THE NEW HEART & SURGICAL PAVILION
Keeping Your Heart In Good Hands

A STEP FORWARD FOR VASCULAR CARE
Offering Diagnostic and Interventional Care Close to Home

POWER FOODS TO HELP YOUR HEART
When Eric Rice had a heart attack, he wanted a hospital with advanced cardiac capabilities. And he didn’t have to go far to find it. Because right here at Memorial, we’re bringing our neighbors expert cardiovascular care. Our unique partnership with The Ohio State University Wexner Medical Center gives our patients access to the latest technologies and treatments. And with our new 30,000 square-foot Heart & Surgical Pavilion, people like Eric can receive a wide range of cardiovascular services – from diagnostics to surgery – without leaving home. To learn more, go to memorialhosp.org/heart.
ADAMS FAMILY MEDICAL CENTER is the newest affiliate of Memorial Hospital. Treating patients in Plain City and surrounding areas, John Edward Adams, II, DO and staff welcome patients of all ages for personalized attention and trusted healthcare.

Do you have varicose veins or experience leg pain or fatigue? VENOUS REFUX DISEASE, when the valves in your veins no longer allow blood to properly circulate, is progressive and may worsen over time if left untreated.

Board-certified cardiologist Michael Davis, MD offers vein ablation, a minimally invasive outpatient procedure for the treatment of superficial venous reflux disease. Much less invasive than vein ligation or stripping, the procedure uses ultrasound and a tiny catheter to close the diseased vein. Then, blood is re-routed into healthy veins, improving circulation in the affected area. Patients report feeling relief within two days and typically return to normal activity within days of the procedure.

To schedule an appointment, call (937) 642-5490.

ELEVATE SPORTS MEDICINE, a service of Memorial Hospital, is now the proud exclusive sports medicine provider for Fairbanks, Jonathan Alder, and North Union athletics and sports sponsor for the Union County Family YMCA. This comprehensive sports medicine program aligns top professionals and leading experts with convenience so solutions to sports training goals or injury treatment are easily accessible.

Now athletes of all ages and fitness levels have immediate access to premier sports medicine treatment, technology, and education. Elevate’s specially trained experts provide a variety of services from sports training and injury prevention to physical therapy and education. Learn more about this exciting venture at www.elevatesportsmed.com.

Memorial Hospital of Union County is now an official partner to Healthways SILVERSNACKERS’ FITNESS PROGRAM. SilverSneakers is an energizing, fun program that helps older adults take control of their health by encouraging physical activity and hosting social events. Participation in the program provides a free fitness center membership to Memorial Hospital’s Health Center (or any participating location) and is covered by many insurance plans. To learn more, call the Health Center at (937) 578-2580.

SilverSneakers is a registered mark of Healthways, Inc. Consult a healthcare professional before beginning any exercise program.
Memorial Hospital of Union County and The Ohio State University Wexner Medical Center have advanced the level of cardiac care available to Union County and surrounding areas through The Heart Partnership. Now patients can look close to home to find superior diagnostics, treatment, and preventive care, keeping their hearts close to loved ones and maximizing convenience.

Through an informal relationship has existed between the hospitals since the 1990’s, now the two medical teams partner together from the moment a cardiac patient is seen at Memorial Hospital. Implementation of the ST Elevated Myocardial Infarction (STEMI) program in 2009, an alliance between Memorial, OSU Wexner Medical Center, and local first responders, created an exceptional protocol, accelerating the level of care for cardiac patients. In addition to jump starting treatment of heart attacks, the program expedites transport for interventional procedures like stent placements and angioplasty. Additionally, the partnership strengthens the skill and expertise available locally for diagnostic procedures, such as diagnostic catheterizations, to determine if further treatment is necessary.

Board-certified cardiologists Douglas Magorien, MD and Michael Davis, MD, along with June Hinkle, CNP, continue to provide assessment, treatment, and follow-up care for patients through Ohio State’s Heart and Vascular Center at Marysville office, now located within Memorial’s new Heart & Surgical Pavilion. Rounding out the full-range of services, technologists and specially trained staff offer diagnostic testing, educational programming, and cardiac rehabilitation to help restore health and fitness in patients who require ongoing heart care.

