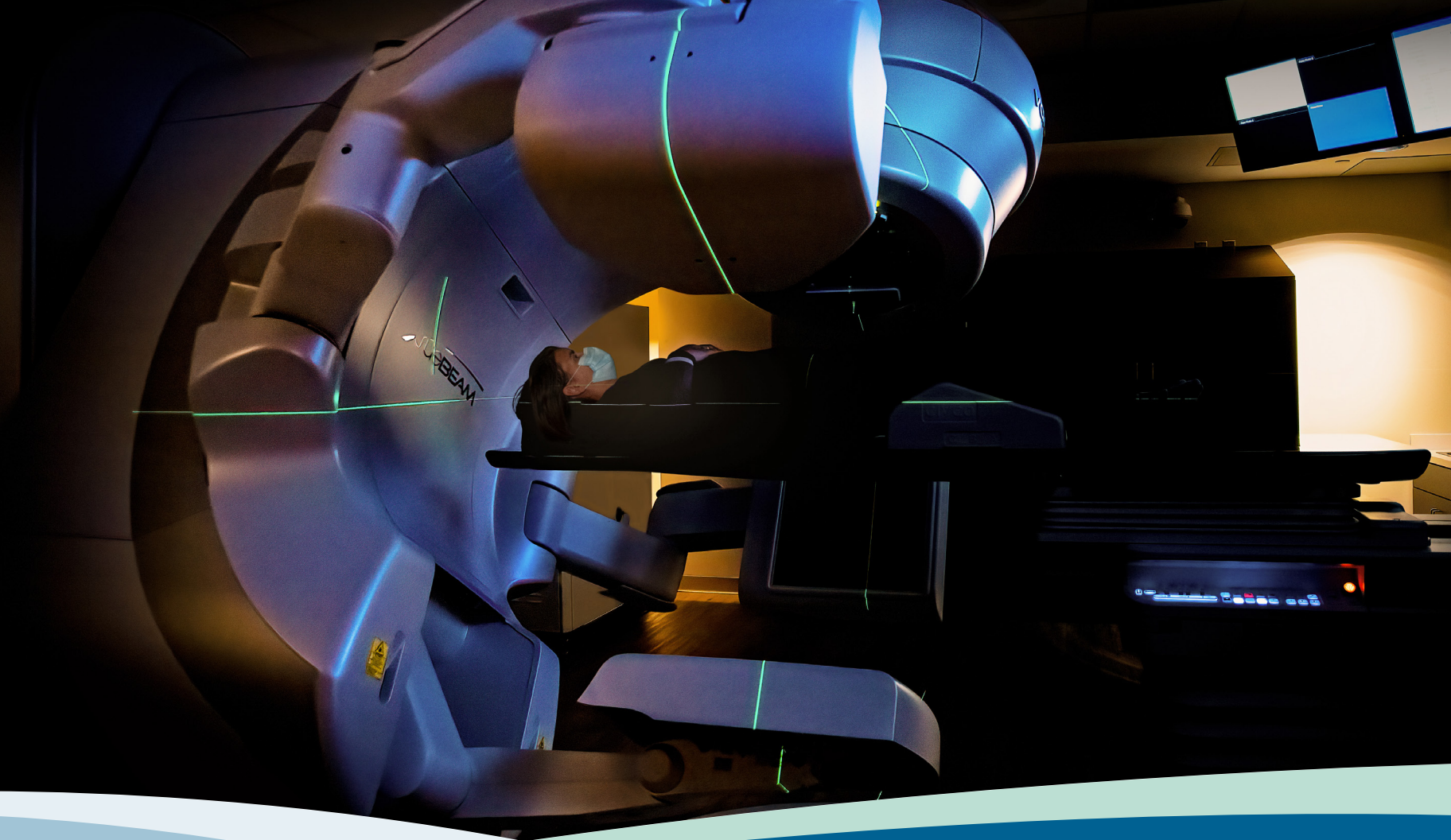




Fairfield Medical Center

# CLINICAL *Connections*

A Publication for Providers & Staff



Winter 2021



# EXPANDING CANCER CARE

**Varian TrueBeam® linear accelerator  
brings new treatment options to  
Fairfield Medical Center**

*Radiation therapists Faith Evans and Alex Phillips  
assist patient Ken Danner.*

Fairfield Medical Center's capabilities to treat cancer have been significantly advanced with the addition of a Varian TrueBeam® linear accelerator. Mark Becker, MD, radiation oncologist with FHP Radiation Oncology, stated, "With this state-of-the-art technology, patients will receive the highest quality radiation treatment possible right here at FMC without the disruption and inconvenience of having to travel to a larger hospital."

