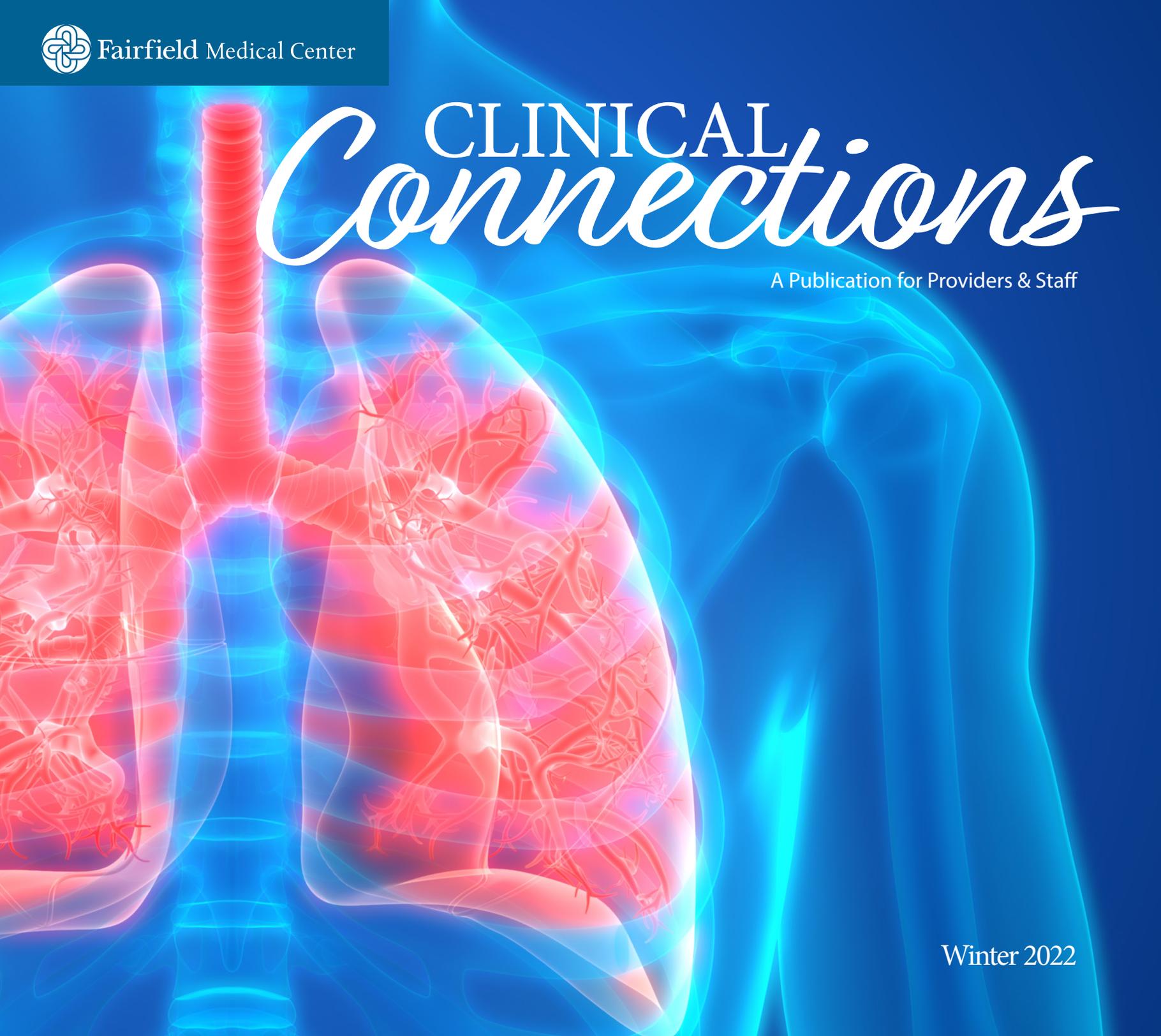


CLINICAL *Connections*

A Publication for Providers & Staff



Winter 2022

Helping Asthma Patients *Breathe Easy*

Asthma biologics improving outcomes for patients with severe symptoms

Disease prevalence of asthma has increased through the years and continues to negatively impact quality of life for millions of patients globally. Historically, treatments for the respiratory condition have consisted largely of bronchodilator drugs paired with inhaled therapies and corticosteroids to mitigate inflammation and smooth muscle dysfunction. While these medications – along with appropriate education and lifestyle changes to avoid irritants – have provided relief to many asthma-sufferers, those with severe forms of the disease struggle to control and manage their symptoms.

In response, asthma biologics have been developed to address the allergic underpinnings of the disease, particularly for individuals with frequent and significant disruption due to illness-related limitations despite the use of traditional therapies. Because biologics are created using cells from living organisms, they can be modified to target specific molecules in the human body, effectively suppressing inflammatory responses triggered by antibodies and cell receptors. Most notably, this innovative approach allows for the administration of tailored treatments for improved outcomes.



Christian Tencza, MD, shows a patient a model of the lungs.

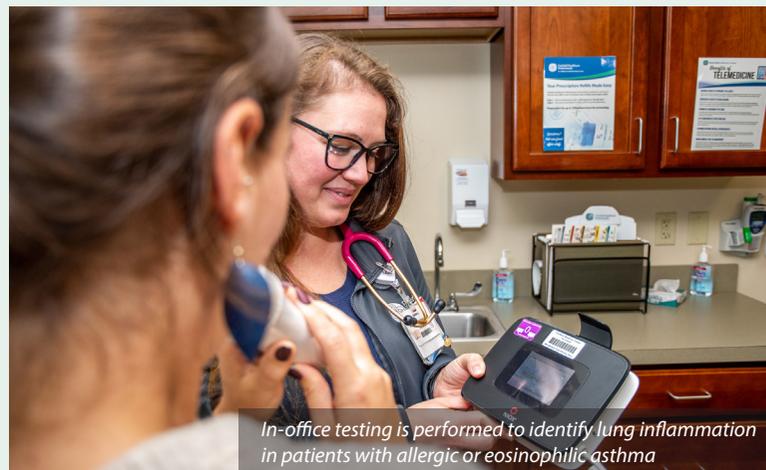
“Biologics take over when inhalers aren’t doing the job,” said Christian Tencza, MD, a pulmonologist and critical care physician. “We’ve seen firsthand how these drugs make a difference for our patients.”

