



Fairfield Medical Center

THE MONITOR

SPRING 2023

**ONE STEP
AT A TIME**

p.4

**NOT SKIPPING
A BEAT**

p.14



LETTER FROM THE **PRESIDENT & CEO**

If you recently received care at Fairfield Medical Center or visited one of our offices, you've probably noticed we no longer require our staff, patients and visitors to wear a mask in our facilities. On Feb. 27, we officially changed our masking policy from mandatory to optional after monitoring a sustained downturn in COVID-19 volumes across our health system and region. For some, I'm sure this decision felt long overdue. For others, it may have felt too soon. When we first started talking about making the switch from mandatory to optional, we knew we could not enact such a major policy change until we felt confident that it would not jeopardize the safety of our patients and staff. After a lot of deliberation and analyzing of data, we feel that we are in that place. In the wake of this change, please be assured that masks will still be provided at all of our locations for anyone who chooses to wear one. In addition, our patients and staff have been advised to wear a mask if they are unwell or recovering from sickness. As we emerge from this pandemic, we will continue to do so at a cautious pace, keeping safety at the forefront of all of our decisions.

Needless to say, after three years of wearing masks, we knew the majority of our team would be excited about this policy change. As much as we appreciate masks for their ability to keep us safe, they are also a reminder of a difficult and stressful time that we would rather forget. Caring for critically ill patients is emotionally and physically exhausting on its own, without the added weight of stringent PPE requirements, staff shortages and the heartbreak of having to tell families that they could not be with their loved ones in their final moments. Our team did this for years with very little respite. Having the option to remove those masks and see the faces of their colleagues and patients was a joyful experience for many of them – and a sign that they could truly begin to move forward.

Another benefit to this policy change is simply the fact that we can smile at one another again. At Fairfield Medical Center, we are passionate about making a personal connection with you – our patients and visitors. It's a trait that I believe truly sets us apart from other healthcare organizations. We know that in order for you to trust us with your care, you have to feel comfortable with us first. This is why we put such a strong focus on greeting our patients and visitors in the hallway with a smile and a hello, and go the extra mile to make their stay a positive experience. Masks never prevented personal connection from taking place, but they definitely made it more challenging. You don't appreciate how powerful a smile can be until it's no longer there.

As always, we thank you for your continued support through what has been a long journey back to pre-pandemic life. We hope this latest issue of *The Monitor* makes you smile as you read about all of the ways our staff and providers are making a difference for the patients we serve. If you have had a positive experience at Fairfield Medical Center, we would love for you to share it with us, or recognize your caregivers through our Grateful Patient program (which you can read about more on page 20). Thank you for entrusting us with your care.



John R. "Jack" Janoso Jr.



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One Step at a Time

Audra Harden laces up her shoes for a run outside the Main Campus of Fairfield Medical Center.

After narrowly avoiding a lower limb amputation, FMC Wound Clinic patient Audra Harden is back on her feet again – and raising awareness about a common chronic disease.

As 2022 drew to a close, Audra Harden had two last-minute goals that she was determined to cross off her list before heading into the new year. The first was to be able to stand and sing with the choir at Fairfield Medical Center's employee Christmas party on Dec. 9. The second was to dance – even just for a few minutes – with her husband, Wes Harden, at his annual military ball.

To some, these goals might sound simple. But last summer, the chance of Audra never being able to dance or even walk again was a very real possibility after she developed a mysterious and painful wound on her ankle. Audra initially sought care at healthcare facilities near her home and was misdiagnosed several times before her search for answers led her to Fairfield Medical Center, where she works as a recruitment specialist.

"I think my determination to stay positive during all of this was largely due to the people who were around me and who cared for me – my nurses, my physicians, everybody," said Audra, 32, of Malta. "There is an incredible amount of talent here at FMC. Without them, there is no question I would have lost my foot."



It was early August when Audra first noticed that her ankle was starting to swell even though she hadn't injured it. She immediately went to an urgent care facility near her home in Morgan County. "Of course, the very first question they asked was had there been an injury, and I told them no," Audra said. The diagnosis came back as skin cellulitis, and Audra was prescribed an antibiotic and steroids. The medication worked, but only temporarily.

"Once I went off the steroid, the swelling came back with a vengeance," Audra said. "It got to where I couldn't walk at all. My ankle was painful and warm to the touch."

Audra sought medical attention again, this time at an emergency department near her home. Suspecting that the cause might be a blood clot, the staff did a series of scans before sending Audra home with another prescription and a recommendation to call her primary care physician. Frustrated at the lack of answers, Audra spent the weekend propped up in an armchair, where she began doing her own research. She discovered that ulcerative colitis, a chronic gastrointestinal condition she had been diagnosed with several years prior, can contribute to joint pain (see box). Wondering if that might be the cause of the swelling, she picked up the phone and scheduled an appointment with Isabel Manzanillo-DeVore, DO, of Fairfield Healthcare Professionals Gastroenterology.

"They got me in that afternoon," Audra said. "Dr. Manzanillo-DeVore is lovely. For the first time since this all started, I felt like someone was actually listening to me."

WHAT IS ULCERATIVE COLITIS?

Ulcerative colitis is a chronic disease of the large intestine, in which the lining of the colon becomes inflamed and develops tiny open sores (ulcers). This condition is caused by an overactive response in the immune system.

Symptoms include:

- Loose and urgent bowel movements
- Bloody stool
- Abdominal cramps and pain
- Loss of appetite
- Weight loss
- Nausea
- Fever
- Low energy and fatigue
- Anemia (low red blood cell count)
- Delayed growth and development in children

If your provider suspects that you have ulcerative colitis, they will likely recommend laboratory tests of your blood and fecal matter. Other diagnostic tests include an endoscopy, chromoendoscopy, or a biopsy of the colon. Treatment can include medication; diet and nutrition changes; or surgery.

Source: Crohn's and Colitis Foundation



There is an incredible amount of talent here at FMC. Without them, there is no question I would have lost my foot.



Dr. Andrew Dagg-Murry and Carrie Chesser, RN, examine Audra's wound at the FMC Wound Clinic.

The Wound Clinic at Fairfield Medical Center cares for patients with wounds of all types. The office utilizes a comprehensive approach to coordinate care between patients, primary care providers, referring providers and a variety of specialists. A provider referral to the Wound Clinic is required. **To contact the Wound Clinic, call 740-689-6430.**

Types of wounds treated include:

- Diabetic foot ulcers
- Venous stasis ulcers
- Pressure ulcers
- Traumatic wounds
- Surgical wounds
- Peristomal skin irritations
- Ostomy management
- Chronic non-healing wounds
- Lymphedema
- Hidradenitis
- First- and second-degree burns



Andrew Dagg-Murry, MD

is an infectious disease and wound care practitioner with Fairfield Healthcare Professionals Infectious Disease, 740-687-8805.



Mark D'Onofrio, MD

is an orthopedic surgeon with Ohio Orthopaedic Center in Lancaster, 740-687-3346.



Isabel Manzanillo-DeVore, DO

is a gastroenterologist with Fairfield Healthcare Professionals Gastroenterology, 740-687-9182.

Concerned about the state of Audra's ankle, Dr. Manzanillo-DeVore referred Audra to FMC's emergency department for further diagnostics. After undergoing a series of scans, Audra was admitted to the hospital's orthopedic unit for observation. She fell asleep fine that first night, but when she woke up the next morning, her condition had rapidly deteriorated.

