



Fairfield Medical Center

# THE MONITOR

FALL 2022



**FAMILY MEDICINE:**  
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# LETTER FROM THE PRESIDENT & CEO

What are you searching for in a healthcare organization? For each one of us, it's something different. For the person whose world has been upended by a cancer diagnosis, it's a team of specialists who not only can treat their cancer, but help them beat it. For the person who is struggling with their weight and looking for a long-term solution after years of failed diets, it's a bariatric surgery team that will partner with them to come up with a plan. For the person who needs to undergo heart surgery, it's a cardiovascular program that offers state-of-the-art technology to fix the problem. At Fairfield Medical Center, our goal is to be whatever it is you're searching for when it comes to your healthcare. From dedicated providers to cutting-edge technology, you don't have to travel far. You can find it all right here.

As an independently owned healthcare organization with a deep-rooted history in the community, the perception exists that we are a "small-town hospital" lacking in the technology or expertise of larger city centers. That's not the case. Our patients are sometimes surprised to learn that they don't have to travel to Columbus to undergo minimally invasive heart surgery or life-saving cancer treatment. With the recent launch of our robotic program and the purchase of our linear accelerator, we're diagnosing diseases and treating complicated medical conditions in a way we never have before. In addition, we're continually working to expand our specialized services and provider reach. For example:

- We're one of just three hospitals in Ohio to invest in Intuitive's ION robotic technology, which has the ability to biopsy suspicious pulmonary nodules, regardless of size or location within the lung, leading to faster treatment and better outcomes for those facing a lung cancer diagnosis.
- We've invested in the da Vinci robotics technology, which allows our surgeons to perform minimally invasive procedures ranging from hernia repairs to thoracic surgery. This technique boasts many benefits for the patient, including a shortened hospital stay and recovery.
- Our linear accelerator, which was purchased with a \$1 million grant from our FMC Foundation, administers radiation therapy to almost any area of the body – truly a game-changer in the way we treat cancer. Our patients benefit from fewer, shorter treatments overall.
- We've expanded our electrophysiology program through the use of the Abbott Ensite Mapping system, a tool that creates 3D images of the heart's electrical activity, making it easier for our cardiologists to identify and treat the source of abnormal heart rhythms.
- Over the past two years, we've brought on more than 100 providers in the areas of primary care, gastroenterology, heart and vascular, urology, physical medicine and rehab, emergency medicine and radiology. In addition, we welcomed Whetstone Medical Clinic in Millersport into our Fairfield Healthcare Professionals family in October 2022. As valued physicians in the community, we are honored to have Dr. James Whetstone and Dr. Michael Martin on our team so we can continue providing high-quality healthcare services to the community of Millersport and the surrounding region.

While serving those in our community and beyond will always be our mission, we have come a long way from the "small-town community hospital" that we once were. Over the years, we have grown into a health system that is continually expanding and evolving in order to provide the best care possible for our patients. We encourage you to get to know us more and to investigate all of the services we have to offer before you consider leaving the community for your care. It may surprise you to learn that whatever you're searching for can be found right here at Fairfield Medical Center.



John R. "Jack" Janoso Jr.



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*Has Fairfield Medical Center made a difference in your life? We want to hear your story.*  
Email us at [marketing@fmchealth.org](mailto:marketing@fmchealth.org), or share your story on our Facebook page.

# Living Proof

**After years of avoiding routine check-ups, a near-fatal event has Mike North counting his blessings – and encouraging others not to put off their preventative care.**

Growing up, Mike North didn't care much for doctors. At the age of 78, he continued to feel the same. For nearly 20 years, he avoided the world of routine medical appointments and check-ups. After all, he was in good health. There seemed no reason to fix something that wasn't broken. Following an unexpected turn of events, Mike had a change of heart.

On Jan. 28, 2022, Mike spent an uneventful day running errands. Around 5 p.m., he noticed his heart was racing wildly. He quickly grew concerned and instructed his wife to call 911 – a clear indicator that something was very wrong. When the ambulance arrived, it transported Mike the short distance to Fairfield Medical Center's River Valley Campus Emergency Department.

The ED staff and emergency physician Zebula Reed, MD, quickly assessed the situation. With a still-rapid heart rate, back pain, and dangerously low blood pressure, Mike's symptoms were pointing to a ruptured abdominal aortic aneurysm (AAA). The condition occurs when the main blood vessel from the heart – the aorta – grows weak, bulging until the walls of the vessel give way. Because the aorta is about the size of a garden hose, blood loss occurs quickly. When this happens, the chance of survival plummets to less than 20 percent, even with emergency medical attention.

"I had no indication that something like this was going to happen," Mike recalled. "This whole thing has reminded me that we're only here for a short time. If we hadn't called the squad, and if it weren't for those doctors and nurses at FMC, I know I'd be dead."

As Dr. Reed discussed the severity of the situation with the North family, it was decided that Mike would receive an emergency blood transfusion to stabilize his condition, and then he would be transported to Fairfield Medical Center's Main Campus. Once there, Fairfield Healthcare Professionals vascular surgeon Jason André, MD, would be waiting to repair the ruptured vessel.

The emergency procedure, known as an endovascular aneurysm repair (EVAR), was completed with hardly an incision. Much like a heart catheterization, Dr. André used small punctures in the groin to access the femoral artery and thread a special device to the site of the rupture. Next, a stent was placed inside the damaged aorta to patch the life-threatening tear and prevent further blood loss. The surgery was a success, but Mike's prognosis remained guarded.

"It truly takes a team to save a patient with a ruptured aneurysm," Dr. André said. "For Mike to survive this devastating scenario, it makes me proud of FMC and our ability to treat complex issues."

## MIKE'S CARE TEAM



**Zebula Reed, MD**  
is an emergency  
department physician.



**Jason Weingart, MD**  
is an interventional cardiologist with  
FHP Cardiology, 740-689-4480.



**Jason André, MD**  
is a vascular surgeon  
with FHP Vascular  
Surgery, 740-687-6910.

**Mike's care team also included the following providers:** Michael Reinig, DO, FHP Cardiology; Jarrod Bruce, MD, FHP Pulmonology & Critical Care; Christian Tencza, MD, FHP Pulmonology & Critical Care; Andrew Dagg-Murry, MD, FHP Infectious Disease; Charles Onwe, MD, Fairfield Hospital Medicine; Anokh Kondru, DO, Fairfield Hospital Medicine; and Matthew Campos, MD, FHP Hospital Medicine.



For patients like Mike, the risk of mortality continues through the post-operative period, and our ICU team did a great job of caring for him throughout his stay."

Although Mike was discharged after just eight days in the hospital, he is overwhelmed with admiration for the nurses who helped him beat the odds and has become a familiar face to the staff and providers of Fairfield Medical Center. In truth, he is a far cry from the man who was once resistant to visiting the doctor's office. He has been back for several follow-up appointments with specialists across the facility, and he's been impressed with his level of care at every turn.