At present, there are several FDA approved biologics for the treatment of allergic and eosinophilic asthma, many of which are currently available at Fairfield Medical Center, including omalizumab, mepolizumab, reslizumab and dupilumab. Before determining which of these biologics is most appropriate, testing should be performed to specify the presence of allergens and determine certain biomarkers and eosinophil levels. Omalizumab, which targets IgE pathways, is often the treatment of choice for those with elevated IgE and certain allergen responses, while the remainder of the drugs focus on inhibiting proteins and cell receptors related to eosinophils.

“Fortunately, most of these injections can be done at home,” Dr. Tencza said. “In addition to being well-tolerated by patients, clinical responses have been excellent.”

Unlike traditional asthma medications, these targeted therapies are injectables and are administered at varying intervals depending on the drug, typically every 2-8 weeks. Over the course of several months, patients who respond well to the treatment can expect to experience a decrease in symptoms, less exacerbation, fewer visits to control flares and a potential decrease in reliance on daily medications. While few health-related contraindications exist, cost may limit access for patients without insurance or financial assistance. The pulmonary group at Fairfield Medical Center understands this limitation and works to increase accessibility through assistance programs.

“Asthma is more than using inhalers. There are many drivers for why asthma develops and there is no one standard treatment,” Dr. Tencza shared. “Working with primary care providers to keep patients out of the hospital and living their best life is our goal, and these biologics can help us do that.”