"I was in excruciating pain; I had probably gone from a six to a 10 overnight in terms of pain level, and it was all localized right there in my ankle," Audra said. "It was starting to turn purple, and it had swelled up so much, you couldn't even see it anymore."

During the first few days of Audra's stay, she underwent two surgeries with orthopedic surgeon Mark D'Onofrio, MD, of Ohio Orthopaedic Center, to drain the large ulcer that was starting to develop on her ankle. Despite those efforts, the ulcer refused to heal and began to worsen. She was also continuing to battle severe pain. Audra recalls how the nurses in the orthopedic unit, particularly Lisa Scott, RN, went above and beyond to help keep her as comfortable as possible post-surgery.

"They had to put me on oxygen because I was in so much pain, I kept losing my breath," Audra said. "The way that Lisa cared for me is something I will never forget. She was just phenomenal. She's like my angel."

With the surgical drains proving to be ineffective, Audra's perplexing case was brought to the attention of FMC infectious disease practitioner Andrew Dagg-Murry, MD. Upon examining Audra's ankle, Dr. Dagg-Murry started to suspect that the ulcer was the result of a rare condition called pyoderma gangrenosum.

"It can be a difficult diagnosis to make, but when I saw how bad the condition of her foot was after the procedure, and how rapidly the other side of her ankle was developing a similar picture, I had a pretty strong suspicion that's what we were dealing with," he said.

Dr. Dagg-Murry said he typically only sees about five cases of pyoderma gangrenosum every year. The disease is associated with many autoimmune disorders, such as ulcerative colitis, rheumatoid arthritis and leukemia (see box on page 7). Its cause is unknown, but it appears to be driven by a defect in the immune system where the body attacks itself. Pyoderma gangrenosum can be extremely dangerous if left untreated.

"I think if Audra had been older or in otherwise poor health, she may have actually ended up with a below-the-knee amputation," Dr. Dagg-Murry said. "The wound, and the degree of involvement around the ankle, was very significant."



With the intent of not irritating the highly sensitive ulcer any further, Audra's treatment plan included very specific cleanings and dressings, as well as a high dose of steroids to bring her ulcerative colitis under control. She was told the healing process would take months, but with the help of her care team, Audra began to instantly see a ray of hope in the distance.

"Dr. Dagg-Murry's bedside manners were amazing and compassionate; he took the time to listen, and I never felt like he was rushing to move on to the next patient," Audra said. "My wound nurse Carrie Chesser was the same; she would do my

cleanings every day, and she was always so charismatic and upbeat and positive. She would tell me everything she was going to do, so I wasn't sitting there freaking out."

As the days passed, Audra's condition improved, but there was a lot of work still left to do. She and Wes had to learn how to clean and dress her wound at home, and she had to be weaned off oxycodone, a highly addictive opioid she had been taking for pain management. Audra also had follow-up appointments with the Wound Clinic, where Dr. Dagg-Murry and his team continued to impress her with their expertise and compassion.

"When I was discharged, the plan was for me to start drug infusion therapy right away to keep my ulcerative colitis under control, but there was a hold-up with my insurance," Audra said. "After about three weeks of waiting, Dr. Dagg-Murry got involved. He told me, 'I'm going to take care of this for you,' and he did. The follow-through from him and his team was just beautiful."

In the fall, Dr. Dagg-Murry also encouraged Audra to begin physical therapy so she could graduate from a knee scooter to walking. By December, Audra was back on her feet. True to her goals, she and her husband celebrated Christmas and her return to health with a special dance at the military ball. Now she has her sights set on new milestones.

"I've started running again, which is something I'm very excited about because I've always been a runner," Audra said. "I also want to raise awareness and be a motivational speaker for people who are going through ulcerative colitis, or any kind of injury. Ulcerative colitis is a common condition, but it's not talked about enough for awareness."

Dr. Dagg-Murry said he credits Audra for the strength and determination she showed in what has been a long and difficult process toward healing. "We felt like she made good improvement every time we saw her, but it was with a lot of help from her husband and family, as well as her willingness to trust us to guide her to recovery," he said.

PYODERMA WARNING SIGNS

Pyoderma gangrenosum often appears suddenly as either a small spot, red bump or blood blister before turning into a painful ulcer. The ulcer can grow quickly and may have purple or blue edges and/or ooze fluid. Pyoderma typically occurs on the legs, but it can affect any area of the skin.

People with the following health conditions are more likely to develop pyoderma gangrenosum:

- Ulcerative colitis or Crohn's disease
- Rheumatoid arthritis
- Blood dyscrasia
- Hepatitis C
- Granulomatosis with polyangiitis
- Cancer affecting the blood cells, including acute myeloid leukemia
- PAPA syndrome

If you suspect that you might have pyoderma gangrenosum, don't wait to seek medical treatment. Pyoderma is a serious condition that can progress quickly, so it's important to get it diagnosed and treated right away. Early treatment also can help reduce the risk of scarring.

Source: National Health Service



In December, Audra's wound had healed enough for her to stand and sing with the FMC choir and to attend a military ball with her husband, Wes.





Living Life in Rhythm

Community Heart Watch, a program that started a decade ago through Fairfield Medical Center, aims to save lives from cardiac arrest while also making a difference for residents such as Andrew Vaughan and his son, Ryder, who both live with the same heart condition.

Like most 6-year-old boys, Ryder Vaughan, of New Lexington, is constantly in motion. His energetic personality never fails to leave his parents, Andrew and Taylor Vaughan, feeling uneasy; Ryder has a hereditary heart condition that could cause him to go into cardiac arrest at any moment, particularly when he's experiencing high levels of adrenaline. It's a reality that Andrew, who lives with the same condition, knows all too well.

"I understand now why my dad was so cautious when I was a kid, always watching me like a hawk, because I'm doing that with my own son," said Andrew, 26. "But my wife and I have been through many CPR classes and are both certified. We want to do everything we can to be proactive so that we'll know what to do."

Earlier this year, the Vaughans' story caught the attention of Community Heart Watch, a committee of local healthcare providers, educators, first responders and civic leaders whose mission is to improve sudden cardiac arrest survival rates throughout southeastern Ohio. When the group learned that both father and son live with the same heart condition, they gifted the family an automated external



The district and Community Heart Watch didn't know it at the time, but they were doing that training for me.



defibrillator (AED), which is a medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock to help the heart re-establish an effective rhythm.

For Andrew, this is the second time Community Heart Watch has made an impact on his life. The first was in 2013, when Andrew was a student at Lancaster High School. At the time, Community Heart Watch was working with the district to make it more heart safe by providing CPR training and improving AED accessibility.

"The district and Community Heart Watch didn't know it at the time, but they were doing that training for me," Andrew said. "Someone thought it would be a good idea for people to be prepared for a cardiac arrest situation, and that preparation ended up saving my life."