The new linear accelerator offers increased precision in targeting cancer cells with less damage to surrounding healthy tissue. Enhanced imaging tools deliver detailed, high-quality 3D images of tumors and surrounding areas in real time. While these images are delivered faster than ever before, synchronized imaging, beam shaping and dose delivery, and accuracy checks every 10 milliseconds ensure that precision is not sacrificed for speed.

"The radiation coming out of the machine is shaped better than it was before – we've gone from eight beams to a continuous beam," Dr. Becker said. "The normal tissue will get smaller and smaller amounts of radiation therapy the more beams you add, and now with a continuously moving beam, you have a very, very low toxicity to normal structures."



Another benefit of the new machine is higher radiation dose delivery, so each treatment is shorter, and the total number of treatments is reduced.” The longest treatment times right now are for patients with lung and prostate cancer, and those will absolutely see a drop from 40 minutes down to only 5 to 10 minutes,” Dr. Becker explained. “The RapidArc® technology can make treatment significantly shorter, as well as potentially decrease side effects by reducing high radiation doses to some organs.”

In addition to faster and more precise treatments, the new linear accelerator allows FMC to treat very small tumors and more types of cancer. “The most significant change in cancers that we treat will be brain tumors smaller than 1.5 cm. The machine also has higher energy, so treating women with larger breasts or patients with deep-seated tumors will be easier, with fewer side effects.”

With the new linear accelerator, FMC has the ability to customize each patient’s care with a wide variety of treatment modalities, including:

- Image-guided radiotherapy (IGRT)
- Intensity-modulated radiotherapy (IMRT)
- Stereotactic radiosurgery (SRS)
- Stereotactic body radiotherapy (SBRT)
- RapidArc® radiotherapy (a form of volumetric modulated arc therapy or VMAT)

“The biggest thing is knowing that this piece of equipment is comparable to any other type of equipment that is in Central Ohio at this time. It’s going to advance the care of the patients we have under our wing.”



**To refer a patient to Fairfield Healthcare Professionals  
Radiation Oncology, please call 740-687-8550.**



### **What does the Varian TrueBeam® System mean for your patients?**

The new linear accelerator means that your patients will receive the highest quality of care possible without having to travel for treatment.

#### **Benefits include:**

- Less time on the table, which helps to minimize side effects
- Fewer treatments, which reduces disruption in patients’ lives
- Increased precision to target tumors with minimal damage to healthy tissue
- Ability to treat more types of cases, including small brain tumors

**To refer a patient to Fairfield Healthcare Professionals Radiation Oncology,  
please call 740-687-8550.**

# Feature Story



## Oncology Services at FMC

Fairfield Medical Center treats more than 25 different types of cancer, with lung, breast, prostate, colorectal and lymphoma being most common. Services include:

- 18-chair Infusion Clinic
- Two board-certified medical oncologists/hematologists – Dr. Roopa Srikantiah-Saha and Dr. Kanwaljit Singh
- One board-certified radiation oncologist – Dr. Mark Becker
- Dedicated oncology nurse navigators
- Treatment options, including chemotherapy, radiation therapy, surgery, immunotherapy and hormone therapy
- Diagnostic, curative and reconstructive surgical options, including cardiothoracic surgery, stereotactic breast biopsy, melanoma removal, lumpectomies, lymph node removal, mastectomies and cosmetic surgery
- Support services and resources, including palliative care, nutrition therapy, financial counseling, social services, spiritual care and tobacco cessation

## Patient Case Study

By Mark Becker, MD

I received a phone call from a patient and her radiation oncologist. I had previously treated this patient for lung cancer and, most recently, she had been transferred to Ohio State University's Wexner Medical Center because of multiple brain tumors. The radiation oncologist explained that the patient had multiple small brain metastasis. He asked me if the patient could be treated at FMC, her preferred facility, and I was happy to welcome the patient back to our department.

Once the patient's care was transferred to FMC, she began to receive stereotactic radiosurgery from the new linear accelerator three times a week over a two week period for the multiple brain tumors. Each session lasted only 15 minutes. The patient tolerated the treatment very well. Clinically, she continues to enjoy all activities of daily life.