In-office testing is performed to identify lung inflammation in patients with allergic or eosinophilic asthma

Asthma Biologic Treatment – Who Is Eligible

Patients with uncontrolled or frequently exacerbated severe allergic asthma may be eligible for biologic treatment, including those who:

- Need steroids (oral or injectable) to manage symptoms at least twice annually
- Use rescue- or quick-acting inhalers twice weekly or more
- Seek care or are hospitalized for asthma-related symptoms multiple times in a year

FHP Pulmonology & Critical Care – Our Services

FMC offers an array of specialized pulmonary and critical care services to help patients live fuller, healthier lives. Using a comprehensive, collaborative and multidisciplinary approach, our skilled providers diagnose, manage and treat a variety of lung-related conditions, including:

- Asthma Biologic Treatment
- Bronchoscopy (Robotic & EBUS)
- Critical Care
- COPD
- Dyspnea
- Lung Cancer
- Abnormal Imaging
- Occupational Lung Disease
- Pre-Op Clearance
- Pulmonary Fibrosis
- Pulmonary Function Tests
- Pulmonary Hypertension
- Sarcoidosis
- Pulmonology Nodules



To refer a patient to FHP Pulmonology & Critical Care, or to consult with a specialist, please call 740-689-6833.

Patient Case Study – Benefit of Biologics

By Christian Tencza, MD
FHP Pulmonology & Critical Care



Christian Tencza, MD

A 42-year-old woman has been suffering from asthma for years. She was unable to work as a radiology technician consistently because she was always having flare-ups, missing work and having a difficult time caring for her family, including her young children. She had been on numerous inhalers and had done everything she was asked to do from her pulmonary physician.

The patient was known to have significant eosinophilia, but prior to biologic therapy, there were no good treatment options to address her elevated eosinophils. After FDA approval for biologic therapy, she was started on injection therapy and within weeks to months she noticed significant improvement in her symptoms to the point where her flareups were essentially nonexistent, she rarely needed to use her rescue inhaler and was back to work full-time.

Her quality of life significantly improved, she states she has not breathed this well for as long as she can remember. She has regained back her life and no longer worries about having enough breath to get through her day.

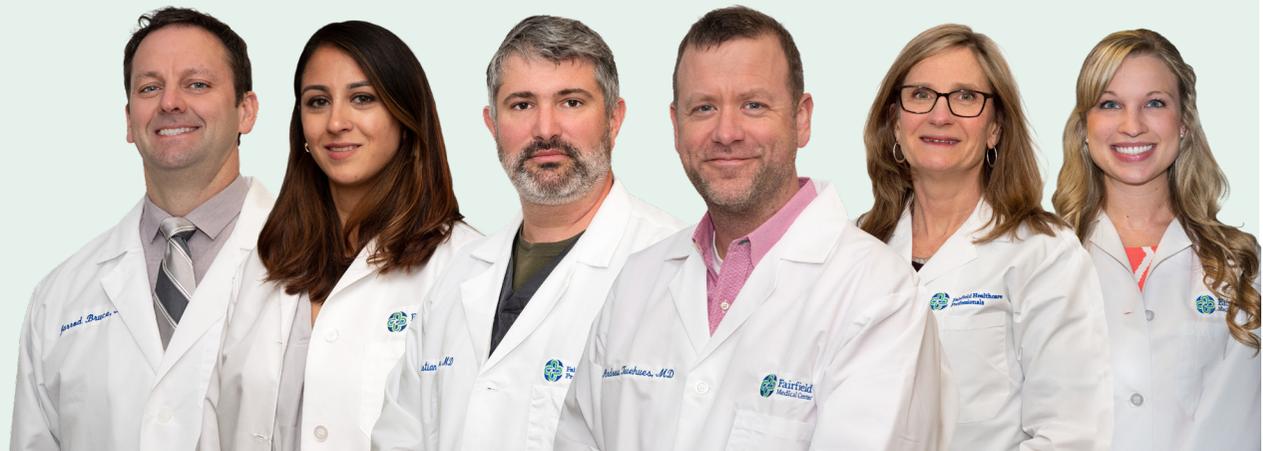
She continues to take a controller inhaler but only requires a low dose and infrequently needs her rescue inhaler use. She no longer has nighttime symptoms, has not had an emergency room visit in years and has not been admitted to the hospital since starting biologic therapy.