To learn more about the lifesaving cardiac care at Memorial Hospital, call (937) 578-4343 or visit memorialhosp.org/heart.

Marysville resident Joseline Encoignard is no exception. Even though she led a healthy lifestyle, she was in her early 40’s when she had her first scare with heart disease, collapsing in front of her family. Now 78, Joseline has spent her lifetime managing her risk factors and being proactive about her heart health.

Immediate access to life-saving care has made all the difference for Joseline. Throughout the years, she’s experienced arrhythmia, high blood pressure, and coronary artery disease. She is able to stay in control of her heart health through a combination of diagnostic testing, heart catheterizations, treatment, follow up visits, medication management, and rehabilitation offered by Memorial Hospital and Ohio State’s Heart and Vascular Center at Marysville; all of which allows her to spend time with her two daughters and enjoy cooking and gardening.

“We take everything for granted,” remarks Joseline. “It’s so important to know the symptoms of heart disease, to take control, and go to the doctor. Especially if you think you’re having a heart attack. It’s always best to call.”

No matter how healthy we are, no matter how well we take care of ourselves, every single one of us will be affected by cardiovascular disease. Directly or indirectly, it will enter our lives and our hope lies in providing the fastest and best treatment available.

It’s important to be a well-informed advocate for your health. Here are common heart attack signs and symptoms to watch for:

- **CHEST DISCOMFORT.** Often heart attacks involve discomfort in the center of your chest. Discomfort may last more than a few minutes or come and go. It may feel like uncomfortable fullness, pain, pressure, or squeezing.
- **UPPER BODY DISCOMFORT.** This can include discomfort or pain in one or both arms, the neck, jaw, back, or stomach.
- **SHORTNESS OF BREATH.** This can be with or without chest discomfort.
- **NAUSEA OR VOMITING.**
- **SWEATING.** Some patients report breaking into a cold sweat.
- **LIGHTHEADEDNESS AND/OR FAINTING.**

You should note that women are more likely than men to experience more than chest discomfort, especially symptoms like nausea/vomiting, shortness of breath, and jaw or back pain.

If you suspect you are having a heart attack, call 9-1-1 immediately! Calling 9-1-1 is nearly always the fastest way to receive lifesaving care.
THE NEW HEART & SURGICAL PAVILION at Memorial Hospital of Union County creates a single-location center of excellence for cardiac and peripheral vascular care. More convenient than ever, world-class care delivered by specialized caregivers is right here, right now.

The pavilion brings together the very best medical science for the prevention, diagnosis, and treatment of heart disease, alongside Memorial’s commitment to surgical excellence. It doesn’t end there though, as it also joins the expertise of outstanding physicians, nurses, technologists, and more. The exceptional care Memorial Hospital is known for will be the cornerstone of a new era of healthcare available locally.

“We’re proud to bring the new Heart & Surgical Pavilion to our community,” says Chip Hubbs, President/CEO at Memorial Hospital. “Not only are we partnering with nationally-ranked expert care, but we are making superior healthcare services convenient to those we serve. It’s a huge win for our community and we’re pleased to share a part in revolutionizing the quality of care patients can expect.”

The 30,000 square foot pavilion is designed to maximize efficiencies for physicians, patients, staff, and guests. Attention to detail has ensured the continuum of care offered doesn’t miss a beat, uniting diagnostics with clinical services to offer fully comprehensive care.

What's Inside?

The Heart & Surgical Pavilion offers

- Multi-use catheterization lab for cardiac diagnostics and peripheral vascular interventions
- Implantation of pacemakers and other cardiac rhythm devices
- Centralized location for diagnostic cardiology testing, such as stress tests and vascular exams
- Three state-of-the-art operating suites
- 16 prep and recovery rooms, with private restrooms
- Two new endoscopy suites
- Procedure room for vein ablations for varicose vein treatment
- Ohio State’s Heart and Vascular Center at Marysville outpatient clinic space
- A Medication Therapy Clinic, to include the Anticoagulation Clinic
- Central Scheduling and patient pre-certification for maximum convenience
- Expanded space for interventional radiology
- Patient registration