For example, Jason Weingart, MD, of Fairfield Healthcare Professionals Cardiology now manages Mike's heart health. As a patient, Mike finds confidence in the thoroughness and transparency of his new cardiologist. With a greater understanding of what to expect, why a treatment is recommended and what the intended outcome is, Mike has become a model patient.

"A good physician-patient relationship is vital to providing high-quality medical care," Dr. Weingart said. "It allows patients to be forthcoming about their symptoms and concerns, and it allows providers to be honest and direct about recommendations and findings. In Mike's case, we're here to monitor, identify and treat any cardiac complications that may arise after his emergency and for years to come."

As a natural problem-solver, Mike says he is always looking for ways to improve processes. Now, he's applying that same philosophy to his health and encouraging those around him to do the same.

"I immediately called four or five of my friends and told them, 'If you don't have a cardiologist, go get one. Now.' Having not had preventative care for a while, I now see the importance of it, and it's something I think others should be aware of."

## AAA PREVENTION

Abdominal aortic aneurysms are most common in men and individuals older than age 65. AAAs rarely cause symptoms, but screenings can allow for early identification, monitoring and intervention before a rupture occurs.

You may be at a greater risk for AAA if you have:

- High blood pressure
- High cholesterol
- Family history of AAA
- History of tobacco use
- An existing condition that damages blood vessels, such as atherosclerosis (plaque in the arteries), coronary artery disease (CAD), or peripheral artery disease (PAD)

"Physical exams can pick up on large aneurysms, and seeing a primary care provider regularly could help find the issue before it progresses," Dr. Jason André said. "Additionally, some insurances cover a screening ultrasound for AAA if you have a family history of aneurysms, or if you're age 65 to 75 and have smoked 100 cigarettes or more during your lifetime."

***Talk to your primary care provider to learn more about AAA screenings.***



Mike North stands in front of the River Valley Campus Emergency Department.



# Connection

## Beyond Care

**From disease management to general wellness (and everything in between), the Dum family knows they can always count on their primary care provider for guidance and support.**

If you don't have your health, you don't have anything. That has long been the mantra for Kimberly and Brian Dum of Stoutsville and their four children – Mason, Carson, Lilyann and Branson. Having watched their oldest son Mason, 21, manage diabetes and their only daughter Lilyann, 16, overcome the challenges of spina bifida, Kimberly and Brian understand the importance of preventative care in disease management, and the impact that serious health conditions can have on the family unit. So when it came time to find a primary care provider who could meet their entire family's unique needs, they wanted someone special in their corner.

That someone turned out to be Brandie Herdlitzka, CNP, a certified nurse practitioner with Fairfield Healthcare Professionals Family Medicine of Amanda and one of the Dum family's biggest supporters in their journey toward better health and wellness. The Dums began seeing Brandie shortly after she joined the practice in 2019, and they now consider her a part of their boisterous and fun-loving family.

"I don't know what we would have done without her," Kimberly said. "God has truly put her in our lives at a time when we most needed her. I've had some health issues that I was unable to talk to anybody about, and she has listened to me and believes in me. She is absolutely a part of my family."

*— “It's called family practice for a reason; we care for the whole family, and we understand the impact family has on your overall health.” —*



(Left to right): Mason Dum, Brian Dum, Kimberly Dum, Branson Dum, Brandie Herdlitzka, CNP, Lilyann Dum and Carson Dum

Each member of the Dum family can recall a time when Brandie helped them through a unique challenge or obstacle. Brian, who has diabetes, said it was Brandie who helped him get his blood sugar under control and manage the stress of caring for his mother when she was ill. For Lilyann, Brandie is the one who inspired her to set goals that she might have otherwise deemed impossible, such as walking without crutches or driving a car. When the entire family contracted COVID-19 at the height of the pandemic, it was Brandie who called them multiple times at home to ease their fears and coach them through the worst of the illness.

"She's kind of like another parent," Mason said. "She has personally helped me with my diabetes and with my anxiety. She helps us focus in on the end goal."

Primary care is often viewed as the building block of a healthy life by focusing first and foremost on the prevention of disease. In many cases, visiting a primary care provider is the patient's first step to finding answers to their questions and solutions to their concerns. It is recommended that patients, regardless of their age, visit a primary care provider once a year for a routine wellness exam.

Brian said he and his family look forward to those annual visits with Brandie, as it gives them peace of mind and an opportunity to refocus on their personal health goals. "When I show up for my annual appointment, I sometimes go in there concerned about everyone else, and Brandie will say, 'No, we're going to take care of you today. This time is for you,'" Brian said.

Carson agreed. "I don't feel like I am at a doctor's office, I feel like I am talking to a friend," he said. "Brandie is so easy to talk to and so caring about not just my physical health, but my overall life."

For Brandie, having a close relationship with her patients and getting to know them as individuals is essential in providing them with the best care and treatment. She likes to talk with patients about their lives and learn more about their interests and passions (12-year-old Branson jokes that Brandie never tires of listening to him talk about his favorite topic, the video game Minecraft).

"If you do not get to know your patients, you cannot properly treat them," Brandie said. "I tell people that sometimes I talk too much, but my true goal is to get to know my patient, get to know their history – not only health history, but their social history. I want people to feel comfortable talking to me and to understand that I'm not here to be judgmental. I am here to be a cheerleader for their health."

Brandie added that there are benefits to having one provider who cares for the entire family. The provider has the opportunity to get to know each member of the family and understand how certain events or milestones, such as graduation, a new job or an upcoming trip, are impacting the family as a whole.

"It's called family practice for a reason; we care for the whole family, and we understand the impact family has on your overall health," Brandie said. "It gives us the ability to diagnose hereditary problems quicker. It gives the family a safe place to feel comforted and cared for. As a provider, when you are caring for more than one family member, you see them more often and have the ability to touch base with them more frequently, which helps build trust."

## WHAT IS PRIMARY CARE?

Kimberly and Lilyann Dum talk with Brandie Herdlitzka, CNP, in the exam room.



When you choose Fairfield Healthcare Professionals as your primary care provider, you are receiving care from not only one provider, but a network of expert medical professionals who collaborate to provide patients and their families with excellence in healthcare.

### Services offered include:

- Treatment of common illnesses
- Allergy injections
- Routine blood work and screenings
- Flu shots and immunizations
- Sports, work and wellness physicals
- Well-woman visits\*
- Chronic disease management
- Health education
- Referral to specialists

*\*Select locations*

FHP primary care offices are located in Amanda, Canal Winchester, Carroll, Lancaster, Logan, Millersport and New Lexington.

**Scan the QR code or call 740-687-8886 to learn more about primary care providers or to schedule an appointment.**



Trust, along with compassion and empathy, are among the main reasons why the Dum family said Brandie has made such a difference in their lives over the past three years. Kimberly recalls one such instance when she knew with absolute certainty that Brandie was the right provider for her family.