FHP Pulmonology & Critical Care Welcomes New Provider to Team

Fairfield Healthcare Professionals Pulmonology & Critical Care is proud to announce the addition of Avneet Singh, MS, MD, to the team. Dr. Singh will be joining long-standing physicians Christian Tencza, MD; Jarrod Bruce, MD; and Andrew Twehues, MD, along with certified nurse practitioners Ginger Davis and Ashley Wilkett. With this provider expansion, the practice anticipates greater capacity to care for patients in the region.

The Fairfield Healthcare Professionals Pulmonology & Critical Care team: Jarrod Bruce, MD; Avneet Singh, MS, MD; Christian Tencza, MD; Andrew Twehues, MD; Ginger Davis, CNP; Ashley Wilkett, CNP.



Preventive Cardiology: Advanced Imaging and Screenings



Jonathan Forquer, DO

Cardiovascular disease has long cemented itself as the leading cause of death in the United States. Many innovations and advancements in the field have been designed to improve survival and recovery when a cardiac event occurs, but preventive cardiology may offer a solution before the problem ever arises.

“Preventive cardiology is where we get to work on keeping that first heart attack from ever happening,” explained Jonathan Forquer, DO, of Fairfield Healthcare Professionals Cardiology. “When we can identify cardiac disease early using things like coronary artery calcium (CAC) scores, we can get ahead on a patient’s health.”

While factors such as family history, comorbidities, and lifestyle choices can increase the likelihood of cardiovascular disease and atherosclerosis, CAC scores can be used as a quantitative interpretation of risk in patients with or without symptoms. In addition to being cost effective and quick, the test is noninvasive, using low-dose CT to determine the degree of calcification within major arteries. Resulting scores may range from 0 (indicating no plaque) to over 400 (indicating large amounts of plaque). Based on these results, primary care providers and cardiologists can work together to determine the best course of action for management and prevention.

“By identifying early plaque formation, we have the opportunity to be very aggressive in controlling cholesterol, blood pressure and diabetes,” Dr. Forquer explained. “For those who don’t have any calcium deposits in their arteries, we can instill the importance of continuing proactive prevention rather than coasting until those red flags appear.”



Coronary Artery Calcium Scores

Most commonly, coronary artery calcium scores are recommended for individuals between the ages of 40-70 who are at an increased risk for heart disease, including those with:

- History of tobacco use
- Hypertension
- Hypercholesterolemia
- Diabetes mellitus
- Obesity

This test is most beneficial for risk stratification in patients without symptoms. In some cases, individuals younger than 40 with a strong family history of heart disease should be considered for screening.



To refer a patient to Fairfield Healthcare Professionals Cardiology, or to speak with a specialist, call 740-689-4480.

Corticosteroid vs. Viscosupplementation Injections

Chronic pain caused by arthritis affects millions of people in the United States every year. While there are several self-management strategies individuals can adopt to alleviate symptoms – including diet and exercise changes and using over-the-counter medications – many of these solutions are short-lived. Discomfort associated with degenerative joint pain and arthritis can worsen over time, rendering conservative self-management techniques less impactful.

In these situations, there are minimally invasive joint injections available to effectively reduce pain and improve quality of life. Injectable corticosteroid and viscosupplementation treatments are designed to directly address the source of pain. The chart below provides a detailed overview of how these injections work, as well as the effectiveness and potential side effects.