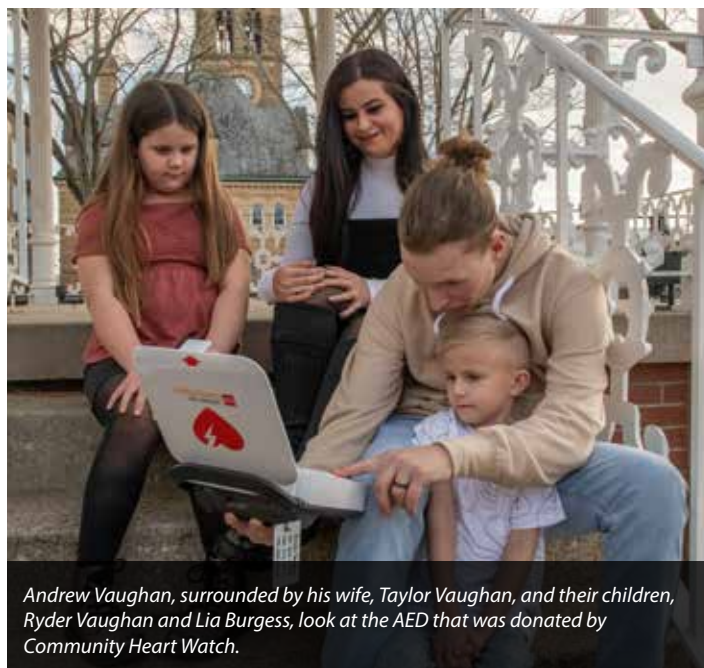
In 2013, Lancaster City Schools was one of the first districts to push for all of its facilities to become "heart safe" through Community Heart Watch's Heart Safe Accreditation program, which gives staff the tools to respond quickly to cardiac emergencies through AED placement, training, education and emergency drills.

Sarah McGraw-Thimmes, the district health coordinator for Lancaster City Schools, said sudden cardiac arrest is the No. 1 cause of death on school campuses.

"Schools are required to complete fire, tornado and active shooter drills – all of which are very important – but we have the data that illustrates that medical emergencies, such as sudden cardiac arrest, are much more likely to occur," said Sarah, who serves on the Community Heart Watch Committee as its School Chairperson. "Therefore, it is vital that everyone know how to respond."

The district was in the midst of its accreditation process in 2013 when students and staff learned just how valuable the program would be. One afternoon, Sarah received a call that a student at the Stanbery Campus had gone into cardiac arrest during his criminal science class. Sarah was informed that the instructor, Jeff Eversole, and his students had responded exactly as they should by calling 911, performing CPR and using an AED on the student.

That student was Andrew.



Andrew Vaughan, surrounded by his wife, Taylor Vaughan, and their children, Ryder Vaughan and Lia Burgess, look at the AED that was donated by Community Heart Watch.

"We were doing our daily physical training, which included a mile and half run that we had to complete in a certain amount of time," Andrew said. "It wasn't something out of the norm for me."

Andrew recalls taking one lap around the school without incident. But on the second lap, his world suddenly went dark.

Jeff said he and the students initially thought Andrew was having a seizure. Jeff checked Andrew's pulse, then began CPR and mouth-to-mouth resuscitation while student Alex Fowler applied the AED pads on Andrew's chest. Students Hannah Craiglow Runyon, Jake Ferris and Aaron Kocher also assisted in the response by notifying staff to call an ambulance while providing comfort to Andrew. It took four minutes to restore Andrew's heartbeat.

"Because of the actions of these students, Andrew's life was saved," Jeff said.

Andrew was transported to FMC, then underwent a week's worth of testing at The Ohio State University Wexner Medical Center. The

WHAT IS COMMUNITY HEART WATCH?



For more than a decade, Community Heart Watch has focused on improving awareness and early recognition of cardiac arrest, preparing the community to respond effectively in a cardiac emergency and increasing awareness of AEDs.

Programs include:

- Community AED program
- Law enforcement AED Program
- Heart Safe School and Business Accreditation
- Heart Safe Parks and sports leagues
- Mobile CPR training unit

To learn more about training opportunities and resources, visit fmchealth.org/community-heart-watch or call Teri Watson at 740-687-6929.

Pictured left: Chief Brad Smith of the Greenfield Township Fire Department shows a community member how to perform chest compressions at the ribbon cutting for the mobile CPR training unit.

What Community Heart Watch did by giving us that AED – I don't have words for the peace of mind that gives our family.

data from the AED that had been used on Andrew was transmitted to OSU and was instrumental in helping Andrew's providers make a diagnosis of catecholaminergic polymorphic ventricular tachycardia (CPVT), a genetic heart condition.

The diagnosis came as a surprise to Andrew and his family.

"As a child, I had been diagnosed with epilepsy because I would have fainting spells and had exhibited other characteristics of epilepsy," Andrew said. "It was a shock to learn that it was something else entirely that had been causing those issues, but I'm very grateful that they were able to figure it out. Unfortunately, it took a cardiac arrest for that diagnosis to happen."



Andrew's life abruptly changed following his diagnosis. He had surgery to implant a pacemaker defibrillator, and he was no longer able to play sports or pursue a career in law enforcement.

"Being told that you can't do normal 16-year-old things was hard on me," Andrew said. "I'm a pretty strong-willed person. I still did a lot of things I shouldn't have, and that defibrillator has saved my life a few times."

Andrew said meeting his wife at 19 is what influenced him to start making better lifestyle choices. As the couple discussed starting a family, Andrew knew there was a 50 percent chance he could pass on his heart condition to his children.

"I knew it, but I still wasn't prepared when it actually happened," Andrew said of Ryder's diagnosis. "Luckily, Ryder has been completely asymptomatic so far. I find comfort in knowing that I'm well prepared, especially now. What Community Heart Watch did by giving us that AED – I don't have words for the peace of mind that gives our family."

Teri Watson, community outreach coordinator at FMC, is a member of Community Heart Watch and was instrumental in acquiring an AED for the Vaughan family. She said Community Heart Watch has helped place more than 300 AEDs in the community through grants and discounted pricing since 2011.

LIFE-SAVING TRAINING

Andrew Vaughan's cardiac arrest is not the first to occur in Lancaster City Schools since it became certified as Heart Safe through Community Heart Watch. Staff members have had to put their training into action on two other occasions, both of which ended with lives being saved due to bystander intervention and the use of an AED.

DARLENE WINLAND



In 2017, Darlene Winland of Byesville (center) collapsed from sudden cardiac arrest while watching a volleyball game in the Lancaster High School gym. Her life was saved when several district staff members, along with two nurses, assisted with CPR and used an AED that had been donated to the school several years prior by Community Heart Watch. Darlene, who passed away in 2022, recognized those staff members and her care team at Fairfield Medical Center as Legendary Caregivers through the FMC Foundation's Grateful Patient program.

HAYDEN VORIS



In 2020, 18-year-old Lancaster High School student Hayden Voris collapsed during his culinary class at the district's Stanbery Campus. A staff member performed CPR on Hayden while another ran for an AED located just down the hall. The EKG report recorded by the AED revealed that an undiagnosed arrhythmia was the cause of Hayden's cardiac arrest.

The staff members who assisted Hayden were presented with Great Save awards by Community Heart Watch.

"These AEDs have saved lives like Andrew's, so we are especially thrilled to be able to help the Vaughan family," Teri said.

Andrew said he encourages other schools and businesses in the area to undergo the training through Community Heart Watch that gave his teacher and classmates the tools and knowledge they needed to be able to save his life.

"I will never be able to explain how or why the stars aligned in my favor, but they did," Andrew said. "For a long time, it was something that I didn't really talk about at all because it was hard to talk about. But I hope my teacher and classmates can feel my gratitude. I just try to spread as much of my love and passion as I can around to the people that I'm involved with every day so I can somehow pay back that appreciation."



