

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HEALTH

wellaware

FALL 2021

WELCOMING
DR. FORREST
SCHWARTZ,
HIP & KNEE
ORTHOPEDIC
SURGEON

THE EXCITING
& EMERGING
STUDY OF
PHARMACOGENOMICS

MEMORIAL DELIVERS
A FULL SPECTRUM OF
ORTHOPEDIC CARE

 **Memorial** HEALTH

KEEPING OUR FINGER ON THE PULSE OF YOUR PATIENT EXPERIENCE

Most all of us have experienced it. After a visit to a retail or online shop, you receive an email asking for your feedback via a “brief” survey. In this age of the customer experience, feedback can provide useful data, but it’s not always clear how that data is used, if it even is.

At Memorial Health, we value your feedback! We use the ratings and comments you provide and the information collected on patient surveys to recognize our team and identify opportunities for improving our care. The data from these surveys, both positive and constructive, provides Memorial with your perspective of our attention to your clinical and emotional needs.

The next time you receive a survey via mail or email after your appointment at Memorial, we ask that you complete the survey and provide your feedback.

It is valuable information we use to serve you and enrich your healthcare experience at Memorial.

Survey results are incorporated into the profiles of our Memorial providers as well, so you can gain additional insight into what other patient interactions have been like, and make more informed decisions when choosing a healthcare provider. You can visit MemorialOhio.com to view by physician.

A. ARRIVAL

1. Waiting time before staff noticed your arrival
2. Helpfulness of the person who first asked you about your child's condition
3. Comfort of the waiting area
4. Cleanliness of the waiting room
5. Waiting time before your child was brought to the treatment area
6. Waiting time in the treatment area, before your child was seen by a provider
7. Availability of things to do to keep your child from becoming bored

Comments (describe good or bad experience):

Memorial collects thousands of patient surveys each year – patients may receive surveys, like the snapshot above, to their mail address or email account.



Memorial tracks patient experience scores by department and recognizes monthly those departments who are high performers, like our Laboratory team pictured above.



Fall 2021

Three cheers for our employees!

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Memorial Gables

13 YEARS IN A ROW



Memorial Health

12 YEARS IN A ROW



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12 YEARS IN A ROW

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It is with wide smiles and happy hearts we graciously accept the 2021 Readers' Choice Awards from the Marysville Journal-Tribune! It has now been 13 years in a row for Memorial Gables, and 12 years straight for Memorial Health and Memorial KidzLink. We are grateful for our team members at all of our locations who strive every day to make a lasting impact on our patients, residents, youth, and community!

And, we are always looking for new team members to join Memorial – view our latest career opportunities by scanning the QR code or visiting memorialohio.com/careers.



On the Cover >>

Joining our panel of specialty orthopedic surgeons and sports medicine physicians is Forrest Schwartz, MD.

Our mission is to promote wellness and improve the health of people in our community.



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🌐 memorialohio.com

📍 500 London Ave., Marysville, OH 43040

Chip Hubbs, CEO/President
Gary McDowell, Chair, Board of Trustees

Editorial Team:
Robin Coffey; Evie Collins; Darrin Faires;
Jason Hollback; Stefan Minnig

Meet Our Team

With 206 bones and approximately 650 muscles in the adult body, it is no wonder that our musculoskeletal system serves as our body's framework. It provides support, posture, and stability, in addition to facilitating movement. We need it, and we need it to be strong and injury-free.

But alas, we know that pain, injury, or dysfunction is almost unavoidable. When these problems arise, seeking treatment from a team who specializes in orthopedics is your best option. Standing ready is our team from Memorial Orthopedics & Sports Medicine.

According to the United States Bone and Joint Initiative, musculoskeletal conditions affect more than one out of every two people in the US age 18 and over, and nearly three out of four people age 65 and over.

The Memorial Orthopedics & Sports Medicine practice will help you navigate your needed care and treatment with the right type of doctor. Our practice has seven providers, including orthopedic surgeons and sports medicine doctors, who will work with you for personalized care for a full spectrum of orthopedic care. Let's meet our team!

Ortho Dictionary

What is Orthopedics?