Refer your patient for an evaluation or joint injection at Fairfield Healthcare Professionals Orthopedics and Physical Medicine & Rehabilitation by calling 740-689-4935 or faxing 740-689-4889.

Steroid (corticosteroid injections)

How does it work?

- Anti-inflammatory properties treat a range of conditions by reducing swelling, pain and stiffness associated with the joint disease

Where can it be administered?

- Intraarticular injection
- Intramuscular injection
- Epidural injection
- Intravenous injection

How effective is it?

Typically begins working within a few days, although some notice a difference within hours. The effect usually wears off after 2-3 months on average.

What are the side effects?

Pain and discomfort at the injection site for a few days with or without temporary bruising or a collection of blood under the skin. Side effects will vary depending the type of injection administered.

Gel (Viscosupplementation injections)

How does it work?

- Replaces lost synovial fluid by injecting artificial hyaluronic acid to act as a lubricant and restore the smooth movement of the cartilage covering the surfaces of the joints

Where can it be administered?

- Knee joint (only FDA-approved area at this time)

How effective is it?

- Gel shots generally last for 6-12 months
- Effectiveness varies by condition

What are the side effects?

- Redness, heat, mild pain and swelling at the injection site
- Itching, rash or bruising around the joint are not uncommon

Patient Case Study – Treatment of Post-COVID Patients

By Anupreet Kaur, MD
FHP Primary Care



Anupreet Kaur, MD

A 72-year-old female with a history of COVID continued to complain of shortness of breath with palpitations while walking small distances for months post-COVID recovery. This continued even after trying inhalers and other conservative treatment.

I decided to refer the patient to cardiopulmonary rehab at Fairfield Medical Center. During her initial assessment, the patient was able to walk six minutes on the treadmill at 1.2 mph with moderate shortness of breath. She was enrolled for an hour of graded exercise three times a week for 36 sessions. During each session, the therapist was very helpful in setting up machines and encouraging the patient to increase her exercise capacity. Blood pressure and pulse oximetry were continually checked throughout the duration of therapy.

The patient felt very well supported and within a couple of weeks, her exercise capacity improved significantly. After only 14 sessions, the

patient increased both the length and speed of her walking on the treadmill to 9-10 minutes at 2 mph without any shortness of breath. The patient was able to perform her day-to-day activities without any difficulty, including playing with her grandchildren, which was a dream come true for her.

This case study is a great example for our COVID long-haul patients who are struggling with symptoms of fatigue and shortness of breath, even months after recovery from COVID. I would encourage providers in our community to utilize this excellent resource at Fairfield Medical Center. They have helped patients enjoy their life again and perform their daily activities like before.

Note: Pulmonary Rehab post-COVID is now covered by Medicare.



To learn more about FMC's cardiopulmonary rehab program, please call 740-687-8174.

Navigating Long-Term Care for Post-Op Bariatric Patients

Long referred to as an epidemic, the incidence of severe obesity and associated comorbidities has increased alarmingly over the past several decades. With medical intervention often resulting in nominal weight loss with subsequent weight regain, surgical intervention is regarded as the single most effective therapy for morbid obesity. For many patients, loss of excess adipose tissue can result in the improvement or resolution of obesity-related disease.

Even with the decreased burden of comorbidities, post-operative bariatric patients should continue routine follow-up with their primary care provider. This dyadic model of care, driven by partnership between internal and family medicine providers and bariatric care teams, will further increase patient success and long-term health.



To consult with Fairfield Medical Center's Bariatric Services Team, or to refer a patient, please call 740-475-0442.