HEALTHY HABITS

Evin Jerkins, DO
Fairfield Healthcare Professionals Sleep Medicine
740-689-4925

We've all been there: Nighttime comes and you're tossing and turning in bed. No matter what you do, you just can't get relaxed enough to fall asleep. While we all struggle to get a good night's rest from time to time, frequent issues with sleep can make healthy living difficult and may signal a deeper problem. If improving your sleep hygiene doesn't do the trick, speak with your healthcare provider about exploring sleep disorders.

IMPROVING SLEEP HYGIENE

If you find yourself counting sheep more often than you would like, you may find these tips helpful in improving your sleep pattern:



CREATE A ROUTINE

Wake up and go to bed around the same time each day to establish your sleep pattern. Aim for at least seven hours of sleep each night.



DITCH THE ELECTRONICS

Avoid phones and TV screens at least one hour before bed, as they can decrease feelings of sleepiness. Instead, read a book or practice guided meditation.



GIVE IT TIME

It takes time to adopt a new sleep pattern. If you're wide awake for more than 20 minutes, get up and read or listen to music until you're sleepy.



PLAN ACCORDINGLY

The time of day that you eat or exercise can impact sleep more than you think. Going to bed with a full stomach may trigger heartburn, and high-intensity workouts can leave you feeling too energized. Avoid snacks before bed and opt for gentle exercises like yoga or stretching if you prefer an evening workout.



WATCH YOUR CAFFEINE INTAKE

Avoid caffeine after 2 p.m. as this can lead to sleep disruption. As we age, it takes longer for our bodies to process the effects of caffeine.



WHEN TO SEE A SLEEP SPECIALIST

Sleep disorders can manifest in many different ways. Consult a sleep specialist if you experience one or more of the following:

- Excessive daytime sleepiness or inability to stay awake during the day
- Tiredness that makes it difficult to complete daily activities
- Problems with concentration and memory
- Difficulty falling asleep or staying asleep
- Restlessness or increased movement while trying to sleep
- Loud snoring or gasping during sleep

Fairfield Medical Center's specially trained sleep specialists provide comprehensive evaluations and treatments of sleep disorders, including in-center and at-home sleep apnea testing, diagnostics, therapeutic interventions and education. **To learn more or to schedule an appointment, call Fairfield Healthcare Professionals Sleep Medicine at 740-689-4925.**



Dr. Avneet Singh and her father, Dr. Kanwaljit Singh, look at FMC's Centennial Wall, where Kanwaljit is featured.

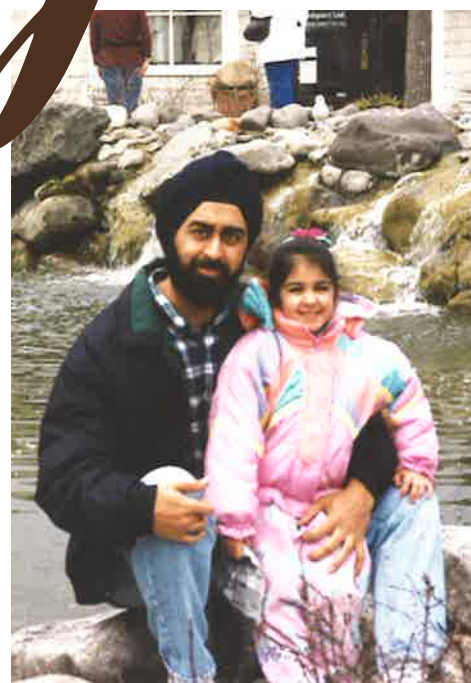
Below: Kanwaljit with Avneet as a child.

A Family Legacy

As oncologist Dr. Kanwaljit Singh departs the hospital and community he served for several decades, his daughter, Dr. Avneet Singh, looks forward to carrying on the family's legacy in medicine.

As a child, Avneet Singh, MS, MD, was exposed to the world of healthcare in a way that only the daughter of a physician can be. For 16 years, her father, Kanwaljit Singh, MD, was the sole oncologist in Lancaster, which meant that his wife, Preet Singh, and their three children often assisted him with the daily operations of running a busy practice.

"My mom was really involved in the billing and administrative stuff, and I can remember as a kid helping her make calls to Medicare or Medicaid – I was not very good at it!" Avneet said with a laugh. "But I had a lot of exposure to my dad's world. And because of that, I was able to go into healthcare with my eyes wide open."



Years later, Avneet would find herself working closely with her father again, this time with a lot more knowledge and expertise under her belt. In 2022, she joined the medical team at Fairfield Healthcare Professionals Pulmonology & Critical Care at Fairfield Medical Center, where she cares for patients alongside three other pulmonologists. Kanwaljit, who departed FMC in April after 28 years with the organization, was an oncologist with Fairfield Healthcare Professionals Hematology & Oncology.

Avneet said while she never imagined her healthcare journey would one day land her at the same hospital where her father also worked, she said there is no doubt in her mind that she made the right choice in staying close to home and family.

"For me, Fairfield Medical Center was just too good of an opportunity to turn down," Avneet said. "The practice that I'm with is made up of some of the best physicians I've ever met."

That's not to say the decision was an easy one, at least not initially. As providers whose specialties often converged, Avneet admits that she had some initial hesitation about working for an organization where her father was so well known and respected.

"He has a legacy here, and I just want to live up to that reputation because I know how hard he and my mom worked to become a part of this community and to serve it for so long," Avneet said.

Born and raised in India, Kanwaljit completed pre-med and medical school in his native country before coming to the United States to continue his education. While moonlighting at FMC during his fellowship at The Ohio State University, he met oncologist Jerome Roche, MD, who encouraged him to consider oncology as a specialty. When Dr. Roche retired in 1996, Kanwaljit took over his practice. In 2012, he joined the medical team at FMC. Through the years, he has always lived in Lancaster.

"There was never a reason for me to leave here," he said. "I could not have asked for a better community to serve and raise my family in."

Kanwaljit said he noticed early on that Avneet had the aptitude to pursue a career in medicine. Avneet said it's something her parents recognized long before she did. "Ultimately my parents were right – that's maybe the only time I'll ever admit that," she joked.

However, it took some time to figure out her place in medicine. It wasn't until she began caring for patients during her residency and fellowship – which coincided with the start of the COVID-19 pandemic – that she discovered her passion for pulmonary medicine and critical care.

"Caring for that patient population was one I really enjoyed working with in terms of helping them manage their symptoms and prevent hospitalizations," she said.

Figuring out where to land as a provider proved more challenging. While she enjoyed being on her own during her residency in Vermont, she felt a persistent pull to come back to Ohio.

"It just felt weird to be away from my family and the support networks I had established here," she said. "I feel drawn to serve a rural population that needs good access to healthcare. I see a lot of

opportunities for patient education where I can empower people with information about their diseases and their bodies."

Kanwaljit said he was surprised but happy when he learned that Avneet would be staying in Lancaster. That feeling has become even more bittersweet as he and his wife prepare to leave the community they love to move closer to their aging parents in California, where he plans to work for a few more years. "Fairfield Medical Center is the only place I've ever worked my whole life, and I would have liked to finish my career here," he said.

Avneet said in the short time that she and her father worked side by side, she learned a lot from him about how to be a good provider.