Orthopedics is an area of medicine that focuses on the diagnosis, treatment, prevention, and rehabilitation of injuries and diseases within the musculoskeletal system – which ranges from bones, cartilage, muscles, tendons, ligaments, nerves, and other connective tissue.

What is Sports Medicine?

Sports medicine is a subspecialty of orthopedic medicine that deals with the physical fitness, preventive care, and treatment of injuries related to sports and exercise. This specialty also treats those who have suffered an injury and are trying to regain full function. It is not just for student and professional athletes!

A. Jacob Boucher, MD
Sports Medicine Physician



Ryan Hunt, DO
Sports Medicine Physician



Timothy Lynch, DO,
FAOAO
Orthopedic Surgeon



Forrest Schwartz, MD
Orthopedic Surgeon



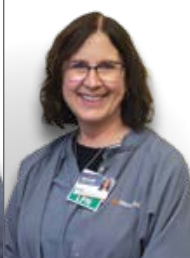
Douglas Skura, MD
Orthopedic Surgeon



Susan Durey
Medical Assistant



Denise Fannin
LPN



Letitia George
Medical Assistant



Lorinda Hobbs
Medical Assistant



Brooke Karshner
Radiologic Technologist



Megan Lyon
Medical Receptionist



Both **Jacob Boucher, MD**, and **Ryan Hunt, DO**, have a passion for sports medicine and received fellowship training to help patients of all ages, including those who are not athletes. They treat non-surgical orthopedic issues. Drs. Boucher and Hunt also serve as Team Physicians for local student athletes at our six partner schools.

Timothy Lynch, DO, FAOA, is board-certified in orthopedics and fellowship-trained in sports medicine. His special interest is in the care of the athlete, and surgical treatment that utilizes minimally invasive arthroscopic techniques. Dr. Lynch works closely with Memorial Sports Medicine to evaluate and treat area high school athletes.

Forrest Schwartz, MD, is a board-certified Orthopedic Surgeon who recently joined Memorial. Dr. Schwartz is fellowship-trained in knee and hip replacements as well as revision surgeries. Learn more about him on page 6.

Douglas Skura, MD, is a board-certified Orthopedic Surgeon and has been providing orthopedic care for over 20 years. He is fellowship-trained in joint replacement. Dr. Skura focuses his practice on urgent and complex patients, particularly those being seen at the Memorial Hospital Emergency Department.

Also board-certified in orthopedic surgery is **Mark Stover, DO, FAOA**. Dr. Stover has been providing orthopedic care to patients in Central Ohio since 1982. He completed his surgery residency in orthopedics, with specialty training in total joint replacement and hand surgery.

Rounding out the strength of this team is **Rachel Hoying, Certified Physician Assistant**, as well as a host of LPNs, Medical Assistants, Radiologic Technologists, and practice staff members.

Read more about the reasons to visit Memorial Orthopedics & Sports Medicine on page 8.

Ready to discuss that knee that has been bothering you? Or looking for a specialist to repair an injury or tear? To meet with one of our providers and discuss your options, call Memorial Orthopedics & Sports Medicine at (937) 578-4200. The practice is located at 120 Coleman's Crossing in Marysville as well as at our Memorial Urbana Medical Center at 1958 E US Highway 36 in Urbana.

Mark Stover, DO, FAOA
Orthopedic Surgeon



Rachel Hoying
PA-C



Jennifer Bosley
Medical Assistant



Melonie Bumgarner
Medical Assistant



Expedited Patient Care
Initial appointments with our team can be scheduled within 48 hours!

Courtney Manns
LPN



Randy Moore
Executive Director
Musculoskeletal Services



Jodi Oliver
Medical Assistant



Dereck Robinson
Medical Receptionist



Todd Sanders
Practice Manager



Shelby Sheets
Radiologic Technologist



BRING PAIN-FREE MOVEMENT *back to your life*

Dealing with hip and knee pain can turn everyday activities into huge challenges. If other measures have been unsuccessful in treating joint pain, you may wish to consider total joint replacement.