*Pictured above: Dr. Mark Becker in front of the linear accelerator.*



*Radiation therapist Faith Evans makes adjustments to the linear accelerator's controls.*



## Gaining Strength Through Blood-Flow Restriction Training (BFRT)



FMC's physical therapy team safely applies and monitors blood-flow restriction training to help patients achieve their rehabilitation goals.

BFRT involves applying external pressure to the exercising extremity, typically using a cuff or pressure tourniquet to maintain arterial inflow and eliminate outflow distal to the occlusion site. BFRT promotes hypertrophy and prevents disuse atrophy of muscles because of the decrease of blood flow to the working muscles. The increase of blood volume within these muscle groups allows heavier lifting with lighter weights, which reduces the overall stress to muscle tissue.



*Steve Lutz, PT, helps therapy patient Dustin Bresler place the blood restriction cuff before his therapy session.*

## Patient Case Study

By Stephen Lutz, PT, DPT, Outpatient Physical Therapy

In February 2021, a 22-year-old male patient, Dustin Bresler, was injured when his vehicle slid on the ice and snow on his way to work. He sustained a comminuted fracture of his patella, and a quadriceps tendon tear that required extensive surgery to repair. Dustin was placed in a hinged knee brace and his weight bearing status was limited for several weeks. As a result, his lower extremity musculature atrophied significantly.

Once his weight bearing restrictions were lifted, we immediately implemented blood flow restriction training (BFRT) into his PT sessions. This intervention allowed us to begin increased resistance training to promote muscle development, giving us the advantage of reducing stress on his healing knee and keeping his pain levels low. After six weeks of treatments, Dustin was discharged from PT and back to work with nearly full strength in his injured leg.



**To learn more about blood-flow restriction training, or to make a referral to Fairfield Medical Center's Outpatient Therapy Services, contact us at 740-687-8602.**



*Steve Lutz, PT, assists Dustin Bresler during a therapy session.*

## Managing Chronic Back Pain Through Minimally Invasive Procedures



### Minimally invasive surgical options include:

- **Radiofrequency ablation:** Using a thin needle, a microelectrode is inserted to send a radiofrequency to the source of pain. The current heats the nerve tissue, which blocks that area from sending pain signals to the brain. Patients experience relief for 6-12 months post-procedure.
- **Implanted spinal nerve stimulators:** One type of implanted nerve stimulator is a spinal cord stimulator. This device has a wire running from the unit along the spinal cord that sends low-voltage electrical impulses along the spinal column, blocking pain signals that are normally sent to the brain. A one-week trial period with a temporary stimulator will help determine if the patient had 50% or greater pain reduction. If this goal is achieved, the surgeon will permanently place the device either in the lower abdomen or buttock areas.
- **Spinal stenosis procedure:** The Vertiflex™ procedure involves the removal of a small amount of bone or tissue, and the insertion of a small spacer into the spinous processes. The Vertiflex™ is designed to create space for the nerves in the spine and reduce the pressure and pain associated with lumbar spinal stenosis (LSS).

Low back pain is an increasingly common symptom that affects the mobility of many people. The source of pain can vary from degeneration of tissue or bone to injury or illness. If conservative therapies to treat back pain are unsuccessful after 12 weeks, it may be time to consider minimally invasive surgical options before referring patients for spine surgery. These options are less risky for patients, offer faster recovery times and reduce opioid use.

### Patient Case Study

By Ron Linehan, MD,  
Precision Pain Care



Ron Linehan, MD

Patient presented with chronic low back pain that occasionally radiated into both legs and was associated with fatigue, numbness and weakness. Conservative measures provided a temporary reduction of his symptoms but did not improve his function. He was unable to stand for more than 15 minutes and would lean forward to support his upper body when walking.

After reviewing his lumbar MRI to define the degree of central, lateral recess and foraminal stenosis, and his flexion/extension X-rays to assure no significant instability, I recommended progressing to Vertiflex™ at the L3-4 and L4-5 levels. His surgery was performed at FMC with sedation and local infiltration. This procedure does not require general anesthesia, which lowers anesthetic risks to the patient. The procedure was uneventful, and the patient was discharged approximately one hour after arriving in PACU. Most patients note initial, mild improvement with progressively greater improvement over several weeks to two months. Physical therapy begins 4-6 weeks post-operatively to increase strength and stamina, as most patients are unable to stand or walk for long periods. This patient presented for routine follow-up one week after treatment and stated nearly 100% relief of his pain with improved ability to stand and walk.