"I've taken a lot from how he sets up conversations, how he's honest and straightforward and helps lead patients through really difficult times and decisions," she said. "I do think my dad's a lot quieter than I am; I'm a little louder and I'm in a different specialty, which I think requires some different personality characteristics."

She added it's an honor to continue her family's legacy of serving Central Ohio and caring for patients at FMC.

"I think it was a combination of timing and fate that I came back when I did," she said. "I'm not sure what the future holds for me, but I have a lot of good role models around me. If I leave half the legacy that my father did, I'll have achieved something."

Dr. Avneet Singh is accepting patients at FHP Pulmonology & Critical Care, 618 Pleasantville Road, Suite 303, Lancaster. To make an appointment, call 740-689-6833.





Jack Campbell and his dog, Snickers, at Stebelton Park at Rock Mill in Lancaster.

Not Skipping a Beat

Avid outdoorsman Jack Campbell is rediscovering his passions and enjoying a renewed sense of energy following minimally invasive heart surgery.

John “Jack” Campbell, 70, has led an interesting life. Never afraid to pursue his passion, he spent several decades as an artist, creating blown glass art and sculptures. In recent years, Jack shifted his focus to yet another passion project: taking on the role of interpretative historian with Fairfield County Park District. It’s a job that not only keeps him physically active, but also connects him to his roots.

“I live in Canal Winchester now, but I grew up in Lancaster,” Jack said. “I’ve spent most of my life here. Between being a historian at Rock Mill and a canal buff, it gives me a chance to explore and share these places with others.”

For a short time, however, it was unclear how long Jack would be able to continue this labor of love. As his health declined in 2022, he found himself feeling exhausted, short of breath and forgetful. His heart was failing, and Jack knew it was time to turn to his trusted team at Fairfield Medical Center for help.

Jack's relationship with Fairfield Healthcare Professionals Cardiology began several years ago under the care of cardiologist Michael Reinig, DO. In addition to being born with a congenital heart defect known as a bicuspid valve, a bout of rheumatic fever left Jack's aortic heart valve permanently scarred at the age of four. For most of his life, Jack's only reminder of his condition was an asymptomatic heart murmur. He went on to become an athlete, artist, family man, coach and – finally – a historian before he began experiencing symptoms that couldn't be ignored.

"Working at Rock Mill, my day usually begins with walking down into the gorge," Jack said. "Of course, that also means coming back up. I couldn't do that anymore. I was having a hard time walking. I struggled to catch my breath. I stopped exploring because I thought it was a thing of the past – and then I went and saw my doctor."

During an annual visit to FHP Cardiology, Dr. Reinig informed Jack that an ultrasound of his heart (echocardiogram), revealed significant worsening of his aortic valve disease. When this happens, the leaflets, or flaps, of the valve become thickened and leaky, making the heart work overtime to pump blood to the rest of the body. In fact, his heart function was declining to dangerously low levels, prompting the discussion of valve replacement with the help of interventionalist John Lazarus, MD, PhD, and FMC's Structural Heart Team. As Jack learned more about what this might mean, he also learned about TAVR (transcatheter aortic valve replacement).

"TAVR is a minimally invasive alternative to traditional or open-heart valve replacement," Dr. Lazarus said. "This procedure is performed right here at Fairfield Medical Center, and it involves placing an artificial heart valve inside the damaged valve rather than removing it entirely. Most patients experience a noticeable improvement in symptoms with a quicker recovery and less pain."

I didn't know how bad I felt until I felt better, and the difference is incredible.

WHAT IS TAVR & THE STRUCTURAL HEART PROGRAM?



Unlike open-heart surgery, the TAVR procedure does not require a full incision down the chest or the opening of the sternum to access the chest cavity; instead, a small incision is made (typically in the groin), and a catheter is carefully guided through a blood vessel to the heart.

Using this method – along with high-definition imaging – FMC's specially trained Structural Heart Team is able to successfully implant an artificial aortic valve (pictured left) within the damaged one, restoring function to the heart.

If you are exhibiting symptoms of structural heart disease, or are concerned that you or a loved one may be suffering from a related condition, speak with your primary care provider immediately. Symptoms can include:

- Chest pain
- Irregular heartbeats
- Shortness of breath
- Lightheadedness or passing out
- Fatigue
- Swelling of the abdomen, ankles or feet
- High blood pressure
- Kidney dysfunction

JACK'S CARE TEAM



John Lazarus, MD, PhD

is an interventional cardiologist with Fairfield Healthcare Professionals Cardiology, 740-689-4480.



Michael Reinig, DO

specializes in cardiac electrophysiology and cardiology with Fairfield Healthcare Professionals Cardiology, 740-689-4480.



P. Aryeh Cohen, MD

is the director of Cardiothoracic Surgery at FMC and a cardiothoracic surgeon with Fairfield Healthcare Professionals Cardiothoracic Surgery, 740-681-9020.

Physician referral is required for enrollment in the Structural Heart Program. For more information, call Fairfield Medical Center's Structural Heart Clinic at 740-689-4480.



I walk 4 to 5 miles a day. My memory has improved. I have more energy. I'm doing things now that I never thought I'd do again.

Jack Campbell and his dog, Snickers, at Stebelton Park at Rock Mill in Lancaster.

Given the option between TAVR and traditional open-heart surgery, Jack chose to undergo TAVR on July 27, 2022. It was a decision that he says changed his life almost immediately.

"I could tell I felt better as I was sitting in recovery," Jack said. "I can't explain how quickly this procedure restored my health. I didn't know how bad I felt until I felt better, and the difference is incredible."

Following his one-hour procedure, Jack spent two days under observation at Fairfield Medical Center. During this time, his care team consulted with healthcare providers to help Jack better manage his diabetes, a condition that can also negatively impact heart health. For Jack, this was another example of his team going the extra mile.

"From explaining the procedure to performing the procedure with expertise and seeing me through the recovery, I felt like I had a support system the whole way," Jack said. "That's what sets Fairfield Medical Center apart from other places. I felt like they all connected with me on a personal level and wanted to make sure they cared for me as an individual, not a number."

After his discharge, Jack was instructed to follow up with cardiac rehabilitation. The supervised exercise program was an added benefit that Jack hadn't anticipated. In 12 weeks, he improved his endurance, rebuilt his strength, and improved his overall health by losing weight. Since returning to work for Fairfield County Park District, he has continued his exercise regimen – and he's never felt better.

"I feel 10 to 15 years younger, and other people have noticed," Jack said. "I walk 4 to 5 miles a day. My memory has improved. I have more energy. I'm doing things now that I never thought I'd do again. This procedure has set me up for a future of doing what I love, and that is a blessing from Fairfield Medical Center."