Memorial is excited to announce the addition of Forrest Schwartz, MD, to our Memorial Orthopedics & Sports Medicine team. Dr. Schwartz will be our primary surgeon for total knee and hip replacements, as well as hip and knee revisions. He will offer tourniquet-free knee replacement and anterior approach hip replacements, for appropriate patients.



Dr. Schwartz joins Memorial from Cooper University Health Care, where he served as an orthopedic surgeon for the last two years, with several years in private practice prior. Dr. Schwartz graduated from Washington University School of Medicine in St. Louis and completed his residency in orthopedic surgery at the Harvard Combined Orthopedic Residency Program in Boston. After completing his residency, he pursued an additional year of subspecialty training as part of the Massachusetts General Hospital Adult Reconstruction Fellowship, focused on complex hip and knee replacement/revision surgery.

To schedule an appointment with Dr. Schwartz, call Memorial Orthopedics & Sports Medicine at (937) 578-4200.

MEET THE DOC FORREST SCHWARTZ, MD



- Born and raised in Honolulu, Hawaii
- Loves water activities – from diving to swimming to water polo
- Was a four-year varsity letterman in water polo at Stanford University
- Married to Dana, his college sweetheart and a fellow surgeon (she practices at Nationwide Children's Hospital, specializing in pediatric trauma!)
- Has two young daughters
- His family loves outdoor hobbies and gardening

Ortho Dictionary

What is a tourniquet-free knee replacement?

Traditionally, knee replacement surgery involved the use of a thigh tourniquet to reduce bleeding. However, there is growing evidence demonstrating that eliminating the use of a tourniquet in knee replacement surgery improves patient outcomes. Tourniquet-free knee replacements are associated with less post-operative pain, faster recovery, and increased range of motion. And amazingly, tourniquet-free knee replacements actually have been proven to lead to less total blood loss than knee replacements done with the use of a tourniquet!

Benefits to a tourniquet-free approach:

- Faster recovery time
- Less swelling and bruising
- Increased range of motion

What does an anterior approach mean?

Use of the anterior approach allows a surgeon to perform your hip replacement by going between major muscle groups rather than cutting through muscle fibers or detaching muscles from bones (and then having to make repairs at the end of the surgery). Anterior approach hip replacement is associated with high patient satisfaction and a rapid return to activity.

Benefits to the anterior approach:

- Smaller incision
- Reduced damage to muscles and tendons
- Less pain after surgery
- Faster recovery time
- Shorter hospital stay

Reasons to visit Memorial Orthopedics & Sports Medicine

- ACL reconstruction
- Arthritis-related joint issues
- Arthroscopic surgery
- Back or neck pain
- Carpal tunnel and trigger finger
- Chronic pain in the joints and bones, particularly in the neck, knees, elbows, or back
- Concussions
- Dislocations
- Hand and foot surgery
- Hip, knee, and shoulder replacement surgery
- Injury prevention
- Joint injuries and reduced motion
- Non-surgical and surgical fractures/broken bones
- Meniscus injuries
- Over-use injuries: stress fractures, tendonitis
- Pinched nerves
- Platelet-Rich Plasma (PRP) Therapy
- Rotator cuff and meniscus repair
- Sport physicals/return-to-play for student athletes
- Sprains/strains
- Strength training recommendations
- Ultrasound-guided injections



PRP Therapy is ideal if you are suffering from:

- Arthritis of the knee and hip
- Tendonitis injuries
- Ligament instability
- Tennis elbow
- Plantar fasciitis

Platelet-Rich Plasma (PRP) Therapy

This therapy, not widely available, has a multitude of uses. PRP essentially extracts restorative factors from the body and reintroduces them to promote healing.

The process of PRP Therapy begins with a simple blood draw. The clinician will then prepare your blood in a centrifuge, separating the platelet-rich plasma from the whole blood cells. Once the blood is divided,

the concentration of platelets are injected back into the area of your body to be treated.

The goal behind PRP Therapy is to increase the platelet count in a wounded or damaged area, to accelerate your body's own healing process and facilitate cell rejuvenation. A referral from your doctor is recommended for the PRP Therapy services.