"Brandie had seen Mason at the grocery store where he works, and she asked him how the family was doing, and he told her that I had been dealing with a headache for about a week," Kimberly said.

"Brandie called me and said, 'Girl, what's going on?' I knew at that moment that I was in the right place. Just the empathy that she cares about me as a person, and wants to make life better for my family, has made all the difference."



# From Heartburn to Healing

**When Karen Kampe began experiencing sudden, severe chest pain, she feared something might be wrong with her heart. Her care team at Fairfield Medical Center quickly confirmed that the pain wasn't cardiac-related, but rather a rare gastrointestinal condition that required emergency surgery.**



*Karen Kampe relaxes on a bench in the garden outside her Hocking Hills home.*





## KAREN'S CARE TEAM



**Heather Luttrell**

*is the clinical coordinator for the Fairfield Medical Heartburn Center, 740-689-6486.*



**Jeffrey Yenchar, MD**

*is the director of the Fairfield Medical Heartburn Center and a general surgeon with General Surgical Associates, 740-687-5437.*

At 77, Karen Kampe, of Logan, knows her body. So when she began experiencing severe chest pain one evening, she didn't hesitate to get it checked out at her local hospital. During that visit, she was examined and prescribed anti-reflux medications to ease her symptoms. Karen returned home that night, but the pain continued. Not wanting to take any chances, Karen asked her daughter, Jenny, to take her to the Emergency Department at Fairfield Medical Center. Her persistence would end up saving her life.

For about 20 years, Karen had been living with a hiatal hernia that she had been told was impossible to correct. A hiatal hernia occurs when part of the stomach slips upward into the chest cavity. Most of the time, the condition is harmless and may go undetected for several years. It can, however, contribute to gastroesophageal reflux disease (GERD), causing symptoms such as heartburn, belching, pain, and shortness of breath. For years, Karen had been controlling those symptoms with omeprazole, a medication designed to reduce stomach acid.

Upon learning Karen's history, her care team at FMC zeroed in on her hiatal hernia as the cause of her pain. Further testing confirmed that a portion of Karen's stomach was now trapped and twisted within her chest cavity, limiting blood flow and killing the affected tissue. The condition, known as a strangulated hernia, can be fatal without immediate medical attention. Karen was immediately rushed into emergency surgery with Jeffrey Yenchar, MD, of General Surgical Associates. Dr. Yenchar also serves as the medical director of the Fairfield Medical Heartburn Center.

"When we see patients with larger hiatal hernias, their symptoms aren't always just reflux related. These can be shortness of breath or trouble swallowing," Dr. Yenchar said. "In the past, people felt that you couldn't fix these hernias. But now with new technologies – like new mesh and robotic surgery – we can take patients who have 50-60 percent of their stomach in their chest and restore everything back to where it needs to be."

The surgery not only saved Karen's life, but now she's enjoying a better quality of life and improvements in her overall health.

### What is the Fairfield Medical Heartburn Center?

The Fairfield Medical Heartburn Center provides state-of-the-art diagnosis and comprehensive treatment to patients suffering from GERD symptoms.

#### What you can expect:

- Your visit to the Heartburn Center starts with a one-on-one consultation with the nurse coordinator, who will ask you questions about your medical history and symptoms.
- Following that consultation, the nurse coordinator likely will recommend a diagnostic evaluation that includes one or more tests.
- The results of your testing will determine the root cause of your reflux symptoms, allowing the team to create a treatment plan that fits your condition and lifestyle.

***If heartburn symptoms are affecting your daily life, or if medication is the only thing controlling your symptoms, it is time to investigate. Contact the Fairfield Medical Heartburn Center at 740-689-6486 to learn more.***

"The thing I recognized the most is that my breathing is better," Karen said. "Dr. Yenchar mentioned that it's because my lungs now have more room to breathe. I don't have to use the inhaler or nebulizer anymore, and I seem to have more energy."

Karen also is using her experience to raise awareness. After learning about the connection between seemingly ordinary heartburn symptoms and potentially more complicated hernias, Karen now advocates for others to make an appointment with the Fairfield Medical Heartburn Center if they are experiencing symptoms of GERD.

"If you've got a problem, and you just halfway deal with it it gets worse," Karen said. "There's no need to let that happen."



Heather Luttrell, Fairfield Medical Center's Heartburn Center coordinator, works with patients to help them find lasting relief from GERD. "Not all hiatal hernias cause problems, and thankfully, a medical emergency like Karen's is rare," Heather said. "However, it's not uncommon for hiatal hernias to cause or contribute to heartburn symptoms."

Heather strongly recommends discussing testing and treatment options for GERD symptoms with the Heartburn Center. "Many people do not realize that there are other options available aside from daily medications that only ease heartburn and reflux symptoms," she said. "We offer state-of-the-art diagnostic testing and treatment options, such as minimally invasive surgical procedures, to stop heartburn for good. A hiatal hernia can also be fixed during these same procedures."

While Karen wishes her condition had never progressed to such a dire state, she is grateful to Dr. Yenchar and the ED team for their quick recognition of her critical situation. She's now back to doing the activities she loves to do; she and her many animals enjoy a peaceful life in the scenic Hocking Hills, where she takes delight in spending time outdoors tending to her garden.

"I was in excellent hands," Karen said. "The staff at Fairfield Medical Center was absolutely super. I really didn't think I was going to make it, but I came out smiling."

## SIGNS OF GERD

Gastroesophageal reflux disease (GERD) is a common problem that affects 1 out of 5 Americans. While persistent heartburn is the most common symptom of GERD, there are many others, such as:

- Chest pain
- Regurgitation
- Nausea or vomiting
- Bad breath
- Difficulty swallowing
- Chronic dry cough
- Belching
- Sleep difficulties
- Dental problems

While many people experience relief with daily heartburn medications, in many cases, symptoms are never completely controlled.

"Heartburn can still certainly alter someone's quality of life, even when taking heartburn medications," said Heather Luttrell, Fairfield Medical Center's Heartburn Center coordinator. "Medications do not address the cause of the heartburn, and not addressing the root cause means reflux can still occur."

While some may brush it off as "just a little heartburn," acid reflux that occurs on a frequent basis should not be ignored. Untreated GERD can worsen over time, causing inflammation, narrowing or bleeding of the esophagus. GERD also can lead to esophageal cancer.

"Frequent heartburn symptoms are not normal, and it's not something someone just has to accept and live with. There are treatment options, and permanent relief is possible," Heather concluded.