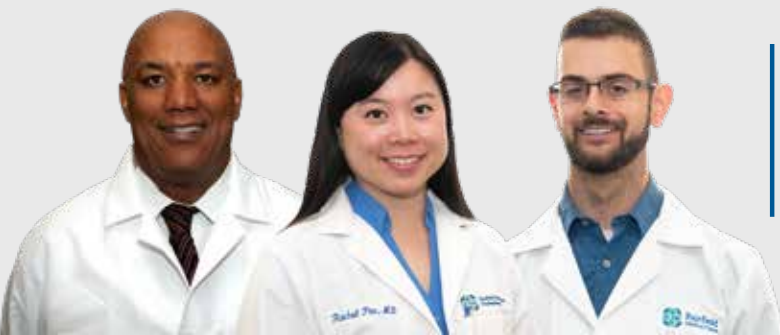
ABOUT ROCK MILL

Rock Mill and Rock Mill Covered Bridge are among the most-photographed Fairfield County destinations. Initial restoration of the historical gristmill, which had long fallen into disrepair, began in 2003. Although the building's rehabilitation was considered complete in 2017, Fairfield County Park District made additional improvements during the pandemic. While the attraction was closed to the public, maintenance included repairing the waterwheel and forebay, and cleaning, staining, and sealing the exterior. In 2022, geostructural repairs were completed to ensure safety and stability. The landmark is now officially set to reopen to the public in May during Rock Mill Days.

ROCK MILL DAYS

Hours of operation: From May through October, the mill will be open for educational tours every Wednesday and Saturday from 11 a.m.-2 p.m. and Sunday from 1-4 p.m. On the last Sunday of each month, corn is milled the way it was done 200 years ago!

Location: Stebelton Park at Rock Mill, 1429 Rockmill Place NW, Lancaster



ASK OUR PROVIDERS

Wayne Gordon, MD; Rachel Pan, MD; and John Zarick, CNP
Fairfield Healthcare Professionals Neurology, 740-687-8888

Neurology is a branch of medicine that deals with the diagnosis and treatment of diseases affecting the nervous system. This includes disorders that may impact the brain, spinal cord, nerves, sensory receptors and muscles.

Stroke might be the first condition that comes to mind when you think of neurology. A stroke, which occurs when blood is unable to properly reach part of the brain, is common and life-threatening. Fairfield Medical Center's Emergency Department and neurologists are prepared to treat and stabilize these patients to improve outcomes and recovery.

In the outpatient or office setting, neurology is actually much broader. Neurologists may work with patients for several years to monitor symptoms and manage chronic or progressive conditions, including:

- Headaches and migraines
- Multiple sclerosis
- Neuropathy
- Movement disorders (Parkinson's disease, tremor, ataxia, Tourette syndrome)
- Myasthenia gravis
- Dementias (Alzheimer's disease, frontotemporal dementia, lewy body dementia)
- Epilepsy

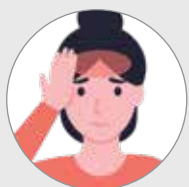


Neurologist Rachel Pan, MD, examines a patient in the office of FHP Neurology.

Some of the most common questions neurologists receive from patients are related to headaches and migraines. Often, people use these terms interchangeably, but migraines and headaches are different. In many cases, a severe headache is only one symptom of a migraine. Other symptoms might include one-sided throbbing or pulsating pain, sensitivity to light and sound, an affected field of vision and nausea or vomiting. Symptoms may appear gradually or in phases and last for several days.

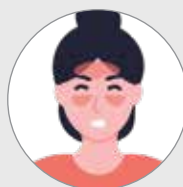
"When patients come to our clinic to be evaluated for headaches, we usually ask a few key questions," said neurologist Rachel Pan, MD. "We want to know about their pain quality and triggers, the severity of their symptoms, how long they've been dealing with headaches, and any medications they've tried in the past. No matter the condition, everyone's case is unique, and we want to find the treatment plan that works best for the individual."

OTHER TYPES OF HEADACHES



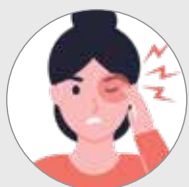
TENSION

- May feel like a band of pressure around the head.
- Pain is mild to moderate and may improve with hydration, over-the-counter medication, rest or relaxation techniques.
- Can last a few minutes to a few hours.



SINUS

- May be felt in the face, forehead and between the eyes.
- Pain is mild to severe and may worsen when bending forward.
- More likely to occur with allergies or viral infections.
- Often resolve when the root cause is addressed.



CLUSTER

- Often one-sided with symptoms such as tearing, nasal drainage or eye redness.
- Pain may be severe but brief.
- Episodes may occur frequently for several weeks, and then disappear for long periods of time.
- Rare when compared to other types of headache.

Fairfield Healthcare Professionals Neurology is accepting patients. To make an appointment, call 740-687-8888.



I can finally focus on doing the things that a normal person my age should be doing.



Makala Shipley and her fiancé Nate Lewis at Rising Park in Lancaster.

A Specialized **Solution**

After years of severe pain and failed remedies, Makala Shipley feared she would never find a solution to her gallbladder issues – until she learned about FMC's robotic surgery program.

Makala Shipley, a physical therapy assistant from New Lexington, is finally living a life fitting for a 23-year-old. For years, she spent her days searching for relief from persistent health concerns only to come up with more questions than answers. Determined to be her own advocate, Makala's search eventually led her to Fairfield Medical Center in 2022.

Since 2019, Makala had visited her local emergency department on three separate occasions for severe abdominal pain, nausea, vomiting and diarrhea. Each time, she was met with a slew of tests and referrals. As she and her providers worked to determine the cause of her unbearable symptoms, a culprit came into view: her gallbladder.

The gallbladder is a small, pouch-like organ in the abdomen. Inflating and deflating like a balloon, it stores bile throughout the day and then releases it to help the intestinal tract break down and digest food. When this process is interrupted, functional gallbladder disease can occur.

"I had an ultrasound and CT scan that revealed abnormalities in my gallbladder," Makala said. "I didn't have any stones, but I had what they called sludge. So I started a medication and thought that was going to be the end of it, but that wasn't the case."

As Makala continued to suffer from bloating and other unpleasant symptoms, particularly after eating, she readied herself to see a gastroenterologist for a new plan of action.

"It was getting to the point where these symptoms were affecting my day-to-day life," Makala said. "I was missing work. I never felt well enough to hang out with my friends or watch my nieces. It was more than a minor inconvenience."

With no evidence of gallstones, Makala and her local specialists discussed alternative causes of her condition. In some cases, slow or poor emptying of the gallbladder, known as biliary dyskinesia, can cause symptoms such as those Makala was experiencing. To investigate further, Makala underwent more testing to evaluate how well bile was moving through her gallbladder. To her surprise, the results were normal.

"I thought we were going to finally find answers and move forward," Makala said. "But when my results came back inconclusive, it felt like we had hit another dead end."

With her gastroenterologist reluctant to pursue surgery, Makala took matters into her own hands. After asking around for recommendations, she was led to general surgeon David Hasl, MD, at Fairfield Healthcare Professionals General Surgery River View. After contacting the practice directly, Makala then helped coordinate a referral and the transfer of her medical records to schedule an appointment.

"As soon as I met with Dr. Hasl, it was a turning point for me," Makala said. "He took the time to ask questions and get to know me, and

he agreed it was time to get me back to living my life. I think I was fighting back tears at that point."

After reviewing Makala's extensive medical history and symptoms, Dr. Hasl recommended moving forward with a minimally invasive robotic cholecystectomy, or gallbladder removal. The procedure was performed Nov. 9, 2022, using the da Vinci XI surgical system at Fairfield Medical Center.

"Robotic surgery is really unparalleled in terms of control and visualization," Dr. Hasl said. "For these types of procedures, we're able to manipulate our instruments more precisely than ever before. We can also see the surgical field in 3D with better magnification. All these features reduce the risk of complications."