Ultrasound-Guided Injections

If you suffer from joint pain, there are multiple non-surgical options to help treat the source of your pain. One common method is an ultrasound-guided injection, where your provider can visualize the joint and direct

the most precise placement for treatment. The ultrasound allows your doctor to "see" the target site in real time, as the needle enters the area, helping to ensure delivery of medication to the appropriate area.



All Memorial providers and specialists utilize the shared MyChart platform – this means quick and easy communication and shared information between our team members, so together we can help you recover more quickly.

Full Service Care

When you visit an orthopedic surgeon or sports medicine physician at Memorial Health, you'll enjoy a cohesive and coordinated patient experience. Each of our providers can work within our organization to help you get the care you need.

Our providers work hand-in-hand with other specialists, ranging from physical and occupational therapists to certified athletic trainers to nutritionists. They each play an important role in your healthcare journey.

Urbana



Our physical and occupational therapists

are on-hand to help you rehabilitate and recover from injuries or surgery. We offer therapy at three convenient locations: Memorial City Gate Medical Center, Memorial Urbana Medical Center, and Memorial Physical Therapy & Sports Medicine | Plain City. In addition, we offer the trifecta of pediatric therapies – physical, occupational, and speech – all at Memorial Pediatric & Speech Therapy | Mill Valley.



Our certified athletic trainers offer injury evaluation and rehabilitative exercises to help our student athletes regain strength and develop programs to prevent future injury. Memorial is proud to be the exclusive sports medicine partner for six local schools – Fairbanks, Jonathan Alder, Marysville, Mechanicsburg, North Union, and Triad.



Our Sports Medicine team can also provide expertise, from skill enhancement and injury prevention to strength training instruction.



Registered dietitians can help you with needed weight loss or weight gain, and they offer dietary advice to help you improve how well your body is functioning.

Your care team can also include our experts in imaging, lab, and emergency care – together, Memorial can bring you a comprehensive orthopedics program that channels our collective energy and specialties to help you return to the activity and life you desire.

Ready to get your movement back? Learn more about our complete orthopedic services by calling the Memorial Orthopedic & Sports Medicine team at (937) 578-4200.

Ask an Expert

Pharmacogenomics is an exciting and powerful emerging field that promises to improve healthcare outcomes like never before. Christina (Chris) Detwiler, BS, PharmD, and a Clinical Pharmacist with Memorial Hospital, has been in the pharmacy field for 31 years and is leading the Pharmacogenomic Clinic for our organization.

Memorial Health strives every day to grow and progress our healthcare services to care for you and your family, today and tomorrow. Here Chris shares the fundamentals of this program as well as the benefits of personalized medicine to patients.

To learn more about the Pharmacogenomic Clinic, call (937) 578-4281.

Memorial

Pharmacogenomic Clinic
Memorial Hospital Outpatient Pavilion (Entrance E)
500 London Ave., Marysville

Q

Help us understand pharmacogenomics and what it means to those interested?

A: **Chris** – in the simplest terms, pharmacogenomics is the study of how genes can affect a person's responses to medications. It combines pharmacology, the science of medicines, with genomics or the study of genes and their functions. The result is revolutionary – we can determine how your inherited genes affect the way medications work for you.

You see, genetic differences mean that a medicine can be safe for one person but harmful for another. One person may experience severe side effects from it. Another may not, even when given a similar dose.

This meaningful data can help prevent adverse drug reactions, deliver beneficial treatments faster, and lower medical costs.

Pharmacogenomics is ideal for individuals being treated for:

- Cancer
- Cardiovascular/heart disease
- Disease requiring some antiviral medications
- Pain management
- Mental health/depression/anxiety
- Neurological conditions
- Gastrointestinal conditions (GERD or peptic ulcer disease)





How does this process work?

A: **Chris** – your physician or healthcare provider would refer you to the Memorial Pharmacogenomic Clinic. At the initial consultation, our team would gather your medical history and explain next steps. A genetic sample, or cheek swab, is then collected. Results and analysis take one to two weeks to be completed and then we review your results together.