**Nov. 20-26 is GERD Awareness Week. If you are experiencing symptoms of GERD, don't wait. Help is available by calling the Fairfield Medical Heartburn Center at 740-689-6486 to schedule a nurse consultation.**

*"I was in excellent hands. The staff at Fairfield Medical Center was absolutely super. I really didn't think I was going to make it, but I came out smiling."*





# HEALTHY HABITS

Isabel Manzanillo-DeVore, DO  
Fairfield Healthcare Professionals Gastroenterology,  
740-687-9182

Fall hails the start of a new school year, festivals, and the holidays! Life becomes a little more hectic, and we tend to demand more of our bodies to keep pace. Many times, our gut seems to take the brunt of those stressors. As a gastroenterologist, I tend to see worsening of functional GI disorders like irritable bowel syndrome (IBS) in many of my patients. If you suffer from IBS or simply want to take better care of your gut, below are four ways you can improve your digestive health.



## Fermented Foods

Fermented foods help improve the function of the gastrointestinal system by increasing helpful bacteria in the gut to aid digestion. A diverse “microbiome,” or sum of the bacteria, viruses, and fungi in our GI tract, has been shown to lessen symptoms of constipation and diarrhea in people with IBS.



## Probiotics

Readily available probiotics from the grocery store can be expensive and are not created equal. Food sources of probiotics are more cost-effective and preferable because they are full of fiber, vitamins and nutrients. Food sources of probiotics include yogurt, kefir, sauerkraut, kimchi, miso, and tempeh. Pickled or fermented vegetables (such as pickles, onions, peppers and beets) can add a sharp and delicious kick to your meal.



## Prebiotics

Prebiotics are not actually bacteria, but they encourage the growth of healthy bacteria. Most vegetables and fruits act as prebiotics – providing “food” for probiotics and assisting in forming healthy bowel movements.



## Bowel Movement Mechanics

The way in which we sit on the toilet makes a difference! There is a muscle that encircles our gut like a lasso when we sit or stand, creating a kink in the tube that prevents stool from leaking. Squatting straightens out that kink so we are able to empty our bowels without straining, which can cause hemorrhoids and diverticulosis. Creating a squatting position by using a stool under your feet when you are eliminating will allow you to have an easier toileting time.

## IMPROVE YOUR GUT HEALTH

Whether you are looking for help improving your diet or assistance with diagnosing and treating GI symptoms, Fairfield Medical Center's team of experts are here to put you on the path to wellness. Visit [fmchealth.org](https://fmchealth.org) to learn more about digestive health or contact Fairfield Medical Center Nutrition Therapy at 740-687-8666.



# Raise Your VOICE

*Sarah Hutchinson and her wife Krist'n Hutchinson  
in downtown Lancaster.*

**When Sarah Hutchinson's unsettling health concerns weren't being addressed by her provider, she switched her care to Fairfield Healthcare Professionals – and uncovered a life-changing diagnosis.**

As someone who lives with the hormonal disorder polycystic ovarian syndrome (PCOS), Sarah Hutchinson is used to navigating the oftentimes uncomfortable symptoms that can come with her condition, such as hormone imbalance and irregular menstrual cycles. So when Sarah began experiencing severe uterine pain several years after her PCOS diagnosis, she initially chalked it up as just another unpleasant symptom for her to manage. But as the pain became more severe, Sarah started to wonder if something else was going on with her body.

"I thought, this pain I'm having is way more than PCOS," Sarah, 31, of Ashville recalled. "I knew something was wrong."

Since Sarah's mother and sisters all have endometriosis, Sarah began to wonder if she was suffering from the same condition, which can be hereditary. Endometriosis is a disorder in which uterine tissue begins growing outside the uterus and spreading to other internal organs. The best way to diagnose endometriosis is through a laparoscopic surgical procedure in which the provider makes small incisions in the patient's abdomen and inserts a camera to view the internal organs. If left untreated, endometriosis can progress and cause certain complications, including infertility.



With Sarah and her wife, Krist'n, hoping to start a family in the coming years, Sarah immediately shared her concerns with her gynecologist – but the conversation didn't go as she expected.

"The response that I got was, 'I hear you, but I don't want to diagnose you with that because I don't want to do surgery on you at such a young age,'" said Sarah, who was in her late 20s at the time. "I was extremely frustrated."

Despite years of being with the same gynecologist, Sarah began to search for a second opinion. As a former education coordinator for Fairfield Medical Center, part of Sarah's job involved onboarding new providers. It was during one of those onboarding sessions that she met Dr. Emily Burnette of Fairfield Healthcare Professionals Obstetrics & Gynecology.

"When Dr. Burnette sat down with me, she saw all of our wedding pictures on my desk and, right away, she made that personal connection, asking about my wife and if we were going to be starting a family soon and who would be carrying the baby," Sarah said. "She very quickly showed a personal interest in me, which made working with her even easier. I felt like having her as my provider just made sense, so I made the switch."

Sarah's first appointment with Dr. Burnette was in October 2019. Five months later, she underwent laparoscopic surgery at FMC, where Dr. Burnette was able to confirm what Sarah had suspected all along – she had endometriosis.

"There are four stages of endometriosis and mine ended up being Stage 2. The further the stages go, the more it eventually starts to burn off your nerve endings, meaning you're not going to be able to feel it when it starts to grow back," Sarah said. "During the procedure, Dr. Burnette was able to burn off the growth that was



*Sarah Hutchinson performs with her band Everyday People in downtown Lancaster.*

there and do some other tests as well to make sure that when we do want to have kids, my fallopian tubes will be working normally."

Dr. Burnette said laparoscopic surgery is the only way to truly diagnose and treat endometriosis and is typically the best option for women like Sarah who desire pregnancy. She said the hallmark symptoms of endometriosis are pain and infertility (see box, Page 14).

"Unfortunately, most women with endometriosis go undiagnosed for many years, either because they think their symptoms are normal, or their provider doesn't recognize their symptoms as being abnormal," Dr. Burnette said. "In general, it has been my experience that if I ask the right questions and listen to what a patient is saying about their experience, I have never been surprised to find endometriosis."

Sarah said she is grateful to Dr. Burnette for listening to her and for taking the necessary steps to confirm her diagnosis.

"What I like about Dr. Burnette is she gives you options and makes you a part of the decisions surrounding your care," Sarah said. "A lot of times patients don't understand the medical world, so they go in and expect the doctor to tell them what to do. With Dr. Burnette, she says, 'Here's what I think is going on with you, here are three or four different roads that we can take to help you get better. What would you like to do, what would fit your plan best?'"