In addition to these benefits, Dr. Hasl also used special imaging, known as da Vinci Firefly™, during Makala's procedure for enhanced safety. This capability uses fluorescent, or glowing, dye to provide real-time identification of different organs and structures.

Makala, who was discharged shortly following her procedure, described her recovery as "a breeze." Although she experienced mild post-operative pain, the discomfort was a far cry from her pre-operative circumstances. And when she experienced a bout of nausea during her recovery, her care team was quick to prescribe the right medications to keep her comfortable and her healing on track.

With her symptoms resolved, Makala is setting her sights on the future. In addition to planning a wedding and raising two new kittens, she's making her health a priority.

"I could tell everything had changed the second I got home," Makala said. "I just feel better all around. I can finally focus on doing the things that a normal person my age should be doing. I'm grateful for that, and I would encourage anyone dealing with similar symptoms to keep pushing for answers. The outcome is worth the effort."

BENEFITS OF ROBOTIC SURGERY

Since its introduction in 2022, hundreds of patients have benefitted from Fairfield Medical Center's robotic surgery program. In addition to general surgery, FMC and its affiliated providers have the ability to perform robotic-assisted procedures across several specialties, including:

- Thoracic surgery and pulmonology, including advanced lung biopsies
- Urology
- Gynecology

Robotic surgery is considered minimally invasive, requiring much smaller incisions than traditional surgeries. Benefits of this approach include:

- Decreased risk of complications
- Less post-operative pain
- Shorter hospital stays
- Faster recovery
- Minimal scarring

During robotic surgery, a doctor sits next to the patient at a device called a surgeon console. From there, they control the precise movements of the surgical instruments, which are attached to a piece of equipment called the patient cart. The patient cart is situated next to the operating table, along with the team of experienced surgical technicians.

Speak with your healthcare provider if you think robotic surgery or lung biopsy may be right for you.



David Hasl, MD

is a general surgeon with Fairfield Healthcare Professionals General Surgery River View, 740-654-6213.

A Legendary Gift

When Greg Kidwell arrived at Fairfield Medical Center's Emergency Department with a collapsed left lung, he wasn't expecting to stay for nine days. However, when his care team was unable to properly reinflate his lung, Greg was told he needed video-assisted thoracic surgery (VATS) to repair the organ. During the procedure, Greg's surgeon, P. Aryeh Cohen, MD, of Fairfield Healthcare Professionals Cardiothoracic Surgery, noticed that Greg's health issues extended beyond just a collapsed lung – he also had giant bullous emphysema. Dr. Cohen recommended that Greg undergo a second surgery, which he did the following year.

Impressed with the care he received at FMC from Dr. Cohen and pulmonologist Andrew Twehues, MD, of FHP Pulmonology & Critical Care, Greg decided to recognize both providers as Legendary Caregivers through the FMC Foundation's Grateful Patient program. The program gives patients or their families a meaningful way to thank and recognize the caregivers who made their healthcare experience better. Any healthcare worker, from nurses to volunteers to chaplains to environmental services workers, can be designated as a Legendary Caregiver.

"I am grateful to all of the staff members that cared for me, and I am extremely grateful to Dr. Cohen for the care that he provided, and to Dr. Twehues for the care that he continues to provide," Greg said. "I have since moved all of my care to Fairfield Medical Center. I'm just a big fan of Fairfield Medical Center and, most importantly, the patient care team that makes FMC what it is."

All individuals recognized through the Grateful Patient program receive a certificate and a pin to denote their Legendary Caregiver status. In addition, patients can make a monetary gift to the FMC Foundation in honor of their Legendary Caregiver(s), if desired. Donors who give \$500 or more are recognized on the Donor Wall in the lobby at FMC's Main Campus. They also are invited to the FMC Foundation's annual Legendary Philanthropy Awards to recognize their Legendary Caregiver in person.

To learn more about the Grateful Patient program, visit fmchealth.org/foundation/grateful-patient/



Legendary Caregiver honorees hold up their certificates during a 2019 recognition event.

Thank You to Our **2023 Sponsors**

The following individuals, businesses and organizations support our 2023 events as Diamond, Platinum and Gold sponsors. It is because of their compassion and support that the FMC Foundation is able to continue its healing mission by purchasing life-saving equipment and funding program expansions for patient care.

DIAMOND SPONSORS

- US Acute Care Solutions with support from Dr. Mark and Theresa Darnell and Dr. Robert and Sharon Dominguez
- Alan and Maris Mahler

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- Caretenders, VNA
- Dr. Aryeh & Judith Cohen



Brews & Basketball



Golf Outing

To become an event sponsor or to make a charitable gift, visit fmchealth.org/foundation, call 740-687-8107 or email fmcfoundation@fmchealth.org.



2023

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 to 15.

Dates/Times:

June 2 – 8:30 a.m.-3:30 p.m.
Aug. 4 – 8:30 a.m.-3:30 p.m.

Registration:

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

Location: To be determined

Price: \$35/person

Childbirth Education Series

Fairfield Medical Center'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.

To register, scan the QR code, call 740-687-8218 or go to fmchealth.org.



Free Sports Physicals

FMC is offering free scheduled sport physical appointments for athletes in grades 7 through 12.

Registration:

Visit fmchealth.org/calendar or scan the QR code. Please book one appointment slot per athlete and include the appropriate name of the athlete.

Date/Time/Location:

June 1 – 5:15-7 p.m. at New Lexington High School
June 3 – 8-11:30 a.m. at Lancaster High School
June 7 – 5:15-7 p.m. at Amanda-Clearcreek High School



CPR & AED Classes

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

Registration: Required. Call 740-687-8477 or email
resa@fmchealth.org.

Price: \$35/person

Dates/Times:

June 3 – 8:30 a.m.-noon
July 8 – 8:30 a.m.-noon
Aug. 5 – 8:30 a.m.-noon
Sept. 9 – 8:30 a.m.-noon

Location: To be determined

First Aid

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

Registration: Call 740-687-8477 or email
resa@fmchealth.org

Price: \$35/person

Dates/Times:

June 3 – Noon-3:30 p.m.
July 8 – Noon-3:30 p.m.
Aug. 5 – Noon-3:30 p.m.
Sept. 9 – Noon-3:30 p.m.

Location: To be determined

Cancer Survivors Day

National Cancer Survivors Day® celebrates survivors while providing hope and inspiration to those who have been recently diagnosed. Join us for live acoustic music and lunch.

Registration:

Visit fmchealth.org/event/fmc-cancer-survivors-day/ or scan the QR code.

Date/Time:

June 4 – 12:30-2:30 p.m.

Location: Ohio University-Lancaster



FMC Foundation Events



Fairfield Medical Center
FOUNDATION

Annual Golf Outing

Date: June 12

Location: Lancaster Golf Club

Cost: \$300 Twosome or \$600 foursome. Twosomes will be paired with another twosome. Foursome teams will receive priority spots.

Heart & Lung Run

Date: Aug. 19

Location: FMC Main Campus

Cost: Varies

Food & Wine Tasting

Date: Sept. 28, 5:30-8:30 p.m.

Location: Lancaster Eagles Event Center

Cost: TBA

To register for any of the events listed above, or to learn more, visit fmchealth.org/foundation/fundraising-events. To become an event sponsor, visit fmchealth.org/foundation, call 740-687-8107 or email fmcfoundation2@fmchealth.org.