Post-Op Bariatric Care Checklist

When caring for patients who have undergone bariatric surgery a year or more ago, primary care providers should consider the following:

Routine Labs

- CBC
- Comprehensive metabolic panel
- Iron studies
- Folate
- Vitamin A
- Vitamin B1
- Vitamin B6
- Vitamin B12
- Vitamin D

Red Flag Findings

- Frequent moderate to severe abdominal pain that is unexplained
- Daily intolerance to most solid foods
- Daily nausea and vomiting
- Significant weight regain (more than 25-50% of total weight loss)

Therapy Can Help Patients Living With Lymphedema

Lymphedema is an abnormal swelling of a body part, most commonly an arm or leg. This condition is caused by damage to the lymphatic system, which can stem from the surgical removal of lymph nodes or damage to vessels, radiation therapy, tumor growth, blockage of lymph nodes, lipoeidema and trauma to the lymph nodes. One of the most common occurrences of lymphedema is in women who have undergone surgical or radiation treatment for breast cancer.

Despite being chronic and progressive in nature, lymphedema may be successfully treated and managed through lymphedema therapy. In addition to prevention measures, such as receiving blood pressure checks, injections and IV line placements in the ipsilateral extremity not affected by lymphedema, patients may benefit from specific therapy to manage the condition.

At FMC, upper and lower extremity lymphedema therapy is administered by specially trained occupational therapists and can include:

- Manual lymphatic drainage
- Complete decongestive therapy
- Compression bandaging
- Specialized therapeutic exercise
- Education in self-management techniques
- Determination and recommendation for permanent compression garments (therapists are not able to provide or order compression garments for patients)
- Referral for a lymphedema pump for ongoing management following discharge

A standard program consists of two sessions per week for four weeks, but this may be adapted to patients' needs and availability. Further evaluation is conducted after completion of the initial program.



Benefits of Lymphedema Therapy

- Protection of the affected extremity by minimizing the degree of edema
- Decrease in swelling of the extremities
- Decrease in feelings of heaviness in the extremities
- Increase in use of the affected limb
- Improvement in daily activities



To learn more about how Outpatient Therapy Services can help manage your patient's lymphedema, call 740-687-8602.

SAVE THE DATE: **MARCH 11, 2023**

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From Heartburn to Healing – A Patient’s Story of Recovery



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

When severe chest pain brought Karen Kampe, 77, to Fairfield Medical Center’s Emergency Department one evening, she feared she was having a heart attack. The issue ended up being something much more unexpected and just as serious – a strangulated hiatal hernia.

For approximately 20 years, Karen had been living with a hiatal hernia that she had been told was impossible to correct. Aside from symptoms such as heartburn and belching, which she had been controlling with the help of omeprazole, the hernia wasn’t causing Karen any serious issues. However, the testing she underwent at FMC 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. 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. They can be shortness of breath, or trouble swallowing,” explained Dr. Yenchar. “In the past, people felt that you couldn’t fix these hernias. But now with the new technologies – like new mesh and robotic surgery – we can take patients who have 50 to 60% of their stomach in their chest and restore everything back to where it needs to be.”

Now enjoying a better quality of life and improvements in her overall health, Karen is using her experience to raise awareness about the connection between seemingly ordinary heartburn symptoms and potentially more complicated hernias. She recommends patients make an appointment with the Fairfield Medical Heartburn Center if they are experiencing symptoms of GERD (see box). “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, meets with patients to determine if they need to undergo testing. She said the results of that testing can be helpful in determining an individualized treatment plan that works best for the patient. “Many people do not realize that there are other options available aside from daily medications that only ease heartburn and reflux symptoms,” she explained. “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.”

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 your patients can expect:

- On their first visit, the patient meets with a nurse coordinator to discuss their medical history and symptoms.
- Following that consultation, the nurse coordinator will likely recommend a diagnostic evaluation that includes one or more tests.
- The results of the testing will determine the root cause of the patient’s reflux symptoms. Our team works in partnership with the patient’s primary care provider to create a customized treatment plan.