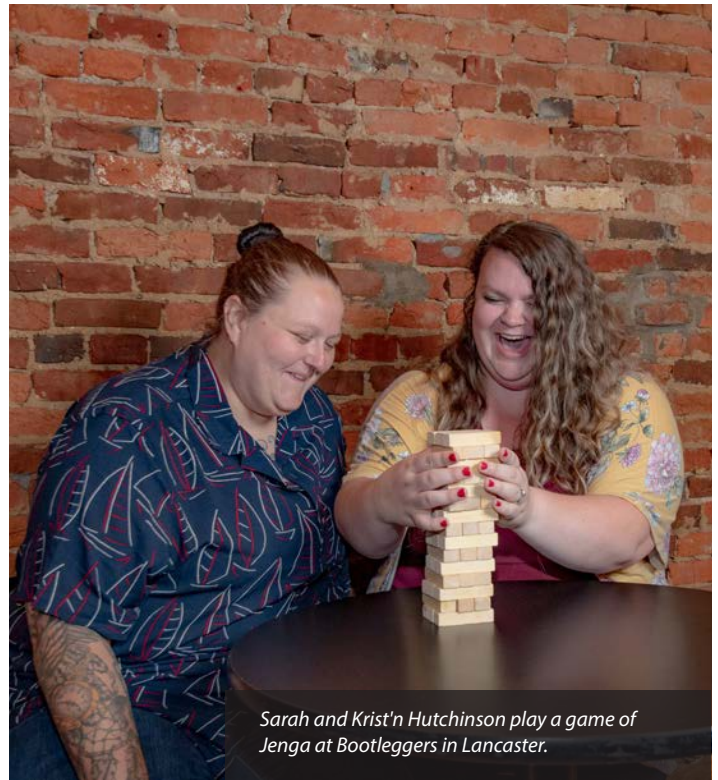
Dr. Burnette said having an open dialogue with patients and working with them to find a solution that best fits their lifestyle and family planning goals will always result in the best outcome.

"Management strategies for endometriosis change as a person changes, and the best approach is tailored," Dr. Burnette said. "There is no way to achieve that without an honest, open, and collaborative relationship."

Sarah said she has been feeling much better since her surgery and has been working with Dr. Burnette to develop a plan of care that will allow her to enjoy an active lifestyle with less pain, as well as begin family planning when she and Krist'n are ready. In addition to her full-time position as a Compliance Associate at FMC, Sarah also sings in two bands – Vital Signs and Everyday People. In July, she had the opportunity to perform with musician Elton Rohn during the Lancaster Festival.

"I think an important message to take away from my story is that it's OK to be a decision-maker in your care, and it's OK to seek care elsewhere when you are not getting the answers you need," Sarah said. "I'm grateful that Dr. Burnette came into my life when she did. It makes you think about the power of coincidence, and how everything happens for a reason."

— “ —  
*She very quickly showed a personal interest in me ... it felt like having her as my provider just made sense.*  
 — ” —



Sarah and Krist'n Hutchinson play a game of Jenga at Bootleggers in Lancaster.

## WHAT IS ENDOMETRIOSIS?

- Endometriosis is a condition where the cells that normally grow within the uterus start growing outside the uterus within the pelvis. This growth causes inflammation, which in turn causes pain and can interfere with fertilization. If endometriosis is severe enough, it can also cause scar tissue and block the fallopian tubes entirely.
- Endometriosis affects up to 10 percent of all women of reproductive age, but much higher rates are seen in women experiencing infertility or chronic pelvic pain.
- Most women with endometriosis report severely painful menstrual cycles, pain when not menstruating and pain with intercourse. Other common symptoms include pain with bowel movements or urination, and severe rectal and low back pain.
- Endometriosis is a chronic and life-long diagnosis, but it can be managed, and symptoms can be improved through medication and laparoscopic removal of tissue growth. Some women will require more extensive surgery, such as a hysterectomy with removal of the fallopian tubes and ovaries. This is typically reserved for women who have struggled to find success with other treatments or do not plan to become pregnant.

### Meet the Team: FHP Obstetrics & Gynecology

Drs. Emily Burnette and Justin Bruner of FHP Obstetrics & Gynecology say that providing excellent care requires more than clinical skill and knowledge – it requires understanding. Services offered include:

- Family planning and pregnancy
- Well-women visits
- Treatment for menstrual problems
- Infertility evaluation and treatment
- Osteopathic manipulative treatment

**To schedule an appointment, call 740-689-6690.**





# Help is here: **Script Assist**

The fear of not being able to afford prescription medication is one that millions of Americans face every day. That's why the Fairfield Medical Center Foundation has created a program to help ensure that patients don't have to choose between filling a life-saving prescription or paying their monthly bills.

Script Assist, which is funded through donations to the FMC Foundation, offers financial assistance and medication resources to patients who are struggling to pay for their prescriptions. Since the program's inception in 2012, Script Assist has helped patients save more than \$62 million in prescription costs, according to program coordinator Debbie Zwicker.

To be eligible for the Script Assist program, patients must have a household income level at the Federal Poverty Guideline as determined by each Patient Assistance Program through the drug companies. Individuals also must be uninsured, underinsured or on Medicare. A patient does not need a referral from their provider, but referrals make up approximately 90 percent of the patients who receive assistance through the program. Once a patient contacts Debbie, she works with the drug companies to get assistance ranging from free vouchers to 30-day cards for free inhalers. She then contacts the patient's healthcare provider and sets up home delivery. The only medication that cannot be sent directly to the patient's home is insulin; instead, it's sent to the office of the patient's care team. All of the medication is donated by the drug companies and is name-brand, Debbie said.



## Prescription Assistance



If you are struggling to pay for your medications, the Script Assist program may be able to help. **Contact Debbie Zwicker at 740-687-8860 for more information.**

FMC Care Coordinator Millie Pritchard helps to educate patients about Script Assist and contacts Debbie on their behalf to see if the medication is available through the program.

"Many patients won't admit that they're not taking medications due to the cost until I review their medication list with them and ask if they're able to afford them," Millie said. "When I tell them that there is help available, they are surprised and often tell me they wish they would have spoken up sooner. This program has helped many of our patients with being compliant with medications and working their way towards better control of their medical condition."

## Thank You to Our **2022 Sponsors**

The following individuals, businesses and organizations supported our 2022 events as a Platinum or Gold sponsor. It is because of their compassion and support that the Foundation is able to continue its healing mission by purchasing life-saving equipment and funding program expansions, keeping local patients close to their homes and families.

### PLATINUM SPONSORS

- US Acute Care Solutions:  
-Dr. Mark & Theresa Darnell  
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Golf Outing



Heart & Lung Run

To become a 2023 event sponsor or to make a charitable gift, visit [fmchealth.org/foundation](https://fmchealth.org/foundation), call 740-687-8107 or email [fmcfoundation2@fmchealth.org](mailto:fmcfoundation2@fmchealth.org).

# STRONGER TOGETHER

**After experiencing similar sports-related injuries, teammates Kate Gavin and Abby Kenney teamed up to motivate and support one another through their therapy sessions.**



*(left to right)  
Abby Kenney  
& Kate Gavin*

When you play a sport, every person on the team has one thing in common – love for the game. That’s exactly what connected Fisher Catholic volleyball players Abby Kenney, 17, and Kate Gavin, 18, when they found themselves on the same team in 2021. During the season, the two athletes shared moments of celebration following hard-fought wins and were there for each other through tough losses, but nothing bonded them more than when they experienced similar injuries on the court within months of each other. With the help of friendship, determination and a dedicated team of therapists at Fairfield Medical Center, Kate and Abby’s focus never wavered as they struggled through their long and difficult recoveries and motivated each other to get back into the game.



