserve respectful, honest answers."

"Prevention of illness and disease is the role of primary care. Trusting patient-provider relationships allow for comfort when discussing small changes, concerns and routine screening guidelines," Sara explained. "Early detection leads to early intervention with the hope of improved outcomes."

Today, Carla is cancer-free and thankful to all of the people who contributed to her care. "I believe every one of those providers has put forth an effort to make me well and make sure that I'm here tomorrow, and the next day and the next day, to be able to tell my story again."

Neurology

Primary Stroke Center Helps Save Lives

As a Primary Stroke Center through The Joint Commission, FMC has a dedicated, stroke-focused program where patients can be diagnosed and medically stabilized before they are transferred to another facility. That rapid teamwork, which has earned FMC the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Gold Plus Quality Achievement Award for three years in a row, is what helped save 64-year-old Mike Miller's life following his stroke.

Miller was brought to FMC's Emergency Department after he passed out suddenly at work one afternoon. The episode was just the latest in a series of health scares that Mike had experienced over the years, including cardiac issues and battles with E. coli and MRSA. Mike immediately underwent a series of tests in the ED, but those all came back clear, offering little evidence into the reason for his fall. When the question came up of whether Mike should be discharged, attending physician Jerry Oliaro, DO, FACEP, of US Acute Care Solutions, FMC's emergency medicine group, was hesitant. Dr. Oliaro's primary concern was that that Mike had passed out for unknown reasons.

"Mike has a fairly complicated cardiac history and that was my initial concern," Dr. Oliaro said. "He may have had some type of a cardiac event or arrhythmia. Stroke is a possibility, but less common. In addition, he did not have any other symptoms at the time he passed out to suggest TIA. That is why admitting patients, such as Mike, is important. There could be a number of causes for fainting, including cardiac and neurologic problems."

Dr. Oliaro's gut feeling proved to be lifesaving – at 6 a.m. the following morning, Mike suffered an ischemic stroke. FMC's team administered tPA before Mike was airlifted to The Ohio State University Wexner Medical Center to have the clot surgically removed. Mike's recovery was swift; within a week, he went from a near death situation to walking into his surgeon's office for a follow-up visit. Mike credits much of his remarkable recovery to the immediate and diligent care he received at FMC. "Had FMC sent me home on the night before I had my stroke, I know my story could have ended much differently," he said. To read more of Mike Miller's story, visit https://bit.ly/3rRlm4f.

New Providers/Offices

Fairfield Medical Center welcomes the following providers.

Jeffrey Haggenjos, DO, and Brittney Valentine, CNP, Join FMC



FHP is proud to announce the addition of primary care providers Jeffrey Haggenjos, DO, and Brittney Valentine, CNP, to its network of expert medical professionals. Their office will remain at 399 Lincoln Park Dr., Suite A in New Lexington and will be renamed FHP Primary Care of New Lexington. Currently, FMC offers cardiology care,

pulmonology care, occupational health, laboratory and diagnostic services in New Lexington.

With Brittney's support, Dr. Haggenjos has been caring for adults and children in New Lexington for more than 40 years. Prior to starting his clinic, he obtained his medical degree from Chicago College of Osteopathic Medicine and completed his internship at Mount Clemens Regional Medical Center.



To refer a patient to FHP Primary Care of New Lexington, please call 740-343-4447.

FMC Expands Urology Services to Amanda

Patients can now receive expert urology care close to home at FMC Amanda, 5115 Amanda-Northern Road, Amanda. The Fairfield Healthcare Professionals Urology team provides discreet and compassionate urological care for men and women, offering diagnosis, treatment and management of conditions affecting the urinary tract.



Commonly treated conditions include:

FHP Urology has office locations in Lancaster, Amanda, Canal Winchester and Logan. To refer, please call 740-689-4945.

- Kidney stones
- Incontinence and bladder dysfunction
- Urinary tract

- · Pelvic floor disorders
- · Erectile dysfunction
- Male infertility





Jason André, MD

Fairfield Healthcare Professionals Vascular Surgery 618 Pleasantville Road, Suite 302, Lancaster 740-687-6910

Fellowship/Vascular Surgery: Southern Illinois University Residency/General Surgery: Albert Einstein Medical Center

Medical School: Howard University **Specialty:** Vascular Surgery, Dialysis Access



Susan Choe, DO

COPC Fairfield Medical Associates 1781 Countryside Dr., Lancaster 740-687-8600

Residency/Family Practice: Doctors Hospital Residency/Neuromusculoskeletal Medicine: O'Bleness Hospital

Medical School: Lake Erie College of Osteopathic Medicine **Specialty:** Family Medicine, Osteopathic Manipulative Medicine



Mark Stebbins, PA-C

Fairfield Healthcare Professionals Vascular Surgery 618 Pleasantville Road, Suite 302, Lancaster 740-687-6910

Masters of PA Studies: Marietta College



Leanne Casserlie, PA-C

Fairfield Healthcare Professionals Cardiothoracic Surgery 618 Pleasantville Road, Suite 202, Lancaster 740-681-9020

Masters of PA Studies: Gannon University



Krista Jones, CNP

Hospice of Central Ohio 2269 Cherry Valley Road, Newark 740-788-1430

Masters of Science in Nursing: Walden University

Patient Experience

The following comments were submitted by FMC patients and compiled through Press Ganey.