The patient can resume his hobbies and enjoys interactions with his family that were previously limited due to his inability to stand or walk for long periods. He also was able to receive treatment locally, an option he preferred because of previous positive encounters with FMC and our local healthcare providers.



**For more information, call FHP Orthopedics and Physical Medicine & Rehabilitation at 740-689-4935 or Precision Pain Care at 740-689-9500.**

*Pictured above: John Walter, DO, of FHP Orthopedics and Physical Medicine & Rehabilitation, places a trial spinal nerve stimulator.*

# Service Line Spotlights

## Wound Clinic Uses Comprehensive Approach to Treatment

FMC's Wound Clinic is dedicated to the treatment and management of complex or non-healing wounds. The program's comprehensive approach includes evaluation and diagnostic services, innovative treatment options, multidisciplinary collaboration with vascular and infectious disease specialists, as well as nutrition and physical therapy services, and a focus on patient education and long-term care.

"We serve a large patient population whose healing is complicated by comorbid conditions," explained Debbie Paynter, CNP. "We provide primary wound care, but we also pay close attention to those contributing factors to improve patient outcomes."



**To refer a patient to FMC Wound Clinic, please call 740-689-6430.**

### The Wound Clinic treats a variety of wound types, including:

- Acute skin tears
- Diabetic foot ulcers
- Chronic venous insufficiency (with or without ulceration)
- Hidradenitis
- Lymphedema
- First and second-degree burns
- MRSA infections
- Arterial insufficiency
- Post-operative non-healing wounds
- Chronic wounds
- Chronic edema
- Pressure ulcers
- Neuropathic ulcers
- Gangrenous wounds
- Pre-surgical clearance
- Ostomy care and education
- Lacerations and abrasions

## ECMO in Treatment of Cardiac Arrest Patients

ECMO (extracorporeal membrane oxygenation) is an advanced technology offered at FMC to provide life-sustaining cardiac and respiratory support for critically ill patients. This option is increasingly significant in the provision of critical care medicine.

"Our team has effectively and efficiently implemented ECMO placement into our critical care response," said cardiothoracic surgeon P. Aryeh Cohen, MD. "We've seen this technology save lives time and time again, and we're prepared to provide it at a moment's notice."



## Patient Case Study By John Lazarus, MD, PhD



John Lazarus, MD, PhD

In October 2021, a 69-year-old patient presented to our ED with inferior STEMI and refractory ventricular arrhythmia despite ongoing CPR and ACLS interventions. She was cannulated with ECMO and taken to the cath lab where she was found to have stent thrombosis in her RCA. After stent placement, we were able to restore spontaneous circulation. Due to expeditious ECMO cannulation, which maintained organ perfusion while we attempted revascularization, she was able to make a full neurologic recovery and is now living independently after discharge. She denied any active cardiovascular symptoms in clinic.

Traditionally, certain cardiac services – including ECMO and percutaneous LV support devices, such as Impella® – were only offered at tertiary care centers. Now that these are offered at FMC, we are more equipped to handle challenging cardiac presentations.



**To learn about cardiovascular services at FMC, please call 740-687-6929.**

*Pictured left: Cardiothoracic surgeon P. Aryeh Cohen, MD, demonstrates the ECMO technology to FMC staff during a training session.*





## Screening leads to early stage breast cancer diagnosis

Like many patients, Tracy Gerardi debated whether she should keep her appointment for an upcoming mammogram, or hold off due to the COVID-19 pandemic. In the end, she decided not to reschedule – a decision that proved to be lifesaving. The results revealed a diagnosis of breast cancer, the same disease that Tracy's mother had battled years prior. Tracy opted to complete her treatment at FMC and is now an advocate for all men and women to prioritize important health screenings like mammograms and colonoscopies, especially if they have a family history of the disease like she did.

"I didn't have any signs. There was nothing I could see, nothing I could feel," said Tracy, of Canal Winchester. "So if it hadn't been for that routine mammogram – if I had put it off because it was 2020 – who knows what stage I would have been."