Kate first injured her knee during a basketball game her junior year in January 2021. “I jumped to get a rebound and when I landed, my knee buckled backwards,” Kate said. “And then I fell to the ground, and I felt the pop. That’s when I knew something was wrong.”

It was confirmed that Kate had completely torn her ACL and partially torn her meniscus. She went on to have surgery to repair her ACL, during which her surgeon used a piece of her hamstring as a graft to reconstruct the ligament. They also cleared the damaged tissue from her meniscus to allow the injury to better heal naturally.

Three days after her surgery, Kate started therapy with physical therapist Steve Lutz at Fairfield Medical Center Outpatient Therapy Services. “Many of our patients who are young athletes are eager to get back to the sport they love,” Steve said. “Kate was really motivated, and we took it slow, focusing on practicing good techniques for developing her muscle groups evenly.”

Despite her progress, Kate was unable to participate in track during her junior year. Fortunately, she was back on the volleyball court for her senior year, where she joined her teammates – including her friend, Abby – on the floor.



"After the first surgery, I wasn't really nervous at all to return to sports," Kate said. But during a scrimmage in the beginning of the season, Kate watched as Abby jumped in the air to hit the volleyball. When she landed awkwardly, Kate knew Abby was experiencing the same pain she had felt a season before.

"I jumped up to hit the ball, and when I came down I felt my knee pop out to the side," Abby remembered. "I did a double-hop because it hurt so badly, and then I just fell to the ground. Everything in my body went crazy."

Abby ended up in the Emergency Department at Fairfield Medical Center and went home on crutches with her knee in a brace. An orthopedic surgeon in the region determined that Abby had torn her ACL and would need surgical repair. A week later, she was on an operating table. Similar to Kate's reconstruction, the surgeon used tissue from Abby's hamstring to repair the injury. With her knee surgery complete, Abby and her family were hopeful that she would make a quick recovery.

Like Kate, Abby chose to receive her therapy at Fairfield Medical Center. Her team included physical therapists Steve Lutz and Thad Bowersock. Both Steve and Thad agreed that Abby was one of the most consistent and hardest working patients they have ever rehabilitated.

"Steve and Thad are really great," Abby said. "They know how to make PT fun, and they know how to push and encourage me."

Although Abby was working hard on regaining her health, she was not hitting the benchmarks of a standard recovery. After three weeks, her knee remained swollen, the incisions were not closing and she had limited movement in the joint. On Sept. 10, she was admitted to Fairfield Medical Center for a closer look at what was going on.

"The doctor aspirated fluid from my knee, and a sample was sent to the lab for testing," Abby said. It was quickly found that she had the rare infection *Serratia marcescens* gram negative infection.

"I was on the operating table the very next morning, and my surgeon cleaned out my knee and placed a drain tube," Abby said. After surgery, a port was placed in Abby's right arm to allow for a 30-day course of daily IV antibiotic treatments. Her wound also required extensive care, including daily bandage changes.

But as Abby approached the tail-end of her daily antibiotic treatments, her incision still wasn't closing. With a relentless infection and her recovery full of complications, Abby was frustrated by the lack of progress.

"It was October by that point and none of my pain was going away," she said. "I was just ready to put it all behind me."

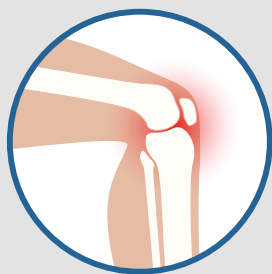
Working with her care team, a referral was sent to Nationwide Children's Hospital to address Abby's continued pain and lack of healing. Abby's situation had become very serious, and the primary goal was to prevent an overwhelming infection and possible amputation of her leg. Abby and her family decided to have her newly reconstructed ACL removed to eliminate the infection and the source of her pain.

"I no longer have an ACL," Abby said. "The infection found a home, and it just made sense to get rid of it completely."

After her third surgery and months of caring for her knee through the countless setbacks, Abby remained motivated. She was ready to get back to the court, back to her teammates and back to volleyball. However, she knew she had a lot of work yet to do. She once again turned to Fairfield Medical Center's Outpatient Therapy Services for help, and found motivation and support from Steve and Thad.



## IDENTIFYING KNEE INJURIES



There is work that can be done in physical therapy to identify and treat risk factors associated with knee injury even before injury occurs. Females are at a higher risk for ACL tears because there is more range of motion in the joint and less muscle mass around the knee. These factors lead to instability, and if the ligament is overstretched, it can lead to a tear.

Unfortunately, even after rehabilitation, re-injury does occasionally happen. This can affect the same knee, but it is also common to sustain an injury to the other knee. The physical therapy team at FMC spends a lot of time working on both legs and controlling global movement patterns in an effort to prevent re-injury.

*Photo credit: Leo Thimmes*



Therapists Steve Lutz, PT, and Thad Bowersock, PTA, attended one of Abby's first volleyball games following her surgery.

"I was nervous to return to therapy and do any type of movement with my knee without an ACL," Abby said. "Thad and Steve were very careful and helped comfort me."

Reflecting on the journey, Steve is humbled by the trust the Kennelys placed in Fairfield Medical Center following Abby's difficult recovery. "As Abby worked through the hard PT sessions, I think her trust in us only strengthened," he added.

While Abby was continuing her rehabilitation, Kate was back on the court and prepared to make the remainder of the season – and her senior year – a good one. Unfortunately, her time on the volleyball court was short-lived. During a practice in September, she heard the familiar "pop" of her knee as she was jumping up to set the ball. While her ACL remained intact, she had completely torn her meniscus. Kate had no choice but to start the process of rehabilitating her knee all over again. She had another knee surgery to repair her meniscus and began working with Thad and Steve at the same time that Abby was completing her therapy.

"Once Kate's volleyball season ended with another injury, I could see her sails deflate," Thad said. "She worked so hard to get back to volleyball, and it felt as if she didn't have much more to give."

"It was hard for me when my second injury happened knowing that I couldn't play my favorite sport my senior year," Kate added.

## ABBY & KATE'S SUPPORT TEAM



**Steve Lutz, PT, and Thad Bowersock, PTA,** work with athletes such as Abby and Kate to help them rehabilitate following an injury or surgery. To learn more, call Outpatient Physical Therapy Services at 740-687-8602.

By winter of 2021, Kate and Abby were both regularly attending physical therapy. Recognizing the importance of collective support for rehabilitation success, the therapy team encouraged the pair to attend appointments together.

"As they both progressed to higher-level rehab, we started incorporating exercises and drills that they could do together," Steve said. "Individually they worked hard, but together they pushed each other to go beyond what they thought they were capable of."

Three times a week, Abby and Kate would meet and motivate one another at their sessions. Abby recognized the importance of staying motivated and trusting the key players in her recovery, and Kate embraced the support of the "little family" they had formed with their care team.