There is never a wrong time to focus on your health, and Fairfield Medical Center is making it easier than ever with our series of Healthy Habits seminars. All seminars will be held at FMC's River Valley Campus, 2384 N. Memorial Drive, Lancaster.

Scan the QR code or visit fmchealth.org/healthy-habits to see dates and register.



For an updated list of events, visit fmchealth.org/calendar.

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 and click "Find a Provider" or scan the QR code.



James Obney, MD

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



Colin Ryan, MD

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



Tonia Dunnigan, CNP

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



Megan Brown, CNP

FHP Hematology & Oncology
135 N. Ewing St., Suite 301
Lancaster
740-687-4505



Jill Davisson, CNP

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



Paige Smith, CNP

FHP Infectious Disease/
Wound Clinic
135 N. Ewing St., Suite 302
Lancaster
740-687-8805

IN MEMORY: DR. JAMES WHETSTONE



On Feb. 28, 2023, Dr. Jim Whetstone, 61, passed away following a long battle with cancer. For more than 30 years, he served as a family physician at the same practice that his parents, Drs. Paul and Anna, opened in 1954. The former Whetstone Medical Clinic has always been a hub of health and connection in the Millersport community. Dr. Whetstone, along with his loyal staff, ensured this legacy would continue by selecting Fairfield Medical Center to support the delivery of care for years to come.

Dr. Whetstone was recognized as 2009 Family Physician of the Year by the Ohio Academy of Family Physicians. He was passionate about community involvement, serving as a member of Millersport United Methodist Church, the Millersport Zoning Committee, the Millersport Community Theater, and as team physician for the Walnut Township School District. He also assisted with the development of the Millersport Little Lakers Football Program. A pillar of the Millersport community and Fairfield Medical Center, he will be greatly missed by all.

Tarun Mehra, MD, and Sarah Ball, CNP, will transition to FHP Family Medicine of Millersport, 12135 Lancaster St. NE, Millersport, where they will join Michael Martin, MD.

VOLUNTEER SPOTLIGHT

Teen Volunteer Program

With summer break just around the corner, many teens look for ways to give back, learn new skills or enhance their resumes. The teen volunteer program at Fairfield Medical Center gives them the opportunity to do that and more, all within a time commitment of just four hours a week. The program is geared toward teens ages 16 to 19 and offers both flexibility and a variety of positions and service areas to discover.

"I became a volunteer at FMC because all I want to do is help people," said Mira Burns, 15, who greets and assists patients and visitors once a week at the North Information Desk. "I plan to spend the rest of my life helping people and thought, why not start now? My favorite part about volunteering is witnessing the kind and safe environment FMC provides for myself and patients."

Volunteer Emily Buckley, 17, found her niche as a Patient Pal, where she spends her volunteer shifts getting water, snacks and blankets for patients. She also sometimes sits and talks with patients who are in need of company. Caring for others comes naturally to Emily, whose parents, Drs. Jeremy and Martha Buckley, are both healthcare providers.

"I love volunteering at Fairfield Medical Center because it allows me to give back to my community and be an outlet of support for those in need," Emily said.

Ready to get started? For more information about Fairfield Medical Center's volunteer program, contact the Volunteer Services office at 740-687-8109 or email heidire@fmchealth.org.

Pictured: Patient Pal volunteer Emily Buckley hands a patient a cup of water. Mira Burns, a volunteer at the Main Information Desk, answers the phone.



THE MONITOR

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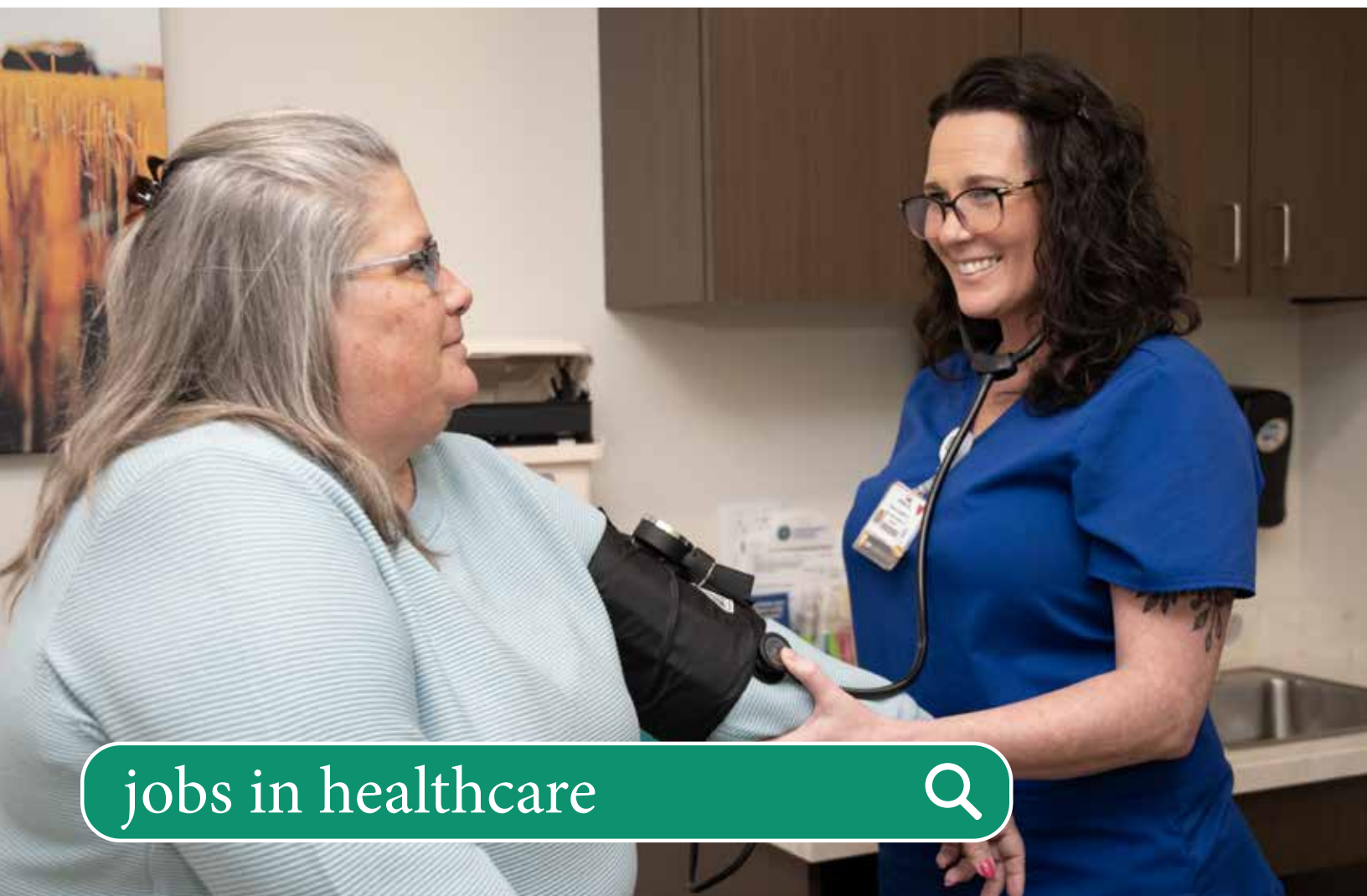
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