This information would be used to help your provider create a personalized plan to choose medicines that offer the greatest chance of helping you. It can help determine:

- Whether a medication may be an effective treatment for you
- The best dose of a medication for you
- Whether you could have a serious side effect

Let me share that pharmacogenomics is NOT genetic risk testing for hereditary diseases or testing to learn your family heritage/ background. Tests are not available for all medications. Our comprehensive test reports 27 genes and many known genetic markers and variants related to medications.

The “Ask an Expert” section should not replace medical advice specific to you and your unique medical history. If you have a pressing matter you would like addressed, please consult your primary care physician.

Why medications work differently in different people

How your genes affect medications in your body makes a difference – each person’s inherited variations can make a drug work slower or faster.

For example, you may process a certain medication faster than most people do. So it goes through your system more quickly. This would mean you may need a higher dose for the medication to work as well as it does for most people. Or, you might process it more slowly – so it stays in your bloodstream longer than usual. You might have more side effects or need a lower dose.



How much does it cost?

A: **Chris** – the cost varies depending on your insurance policy and reason for testing. Medicare/ Medicaid and some insurance companies typically cover pharmacogenomic testing. Our clinic will provide an estimated cost before testing is performed.



What's New



Today, tomorrow, together – always Memorial Health

We wake up every day excited about the growth all around us, knowing excellence is the only option. And we wanted to celebrate that progress with a “rally cry” video, demonstrating unity of our 1000+ employees at Memorial with our surrounding communities.

Now we are excited to showcase our Memorial Brand Anthem Video with each of you! The video highlights our entire health system and features a great cross-section of team members. It was exciting to showcase a sampling of those that inspire us every day!

To watch, please
scan the QR code.

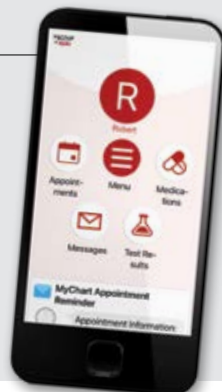


A few of the faces featured in our Memorial video (clockwise from top left): Jeffrey Hazey, MD, Memorial General & Colorectal Surgery; Olga James, RN, Inpatient Care; Mark Goodman, Maintenance; Jennifer Segner-Maxwell, Director of Physical Therapy & Sports Medicine.

Your health information at your fingertips!

Having MyChart allows you to log in and see your recent lab work or test results, on top of various other tools. Adding MyChart to your digital line-up of websites and mobile apps is a must. MyChart offers quick, secure access to your health information at the touch of a finger!

Here's how to sign up for MyChart!
After your scheduled appointment or discharge from the hospital, you will receive an email with a link to activate your account – this link is valid for 24 hours. If the link has expired, you can call your provider's office or (866) 966-6975 to request a new one.



Friendly faces needed!

Giving a little of your time can make a big difference to our community. Apply to become a Memorial Health Volunteer for a rewarding experience, and support healthcare for area residents in the process!

Will you consider sharing your talent and energy with us?

Perks for Memorial Health Volunteers:

- Flexible hours suited to your schedule
- Opportunity to network and socialize with others
- Ability to maintain and learn new service/people skills
- Keep involved in your local community
- Free meal and annual flu shot

To learn more, please scan the QR code to the right, visit memorialohio.com/services/volunteer, or call (937) 578-2360 to request a paper application.



Union County Chamber of Commerce recognizes Dr. John E. Adams II

At its recent annual celebration event, the Union County Chamber of Commerce presented the Excellence in Leadership Award to John E. Adams II, DO, Memorial Family Medicine | Plain City, for his role as an outstanding community and business leader.

Dr. Adams has served on the Jonathan Alder School Board and is President of the Jonathan Alder Education Foundation. He has also been the Team Physician for the Jonathan Alder Football Team since 1995. Dr. Adams was instrumental in starting the Plain City Free Clinic in 2008, and integral in the organization and creation of Daily Needs Assistance (DNA).

A Plain City native and graduate of Jonathan Alder, Dr. Adams is a well-known champion of the local community. Congratulations, Dr. Adams – we are so proud of you!



John E. Adams II, DO



Service expansions underway



Recently, our Board of Trustees approved the build-out of 12 additional rooms on the second floor of the Inpatient Pavilion. Much of this work was completed during the original construction, so the expansion can be underway quickly, with rooms expected to open to patients next fall.