"Sports are just such a big part of our lives, and we both wanted to get back to it so badly," Kate said. "When we were all working together, it felt like we formed a special bond that only we understood."

*When we were all working together, it felt like we formed a special bond that only we understood.*



Kate successfully completed therapy and was cleared to compete during her senior track season, where her team won the Mid-State League Cardinal Division. Thad and Steve attended a track meet to cheer her on. She is now a freshman at West Virginia University, where – because of her own injuries and therapy experience at Fairfield Medical Center – she is pursuing physical therapy as her career path to help others meet their sports medicine goals.

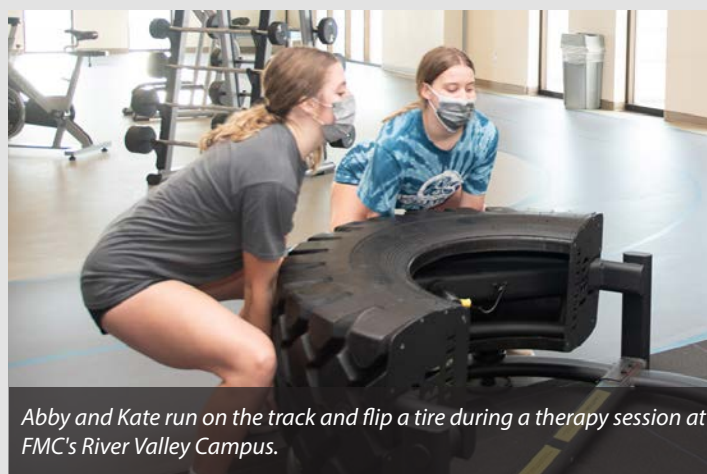
“Thad and Steve were very encouraging and make physical therapy fun for whomever they are helping,” Kate said. “Because of them, I felt like I could accomplish any goal I set.”

Abby was given the option to pursue another ACL repair, but her healthcare providers informed her that she was at risk for acquiring another infection. With this in mind, she and her parents made the decision to move forward in rehabilitating her knee without an ACL.

Three months after the failed graft was removed and the infection resolved, Abby was able to run, jump and squat more than her own body weight. Since she no longer has an ACL, Abby wears a brace that helps accommodate for her lack of innate knee stability. Now a senior in high school, she has returned to the volleyball court and even celebrated her 100th physical therapy appointment at Fairfield Medical Center over the summer. She still has some knee pain and hesitancy when playing, but she continues to lean on Kate and her therapy team when she needs some added motivation.

Kate and Abby credit one another for their individual success in therapy. Having a team approach to their treatment plan, both with each other and their therapists, gave them the chance to return to the sports they love and form a bond that is stronger than their struggles.

## OUTPATIENT THERAPY SERVICES



*Abby and Kate run on the track and flip a tire during a therapy session at FMC's River Valley Campus.*

Fairfield Medical Center's Outpatient Therapy Services' views a team approach as vital in helping patients achieve goals. They strive to keep the entire care team and support network informed about the patient's treatment plan and progression throughout therapy. Services offered include:

- Aquatic therapy\*
- AlterG® anti-gravity treadmill
- Hand & foot orthotics
- Hand therapy
- Industrial rehab
- Lymphedema management
- Neurological rehab
- Occupational therapy\*
- Physical therapy\*
- Speech therapy\*
- Sports medicine\*
- Spine & orthopedic rehab
- Trigger-point dry needling
- Women's health services
- Vestibular (dizziness) rehab

*\*Also offered for pediatric patients*

### **Two locations in Lancaster:**

- 2384 N. Memorial Drive
- 1143 E. Main St.

***Fairfield Medical Center's Outpatient Therapy Services cares for patients of all ages, accepts all insurances and offers telehealth appointments. To schedule an appointment, call 740-687-8602.***



# ASK A PROVIDER

*Irving Rosenberg, MD,  
Fairfield Healthcare Professionals  
Rheumatology, 740-689-6409*

Rheumatology deals with the diagnosis and treatment of various musculoskeletal, inflammatory and systemic autoimmune diseases, also known as rheumatic diseases. These conditions commonly cause pain, swelling and stiffness, and may affect your entire body, including joints, tendons, ligaments, muscles or bones. You may also experience symptoms in your skin, nerves or internal organs. Rheumatologists use a variety of treatment methods, including medications, physical therapy, and joint/tendon injections. Dr. Irving Rosenberg of Fairfield Healthcare Professionals Rheumatology talks about how he works with patients to help identify and treat the source of their pain.

## Why did you choose rheumatology as your profession?

Rheumatology gives me the opportunity to make significant, long-term improvements in a patient's quality-of-life by building a personal relationship with them. I find the complexity and evolving understanding of the immune system fascinating. Because no two people are alike, the way that these conditions manifest can be vastly different. Oftentimes, I can pick up on subtle changes that may signify a serious issue even before speaking with a patient.

## What can a patient expect when they see you in the office?

In addition to a professional and courteous staff, you can expect that I will take the time to listen and answer any questions you or your caregivers may have. Getting to know my patients is my most important diagnostic tool; I typically spend the first visit gathering your personal history, performing a physical exam and ordering tests, including lab work and imaging. Depending on the situation, establishing a diagnosis can be very challenging. Rheumatology testing requires patience because the results can be very misleading. Additionally, some of the conditions I see are uncommon or even considered rare. I work in partnership with my patients and keep them informed throughout their journey to get to a root cause of their pain.

## What motivates you to come to work every day?

My passion is to provide excellent care to my patients. Some of the biggest victories my patients have are the simple things – getting back to work or being able to reach out and pick up a grandchild. That is a huge motivator for me. I also enjoy collaborating and teaching our next generation of providers to deliver high-quality, personalized care.

## WHEN TO SEE A RHEUMATOLOGIST

While a primary care provider can monitor many of your daily healthcare needs, you may need to see a rheumatologist for more comprehensive assessments and treatments relating to diseases of the immune system. Dr. Irving Rosenberg and Dr. Sheryl Mascarenhas of FHP Rheumatology see patients of all ages and offer telehealth appointments. Call today and your appointment will be scheduled within the next two weeks.

### Lancaster

618 Pleasantville Road, Suite 201  
Phone: 740-689-6408

### Canal Winchester

7901 Diley Road, Suite 120  
Phone: 740-829-6138

The offices have experience in the diagnosis, treatment and management of the following musculoskeletal diseases and systemic autoimmune conditions:

- Rheumatoid arthritis
- Osteoarthritis
- Psoriatic arthritis
- Musculoskeletal pain disorders
- Osteoporosis
- Gout
- Fibromyalgia
- Ankylosing spondylitis
- Tendonitis
- Vasculitis
- Muscle strains
- Lupus





# <sup>EVENT</sup> Calendar

## **Childcare & Babysitting Safety (CABS)**

Learn what to do in an emergency, what to expect at what age and how to positively discipline kids. Participants will receive CPR and Foreign Body Airway Obstruction Training. For attendees ages 11-15.