Ensuring that patients are staying up-to-date on their screenings can be a difficult task, and COVID-19 isn't the only barrier that can lead to screening hesitancy. Lack of awareness, financial concerns and fear of the screening itself are all common barriers that should be identified and addressed directly with patients who have delayed a screening.

Sara Busch, CNP, of Fairfield Healthcare Professionals Old Schoolhouse Family Practice in Lancaster, is one provider who knows firsthand how important it is to talk with patients about screenings and address any hesitations they may be experiencing. When one of Sara's patients, Carla Yantes, of Lancaster, informed Sara that she was experiencing pain in her breast, Sara urged Carla to get additional testing. While Carla was initially hesitant, Sara remained firm with her recommendation. Carla was later diagnosed with breast cancer. She said having that established relationship with Sara is what ultimately pushed her to get the additional screenings.

"Encouraging patients to stay up-to-date on routine screening establishes trust and can prevent long-term issues," Sara said. "With routine screening and following ever-changing research and evidence-based practice, we are able to find small changes over time and follow up with appropriate testing as needed. Trusting patient-provider relationships allow for comfort when discussing small changes, concerns, and routine screening guidelines."



**Fairfield Medical Center offers  
accredited, comprehensive  
cancer treatment from a  
compassionate team of experts.  
To learn more, please call FMC's  
Cancer Care & Infusion Center at  
740-687-6900.**

Pictured right: Breast cancer survivor Tracy Gerardi  
Pictured left: Sara Busch, CNP, consults with a patient





## Couple shed combined 400 pounds with help of bariatric program

When Chris and Jennifer Boggs, of Gloucester, decided to attend a free information seminar with FMC's bariatric team back in 2019, the couple was struggling with excess weight gain and a multitude of obesity-related health problems that had led them to adopt near-sedentary lifestyles. Because they had struggled with more traditional weight loss methods in the past, Chris and Jennifer were apprehensive about whether they were headed down another dead end. Luckily, the information session put their minds at ease. "During the session, they reframed obesity in a way that made sense – and we left feeling like there was hope," Chris said.

FMC's Bariatric Services Program is a comprehensive Center of Excellence made up of experienced and specialized clinicians and experts who give patients the tools they need to ensure success after surgery. Chris and Jennifer said their experience with the team at FMC's Bariatric Services Program was different than past interactions with other providers. "From the very beginning, there was no judgment from the team. We didn't feel like we needed to be ashamed," Jennifer explained. "It was a relief to understand what was happening, why other weight loss methods didn't work."

The first six months of FMC's Bariatric Services Program is educational, with patients learning the tools they need to achieve long-term success following surgery. Nutrition is a key component behind that success, along with teaching patients how to love themselves through the process, said registered dietitian Emily Schmelzer, RD. "It's equally important for patients to know that they deserve to feel good, that they're worthy of change and new opportunities," she explained.

Today, Chris and Jennifer, who both underwent Roux-en-Y gastric bypass procedures, have lost 215 pounds and 193 pounds, respectively, and have developed healthier and more active lifestyles to help keep the weight off for good. Timothy Custer, MD, Bariatric Program Medical Director and bariatric surgeon, said patients like Chris and Jennifer are inspiring. "We do this procedure for the medical reasons on paper, but what we're really trying to do is help people get their life back."



*If your patient is interested in exploring bariatric surgery at FMC, they are welcome to attend a free information session to learn more about the process. For details, visit [fmchealth.org](https://fmchealth.org), or call FHP Bariatric Surgery at 740-475-0442.*



*Jennifer & Chris Boggs hold a "before" photograph of themselves.*

# Patient Experience

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



## Seth Levin, DO, FHP Gastroenterology

*"Dr. Levin is a very kind and good doctor. He explained things thoroughly and seemed to really care about what is going on with me and my condition."*



## Nicole Sabatina, DO, FHP Orthopedics and Physical Medicine & Rehabilitation

*"Dr. Sabatina was great. She is kind and gentle and took time to answer my questions. She treats her patients with respect."*



## Andrew Twehues, MD, FHP Pulmonology-Critical Care

*"Dr. Twehues is just one of the most caring doctors at Fairfield Medical Center. He not only treats the patient with care, but also the family members. We would highly recommend him for care of family and friends."*



## Sarah Froman, MD, OB/GYN Associates of Lancaster, Inc.

*"I am so appreciative of everything Dr. Froman did for me, and I felt as though she went above and beyond to help me get through a really difficult experience. I don't know how to properly thank her."*