PREVENTION
- Free educational classes on a variety of topics, from understanding your health conditions to proper exercise and nutrition
- Teaching Lifestyle Choices®, a seven-week class designed to help you take control of your health
- Free community health screens to determine your risk for heart disease

DIAGNOSTICS
- Progressive cardiac assessments
- Tilt studies, stress tests, echocardiogram and transesophageal echocardiogram (TEE) studies, vascular ultrasound, electrocardiograms (EKG)
- Catheterizations

TREATMENT
- Pacemaker insertion and other cardiac rhythm devices
- ST Elevated Myocardial Infarction (STEMI) program
- Direct access to The Ohio State University Wexner Medical Center
- Cardiac rehabilitation
- Medication Therapy Clinic
- Ohio State’s Heart and Vascular Center

SUPERIOR HEART CARE
You Can Trust
I recently got my cholesterol tested. While my LDL cholesterol is okay, my HDL cholesterol is low. Should I try to raise this “good” cholesterol?

A: It would be beneficial to try and raise your HDL level if it’s considered low. I typically encourage my patients to have a HDL level greater than 40. There are several ways in which you can work to raise this good cholesterol, some of which include a healthy diet, exercise, and maintaining a healthy weight. A small, daily glass of red wine can be okay, but I would encourage each individual to discuss that with his or her cardiologist or family physician, as it relates to his or her own personal health history.

How can I tell the difference between “normal” and “abnormal” chest pain?

A: Nearly everyone will experience random chest pain from time to time. Pain that lasts just a few seconds or so, coming and going very quickly, and not associated with exertion is usually not a concern. The pain I am more concerned with is pain lasting more than one minute that is associated with exertion. If you experience any radiation of pain to the back, down the arms, or up into the neck or jaw, this is worrisome chest pain. If you have associated shortness of breath, nausea, or break into a sweat, you should seek medical attention. I always encourage patients to seek medical treatment or talk to their doctor if something doesn’t feel right. It’s very important to understand the signs of a heart attack and immediately call 9-1-1 if you are experiencing heart attack symptoms.

My doctor tells me my snoring may be increasing my risk of heart disease and he wants me to see a sleep specialist. How does snoring affect your heart?

A: It is true that snoring can affect your heart. It could be a sign of obstructive sleep apnea. Untreated sleep apnea can lead to heart problems, like hypertension (high blood pressure) and different heart rhythm abnormalities, and can even develop into congestive heart failure. This is definitely something that should be looked at and oftentimes, a sleep study is recommended. This is a very simple test and if you’re found to have sleep apnea, there are many treatment options.

For over a year now, my blood pressure readings have been different in each arm. For example, at the last check, my left arm was 134/88 and my right arm was 149/94. Is this normal or should I notify my doctor?

A: If you experience a difference in the systolic blood pressure readings in the upper extremities, it can be a sign of peripheral vascular disease. There may be a blockage or narrowing in the arteries supplying blood flow to the arm. There are non-invasive procedures, like a Doppler study, that can be done to check for possible blockages. From there, your doctor can determine a treatment plan, ranging from medication to interventional procedures.

Do you have a medical question you’d like the answer to?

Send any questions to askadoc@memorialhosp.org. While there is no guarantee your question will be selected, those questions that are chosen will be answered in the next magazine edition. We will not print your name or personal information, only the question submitted.

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A STEP forward for VASCULAR CARE

MOST OF US are familiar with what can happen if you have a blockage in the arteries of your heart. But did you realize that, just like the blood vessels in your heart, the vessels which supply blood to other parts of your body can also become narrowed or blocked and develop other problems?

Peripheral vascular disease (PVD), also known as peripheral artery disease (PAD), is the most common type of artery disease and affects roughly 10 million Americans. It is caused by a build-up of fatty material in the blood vessels which then gradually weakens, hardens or blocks blood flow, causing circulatory issues in the extremities as well as reducing blood flow to the heart and brain.

When Marysville resident Larry Roffe began experiencing leg pain, nearly a year ago, he didn’t think much about having leg pain. “I really didn’t think much about having leg pain. I thought it would take care of itself if I ignored it.” However, as the pain worsened Larry realized a visit to his doctor might help. Thanks to quick action, an ultrasound at Memorial Hospital revealed a 99% blocked artery in his left leg. He had immediate surgery, thanks to doctors at Memorial Hospital.