For more information, contact the Fairfield Medical
Heartburn Center at 740-689-6486

Provider/Office Updates



Jason Cafarelli, MD

Granville Pike Family Physicians
1800 Granville Pike, Lancaster
740-785-4678

Residency: Summa Health

Medical School: University of Cincinnati



Summer Banzhaf, DO

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

Residency: East Liverpool City Hospital

Medical School: Lake Erie College of Osteopathic Medicine



Kristopher Collins, MD

Ohio Orthopedic Center
2405 N. Columbus St., Suite 120, Lancaster
740-687-3346

Fellowship: New York University

Residency: University of Southern Florida

Medical School: University of Oklahoma



Sheryl Mascarenhas, MD

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

Fellowship: The Ohio State University

Residency: Indiana University Medical Center

Medical School: Wright State



Avneet Singh, MS, MD

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

Fellowship: The Ohio State University

Residency: University of Vermont

Medical School: University of Toledo



Marcus Wing, DO

Fairfield Medical Associates
1781 Countryside Drive, Lancaster
740-687-8600

Residency: Mount Carmel Health System

Medical School: Lake Erie College of Osteopathic Medicine



January Beach, CNP

FHP Gastroenterology
1231 E. Main St., Lancaster
740-687-9182

Masters of Science in Nursing: Walden University



Jill Davisson, CNP

FHP Gastroenterology
1231 E. Main St., Lancaster
740-687-9182

Masters of Science in Nursing: Ohio University



Tricia DeFiore, CNP

Fairfield Internal Medicine
135 N. Ewing St., Suite 305, Lancaster
740-681-9447

Masters of Science in Nursing: The Ohio State University



Donna Mayer, CNP

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

Masters of Science in Nursing: Kent State University

Post Graduate/Family Nurse Practitioner: Indiana State University



Jamie Nihiser, CNP

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

Masters of Science in Nursing: Mount Carmel College of Nursing



Cassi Rainier, CNP

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

Masters of Science in Nursing: Mount Carmel College of Nursing

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



Jordan Bonier, DO, FHP Orthopedics

"I went to Dr. Bonier for a second opinion – but he was so helpful and treated me so well that I decided to have him do my surgery. Dr. Bonier is an excellent surgeon!"



Isabel Manzanillo-DeVore, DO, FHP Gastroenterology

"Dr. Manzanillo-DeVore had to step in at the last minute to do my colonoscopy. She was fantastic. Very detailed on all my questions. I was very satisfied with her. The total experience was smooth and was better than I could hope for."



Evin Jerkins, DO, FHP Sleep Medicine

"Dr. Jerkins is truly a caring and compassionate physician. I have been very comfortable and happy with his service!"



Evan Cohn, MD, FHP Urology

"This was the first time I met with Dr. Evan Cohn. He listened, answered all my questions and put me at ease with his statements about the procedure. He understood my concerns."



Sheryl Mascarenhas, MD, FHP Rheumatology

"Dr. Mascarenhas is a 'one in a million' doctor, and wherever she goes I will follow but I must say everyone at my office visit, x-ray and lab were absolutely amazing!"



Roopa Srikantiah-Saha, MD, FHP Hematology/Oncology

"Dr. Saha is professional, knowledgeable, thorough and caring. I'm grateful she's my doctor and would highly recommend her. The entire staff is professional, patient and caring."



Fairfield Medical Center

401 N. Ewing St., Lancaster, OH

740-687-8000

fmchealth.org



We are a nonprofit organization that provides full-service, general acute health services to 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.



Fairfield Healthcare Professionals (FHP) is a multispecialty medical group of more than 90 providers owned and operated by FMC.

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.



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

Whatever you're searching for,
you can find it *here.*

cardiopulmonary rehab



Cardiopulmonary rehab provides a treatment plan that is designed around your patients' specific needs. From exercise plans to nutrition education to stress management, our team provides the tools to help your patients lead healthier, more active lifestyles.

**To refer a patient to our
cardiopulmonary rehab program,
call us at 740-687-8174.**