## Jason Weingart, MD, FHP Cardiology

*"Dr. Weingart provides excellent care. He is understanding and helpful when you are in the exam room. Dr. Weingart is an excellent cardiologist. I feel very fortunate that I am his patient."*



## Daniel DiSalvo, CNP, FHP Psychiatry

*"I see Daniel DiSalvo for depression and anxiety. I feel he sees and understands my problem, carefully prescribes medicine and gives advice. The office staff is wonderful."*



## Irving Rosenberg, MD, FHP Rheumatology

*"Dr. Rosenberg is a compassionate, gentle soul. He is professional, knowledgeable and kind. I could not possibly find better care anywhere."*



## Brian Oricoli, MD, FHP Physical Medicine and Rehabilitation

*"I've been seeing Dr. Oricoli for years. He is caring and very knowledgeable. His expertise has changed my overall health. Thank you, Doc."*



## Emily Burnette, MD, FHP OB/GYN

*"Dr. Burnette was great. She took the time to sit and talk about what was going on and what my options were and why. I didn't feel like I was being rushed out. I will definitely refer others to her."*



## Evin Jerkins, DO, FHP Sleep Medicine

*"Dr. Jerkins seems sincerely interested in my well-being. He answers questions in a way that I can understand."*



## Provider/Office Updates

### FMC welcomes the following providers:



**Tyrone Galbreath, DO**

FHP Cardiothoracic Surgery  
618 Pleasantville Road, Suite 202, Lancaster  
740-681-9020

**Fellowship:** University of Mississippi Medical Center

**Residency:** York University

**Medical School:** Des Moines University – College of Osteopathic Medicine

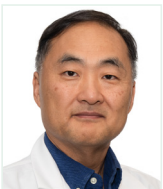


**Dylan Ekstrand, DO**

FHP Family Medicine of Amanda  
5115 Amanda Northern Road SW, Amanda  
740-969-4828

**Residency:** Fairfield Medical Center

**Medical School:** Ohio Heritage College of Osteopathic Medicine



**Sang-Kyune Lee, MD**

FHP Old Schoolhouse Family Practice  
1955 Lancaster-Newark Road, Lancaster  
740-689-2820

**Residency:** Inova Fairfax Hospital

**Medical School:** University of Virginia School of Medicine

### FMC services grow in New Lexington

**NEW LOCATION**

On Nov. 22, Fairfield Medical Center moved into a larger office space at 775 Carroll St. Services offered at this location are laboratory, occupational health, cardiology and pulmonology. Later this spring, primary care providers Jeffrey Haggenjos, DO, and Brittney Valentine, CNP, will relocate to the space and orthopedics and X-ray services will be added.

*Clinical Connections* is designed to share information about Fairfield Medical Center's medical staff, services and capabilities with healthcare 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.

## Quick Reference



### Fairfield Medical Center

401 N. Ewing St., Lancaster, OH 43130

740-687-8000

[fmchealth.org](http://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 (FHP) is a multispecialty medical group of more than 90 providers owned and operated by Fairfield Medical Center.



Fairfield Community Health Partner (FCHP) is FMC's Medicare ACO. Our focus is to bring healthcare providers together voluntarily to give coordinated high-quality care to their Medicare patients. To learn more, contact ACO Manager, Brittany Parfitt, MSN, RN at 740-689-4428.



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

# Experience Prevention

Smoking is linked to 80-90 percent of lung cancer deaths, according to the Centers for Disease Control. Screening for lung cancer in people at high risk of the disease can help find lung cancer early, which improves the chances of successful treatment.



## Lung Cancer Screenings

Is your patient a good candidate for a lung cancer screening?

- Men or women age 55-77
- Must be a current or former smoker who has quit smoking within the last 15 years, smoked at least one pack per day for 30 years or 2 packs per day for 15 years

*Physician order required. Funding is available for those who qualify. Call 740-687-8666 to schedule.*



## Tobacco Cessation Program

Fairfield Medical Center offers a 6-week Tobacco Cessation Program to help patients break the habit. Call 740-689-4404 or email [tobaccocessation@fmchealth.org](mailto:tobaccocessation@fmchealth.org) for more information.

“My advice to others would be to quit smoking and to not wait to get checked out if you are experiencing symptoms.”

*-Barney Ankrom, Lung Cancer Survivor*