Larry underwent it again, this time on the other leg. “I feel so much better. After a week of recovery, I returned to work and have no problem doing what I love; spending time with my grandkids and enjoying the outdoors.”

If you suspect that you may have PVD, it’s important to talk to your doctor. A basic evaluation can be completed in your physician’s office. Then, if he or she feels you need additional testing, the new Heart & Surgical Pavilion at Memorial Hospital will provide leading technology and treatment close to home with its multi-purpose catheterization lab. Patients will be able to access the expertise of specially trained physicians and staff, along with protocols set by The Ohio State University Wexner Medical Center, elevating patient care for our community.

Part of The Heart Partnership between Memorial Hospital of Union County and The Ohio State University Wexner Medical Center, the hospital’s new pavilion will offer diagnostics like ultrasonography, angiography, and magnetic resonance imaging (MRI) to locate blockages or damaged arteries. Then, treatment can be provided, when needed, such as angioplasty, atherectomy, and stenting. Just like with cases of coronary heart disease, angioplasty, and stent placement are performed to open up arteries and restore blood flow.

“If I look forward to expanding the services available to our community,” says Dr. Michael Davis, board-certified cardiologist and vascular medicine specialist at Memorial Hospital. “A large part of our population suffers from circulatory issues and opening the new multi-purpose cath lab will make it more convenient than ever for patients to receive excellent care. An additional benefit of the new pavilion is that it unites the physicians, technologists, and staff at Memorial Hospital with those at The Ohio State University Wexner Medical Center for a fully comprehensive care plan, offering the best possible solutions for patients.”

LEARN MORE ABOUT THE HEART & SURGICAL PAVILION AND SERVICES OFFERED THROUGH THE HEART PARTNERSHIP BY VISITING MEMORIALHOSP.ORG/HEART.

DELIVERING EXCEPTIONAL CARE CLOSE TO HOME

One important feature of the new Heart & Surgical Pavilion at Memorial Hospital of Union County is the multi-purpose catheterization lab. To provide the latest technology and treatment, the cath lab offers both diagnostics and interventional treatment for peripheral vascular care.

DIAGNOSTICS

Angiography An x-ray dye is used to create a “road map” of the arteries, allowing your physician to locate any blockages.

Arterial Doppler exam Using sound waves and pressure cuffs, this exam evaluates arterial blood flow of the body, often looking at arteries in the legs. It may be ordered when there is suspicion on an exam or with symptoms suggestive of blocked arteries.

Ultrasound This exam uses sound waves and may be used to capture images of your carotid or neck arteries.

Magnetic Resonance Imaging (MRI) A MRI scan creates highly detailed images for medical diagnosis and treatment. It does not use x-ray radiation; rather, it uses magnetism and radio waves. This type of scan is especially useful for capturing soft-tissue details of the heart, brain, or internal pelvic organs and details of the joints.

Diagnostic Catheterization Using local anesthesia, a thin plastic tube is inserted through a small needle. X-ray dye is injected and x-rays are taken and reviewed by your doctor.

TREATMENT

Interventional Catheterization If a blockage is identified, a thin catheter is used as the vehicle for treatment, such as angioplasty or stent placement.

Angioplasty A small balloon is inserted with the catheter. It is then inflated, pushing aside plaque and widening the affected artery to restore blood flow. Then, the balloon is deflated and removed from the artery.

Stenting When arteries are severely blocked or begin to close up again after angioplasty, a stent may be placed. This is a small metal mesh sleeve placed inside the narrowed artery to offer reinforced support for improved blood flow.

Atherectomy Plaque that causes blockages can be removed by various devices thus resolving the obstruction in the artery.
Now is a great time to take advantage of the classes and events available at Memorial Hospital! For a full listing of classes and events, visit www.memorialhosp.org.

Walk With A Doc
(Free program) Each hour-long session is led by a board-certified physician, staffed by exercise physiologists, and includes a complimentary healthy snack, free blood pressure check (if desired), and brief conversation about pressing health topics. All ages are welcome and participants may walk as much or little as they desire.