Jarrod Bruce, MD, FHP Pulmonology & Critical Care

"Dr. Bruce is always great at taking care of my pulmonary needs. He keeps up on my yearly testing and talks to me about the results and if he needs to change any of my meds. He is the best."



Jeffrey Pearch, DO, Fairfield Healthcare Professionals Psychiatry & Health Psychology

"I asked Dr. Pearch to attend a support group for families struggling with Alzheimer's & Parkinson's. He came and stayed for two hours answering questions and assisting problem-solving with family members. All were most grateful for his time and courteous handling of difficult cases."





Jeffrey Yenchar, MD, General Surgical Associates & Jeremy Buckley, MD, Fairfield Healthcare Professionals Cardiology

"Dr. Yenchar is the BEST – he makes you feel special and explains things you can understand. Also, Dr. Buckley is another A+ doctor. I would recommend them to anyone needing medical attention."



Deepa Reddy, MD, Fairfield Healthcare Professionals Ophthalmology

"I see Dr. Reddy once a year to monitor the condition of my eyesight due to diabetes. In the 5 years or so that I have been seeing Dr. Reddy, she and her staff has always treated me with the utmost respect. She provides me with concise current status, possible progression of the issues and options of treatment. Currently I wouldn't consider going anywhere else for my care."







Michael Reinig, DO, Fairfield Healthcare Professionals Cardiology, Richard Bardales, MD, and Delores Bardales, CNP, CardioVascular Specialists

"I am so happy with my physician care, particularly Dr. Reinig, Dr. Bardales and Dee Bardales. They each sat down and took their time with me, also speaking with my daughter on video calls. They fully answered all of our questions and were very kind and understanding."

Quick ReferenceFairfield Medical Center



Fairfield Medical Center

401 N. Ewing St., Lancaster, OH, 43130 740-687-8000 fmchealth.org



Located in Lancaster, OH, we are a nonprofit organization that provides full-service, general acute health services.



We serve more than 250,000 residents in Fairfield, Pickaway, Perry, Hocking and Athens counties.



In addition to our Main and River Valley campuses, we have more than a dozen satellite locations specializing in primary care, specialty care, urgent care, lab and imaging services.



Fairfield Healthcare Professionals is a multi-specialty medical group of more than 90 providers owned and operated by Fairfield Medical Center.

Clinical Connections is designed to share information about Fairfield Medical Center's medical staff, services and capabilities with health care providers in southeastern Ohio. If there is anything you would like to learn more about, or if you would like to be removed from our mailing list, please call 740-687-6929.



401 N. Ewing St. Lancaster, Ohio 43130-3371 fmchealth.org Nonprofit Org US Postage PAID Permit No

Experience the Support

Specialty Practices:

Bariatric Surgery Lancaster, 740-475-0442

Cardiology Amanda, Lancaster, Logan, New Lexington and Millersport, 740-689-4480

Cardiothoracic Surgery Lancaster, 740-681-9020

Gastroenterology Lancaster, 740-687-9182

General Surgery Lancaster, 740-654-6213

Hematology Oncology Lancaster, 740-687-4505

Infectious Disease Lancaster, 740-687-8805 Neurology Lancaster, 740-687-8888

Obstetrics & Gynecology Lancaster, 740-689-6690

Ophthalmology Lancaster, 740-687-6902

Orthopedics and Physical Medicine & Rehabilitation Lancaster and Millersport, 740-689-4935

Psychiatry & Health Psychology Lancaster, 740-689-6600

Pulmonology & Critical Care Amanda, Lancaster, Logan and New Lexington, 740-689-6833 Radiation Oncology Lancaster, 740-687-8550

Rheumatology Canal Winchester, Lancaster and Logan, 740-689-6408

Sleep Medicine Lancaster, 740-689-4925

Urology Amanda, Canal Winchester, Lancaster and Logan, 740-689-4945

Vascular Surgery Lancaster, 740-687-6910

Wound Care Lancaster, 740-689-6430



Fairfield Healthcare Professionals is a multispecialty medical group owned and operated by Fairfield Medical Center that was formed for the purpose of providing healthcare services in Fairfield and surrounding counties. To learn more, visit fmchealth.org.