### **Dates/Times:**

Dec. 29 – 8:30 a.m.-3:30 p.m.  
April 14 – 8:30 a.m.-3:30 p.m.

### **Registration:** Required.

Call 740-687-8477 or email  
resa@fmchealth.org to register.

**Location:** To be determined

**Price:** \$35/person

## **Turkey Day 5K**

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

### **Date/Time:**

Thursday, Nov. 24 – 8:30 a.m.

**Location:** Forest Rose School, 1592 Granville Pike, Lancaster

**Registration:** Register by scanning the QR code or visiting fmchealth.org.

**Price:** Ages 14 and older (5K timed) – \$30  
Ages 13 and younger (5K timed) – \$20  
Ages 13 and younger (not timed) – FREE  
All children must register. Shirts cannot be guaranteed for those paying registration fees.



## **First Aid**

Receive hands-on emergency training and a certification card upon completion of a written exam.

### **Registration:** Required.

Contact Resa at 740-687-8477 or email resa@fmchealth.org.

### **Dates/Times:**

Dec. 3 – Noon-3:30 p.m.  
Jan. 7 – Noon-3:30 p.m.  
Feb. 4 – Noon-3:30 p.m.  
March 4 – Noon-3:30 p.m.

**Price:** \$35/person

## **CPR & AED Classes**

Receive adult, child and infant CPR and a certification card upon completion of a written exam.

### **Registration:** Required.

Contact Resa at 740-687-8477 or email resa@fmchealth.org.

### **Dates/Times:**

Dec. 3 – 8:30 a.m.-noon  
Jan. 7 – 8:30 a.m.-noon  
Feb. 4 – 8:30 a.m.-noon  
March 4 – 8:30 a.m.-noon

**Price:** \$35/person

## **Childbirth Education Series**

FMC's certified childbirth educators offer private, in-person classes to help prepare expectant mothers and one support person for the arrival of a new baby. These education courses are free and should be completed 4-6 weeks before your due date.

**Registration is required and space is limited.**  
**Scan the QR code to register for classes.**



For an updated list of event offerings, visit [fmchealth.org/calendar](http://fmchealth.org/calendar).



## Change your life with weight loss surgery

### **Fairfield Medical Center Bariatric Services**

Our comprehensive program includes:

- In-depth education
- Insurance and eligibility coordinators
- Specialized team to ensure seamless care
- Routine follow-up and free support groups

If you've been considering weight loss surgery, Fairfield Medical Center is here to offer support.

From start to finish, our program is staffed with compassionate, caring individuals who are committed to helping you reach your goals.

Learn more at [fmchealth.org](http://fmchealth.org) or schedule your appointment today by calling 740-475-0442.

# MEET OUR NEW PROVIDERS

The following providers recently joined Fairfield Healthcare Professionals.  
Looking for a provider? The right one is just a click away.

**Go to [fmchealth.org](https://fmchealth.org) and click "Find a Provider" or scan the QR code.**



**Fairfield Medical Center**  
River Valley Campus



**Summer Banzhaf, DO**

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



**Evan Cohn, MD**

FHP Urology  
618 Pleasantville Road, Suite 203  
Lancaster  
740-689-4945



**Michael Martin, MD**

FHP Family Medicine of  
Millersport  
12135 Lancaster St.  
Millersport  
740-467-2787



**Sheryl Mascarenhas, MD**

FHP Rheumatology  
618 Pleasantville Road, Suite. 201  
Lancaster  
740-689-6408



**Avneet Singh, MD**

FHP Pulmonology  
618 Pleasantville Road, Suite 303  
Lancaster  
740-689-6833



**James Whetstone, MD**

FHP Family Medicine of  
Millersport  
12135 Lancaster St.  
Millersport  
740-467-2787



**January Beach, CNP**

FHP Gastroenterology  
1500 E. Main St., Suite 2D  
Lancaster  
740-687-9182



**Donna Mayer, CNP**

FHP Primary Care of  
New Lexington  
775 Carroll St.  
New Lexington  
740-343-4447



**Jamie Nihiser, CNP**

FHP Vascular Surgery  
618 Pleasantville Road, Suite 302  
Lancaster  
740-687-6910



**Alicia Philip, CNP**

FHP Urology  
618 Pleasantville Road, Suite 203  
Lancaster  
740-689-4945



**Cassi Rainier, APRN, FNP-C**

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



# VOLUNTEER SPOTLIGHT

## Brenda Wright & Janet Morris

As sisters, Brenda Wright and Janet Morris have always been close. So when the women decided they wanted to give back to their community, it only made sense for them to do it together. In July, Janet and Brenda joined the volunteer team at Fairfield Medical Center, where they work together every Friday at the North Information Desk. Their social personalities are a perfect fit for the role of greeting and assisting patients and visitors. "My first job out of high school was a nurse's aide at Good Samaritan in Zanesville, and I loved that job," Brenda said. "I had thought for years that when I retired, I would love to volunteer at a hospital, and FMC has a special place in my heart since my grandchildren were born here."

Retired from what they describe as "long, consuming careers," the women love that they now have the time to make a difference at FMC while spending quality time together. "I simply love interacting with people, and I have the bonus of doing it with my sister," Janet said.

***Whether you enjoy working with the public, or making a difference behind the scenes, there is a volunteer position waiting for you at Fairfield Medical Center. Scan the QR code to fill out an application. For more information, contact FMC Volunteer Services at 740-687-8109 or [heidire@fmchealth.org](mailto:heidire@fmchealth.org).***



**THANK YOU FOR ALL YOU DO,  
BRENDA & JANET!**

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

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



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

# TWIG 16 is Creating Smiles

Since 1948, a powerful network of women and men in this community has dedicated itself to transforming healthcare at Fairfield Medical Center. The impact of the collective power of the TWIGS has produced more than \$4.6 million for the purchase of life-saving equipment, the creation of new programs and support services for patient care. There are nine TWIGS that organize fundraisers and support many different areas of the hospital.

TWIG 16 was founded in 1968 with six charter members. Over the past 50 years, fundraisers have included a style show, salad luncheons, a doughnut show, a concession stand, horse shows, the Holiday House Bazaar and a tennis league. Today, TWIG 16 has grown to 20 members, more than a dozen of which have been with TWIGS for more than 25 years! Together, they coordinate the biannual Collective Goods sale, which includes books, home goods and accessories. Their various fundraisers have allowed them to donate more than \$188,000 to help support the FMC Autism Camp, Script Assist, Palliative Care, and the Emergency Department. TWIG 16 also spreads joy through its "Creating Smiles" project, in which care bags are assembled and distributed to patients at FMC.



*Join a TWIG and become a part of our  
lasting legacy. Contact Amie Cohen,  
TWIG liaison, at 740-689-4976.*