March 8th………………8:00am Union County Family YMCA
March 28th………………6:00pm Lowe’s (Marysville)

Newborn Care Class
Cost: $20 per class
This interactive class prepares parents and caregivers for all aspects of newborn care through hands-on activities and demonstrations. Let our experienced obstetrical nurse make you feel more comfortable with caring for your bundle of joy. The class covers basic care elements, such as bathing, swaddling, and diapering and includes how to reduce the risk of SIDs, car seat safety, and what you can expect at the first doctors visit. To register, call (937) 578-2329.

All classes meet in the Women’s Health Center lower level education room.
March 18th………6:30–8:30pm
April 15th…………6:30–8:30pm

Exercise
What are the benefits of exercise? What kinds of exercises are appropriate? How long, how hard, and how often should one exercise? Find the answers to these questions—and more! This class is taught by an exercise physiologist.
March 8th...9:00am & 2:00pm
April 26th…9:00am & 2:00pm

Healthy Nutrition
A registered dietitian teaches this class on heart-healthy nutrition. Topics include label reading, portion sizes, and information on low-fat, low-cholesterol, and sodium-restricted eating.
April 5th………9:00am & 2:00pm

Women… At the Heart of It All
Back for the 4th year, the 2013 Women… At the Heart of It All event will be held on Friday, April 12th at Bunsold Middle School in Marysville. Doors will open at 5:30pm for a social hour with heavy hors d’oeuvres until the program begins at 7:00pm.

Entertainment will be provided by comedic hypnotist TG Rivers with a high-energy, hilarious program and we’ll have another Get Real doctor’s panel covering everything women have wanted to— and should— know about men’s health.

A new addition this year is “A Perfect Fit” station with trained, professional bra fitters from Macy’s to provide tips on mastering a flattering fit for all figures. And, of course, the evening will include door prizes, product samples, gift bags, and more!

Tickets for this often sold-out event went on sale March 1st and can be purchased by calling (937) 578-2316. Ticket cost is $18 each or $15 for guests ages 65 and older. It’s encouraged that groups purchase tickets at the same time in order for seats to be assigned together.

Memorial Hospital’s Health Center is open to the public and welcomes members ages eight and older. It’s staffed by experienced professionals with degrees in exercise science to help members work toward optimal physical fitness in a comfortable, safe environment through a supervised program of regular aerobic training. Members will benefit from regular exercise sessions to target specific goals. For more information, call (937) 578-2580.

Women At the Heart of It All
EXERCISE PHYSIOLOGISTS AT MEMORIAL HOSPITAL

Visit www.memorialhosp.org for one minute. Run for two minutes and walk for one minute. You can switch with an incline on the treadmill. You can switch between exercises. Keep a water bottle handy and enjoy a healthy snack! You will reap the benefits of the exercise you do and burn more calories.

Make Your COUNT
WORKOUT

Find your form. To make the most of your workout always be sure to use proper form and posture. In doing so, you will reap the benefits of the exercise and burn more calories.

Be efficient. Maximize your time in the gym by cutting down on time between exercises. Keep a water bottle with you instead of stopping at the drinking fountain and grab a towel before you start.

Stick with it. Remember to work in your target heart rate range for a minimum of 30 minutes. Try to hit the gym at least three to five times per week and incorporate strength training two to three times per week. Always include flexibility exercises, such as stretches, with each workout.

Commit to fitness. Schedule an appointment to exercise or recruit an “exercise buddy”. This will hold you accountable to someone and you will be more likely to stick with your plan to go to the gym.

Keep in mind the “Talk Test” to gauge your intensity. If you are with friends at the gym and carry on a great conversation, you may not be working hard enough. If you are gasping for air and cannot talk, you are working too hard.

Mix it up. Variety is one key to success with your exercise routine. Remember to use a variety of exercises and change up your routine to prevent boredom and overcome plateaus.
NOW OPEN EVERY DAY AT 9AM

MONDAY – FRIDAY
9:00AM - 9:00PM

SATURDAY & SUNDAY
9:00AM - 6:00PM

1140 CHARLES LANE, MARYSVILLE