Our Memorial Occupational Health team has been relocated to the first floor near the Heart & Surgical Pavilion. Additional enhancements will be forthcoming with a dedicated entrance for this growing service line.

Quality care, all around.

Choosing a new primary care provider is an important decision. Your healthcare team can see you at some of your most vulnerable moments! Knowing what to expect from a new physician can help build a stronger relationship, which can lead to a better experience for you! If you are looking for a new physician, here are a few questions to ask.

Memorial DAMASCUS FAMILY MEDICINE



**Daniel
Badenhop, MD**



**Delia
Herzog, MD**



**Jeffrey
Moore, MD**



NEW PROVIDER

**Christa
Kerns, FNP-C**



**Amy
Winters, FNP-C**



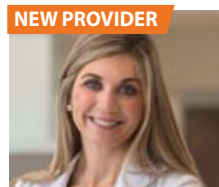
**Shelley
Wyse, PA-C**

388 Damascus Rd., Marysville **937 578 4040**

Memorial FAMILY MEDICINE | PLAIN CITY



**John E.
Adams II, DO**



NEW PROVIDER

**Jennifer
Roby, FNP-C**

480 S. Jefferson Ave., Plain City **614 873 3434**

Memorial FAMILY MEDICINE | RICHWOOD



**David
Dunkin, DO**



**Pamela
Kaprally, MD**

19 W. Ottawa St., Richwood **740 943 2354**

Memorial FAMILY MEDICINE | MILL VALLEY



**Alexandra
Pelaez, MD**



**Michael
Shaffer, MD**



**Amanda
Lollini, FNP-C**



NEW PROVIDER

**Sara
Petee, FNP-C**

17853 S.R. 31, Marysville **937 578 4004**

1 What are your medical qualifications and experience?

The minimum requirements for a physician are medical school, an internship, and a residency in an area of specialization, such as primary care. Some physicians go on to complete a fellowship, which is another period of specialized medical training or research.

There are other advanced practitioners that you can choose for your health team – a physician assistant (PA) is a medical professional with advanced education (master’s degree) and direct patient-care clinical training. A certified nurse practitioner (CNP or FNP-C for a family nurse practitioner) is a registered nurse (RN) with advanced education (master’s degree) and clinical training. Both are nationally certified and state licensed.

2 What is your physician-patient communication style?

The way your physician communicates with you can make a positive relationship from day one. Ask your new provider how they like to engage with patients.

3 How often should I schedule an appointment with you?

This will depend upon your general health, lab tests, and your medical history – but hear and understand what their philosophy of care is.

4 What preventive care services are right for me?

Discuss plans for age-appropriate screenings as well as ways to target disease prevention and keep you healthy.

5 Can I communicate with you through an online patient portal?

Ask how accessible the physician is. Most have access to an online patient portal to communicate with their patients, to make it easy to ask questions and clarify any issues that came up in an office visit. All Memorial providers utilize MyChart and can answer messages from patients within this portal.

***Need assistance finding a physician?
Call our Physician Referral Line at
(937) 578-2320.***

 **Memorial** FAMILY MEDICINE | GATEWAY



NEW PROVIDER




NEW PROVIDER

John Sutter, MD

Sara Petee, FNP-C

140 Coleman's Crossing, Marysville **937 578 7950**

 **Memorial** INTERNAL MEDICINE









Kevin Henzel, MD

Prasanna Muniyappa, MD

Chelsea Nash, FNP-C

660 London Ave., Marysville **937 642 1550**

 **Memorial** PRIMARY CARE | URBANA



John Crankshaw, MD

Joseph Metz, MD

Madelyn Bartsch, PA-C

Rochelle Clark-Pulfer, PA-C

Danielle Smith, PA-C

159 E US Hwy 36, Urbana **937 652 1834**



500 London Ave., Marysville, OH 43040



The James
Cancer Network



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Access to the best.

Our collaboration with The James Cancer Network means
you get access to the trusted expertise, care, and support
you need. Keeping you nearer to home and the
family and friends who lovingly walk
beside you every step of the way.

memorialohio.com